

WILDENDURANCE 2014

MORE THAN A WALK IN THE MOUNTAINS...

FUNDRAISING & MAP BOOK

A RACE TO SAVE THE WILD!

3RD - 4TH MAY 2014



WildEndurance
100km / 50km team challenge



**THE
WILDERNESS
SOCIETY**

WELCOME TO WILDENDURANCE 2014!

Welcome to WildEndurance – our favourite time of year. There will be about 1000 of us heading to the mountains this May for another wild adventure. Whether this is your first time or you are one of our event veterans, we are looking forward to seeing you!

WildEndurance is about celebrating health, vitality, strength, and the challenge! It's about the rawness and beauty of nature, and about pulling together so that each step we take will help raise funds to protect our precious land and threatened wild places.

This book will help you find your way through the challenges of fundraising, as well as the course itself. We are on your team and here to help – just ask!

P.S. For training tips, check out our website!

Sarah Williams
WildEndurance Co-ordinator



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BEAT THE BLISTER

Blisters can be crippling and were the main cause of withdrawals last year. In this article Lucas Trihey reckons that prevention really is better than the cure...

A bad blister can be very painful and will often lead to withdrawal from the event. If you and your team members can recognise the early warning signs you will be able to prevent blisters.

BEFORE THE EVENT

- Wear the same shoes for training that you plan to wear in the event.
- Practice recognising and taping hot spots when training.
- Educate all team members so that hot spot recognition becomes second nature for everyone.

FOOTCARE ON THE GO

- Change socks during the event – have spare socks you can change into at checkpoints.
- Buy some performance socks – these keep your skin drier and healthier than cotton.
- Try to keep your feet dry and cool – softened, wet or hot skin abrades and blisters faster than normal.
- If you think you are prone to blisters consider having a second pair of shoes at checkpoints that you can change into.
- Keep a “blister kit” (tape and scissors) in a handy pocket so you can tape over a teammate’s hot spot without having to take your pack off.



A “hot spot” is a warning that a blister is on the way and it must be taped before you take another step.

EXPERT TIP – HARDENING YOUR FEET

“I have two favourite methods to harden up the feet. The first is by walking barefoot as much as possible on rougher surfaces. The second is by wearing the shoes you plan to use in the event without socks when at home and on short walks. When you feel a rubbing point, which will become noticeable more quickly when you aren’t wearing socks, change back to socks. Do this periodically over a period of weeks and you will find any rub points in your shoes and the skin will harden up.”

Tom Landon-Smith
(AROC Sport)

RECOGNISE AND TREAT A “HOT SPOT”

- A “hot spot” is where you feel part of the shoe rubbing or pressing on your foot.
- Each hot spot needs to be taped as soon as you recognise it.
- Hot spots can occur anywhere on your feet including heels, toes, etc.
- Apply a layer of tape over the rubbing spot – this spreads the load of the pressure point and stops it developing into a blister.
- Preventative taping can only be done before the skin is blistered or broken.
- Fixomull® is a breathable, flexible tape that is excellent for hot spot taping.
- Use two or three layers if you can still feel the hot spot.
- If layering the tape, stagger the edges so you don’t get a sharp step.
- Avoid creases or folds in the tape, trim the square corners off and practice taping during your training walks.

HOT SPOT TREATMENT IS A GROUP ACTIVITY

- It’s far better to stop and tape all the team’s hot spots early than to wait until they have blistered.
- Make sure nobody feels guilty about slowing the group if they need to tape a hot spot.
- It’s not uncommon to stop a few times during the first half an hour of an event – this is much better than spending an hour trying to repair a painful open blister after two hours.

REPAIRING A BLISTER

- Diligent hot spot treatment should help you avoid a blister but if you do get one you may be able to repair and protect the site so you can continue.
- If the skin is intact lance the underside of the fluid bubble to drain fluid then protect the blister with an absorbent bandage (band aid or similar).
- If the skin is broken you often need to place a “spacing” donut-shaped bandage around the blister to lift the next layer of protective bandage off the raw skin if possible.
- OpSite® or an equivalent (ask your chemist) can be applied directly onto raw skin and can be a good way to protect a painful open blister from rubbing against other bandages or your socks.

Lucas Trihey
(WildEndurance Safety Advisor)



IMPORTANT FIRST AID INFORMATION

There is no First Aid available for participants at checkpoints. You, your team and your support crew are responsible for administering your own First Aid. You must carry your own blister pads/ bandaid, Vaseline, sunscreen, strapping tape, pain killers etc. The roaming First Aid vehicles are for emergencies only.

Prevention is the best strategy. The main reasons cited for withdrawing from the event are largely preventable.

BLISTERS – A blister could take you out of the event and you can prevent them.

DEHYDRATION – Stay hydrated!

FATIGUE – a key symptom of dehydration

KNEE PROBLEMS – if you have any problems with your knees take measures to support them i.e. hiking poles.

EVENT OVERVIEW

FOLLOW US ON



PRE-EVENT REGISTRATION: KATOOMBA

Pre-event registration is Friday evening 2nd May at The Palais Royale Hotel, Katoomba, 5pm to 8pm. At least one team member must attend. You will collect the team BIBs and check your emergency contact details.

THE START

There will be 2 wave starts, 8am and 8:30am. You will be notified of your start time prior to the event.

The start is located at Dunphy's Camp at the end of the Megalong Valley Road; you should allow 90 minutes to drive from Katoomba. Full directions to the start are on the website – www.wildendurance.org.au

You need to be at Dunphy's campground ready to go by 7am at the very latest to check in for the event.

Dunphy's Camp has space for camping and limited parking. There are some picnic benches, a compost toilet and a small rainwater tank. The closest shops and petrol station are in Blackheath itself (about 20km from the campground).

ACCOMMODATION

There are a number of hotels and other accommodation options around Blackheath and in the Megalong Valley. Visit Blue Mountains Tourism's website -

www.visitbluemountains.com.au/accommodation.php

TAKING IT SERIOUSLY

You will have been guided by training tips on our website and should be well prepared for what is a tough event.

We have a trained medical team ready to help if anything goes wrong, and mobile phone reception is available on most of the course. You must make sure your team has at least two fully charged mobile phones with you, ideally on different networks.

BAD WEATHER PLAN

WildEndurance will be conducted in most weather conditions. Please ensure that you are well prepared. However, if the organisers deem the weather conditions too dangerous, they may attempt to re-route the course, find an alternative shortened course or cancel the event.

SUPPORT CREW

You will need to recruit a crew of friends to support your team over the event. They will meet you at the checkpoints providing moral support, dry clothes, food etc. Your support crew are very much part of the event and it is important that you provide them with all the essential support crew information available on the website.

50km teams need transport back from Checkpoint 2 at the Queen Victoria Hospital.

FUNDRAISING

With climate change threatening life on earth, there has never been a better time to get behind The Wilderness Society and its campaigns to protect the wild places of Australia, and every dollar you raise helps deliver a healthier future for us and our children. There is a minimum \$400 sponsorship on average per team member required to participate. Fundraising tips, and stories to inspire you and your supporters, can be found on pages 4-9.

KEEPING IN TOUCH

We will email regularly in the lead up to the event. Please make sure we have an accurate email and up-to-date postal address for you.

WEBLOG - DURING THE EVENT

www.facebook.com/wildendurance100km

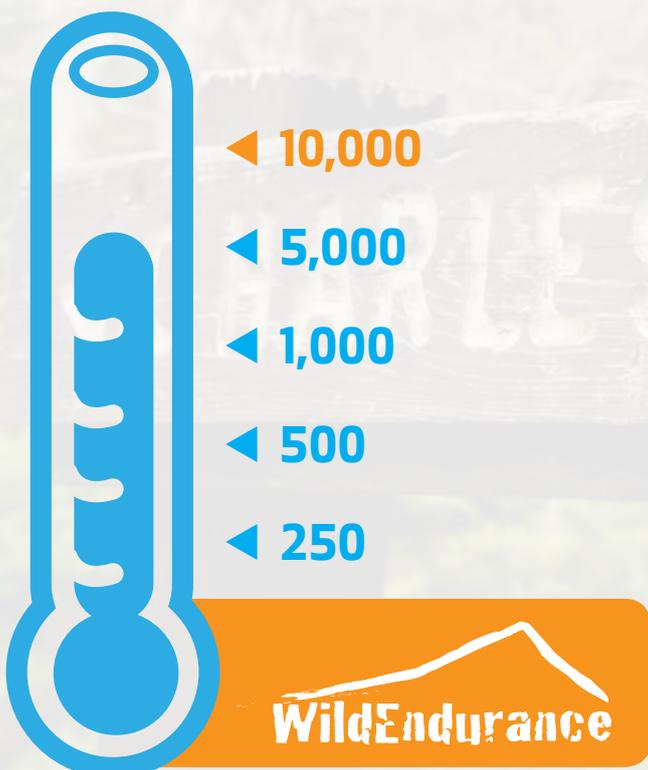
will become a blog and photo gallery during the event. Tell your friends, supporters and family that they can follow your progress over the weekend



TOP TEN FUNDRAISING TIPS

By participating in WildEndurance, you're also raising money for The Wilderness Society, so THANK-YOU!! Here's some tips for great fundraising ideas and strategies to get you started, and remember - the sky's the limit!

- 1. Set a high fundraising goal, and go for a 'Personal Best'.** Your friends and family will want to help you reach it, so they're more likely to donate more. It also helps if you sponsor yourself first.
- 2. Get social:** Customise your WildEndurance and Facebook pages by uploading pictures and YouTube videos. Add personal messages. Tweet about it – ask for re-tweets. Don't be shy – the important thing is to ASK. If you're emailing, templates are available on the WildEndurance website.
- 3. Host a dinner party.** Get local businesses to help you out with donations of food, and charge friends and family to come along. Do something different – have a theme for the night, or run a raffle or trivia contest. Donations for a dare..?
- 4. Offer your services for sale, in exchange for a donation.** What are you good at? Singing, cooking, computer skills, writing, music lessons, dog walking, photography??
- 5. Hold a garage sale.** There's always things around the house you just want to clear out – sell them. Bake some cakes to sell on the day. For great ideas go to www.egaragesales.com.au
- 6. Host a BBQ.** Approach Bunnings, Woolworths, Officeworks etc, and book in a weekend for your team to host a weekend BBQ. This is popular, so get in early!
- 7. Give up your birthday – for a donation.** Ask your friends to sponsor you instead of a birthday present. They will love giving to a cause you care about.
- 8. Guessing... anything!** You can set up a guessing competition for people to guess your finishing time in the event – or even the old jar of jelly beans. Charge per guess, they can have as many as they like. It's amazing how competitive people can be!
- 9. Host a movie night at your local cinema.** If you have a wide network of friends, family, work colleagues, this can work well. Approach your local cinema, choose the film, have some special snacks for sale, and enjoy! You could also sell raffle tickets at the door.
- 10. Ask for a matching donation from your work.** Lots of companies have a 'dollar matching' donation program. It's worth asking about – you could find you instantly double your fundraising dollars! If they don't, you may find that they sponsor you anyway. See our website for sponsorship packages template.



