

Annex 1

420 km relay **8 X 53 km**

Leg 1	Leg 2	Leg 3	Leg 4	Leg 5	Leg 6	Leg 7	Leg 8
51 km	62 km	59 km	57 km	63 km	45 km	40 km	48 km
May 1	May 1	May 2	May 2	May 2	May 3	May 3	May 3
07:00 - 15:00	15:00-23:00	23:00-7:00	7:00-15:00	15:00-23:00	23:00-07:00	7:00-15:00	15:00-23:00
Boat 1				Boat 1			
	Boat 2				Double / 2 boats		
		Double / 2 boats				Boat 2	
			Boat 3				Boat 3

210 km relay **4 x 50 km**

Leg 1	Leg 2	Leg 3	Leg 4
63 km	45 km	40 km	48 km
May 2	May 3	May 3	May 3
15:00-23:00	23:00-07:00	7:00-15:00	15:00-23:00
Boat 1			
	Double / 2 boats		
		Boat 2	
			Boat 3

100 km relay **4 x 25 km**

Leg 1	Leg 2	Leg 3	Leg 4
17 km	23 km	31 km	17 km
May 3	May 3	May 3	May 3
7:00-11:00	11:00-15:00	15:00-21:00	21:00-01:00
Boat 1			
	Boat 2		
		Boat 3	
			Boat 4

Overall run **8 X 50 km** - **4 X 50 km** - **4 X 25 km** – **310 km**

Milage			
Run & control time for faster paddlers	Km to the sea	Fall m/km	Coastal landmark
	444	0.3	Outflow from lake Zobols
	440	0.5	Concrete bridge, former lake Laidze
	436	0.8	Right bank – hill Brežģis (1 km)
	434	0.4	Lake Lode
May 1, 07:00 Starting line 8x50 km	433	0.9	Lode bridge, then little lake
	432.5		Bridge over gutter to lake Stupānu
	432	0.0	Lake Stupānu
	431		Lake Skolas
	430		Lake Dabaru
	429	0.9	Nēķina bridge
	428.5		Nēķina mill dam
	427	0.6	Lake Taurenes
	421	0.2	Left bank influent Dzestrene
	416		Bridge Gaujmaļu
	411	0.1	Mill Viļķenu

	408		Bridge. former mill
	406	0.8	Drustu power plant dam
	404		Left bank influent Pērļupīte
	402	0.6	Concrete bridges
	401		Left bank influent Ubeja
	397	0.8	Right bank influent Tūlija
	396		Bridge Jēcu
	395		Former mill Ilzēnu
	394	0.5	rapids
	389	0.1	Left bank influent Abrupe
	387		Railway bridge Ieriķi -Abrene
	384	0.5	Former mill Jaunpiebalga
May 1, 15:00 I controlpoint (8 x 50km)	382		Bridge Jaunpiebalgas
	372	0.3	Former mill Silamētru
	367	0.8	Ranka paper mill dam
	363	0.7	Bridge Rēveļu, mill Gaujas
	361		Cliff Rutkaviņas
	359		Motorway Smiltene-Gulbene bridge
	356	01.Jan	Former mill Brantes

	347	0.9	Left bank home Zvejnieku
	339	0.2	Right bank influent Uriekste
	330	0.8	Bridge Velēnas. mill dam
	324	0.6	Left bank home Krāces. Sinole rapids
	322		Right bank Robežkalns
May 1, 23:00 II controlpoint (8 x 50 km)	320	0.7	Sinole mill, then bridge
	315	0.5	Former mill Paideri
Starting line 310 km	312	0.3	Concrete bridge right bank Lejasciems
	309	0.5	Right bank influent Tirza
	305	0.2	Wooden bridge
	302		Left bank influent Linupīte. right bank vilage Dūre
	300	0.2	Right bank influent ležupe
	296		Little brige
	294	0.2	Right bank influent Pīļupīte
	290	0.5	Right bank influent Dzērvupīte
	287	0.4	Left bank influent Tirziņa
	284	0.6	Sikšņu rapids

