



Gun Run 2023 – Race Route descriptions V4.0

Trail Run – starts at 07:30 on Saturday 17th September

Start – In Van Riebeek Park. Run to Sidmouth Avenue gate. Turn left into Sidmouth Avenue. Follow road as it becomes Beulah Terrace. Continue on Beulah Terrace. Turn right into Bridle Road. Follow Bridle Road into Rugby Road.

1km : Continue on Rugby Road to top of Molteno. At top of Molteno turn left onto track that leads onto Table Mountain. Follow trail route on mountain to Kloof Nek.

9km : At 9.5km leave trail onto Tafelberg Road next to road to Water Treatment Plant. Stay on Tafelberg Road to intersection with Kloof Nek Road.

10km : Cross Kloof Nek Road, onto Signal Hill Road. in direction of City Centre.

Continue along Signal Hill Road leaving road left onto Hiking Path that runs parallel to Signal Hill Road.

11km : Follow trail running parallel to Signal Hill Road.

12km : Follow trail running parallel to Signal Hill Road to Signal Hill Lookout parking area, Leave parking area turning right crossing Signal Hill Road onto trail on other side of road.

13km : Follow Hiking Trail for 2km exiting onto Merriman Road Signal Hill.

15km : Left onto Merriman Road, follow Merriman to Ocean View Drive. Left into Ocean View Drive. Follow Ocean View Drive to Springbok Road, left into Springbok Road. At steps in line with Clyde Road, right onto stairs and descend to Clyde Road.

Cross Ocean View Drive, Joubert Road and High Level Road on Clyde Steps / Road and continue to Main Road. Cross Main road onto cycle / pedestrian path turning right towards York Road underpass.

16km : Bear left into underpass and exit to the right crossing the stadium forecourt towards Fritz Sonnenberg Road. Turn left onto Fritz Sonnenberg Road and continue to Stephan Way.

17km: Turn left into Stephan Way and proceed to end of road turning left onto Greenpoint Common field, through the gate and onto the fields.

Finish : Follow fencing line on the fields to the finish