REMEMBER

- You can print out copies of fundraising materials to help you with writing, or with promoting your ideas.
- Share stories about The Wilderness Society, so your friends and family know where the money goes, and understand the cause. See the following pages – full stories available on our website.
- If holding a function, have an iPad or laptop at your venue, so your supporters can donate on your WildEndurance page during the event.
- Always, always, say thank-you!

WHATEVER YOU DO, HAVE FUN!

TOP FUNDRAISERS - HOW THEY DID IT

JULIANA'S INSPIRATION - AND SECRET RECIPE

When Juliana Smith signed up for WildEndurance, she was new to the event, and new to fundraising. But she had some strong inspiration to drive her efforts. Five years ago Juliana lost her sister, Teresa, to cancer. So she decided to do the event in memory of Teresa, who was passionate about the environment. Juliana didn't tell her supporters, but it helped motivate her efforts. With a few simple fundraising ideas, and some serious baking, Juliana raised an amazing \$5,370, making her the top individual fundraiser for 2013.

One of the secrets to Juliana's success was definitely her baking. "I basically baked my way to the top! There were a few weeks there where I was bringing in cakes or slices to my office, about 4 days a week. I realised I could sometimes make up to \$100 a day." Juliana's mum also pitched in, regularly taking a freshly baked cake to the school where she works, which helped top up the funds.



Her sister's passion for the environment was infectious, and on Juliana's training walks, she began to think more about her surroundings. "I came to appreciate how beautiful our wilderness is, and how important it is to protect it for our children – and it made me want to raise as much money as I could for The Wilderness Society."

Juliana's top fundraising tip would be to remember to say thanks to your supporters, and regularly update them with your progress. "Try and personalise the way you communicate with them. I used to

put photos of my training walks in the kitchen at work, with a thank-you note and an update of how much money I had raised so far." Her other advice is to look to your employer for a contribution. "I actually forgot to ask my company if they would match my fundraising, which many workplaces do these days." There's always next year...

STAFF GO WILD FOR BRETT

As a horticulturalist, Brett Sidebottom knows about plants, and is passionate about bushwalking and the Australian wilderness – and so are his colleagues. Many of the 300 staff at the nursery where Brett is manager, sponsored him for WildEndurance last year. He even had a "time to finish" competition, with a prize for the person who guessed closest to his finishing time.

"I made sure people felt involved by sharing lots of fun stories and photos along the way". Perhaps the clincher in the support he received was the matching donation from the company itself. "That definitely helped. Straight away you get double bang for your buck!"

Read Brett's full story at our website:

wildendurance.org.au



PERSISTENCE PAYS OFF

Alan Bell loves a challenge – and not just the physical one of taking part in WildEndurance, trekking 50km through Blue Mountains wilderness. When Alan set out to raise as much money as he could for The Wilderness Society, he decided that he wasn't going to settle for a "no" from anyone. As a member of the "Never Give In" team, those words became Alan's motto for his fundraising efforts.

Alan's top tip: When asking people to sponsor you, try to do something a little different. For Alan, it was about letting them know how incredibly challenging the event would be for him. "I painted a picture, sent photos and even a gradient map. I pointed out that the last 10km was going to be 20,000 of the hardest steps I've ever taken!"

Hear more of Alan's tips on our website:

wildendurance.org.au



ABOUT THE WILDERNESS SOCIETY - SUCCESSES

You are fundraising for The Wilderness Society, Australia's largest not-for-profit environmental organisation. For more than 30 years we have led or taken part in virtually every major environmental campaign. We are community-based and non politically aligned. We have successfully protected some of the most pristine and important wild places in Australia.

Here are a few inspiring stories about our work. Full versions are available on our website - you might like to share the stories with your supporters, to help them understand how your fundraising is helping to protect our wilderness.

DID YOU KNOW?

It's over 30 years since the Franklin River was saved, thanks to The Wilderness Society and thousands of supporters from across Australia.

The Franklin River victory in 1983 was a turning point for The Wilderness Society, and for environmental activism in Australia.

For people like Peter Robertson, one of the campaigners in Tasmania at the time, it was a life-changing experience.

You can read the full story on our website
wildendurance.org.au



Credit: The Wilderness Society Collection



Credit: Magali McDuffie

KIMBERLEY VICTORY A WIN FOR ALL

As a member of one of the old families of Broome, Dr Anne Poelina has a strong connection to the area she calls home. When part of it came under threat from a large gas hub development, she felt an obligation to protect it - not only to her ancestors, but to future generations. "We have a responsibility to ensure that the environment we have inherited is left in the same, if not better condition, as when we got it."

James Price Point, or Walmadany to the traditional custodians, is one of the most stunning coastal areas of the Kimberley region in WA, and home to countless birds, reptiles and mammals, including the critically endangered Bilby. It was poised to become the site of a large gas plant, which would have destroyed the landscape, its wildlife, and its cultural significance. "If it had become an industrialised precinct, we would have lost the energy and the feeling of the country, the liyan - the connection to the law of the land!"

Anne was one of many people who worked tirelessly with The Wilderness Society to bring the issue to national attention, and to the courts of WA. She formed a group called the Families of Broome, to unite the community in opposition to the development. "We're standing up not as protestors, but as protectors of this wonderful wilderness."

The Wilderness Society trained the group in campaign practices, and in communicating their message. After a five-year struggle, last year their hard work was vindicated with a victory in the Supreme Court of WA, which resulted in the protection of James Price Point. It was not only a win for the wilderness, the wildlife, and the local community, but it also had important long-term significance. "If this development went ahead, it would have set a precedent, and opened up this whole coast to similar developments."

Whilst the region continues to face further threats from industry, for now, thanks to Anne and The Wilderness Society, this culturally and environmentally rich corner of Australia can continue to exist in peace.

KOALAS LOSING HOMES FOR POWER

Koalas are a bit like us - they become attached to where they live. Each koala's home is made up of several trees called 'home trees', which they visit regularly. When these trees are taken away, koalas become disorientated, and struggle to find food and shelter. They may go looking for a new home, but are often killed by dogs or cars before finding one.

Over 80% of koala habitat in Australia has already disappeared. Forests are important safe havens for Australia's most iconic species, but face continued threats. Australia has one of the highest land clearing rates in the world, and even our native forests now face the possibility of being logged - for power generation.

Habitat loss is the greatest threat to our koalas. And let's face it, if koalas lose their homes, we'll lose the koala.

The Wilderness Society is engaging with government, communities and energy retailers to halt the destruction of our native forests, and educate the public about this important issue. Your fundraising will be a vital contribution to their campaign - and help hundreds of koalas keep their forest homes.



DOLPHINS NEED A SANCTUARY

Dolphins have always been a regular sight around Cape Byron, but now they and other dolphin communities are under threat. Coastal development, boat strikes, fishing lines, pollution, and climate change are jeopardising the survival of dolphins around the Australian coastline.

Increased human activity is driving this threat. More than 80% of people in NSW live on the coast, and thousands more flock there every summer. With more people come more dangers for the dolphins:

- Declining water quality caused by toxic waste and pesticides make them vulnerable
- Chemical pollution interferes with their reproduction
- Fishing nets, shark nets, and boat strikes pose ongoing threats
- Marine debris, such as plastic bags and discarded fishing gear, degrade their habitat

But there is hope. Marine sanctuaries protect dolphins and their habitat, and bring about a dramatic increase in the size, number and diversity of marine life. Currently, less than 4% of the NSW coastline is in sanctuary zones, but The Wilderness Society is working to preserve these sanctuaries against plans to re-allow fishing in these precious areas and further reduce their boundaries, including those in the Cape Byron area.

The money you're raising will help The Wilderness Society to protect these jewels of biodiversity for dolphins and other endangered marine life, and for our children and grandchildren to enjoy.



Credit: Dave Thomas



THE WILDERNESS SOCIETY

JUST SOME OF OUR BIG WINS

...more on the website

1. 1976
2. 1982
3. 1983
4. 1983
5. 1989
6. 1992
7. 1993
8. 1999
9. 2004
10. 2005
11. 2005
12. 2009
13. 2010
14. 2011
15. 2012
16. 2012
17. 2013



17

Largest gas processing plant in history stopped.
James Price Point WA. 2013



Credit: Glenn Walker

9

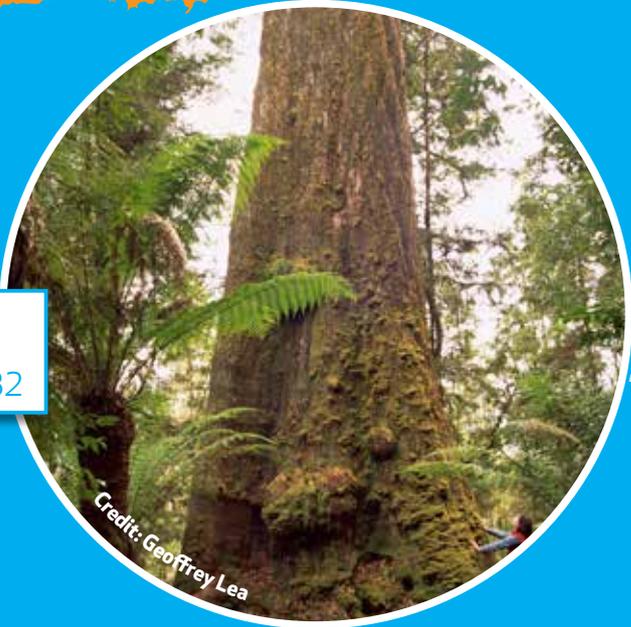


66,535 hectares of marine wilderness protected.
Ningaloo Reef, WA. 2004

500,000 hectares protected.
Yellabinna SA declared Legislated Wilderness. 2005

10

760,000 hectares protected.
South West Tasmanian Wilderness declared World Heritage Area. 1982



Credit: Geoffrey Lea

1,200,000 hectares protected.
Cape York Peninsula – National Park and Traditional Lands declared. 2011

2.3 million sq kms of oceans protected.
Largest ever network of marine reserves declared. Marine Parks. 2012



14

16



Protected from large-scale developments.
Qld Wild Rivers Act passed. 2005

11

181,000 hectares protected.
Fraser Island Qld declared World Heritage Area. 1992



6

8

425,000 hectares protected.
Forests of South-East Qld declared National Parks and Reserves. 1999

70,000 hectares protected.
Kangaroo Island SA declared Legislated Wilderness. 1993

