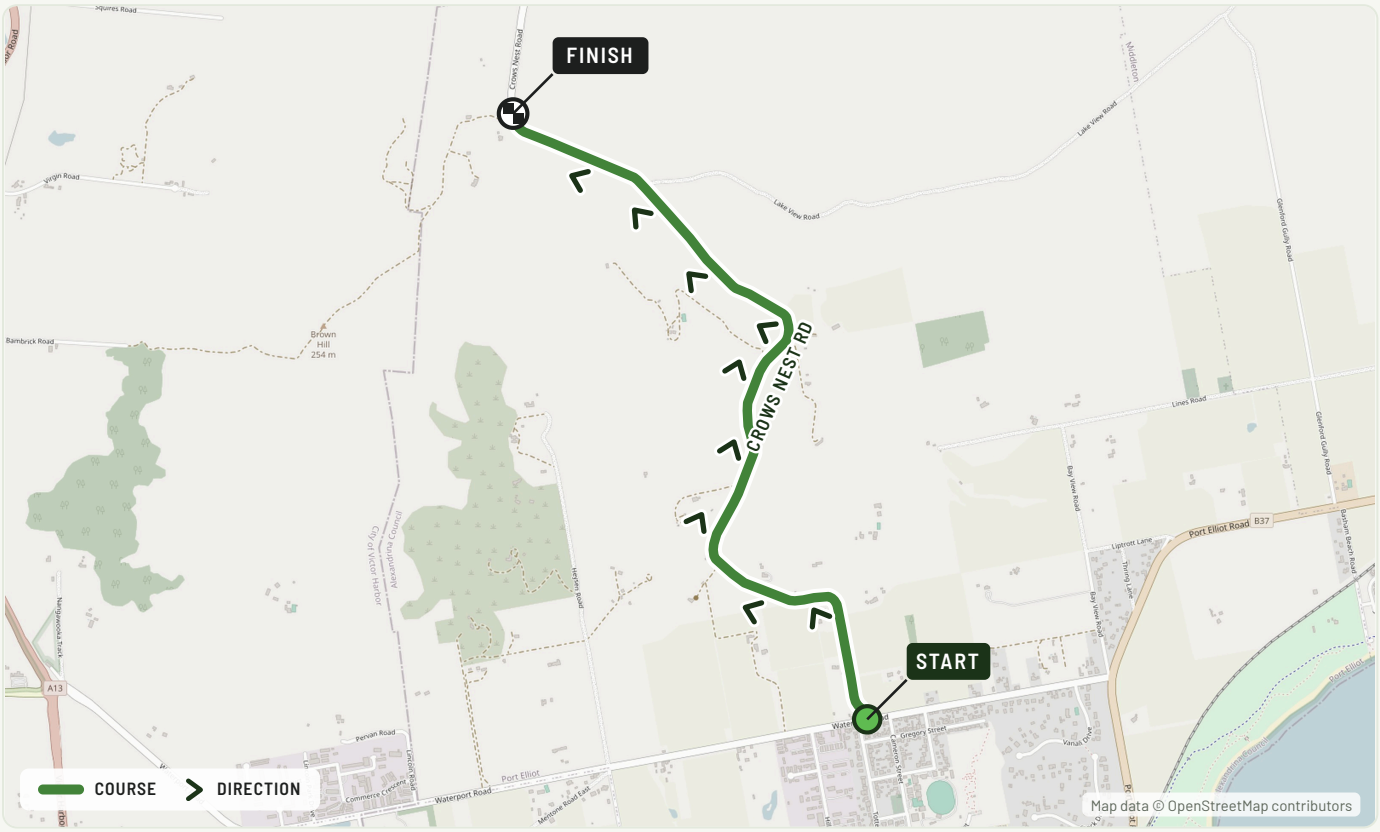
COURSE MAP · HILL CLIMB · PORT ELLIOT

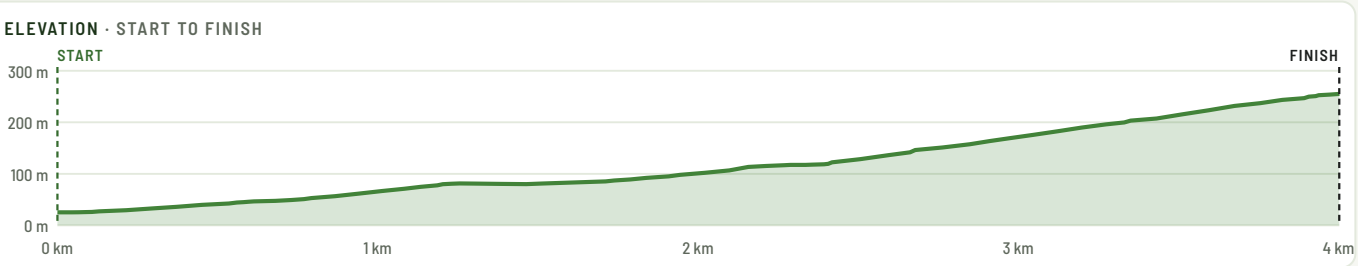
CROWS NEST HILL CLIMB

ADELAIDE HILLS CYCLING CLUB

The Crows Nest KOM/QOM on Day 2 of the Tour of the Fleurieu: an individual time trial from Port Elliot up Crows Nest Rd to the lookout.

4 km	230 m	5.7%	10%
DISTANCE	CLIMB	AVERAGE	STEEPEST 200 M





RACE DAY

START	Bottom of Crows Nest Rd, at Waterport Rd, Port Elliot
FINISH	Crows Nest lookout
PARKING	The oval on Tottenham Ct Rd, Port Elliot. Parking and toilets
TIMES	Sunday afternoon, after Stage 3

INDIVIDUAL TIME TRIAL

- Riders start one at a time, a minute apart. No drafting.
- Raced just for the glory: it doesn't count towards the Tour.
- KOM and QOM: the fastest male and female rider across all divisions.

Start times by division are on the Tour pages.

RACE SAFE Red flashing rear light on · Never overtake a car · Stay left of the centre line