	280	0.1	Left bank influent Vidaga
	278	0.1	Left bank influent Vizla
	274	0.6	Bridge Virešu (Motorway Rīga Pleskava)
	270	0.5	Left bank influent Vecpalsa
May 2, 07:00 III controlpoint (8 x 50 km)	261	0.2	Bridge Gaujienas
	259	0.3	Left bank influent Zvārtava
	249		Right bank Estonia borderline
	245	0.2	Left bank influent Mustjegi
	230	0.0	Left bank armlet. Island 250 m long
	224	0.2	Bridge Annu
	216	0.3	Right bank influent Kaičupe
	213	0.2	Right bank armlet. Island 1 km long
	208		Ferry Taču
May 2, 15:00 Special checkpoint IV controlpoint (8 x 50 km) Starting line 4 X 50 km	204	0.2	Bridge Spicrāmju
	196	0.2	Left bank home Kasiši. right bank Vecmājas
	190	0.2	Left bank influent Vija
	183	0.2	Ferry Oliņi

	171	0.2	Right bank home Kauči. little island
May 2, 23:00 II controlpoint 310 km, mandatory stop for 7 h Restart May 3 at 5:00	168	0.1	Bridge Strenči
	164	0.9	Rīga - Valka railroad bridge. Strenču rapids begins
	159	0.1	Right bank influent Lielupe. Home Krācenes . rapids ends
	153	0.2	Right bank influent Mellupe
	148	0.2	Left bank influent Abuls
	143	0.2	Rapids Kazu
V controlpoint 8 x 50 and 4 X 50 km	141		Valmiera bridge
	139		Former narrow railroad bridge
	137		Bypass bridge
	135		Right bank influent Jumāra
	133	0.1	Gaujas National park begins
	132		Left bank castle hill Pekas
	130	0.1	Left bank influent Miegupīte
	125	0.1	Left bank Liepas cliff
	123	0.1	Right bank cliff Sietiņezis

	118	0.2	Left bank Lodes ciems
	115	0.2	Left bank influent Rauna
	114		Left bank cliff Kazu
	108	0.2	Pedestrian bridge
	104	0.3	Left bank cliff Ērgļu
	103	0.1	Right bank influent Vaidava
	99	0.2	Right bank influent Lenčupe
VI controlpoint 8 x 50 and 4 X 50 km Starting line 4 x 25 km	96	0.1	Bridge Raiskuma. Cēsis
	91	0.2	Left bank influent Rakšupe. Right bank castle hill Kvēpenes
	88	0.3	Left bank cliff Briedīšu
	86	0.2	Left bank influent Amata
	85	0.5	Right bank cliffs Kūķu. rapids
	82	0.4	Left bank influent Skaļupe
	80		Left bank cliff Sprīņu
I controlpoint 4 X 25 km	79	0.4	Left bank influent Līgatne. Līgatne ferry
	77		Right bank cliffs Nāru
	76	0.3	Right bank cliffs Gūdu

	73		Right bank cliffs Launaga
	72		Left bank influent Vildoga. Cave Dagnes
	70	0.2	Right bank influent Brasla
	59	0.5	Left bank cliff Gleznotāju
	58		Right bank castle hill Turaida
VII controlpoint 8 x 50 and 4 X 50 km II controlpoint 4 X 25 km III controlpoint 310 km	56	0.2	Sigulda bridge
	52	0.2	Left bank cave Velna . cable vridge
	51		Left bank influent Lorupe
	43	0.1	Left bank farm Gaujas
	39	0.2	Right bank influent Loja. Murjāņu bridge
	37		Left bank Inčukalna Velnala
III controlpoint 4 X 25 km	25	0.3	Iļķene bridge
	18	0.6	Left bank Gauja – Baltezers channel
	14	0.1	Ādažu bidge
	11	0.0	Former fisherman farry
Finish line for all	8	0.1	Rīga – Tallinn motorway brige
	4	0.1	Rīga - Saulkrasti Railroad bridge
	0		Embouchure in

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