Stopped the Tillegra Dam.
Williams River NSW. 2010

13

45,000 hectares protected.
East Gippsland Forests declared National Park. 2009

7

12

430,000 hectares protected.
Tasmanian Forest Agreement. 2012

200,000 hectares of World Heritage listed forests saved. Wesley Vale Pulp Mill Tasmania stopped. 1989

Becomes The Wilderness Society nationally, to protect, promote & restore wilderness. 1983

5

15

4

3

Tasmanian Wilderness Society forms initially to protest dam building in Tasmania. 1976

2

1

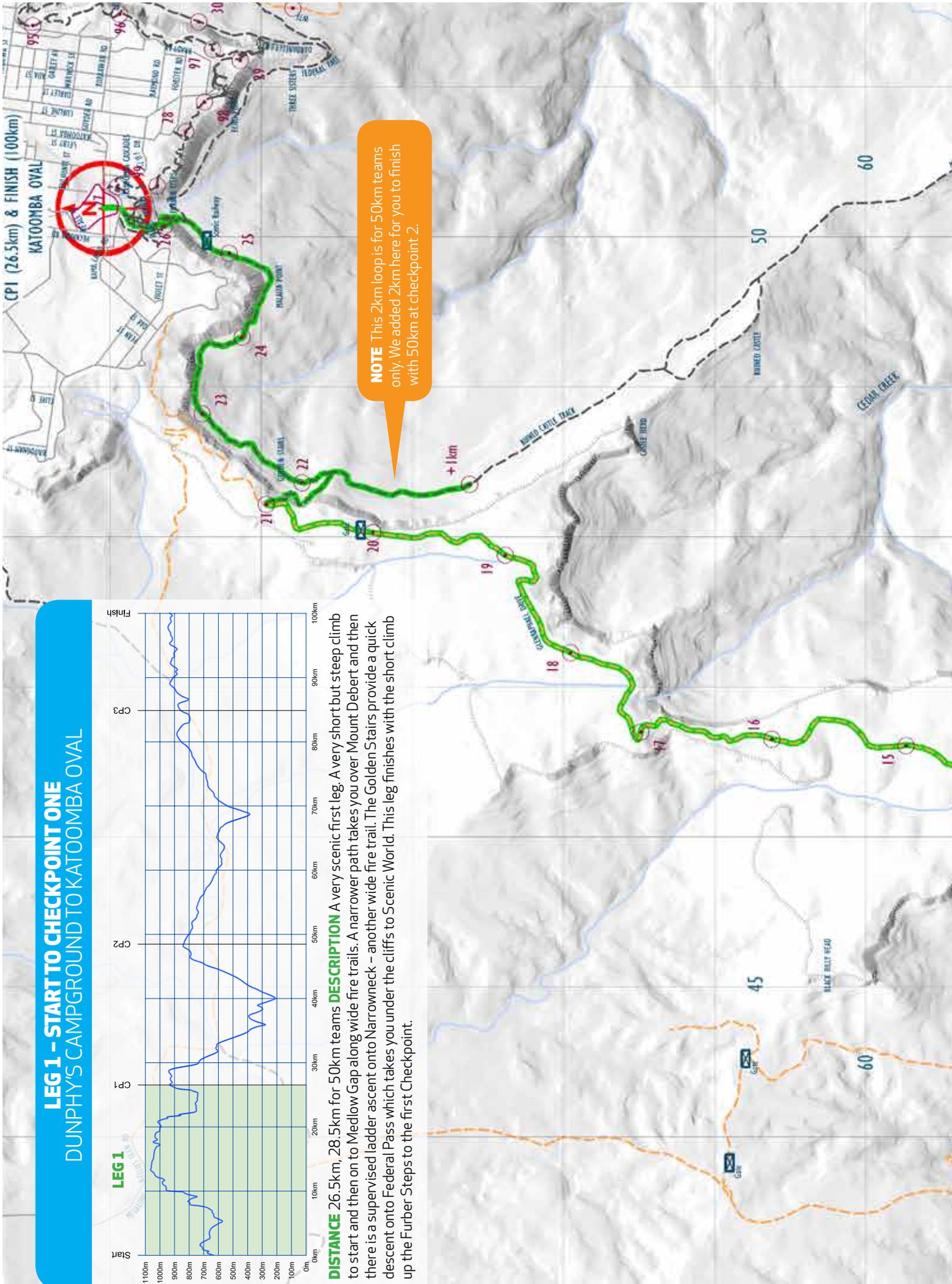
Year long blockade stops destructive dam. Franklin River, Tasmania. 1983

LEG 1 - START TO CHECKPOINT ONE DUNPHY'S CAMPGROUND TO KATOOMBA OVAL



DISTANCE 26.5km, 28.5km for 50km teams **DESCRIPTION** A very scenic first leg. A very short but steep climb to start and then on to Medlow Gap along wide fire trails. A narrower path takes you over Mount Debert and then there is a supervised ladder ascent onto Narrowneck - another wide fire trail. The Golden Stairs provide a quick descent onto Federal Pass which takes you under the cliffs to Scenic World. This leg finishes with the short climb up the Furber Steps to the first Checkpoint.

NOTE This 2km loop is for 50km teams only. We added 2km here for you to finish with 50km at checkpoint 2.



WildEndurance 2014 LEG 1



Checkpoint Location
AND Grid North Arrow



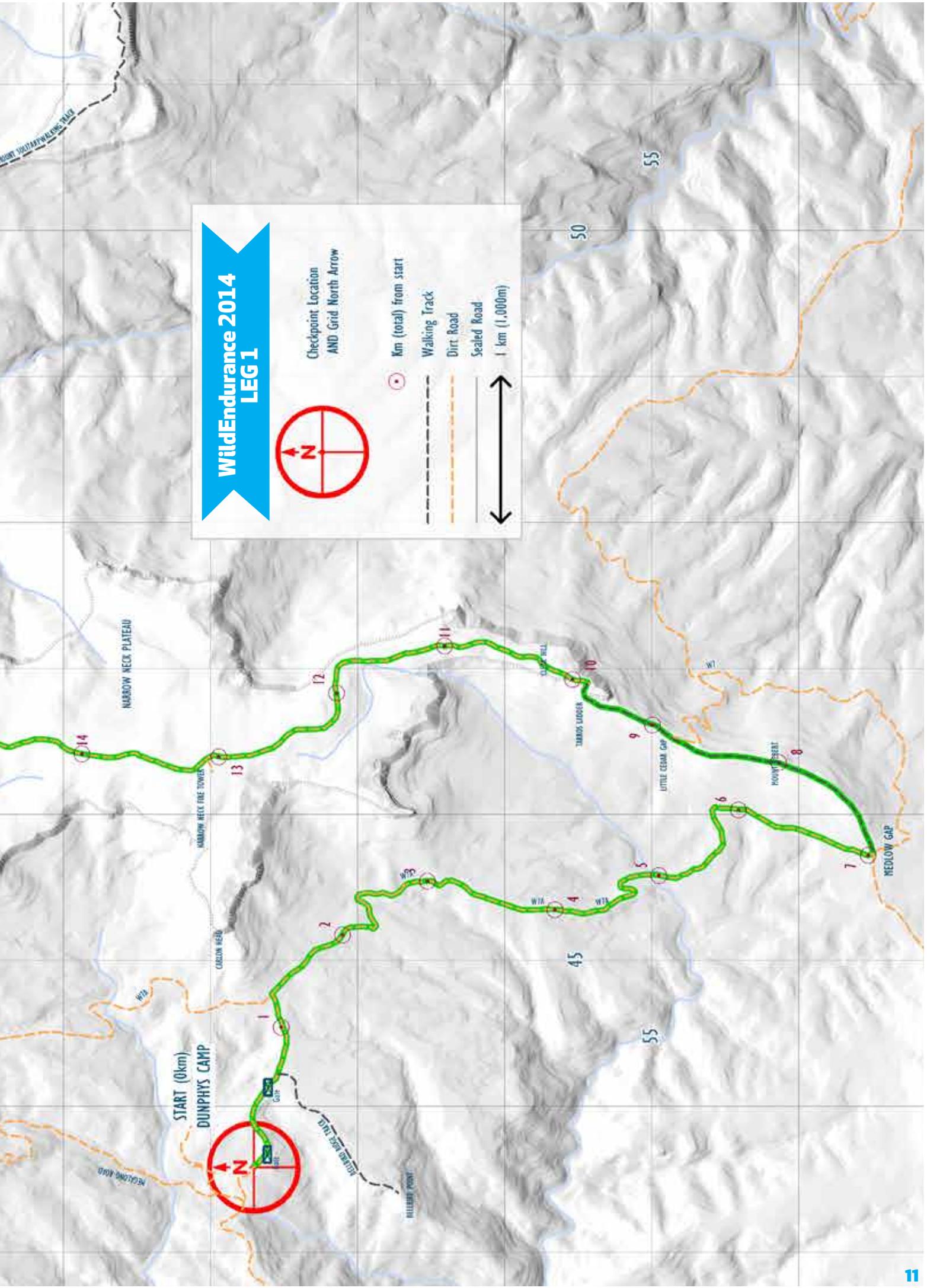
Km (total) from start

Walking Track

Dirt Road

Sealed Road

1 km (1,000m)



CPI (26.5km) & FINISH (100km)



