

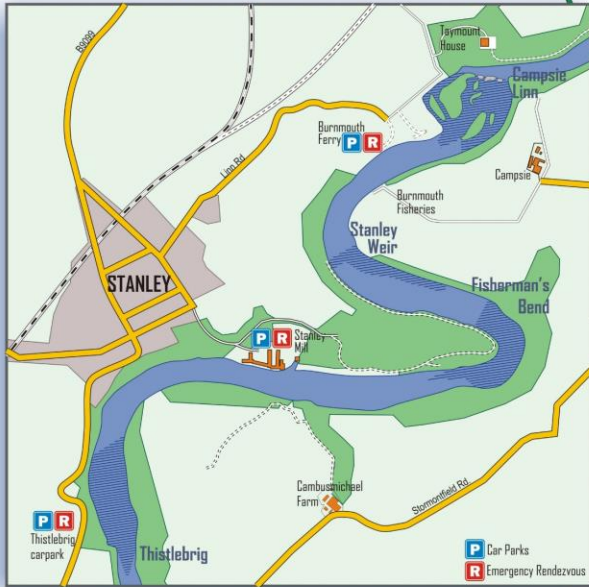
Course Overview

Key Landmarks & Distance to END

miles
km



Main Rapids



Early Egress Points (with vehicular access)

	Distance from START	Distance from END
1 Caputh Bridge	5m (8km)	19m (31km)
2 Kinclaven Bridge	11m (18km)	13m (21km)
3 Stanley Burnmouth	15m (25km)	9m (14km)
4 Stanley Mill	17m (28km)	7m (11km)
5 Thistlebrig	18m (29km)	6m (10km)