WildEndurance 2014 LEG 2



Checkpoint Location
AND Grid North Arrow

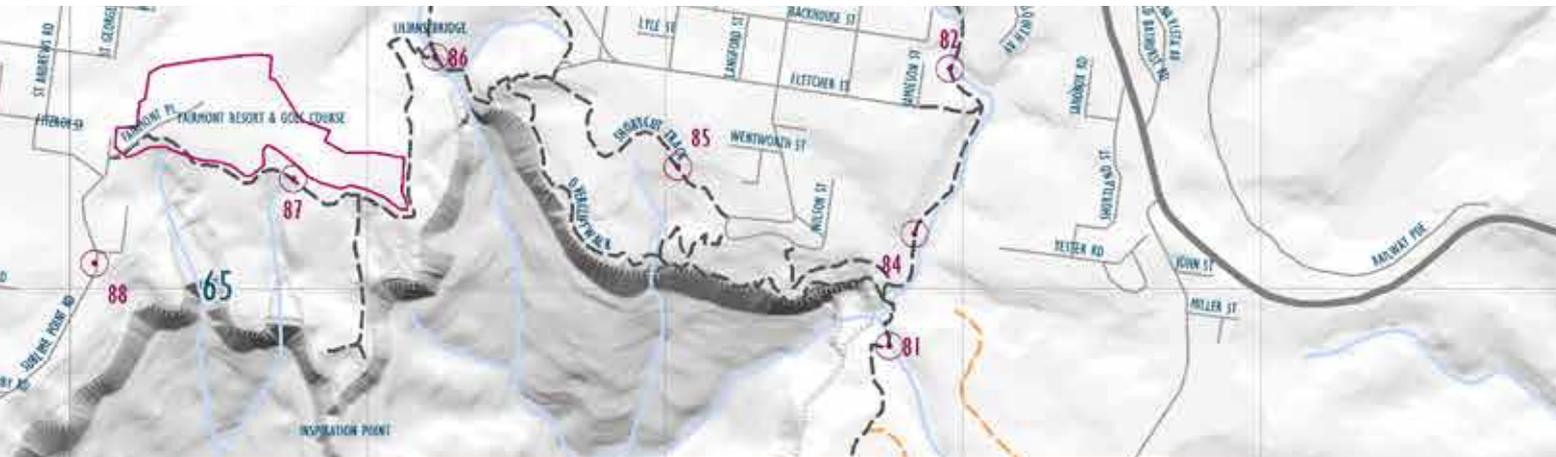
○ Km (total) from start

--- Walking Track

- - - - - Dirt Road

— Sealed Road

← 1 km (1,000m) →

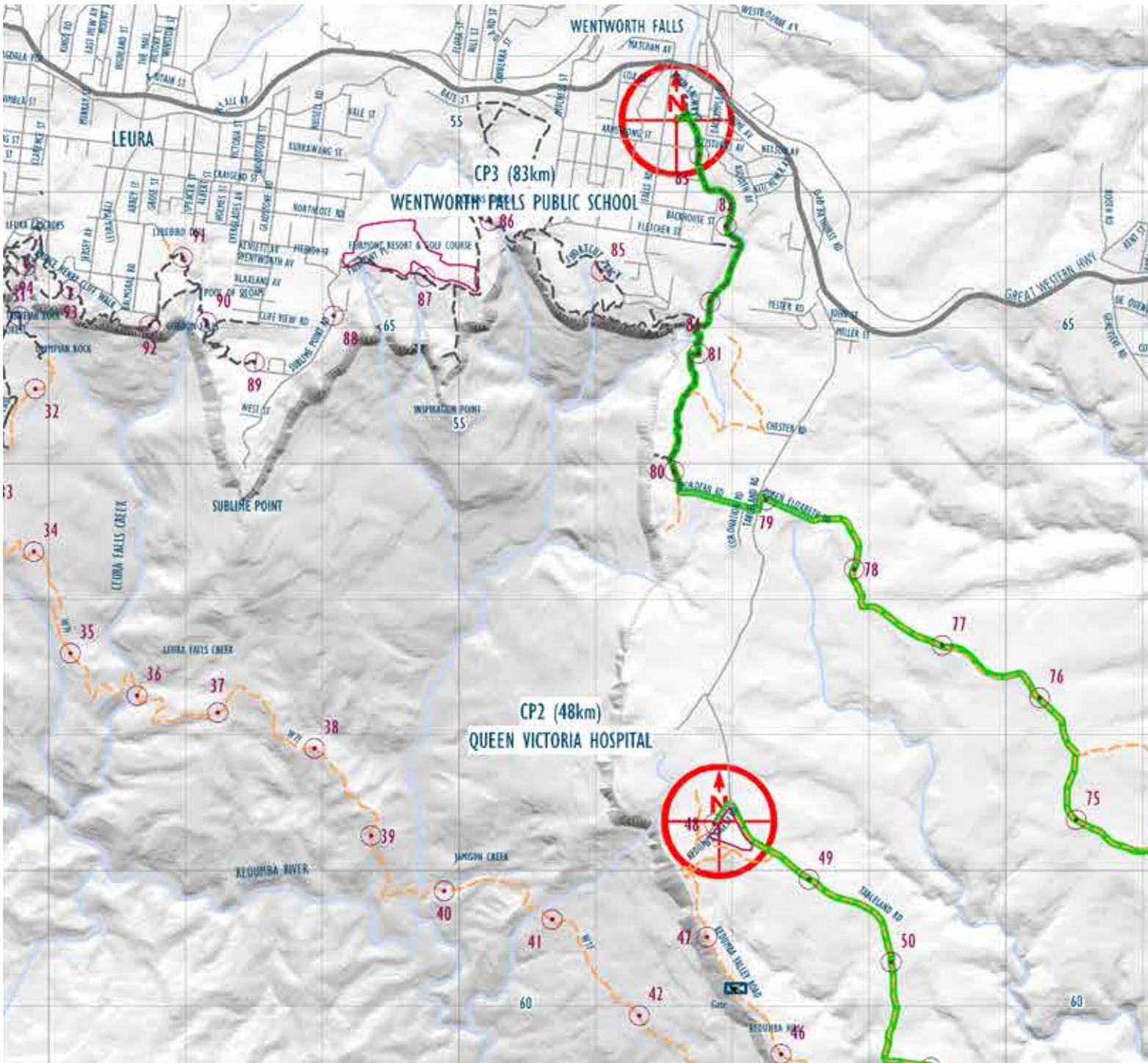


LEG 2 - CHECKPOINT 1 TO CHECKPOINT 2 KATOOMBA OVAL TO QUEEN VICTORIA HOSPITAL



DISTANCE 21.5 km **DESCRIPTION** Another very scenic leg. From Checkpoint One the Cliff Top Walk to Echo Point and the Three Sisters passes many famous viewing points. The Giant Staircase descends to Federal Pass and Leura Forest. A wide fire trail leads across the Jamison Valley to Kedumba Pass and the Queen Victoria Hospital the finish for 50km teams.

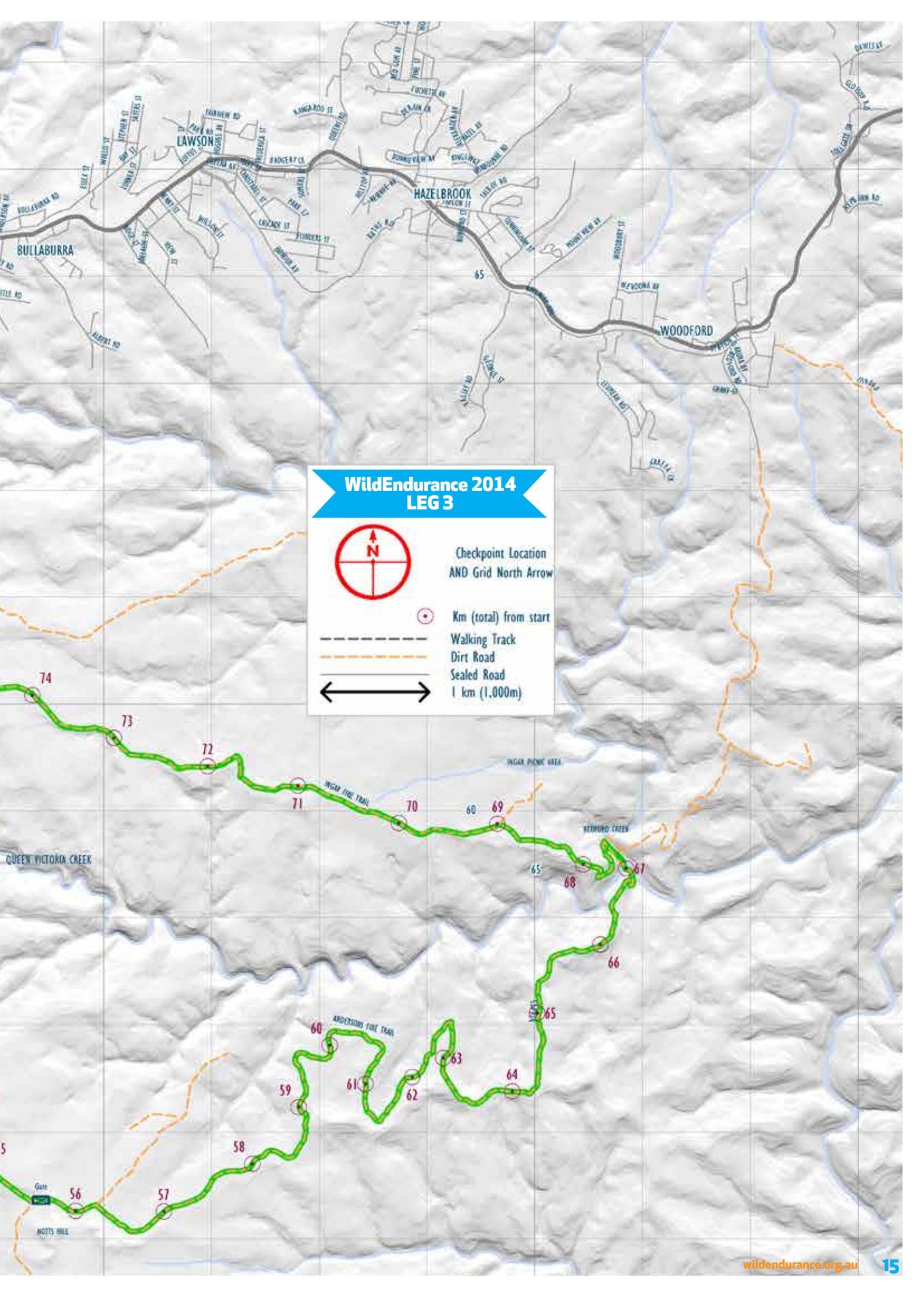




LEG 3 - CHECKPOINT 2 TO CHECKPOINT 3
QUEEN VICTORIA HOSPITAL TO WENTWORTH FALLS PICNIC AREA



DISTANCE 35 km **DESCRIPTION** This is the easiest leg of the course in terms of terrain and trail surface. The first 32km is on fire trail which is also great as it will give you a chance to walk side by side with your team mates and have a good old chat. The route takes you along Kings Tableland Road, Andersons Fire Trail and Ingar Fire Trail with gentle and steady descents and climbs. After re-crossing Tableland Road you will reach the beautiful Wentworth Falls area - after crossing the sandstone blocks at the top of Wentworth Falls you will shortly find yourself at Wentworth Falls Public School and Checkpoint 3.



**WildEndurance 2014
LEG 3**



Checkpoint Location
AND Grid North Arrow

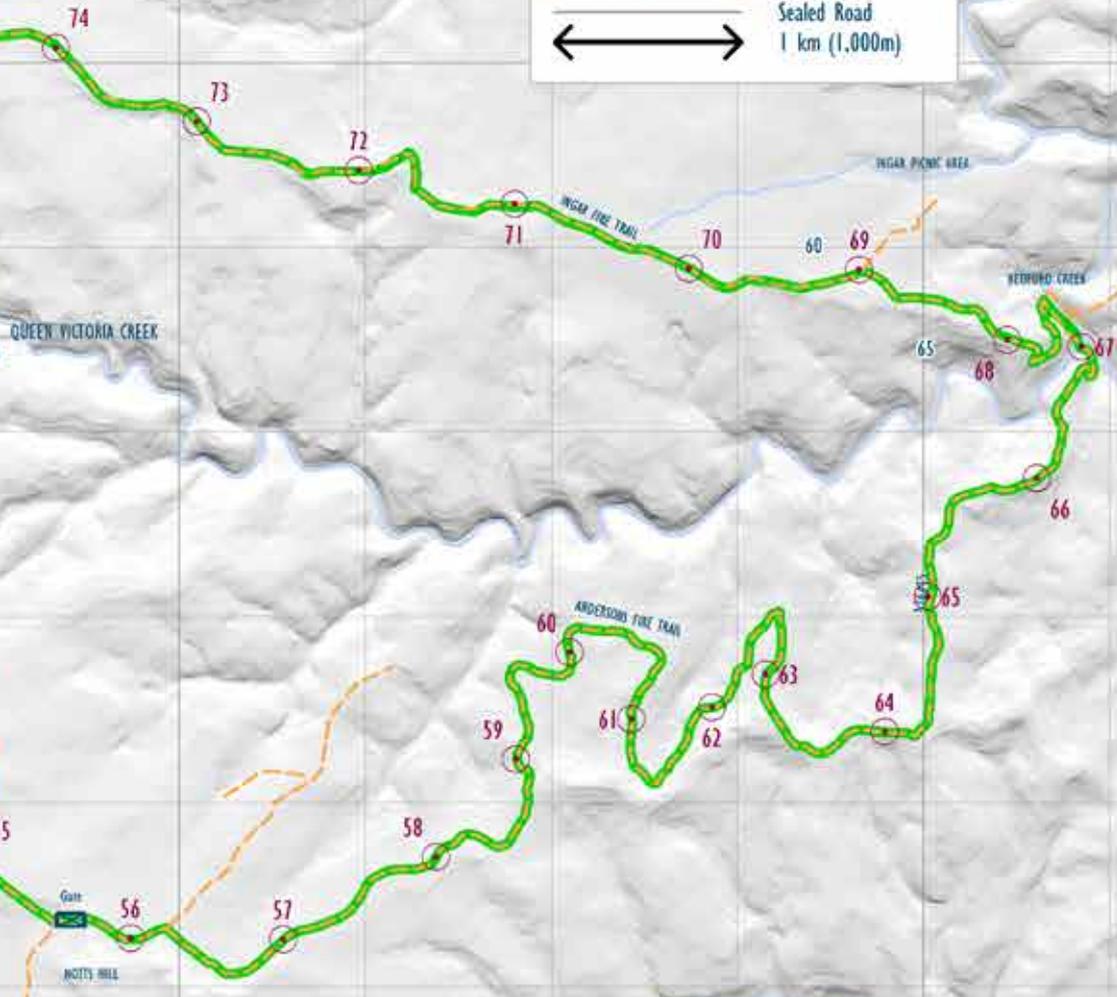
⊙ Km (total) from start

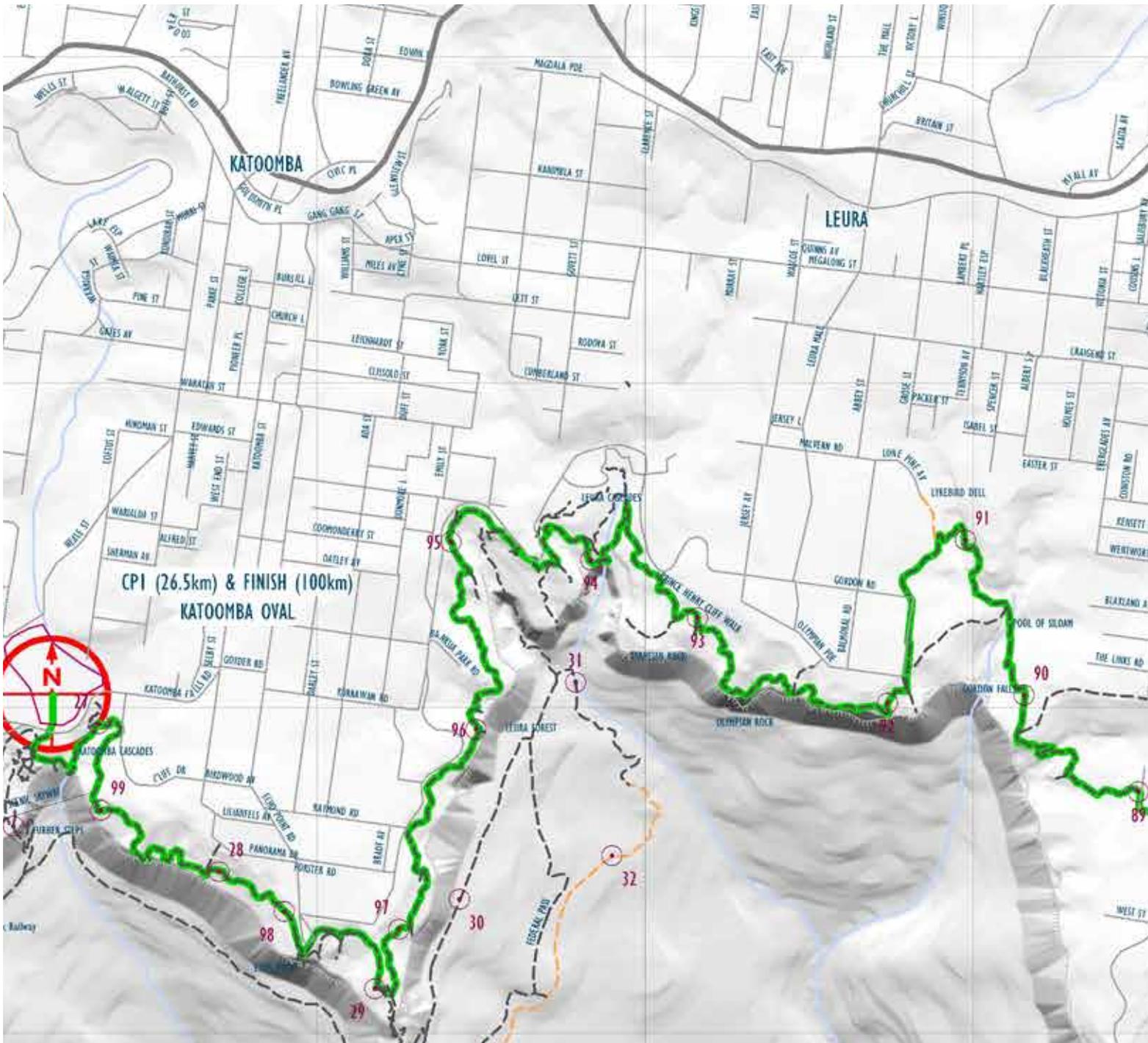
--- Walking Track

- - - - - Dirt Road

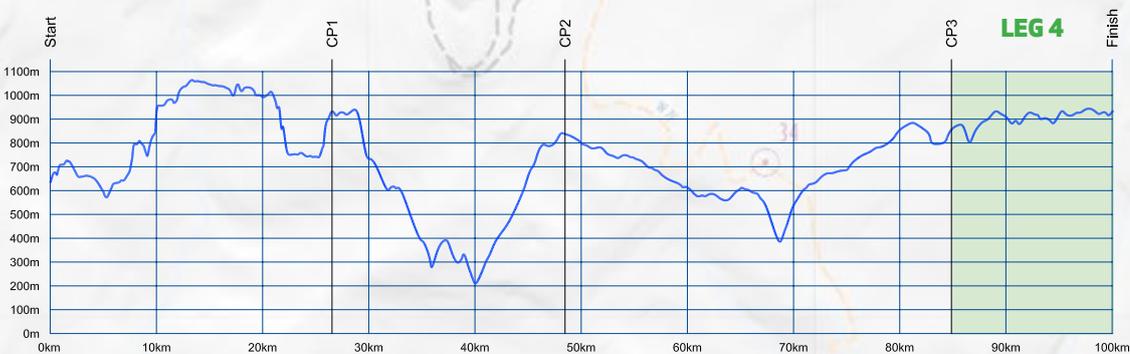
==== Sealed Road

↔ 1 km (1,000m)

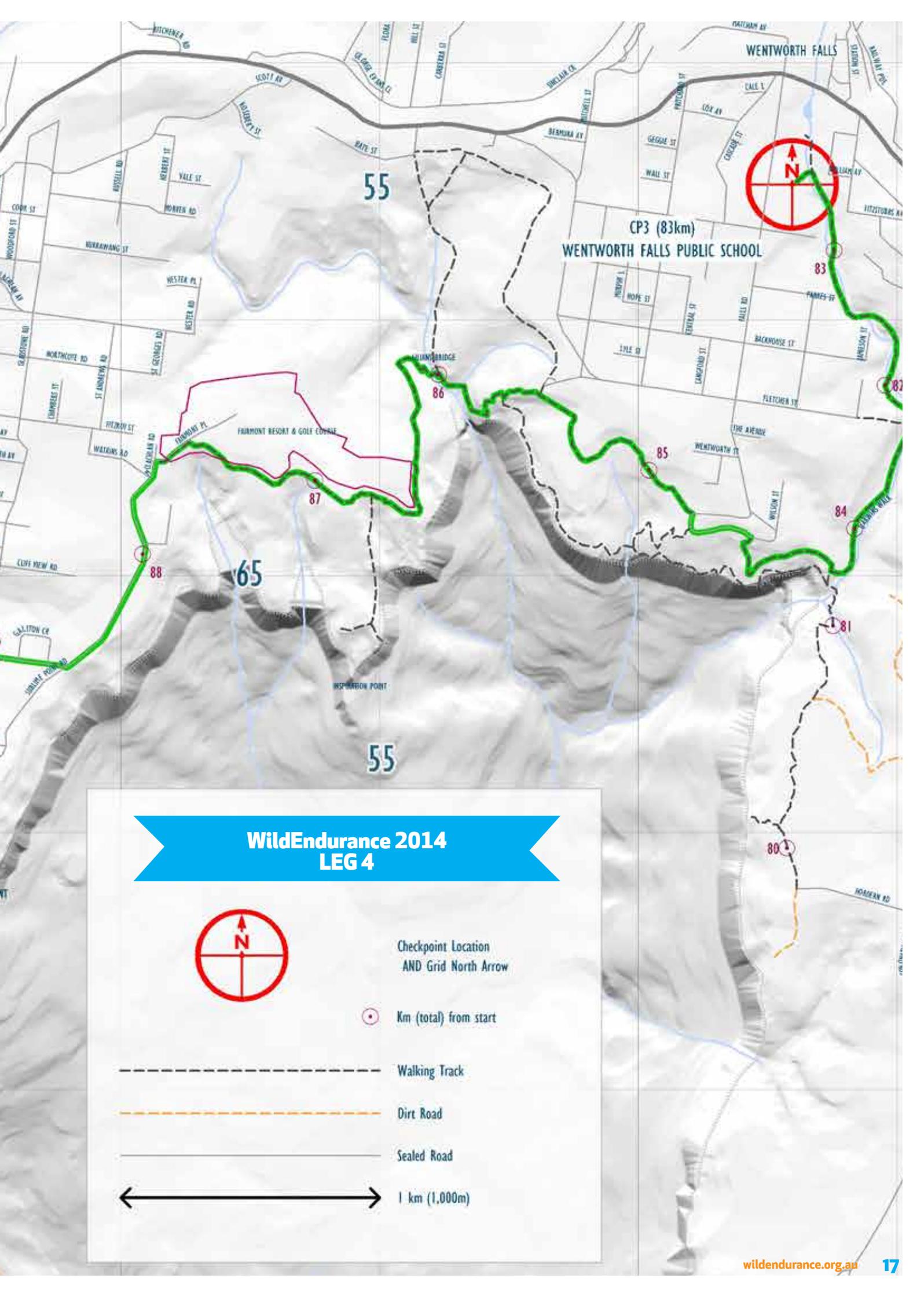




LEG 4 - CHECKPOINT 3 TO FINISH WENTWORTH FALLS PICNIC AREA TO KATOOMBA OVAL



DISTANCE 17km **DESCRIPTION** A fitting end to an amazing course. For those teams lucky enough to see sunrise somewhere along this leg, you will never forget the experience. Make sure to keep an ear out for the haunting call of the Black Cockatoos. There are plenty of relatively short ups and downs as you travel along various walking tracks and these will feel like mountains for anyone with weary legs. As you travel the last few kilometres you will realise the importance of good teamwork and perseverance but mostly you will have time to reflect on your incredible journey. You should feel extremely proud that you have completed such a challenging event and that your efforts will help preserve special wilderness areas like this.



**WildEndurance 2014
LEG 4**



Checkpoint Location
AND Grid North Arrow

⊙ Km (total) from start

--- Walking Track

- - - Dirt Road

— Sealed Road

↔ 1 km (1,000m)

LEG TIMES



Download our MAP APP
see website for details

A GUIDE TO HOW LONG EACH LEG TAKES.

	KMS	FASTEST TIME	AVERAGE (MEAN)	SLOWEST TIME
LEG 1: START - CP 1	26.5km	03:07	05:41	08:00
LEG 2: CP 1 - CP 2	21.5km	02:59	04:55	06:55
LEG 3: CP 2 - CP 3	35km	03:30	07:48	10:45
LEG 4: CP 3 - FINISH	17km	02:21	04:14	05:50

CHECKPOINT CLOSING TIMES

CP 1	5.00pm Saturday
CP 2	2.45am Sunday for 100km teams 5.00am Sunday for 50km teams
CP 3	2.00pm Sunday
FINISH	8.00pm Sunday

LEG DESCRIPTIONS

Any amendments to this course due to trail closures will be notified.

COURSE NOTES LEG 1

START TO CHECKPOINT ONE
DUNPHY'S CAMPGROUND TO KATOOMBA OVAL
DISTANCE -26.5 KM

DESCRIPTION - A very scenic first leg. A very short but steep climb to start and then on to Medlow Gap along wide fire trails. A narrower path takes you over Mount Debert and then there is a supervised ladder ascent onto Narrownneck - another wide fire trail. The Golden Stairs provide a quick descent onto Federal Pass which takes you under the cliffs to Scenic World. This leg finishes with the short climb up the Furber Steps to the first Checkpoint.

	LEG 1 - Description	Kms (leg)	Kms (total)
1	START at Dunphy's Campground in the large grassy clearing. Head East and uphill along dirt road towards gate	0.00	0.00
2	Cross through the gate and continue uphill	0.10	0.10
3	Continue straight ahead on main track. IGNORE Bellbird Ridge track back to your right (not signposted)	0.75	0.75
4	TURN RIGHT at T-junction and follow the main firetrail - signposted 'Bellbird Ridge Maintenance Track'. IGNORE multiple signed, numbered turnoffs to powerline towers as you travel along this main firetrail	1.30	1.30
5	Go through / around gate and continue on main firetrail	2.40	2.40
6	TURN LEFT at the very large flat open area of Medlow Gap onto walking track which leads uphill to Mount Debert - signposted 'Medlow Gap'. (The start of this walking track is very easy to miss as it is slightly hidden. It takes off directly opposite the firetrail to your right.) IGNORE firetrails to your right and straight ahead	7.00	7.00
7	Go over high point (Mount Debert) and continue on the track along the ridge to Little Cedar Gap	8.00	8.00

	LEG 1 - Description	Kms (leg)	Kms (total)
8	Walking track turns to wide firetrail under powerline at Little Cedar Gap. Immediately after passing powerline tower, continue straight ahead onto walking track leading to Tarros Ladders. IGNORE firetrail going downhill to your right	8.80	8.80
9	Arrive at base of Tarros Ladders. (These are normally just steel spikes in the rock to allow you to scramble up the 14 metre high cliff. During the event there are proper ladders with safety cages installed here for your safety.) At the top of the ladders continue up the walking track / footpad via a few rock scrambles and one permanent steel ladder	9.30	9.30
10	TURN LEFT onto firetrail, Glenraphael Drive - signposted 'Kanangra Boyd Wilderness'. Remain on Glenraphael Drive until track point 14	9.90	9.90
11	Continue straight ahead on main firetrail. IGNORE dirt road to your left which goes to fire tower	13.00	13.00
12	Continue straight ahead on main firetrail. IGNORE track to your right	19.10	19.10
13	Go around locked gate. Continue through car park and straight ahead along the dirt road. IGNORE minor tracks to camping sites on your right	20.10	20.10
14	TURN SHARP RIGHT onto Golden Stairs walking track at small car parking area - signposted 'Golden Stairs and National Park trailhead map'	21.00	21.00
15	TURN LEFT at base of stairs onto Federal Pass - signposted 'Federal Pass, Scenic Railway via landslide'. Remain on Federal Pass until track point 22. IGNORE track to your right (signposted 'Ruined Castle, Mt Solitary')	21.84	21.84
16	Continue along the track through "The Landslide" following the metal posts - signposted 'Blue Mountains National Park Federal Pass Scenic Railway 1.2kms'. Note: the trail can be a little hard to follow here but there will be line-of-sight markers put out for the event	23.40	23.40
17	Continue straight ahead along the main track. IGNORE two tracks to your left	24.40	24.40
18	Continue straight ahead along track as you cross over a cable at shin height and then go between a set of old gateposts. IGNORE minor track to your left	24.60	24.60
19	TAKE LEFT FORK onto boardwalk within "Scenic World". Pass old mine shafts and old mining equipment displays	25.00	25.00
20	Continue along the boardwalk which crosses above the Scenic Railway lower station	25.24	25.24
21	Above the railway, the path turns sharp left. Then TURN IMMEDIATELY RIGHT and out through the gate to exit Scenic World - signposted 'Push to Open. Welcome to Blue Mountains National Park. You are now leaving Scenic World'. IGNORE steps down to your left which access the Scenic Railway train platform	25.26	25.26

LEG 1 – Description		Kms (leg)	Kms (total)
22	TURN LEFT up the stairs - signposted 'Furber Steps'. IGNORE track straight ahead (signposted 'Federal Pass, to Giant Stairway')	25.55	25.55
23	Continue straight ahead up the stairs – signposted 'Queen Victoria Lookout'	25.75	25.75
24	TURN LEFT up the stairs through Rainforest Lookout – signposted 'Furber Steps Cliff Drive 400m'. IGNORE track to your right	25.87	25.87
25	TURN RIGHT towards the caravan park – signposted 'Round Walk to Caravan Park'	25.89	25.89
26	TURN LEFT at 4-way track junction with tree stump in the middle. Continue up the stairs to a small picnic area	26.35	26.35
27	Continue straight ahead through the small picnic area to the bus shelter. Cross the road to access Katoomba Oval	26.40	26.40
28	CHECKPOINT ONE - Katoomba Oval	26.50	26.50

COURSE NOTES LEG 2

CHECKPOINT ONE TO CHECKPOINT TWO KATOOMBA OVAL TO QUEEN VIC HOSPITAL DISTANCE – 21.5 KM

Description – Another very scenic leg. From Checkpoint One the Cliff Top Walk to Echo Point and the Three Sisters passes many famous viewing points. The Giant Staircase descends to Federal Pass and Leura Forest. A wide fire trail leads across the Jamison Valley to Kedumba Pass and the Queen Victoria Hospital.

LEG 2 – Description		Kms (leg)	Kms (total)
1	START at Checkpoint One - Katoomba Oval. Head back out the same way you came in - back across the road and through the small picnic area	0.00	26.50
2	Continue, straight down the stairs to the 4-way track junction with tree stump in the middle. TURN LEFT at this 4-way junction to Katoomba Cascades – signposted 'Katoomba Cascades. Echo Point via cliff top walk'	0.10	26.60
3	Continue straight ahead on the track. IGNORE minor track on your right	0.20	26.70
4	TURN LEFT at T-intersection	0.25	26.75
5	Cross the creek with a small waterfall on your left and continue up the stairs. IGNORE the stairs on your left just before the creek crossing	0.43	26.93
6	TAKE RIGHT FORK to Echo Point at the top of the stairs – signposted 'Echo Point Lookout 40 minutes. Cliff View Lookout 10 minutes'	0.47	26.97
7	Continue following the concrete footpath around to the right and away from the road	0.50	27.00
8	Continue along track under the Scenic Skyway cables and past Cliff View Lookout	0.80	27.30
9	Continue straight ahead past Allambie Lookout	1.20	27.70
10	TAKE RIGHT FORK at top of stairs near Lady Darley Lookout – signposted 'Grand Clifftop Track, Echo Point, Leura'. IGNORE the track to your left	1.41	27.91

LEG 2 – Description		Kms (leg)	Kms (total)
11	TAKE LEFT FORK in path to go up to Echo Point main lookout	1.86	28.36
12	TURN LEFT at the main lookout and head towards the Visitors Information Centre (right hand side of the small car park and toilets)	1.88	28.38
13	TURN RIGHT around far side of the Visitors Information Centre following signs to the Giant Stairway – signposted 'Three Sisters Walk, Prince Henry Cliff Walk, Giant Stairway, Federal Pass'	1.97	28.47
14	Continue straight ahead on main concrete pathway under stone archway – signposted 'TO: Three Sisters 10 mins, Giant Stairway, Federal Pass'. IGNORE path to your right immediately after passing under stone archway	2.00	28.50
15	Continue straight ahead on main concrete pathway. IGNORE path back to your right	2.10	28.60
16	TAKE RIGHT FORK in track towards Giant Stairway – signposted 'Three Sisters Track, Three Sisters 10 mins, Giant Stairway 10 mins'	2.30	28.80
17	Continue straight ahead to the stone archway. IGNORE the stone steps going up to your left. Immediately after passing the archway, turn left to go down the Giant Stairway. This is a long descent down steep and narrow stairs. Be careful and be courteous to other walkers on the stairs. GIVE WAY TO PEOPLE COMING UP THE STAIRS AND PLEASE DO NOT PUSH ANYONE OUT OF THE WAY	2.45	28.95
18	TURN SHARP LEFT and continue down the stone stairs. IGNORE the bridge which leads to a small cave / overhang	2.55	29.05
19	TURN LEFT onto the track – signposted 'Dardanelles Pass. Leura Forest 1km' - at the bottom of the stairs heading towards Leura Forest	2.94	29.44
20	TURN LEFT onto Federal Pass towards Fern Bower immediately after passing rotunda in Leura Forest picnic area – signposted 'Fern Bower 750m'. Then continue over a bridge and past a picnic table.	4.08	30.58
21	TURN RIGHT immediately after crossing a second bridge onto a track that is hidden behind a Federal Pass sign. DO NOT go up the stairs at this point (signposted 'to Prince Henry Cliff Walk')	4.36	30.86
22	TURN SHARP RIGHT onto wider track and head downhill to cross a creek. IGNORE the track to your left which goes uphill to a concrete pipe	4.41	30.91
23	Continue straight ahead on track. IGNORE track to your right	4.76	31.26
24	Reach open grassed area. Continue down the grassy track which takes you around the left hand edge of the clearing	4.98	31.48
25	Continue on the main firetrail up a gradual hill and back into the forest. IGNORE the track off to your left. The firetrail climbs initially, then undulates and then loses over 300m in elevation. Remain on this firetrail until track point 31	5.2	31.70
26	The firetrail passes through a large clearing in a saddle	8.2	34.70

LEG DESCRIPTIONS CONTINUED

	LEG 2 - Description	Kms (leg)	Kms (total)
27	Cross Leura Falls Creek (signposted) at causeway	9.3	35.80
28	Cross Jamison Creek (signposted) at causeway. You will gain 600m of elevation over the next 5km	13.2	39.70
29	IGNORE the rock cairn and walking track to the right. Remain on main firetrail	16.4	42.90
30	TURN SHARP LEFT onto firetrail and head uphill. IGNORE track going straight ahead	16.8	43.30
31	Go through the gate and continue uphill through a big road cutting on Kedumba Pass. If you open the gate, make sure you close it again	17.4	43.90
32	Go around locked gate on either side and continue straight ahead	19.8	46.30
33	Continue straight ahead on main firetrail. IGNORE track to your left	20.9	47.40
34	Continue straight ahead on main firetrail. IGNORE tracks to your left and right	21.1	47.60
35	CHECKPOINT TWO - 50KM FINISH Queen Victoria Hospital	21.5	48.00

COURSE NOTES LEG 3

CHECKPOINT 2 TO CHECKPOINT 3 TO TO WENTWORTH FALLS PUBLIC SCHOOL

DISTANCE - 35 KM

DESCRIPTION - This is the easiest leg of the course in terms of terrain and trail surface. The first 32km is on fire trail which is also great as it will give you a chance to walk side by side with your team mates and have a good old chat. The route takes you along Kings Tableland Road, Andersons Fire Trail and Ingar Fire Trail with gentle and steady descents and climbs. After re-crossing Tableland Road you will reach the beautiful Wentworth Falls area - after crossing the sandstone blocks at the top of Wentworth Falls you will shortly find yourself at Wentworth Falls Public School and Checkpoint 3.

	LEG 3 - Description	Kms (leg)	Kms (total)
1	START - Queen Victoria Hospital	0.00	48.00
2	TURN RIGHT onto Kings Tableland Road to head South-East. This road soon becomes dirt. Stay over to the left hand side of the road. IGNORE bitumen road going straight ahead (Tableland Road)	0.10	48.10
3	Continue straight ahead ignoring minor firetrail to your right	0.60	48.60
4	TURN LEFT onto Andersons Firetrail - signposted 'Andersons Fire Trail'	7.50	55.50
5	Continue straight ahead around the gate	7.60	55.60
6	TAKE RIGHT FORK to remain on main trail as it bends right. IGNORE firetrail to your left	8.20	56.20
7	Continue straight ahead through the open gate and across the old bridge	11.80	59.80
8	Cross Queen Victoria Creek and head up a small hill	19.00	67.00

	LEG 3 - Description	Kms (leg)	Kms (total)
9	TAKE LEFT FORK and head uphill on firetrail. This firetrail gains 200m in elevation over the next 1.5km. IGNORE firetrail to your right which crosses a causeway on Bedford Creek. A few hundred metres further on, up the hill, pass through a gate.	19.30	67.30
10	TURN LEFT onto Ingar Firetrail after passing through another gate. IGNORE firetrail to your right (signposted to Ingar). Continue straight ahead on Ingar Fire Trail for 9.5km ignoring multiple minor tracks and 4WD tracks which come off both sides of Ingar Fire Trail	20.95	68.95
11	Continue straight ahead towards Queen Elizabeth Drive - signposted 'Blue Mountains National Park'. IGNORE two minor tracks to your right	30.52	78.52
12	Pass through open gate and TAKE RIGHT FORK onto the bitumen Queen Elizabeth Drive	30.55	78.55
13	TURN LEFT into Tableland Road	31.00	79.00
14	TURN RIGHT into Hordern Road	31.10	79.10
15	Continue straight ahead ignoring Coronation Road on your left	31.20	79.20
16	TURN RIGHT at T-junction	31.70	79.70
17	Go around locked gate and continue straight ahead	31.71	79.71
18	TAKE LEFT FORK and go around locked gate - signposted 'Kings Tableland Track'. IGNORE track to your right	31.93	79.93
19	TAKE LEFT FORK onto Rocket Point Walking Track - signposted 'Rocket Point Track'. IGNORE firetrail to your right	32.50	80.50
20	TURN RIGHT towards Wentworth Falls - signposted 'Wentworth Falls'	32.80	80.80
21	TAKE RIGHT FORK down to creek. IGNORE track to your left (signposted 'Round Walk')	33.00	81.00
22	TURN RIGHT at creek and cross creek. IGNORE track to your left (signposted 'National Pass')	33.00	81.00
23	Cross the top of Wentworth Falls on the sandstone blocks	33.02	81.02
24	TAKE RIGHT FORK signposted "To Charles Darwin Walk" and "Weeping Rock Circuit". Ignore left fork to Car Park and Undercliff Track.	33.09	81.09
25	Walk up small ladder adjacent to Weeping Rock waterfall	33.30	81.11
26	TAKE RIGHT FORK at signpost marked "Charles Darwin Walk" and "Village and Train Station 2km"	33.55	81.55
27	IGNORE several signposted sidetracks marked "To Fletcher St", "To Parkes St" etc. Continue on main trail.		
28	TURN LEFT at T junction with timber fence in front of you. Ignore the arrow pointing right with walkers silhouette on it. Cross small timber bridge over creek.	34.40	82.40
29	TURN LEFT at unsignposted track junction.	35.00	83.00
30	CHECKPOINT THREE - Wentworth Falls Public School	35.10	83.10

COURSE NOTES LEG 4

CHECKPOINT 3 TO FINISH WENTWORTH FALLS PUBLIC SCHOOL TO KATOOMBA OVAL

DISTANCE - 17KM

DESCRIPTION - A fitting end to an amazing course. For those teams lucky enough to see sunrise somewhere along this leg, you will never forget the experience. Make sure to keep an ear out for the haunting call of the Black Cockatoos. There are plenty of relatively short ups and downs as you travel along various walking tracks and these will feel like mountains for anyone with weary legs. As you travel the last few kilometers you will realise the importance of good teamwork and perseverance but mostly you will have time to reflect on your incredible journey. You should feel extremely proud that you have completed such a challenging event and that your efforts will help preserve special wilderness areas like this.



	LEG 4 - Description	Kms (leg)	Kms (total)
1	START- Wentworth Falls Public School. Leave via the track you entered on through the gate. TAKE RIGHT FORK at unsignposted junction,	0	83.1
2	cross small timber bridge over creek a few hundred metres on.	0.1	83.2
3	TAKE RIGHT FORK at T junction with timber fences. Do not go up the timber and dirt steps in front of you.	0.7	83.9
4	IGNORE several signposted sidetracks marked "To Fletcher St", "To Parkes St" etc. Continue on main trail.		
5	TAKE LEFT FORK at signpost, following Arrow "Weeping Rock", "To the Falls" and "To National Pass." IGNORE right arrow marked "Picnic Area and Car Park 15min".	1.55	84.65
6	Walk down small ladder adjacent to Weeping Rock waterfall	1.8	84.9
7	TAKE RIGHT FORK at signpost. IGNORE left arrows signed "To the Falls" and "To National Pass". Go up bush steps towards carpark.	2.11	85.1
8	At Wentworth Falls Picnic Area, head West on footpath next to road till you reach the carpark. Cross the upper and then the lower car parks of the picnic area and pick up the entrance to Short Cut Track from the lower car park	2.60	85.59
9	TAKE Short Cut Track out of the lower car park towards Conservation Hut Café - signposted 'Short Cut Track'. Remain on Short Cut Track all the way to Track Point 7	2.73	85.83
10	Continue on main track. IGNORE minor track to your right	2.74	85.84
11	Continue straight ahead to Conservation Hut - signposted 'Conservation Hut'. IGNORE track to your right (signposted to 'Murphys Lane'). IGNORE track to your left (signposted Breakfast Pt Lookout)	3.55	86.65
12	Continue straight ahead. IGNORE minor track to your left	3.65	86.75
13	Continue across the small metal bridge	3.74	86.84
14	TURN LEFT down the stairs on Valley of the Waters track towards Empress Lookout - signposted 'Valley of the Waters Track, Empress Lookout'. IGNORE track to your right which goes up the steps to the Conservation Hut	3.95	87.05
15	Continue down the stairs on main track. IGNORE minor track to your left	4.05	87.15
16	TAKE RIGHT FORK on National Pass / Nature Track - signposted 'National Pass, Valley of the Waters, Nature Track'. IGNORE track to your left (signposted Overcliff Track)	4.15	87.25
17	Continue on main track around the right hand bend. IGNORE minor track leading straight ahead	4.20	87.30
18	Continue on main track around right hand bend. IGNORE minor track to your left	4.27	87.37
19	TURN RIGHT on track. IGNORE track to your left (signposted 'Queen Victoria Lookout')	4.28	87.38
20	Continue past Empress Lookout and down the metal stairs	4.37	87.47

LEG DESCRIPTIONS CONTINUED

LEG 4 - Description	Kms (leg)	Kms (total)
21 Continue straight ahead on Nature Track – signposted 'Nature Track'. IGNORE track to your left (signposted 'National Pass')	4.47	87.57
22 Continue across timber bridge and up stairs	4.48	87.58
23 Continue straight ahead and go across timber bridge (Lilians Bridge). After the bridge, the track goes uphill and eventually runs beside the golf course. Remain on this track and do not go onto the golf course. IGNORE track to your right immediately before crossing the timber bridge	4.67	87.77
24 Continue along boardwalk. IGNORE the turn to your left	5.58	88.68
25 TAKE RIGHT FORK to remain on Grand Cliff Top Track to Leura – signposted 'to Leura'. IGNORE track to your left (signposted to 'Inspiration Point')	5.64	88.74
26 Walking track turns to dirt road. Continue on this main dirt road around the left hand edge of The Fairmont Resort Grounds	5.98	89.08
27 Track turns to bitumen beside the Fairmont Resort. Continue on the left hand side of the Fairmont Resort building	6.28	89.38
28 TURN LEFT onto Fairmont Resort driveway going uphill	6.53	89.63
29 TURN LEFT as you exit the Fairmont Resort driveway	6.68	89.78
30 Continue straight ahead at the 'give way' sign onto Sublime Point Road. IGNORE road to your right (signposted 'Watkins Road')	6.73	89.83
31 TURN RIGHT into Willoughby Rd. IGNORE road going straight ahead	7.40	90.50
32 Follow Willoughby Road around a 90° right hand bend	7.60	90.70
33 TURN LEFT into minor unmarked dirt track (this track may have a car parked across its entrance). If you reach the end of the bitumen you have missed the track	7.65	90.75
34 TURN RIGHT. IGNORE track to your left	7.80	90.90
35 TURN RIGHT. IGNORE track to your left	8.00	91.10
36 Cross timber bridge and continue up the stairs	8.10	91.20
37 Continue straight ahead on Grand Cliff Top Track towards Gordon Falls – signposted 'Grand Cliff Top Track'. IGNORE track to your right (signposted 'Gladstone Rd'). IGNORE Golf Links Lookout	8.40	91.50
38 Cross bridge at Pool of Siloam and continue straight ahead towards Lyrebird Dell – signposted 'Lyrebird Dell'	8.80	91.90

LEG 4 - Description	Kms (leg)	Kms (total)
39 TURN RIGHT towards Lyrebird Dell – signposted 'Lyrebird Dell'. IGNORE track to your left	8.90	92.00
40 Continue up the stairs towards Lyrebird Dell – signposted 'Lyrebird Dell'. IGNORE minor track straight ahead	9.10	92.20
41 Cross metal bridge and continue straight ahead. IGNORE minor track to your right	9.26	92.36
42 TURN LEFT to cross bridge and continue up stone stairs. IGNORE minor tracks to your right which go to a large cave and base of waterfall.	9.42	92.52
43 TURN LEFT onto wider gravel track. IGNORE track to your right	9.53	92.63
44 TAKE RIGHT FORK and head up slight hill. IGNORE track going straight ahead	9.58	92.68
45 Continue straight ahead on main track. IGNORE track to your left	9.62	92.72
46 Continue straight ahead. IGNORE old track to your right	9.73	92.83
47 Go through gate and take left fork in bitumen road onto Lone Pine Ave. IGNORE bitumen road to your right (signposted 'Gordon Rd')	9.89	92.99
48 Continue straight ahead on Lone Pine Ave. IGNORE Gordon Falls Reserve on your left	10.04	93.14
49 Continue straight ahead into the park at the point where Lone Pine Ave does a 90° right hand bend. Head across the left hand edge of the park on the pathway to get to the small stone pillar	10.15	93.25
50 Continue straight ahead down 10 stairs to a 4-way junction and turn immediately right on Prince Henry Cliff Walk towards Leura Cascades – signposted 'Prince Henry Cliff Walk, to Leura Cascades'. IGNORE track going down further stairs straight ahead. IGNORE track to your left.	10.19	93.29
51 TAKE LEFT FORK past Elysian Rock lookout and down the stairs to cross over a concrete bridge	10.55	93.65
52 Continue straight ahead past Olympian Rock Lookout. IGNORE steps going up to your right	10.77	93.87
53 TURN RIGHT towards Leura Cascades and immediately take the left fork – signposted 'to Leura Cascades'. IGNORE the first track on your left (signposted 'Tarpeian Rock'). IGNORE the second track on your right which goes up to Cliff Drive	11.24	94.34
54 TURN RIGHT to Leura Cascades – signposted 'to Leura Cascades'. IGNORE track to your left (signposted 'Bridal Veil View Lookout')	11.45	94.55
55 Continue straight ahead at the 4-way junction	11.71	94.81
56 TURN SHARP LEFT and downhill towards Leura Cascades – signposted 'to Leura Cascades'. IGNORE track going straight ahead across the bridge (signposted 'Prince Henry Cliff Walk, to Gordon Falls, Cliff Top Lookouts') Continue down the stairs to the bridges. Cross the downstream bridge and continue on the track beside the creek. The track goes past a lookout and turns sharp right up some stairs	11.82	94.92
57	11.90	95.00



LEG 4 - Description	Kms (leg)	Kms (total)
58 TAKE RIGHT FORK on Round Walk to Echo Point. IGNORE track to your left (signposted 'Cliff Drive via Fern Bower')	12.09	95.19
59 TAKE LEFT FORK on Prince Henry Cliff Walk to Echo Point – signposted 'Prince Henry Cliff Walk, Echo Point'	12.19	95.29
60 TAKE RIGHT FORK. IGNORE track to your left (signposted 'Bridal Veil Lookout')	12.39	95.49
61 TAKE RIGHT FORK. IGNORE track to your left (signposted 'Copelands Lookout')	12.42	95.52
62 TAKE RIGHT FORK at Fossil Rock Lookout. Go up the stairs to the bitumen road and turn left on the footpath beside the road	12.52	95.62
63 TURN LEFT down the short set of stairs and then turn right at the bottom of the stairs – signposted 'Prince Henry Cliff Walk, To Federal Pass & Echo Point'	12.62	95.72
64 Continue straight ahead to Echo Point – signposted 'Prince Henry Cliff Walk, To Echo Point'. IGNORE track to your left	12.76	95.86
65 TURN LEFT and continue towards Echo Point – signposted 'Prince Henry Cliff Walk, To Echo Point 2.4km, To Scenic Skyway 4.8 km'	13.03	96.13
66 TURN RIGHT at Burrabaroo Lookout sign – signposted 'To Echo Point 1.75km'. Stay on Prince Henry Cliff Walk	13.20	96.30
67 Continue straight ahead to Echo Point – signposted Prince Henry Cliff Walk, To Echo Point 1.25km'. IGNORE track to your left	13.72	96.82
68 Continue past Honeymoon Point – signposted 'Honeymoon Point'	13.85	96.95
69 TAKE LEFT FORK at Tallawarra Lookout and follow track as it then bends around to the right and past another lookout – signposted 'Prince Henry Cliff Walk, To Echo Point 850m'. IGNORE track to your right which goes uphill to the road	14.49	97.59
70 TAKE MIDDLE TRACK which veers right and goes to Echo Point – signposted 'To Echo Point 450m'. IGNORE track going straight ahead and track going sharp right	14.99	98.09
71 TURN RIGHT at Three Sisters Track sign onto concrete path – signposted 'Three Sisters Track'	15.06	98.16
72 Continue straight ahead. IGNORE path going downhill to your left	15.26	98.36
73 Continue under stone archway and veer left around the front of the Visitor Information Centre. Continue out to the main Echo Point Lookout	15.36	98.46
74 TURN RIGHT at the main Echo Point Lookout onto walking path. Go down the path and continue straight ahead at the first track junction. IGNORE walking path back to your left	15.46	98.56
75 TAKE LEFT FORK on Grand Cliff Top Track and down the stairs at Lady Darley Lookout – signposted 'Grand Cliff Top Track, Katoomba Falls, Scenic Skyway'. IGNORE path to your right	15.83	98.93

LEG 4 - Description	Kms (leg)	Kms (total)
76 Continue straight ahead past Allambie Lookout – signposted 'Allambie Lookout'	16.09	99.19
77 Continue past Cliff View Lookout and under the Scenic Skyway cable car cables	16.59	99.69
78 TURN LEFT to stay on path through the picnic area. Do not go onto the road	16.89	99.99
79 TURN LEFT and down the stairs to cross the creek of Katoomba Cascades	16.92	100.02
80 TURN LEFT just after crossing the creek	16.96	100.06
81 TURN RIGHT. Ignore the track going straight ahead	17.13	100.23
82 Continue straight ahead. IGNORE minor track on your left	17.18	100.28
83 TURN RIGHT at the 4-way track junction with tree stump in the middle. Continue up the stairs to a small picnic area	17.23	100.33
84 Continue straight ahead through the small picnic area to the bus shelter and cross the road to access Katoomba Oval	17.29	100.39
85 FINISH – Katoomba Oval	17.50	100.60



THE BASICS

- 1** All team members must be aged 18 or above on the day of the event.
- 2** At the start of the event each 100km team must be made up of three to seven members, 50km teams of two to seven.
- 3** 100km teams must complete the course within 36 hours and 50km teams within 21 hours, respectively, on foot under their own power (trekking poles permitted).
- 4** The whole team must stay together, within 100m of each other while on the course.
- 5** Teams must stay on the marked course. Shortcuts are not permitted.
- 6** At least one member of each team must check-in at the Pre-Event Registration centre between 5pm and 8pm on the Friday before the event.

AWARDS AND PRIZES

- 7** To qualify for line honour prizes a team must complete the course with all of the same members that the team started with.
- 8** All teams that raise the minimum sponsorship amount qualify for fundraising prizes, whether they complete the event course or not.

FUNDRAISING

- 9** In order to compete in the event, teams must have raised the mandatory minimum of \$400 per member by COB on Monday 28th April 2014. This is in addition to the non-tax deductible registration fee.
- 10** All fundraising activities undertaken by participants must adhere to NSW State Government Regulations.
http://www.olgr.nsw.gov.au/charitable_home.asp
Participants who do not reach the minimum \$400 fundraising target will not receive a race bib and will not be able to participate in the event. Don't forget, we are here to help ensure you reach your goals so please contact us if you are concerned about reaching this target.

CHECKPOINTS AND TEAM TRACKING

- 11** The whole team must check in and check out together at each checkpoint. On arrival at each checkpoint the whole team must go directly to the 'timing table' to check in. The whole team must be together to check in. When leaving each checkpoint the whole team needs to return to the 'timing table' together to check out. Teams must not check out until they are actually leaving the checkpoint.
- 12** If a team decides to leave the course temporarily for any reason, it must do so from a designated checkpoint. The entire team must notify checkpoint staff of their intention and an estimated return time. The team must resume the event at the same checkpoint it left from.
- 13** If a team has not departed a checkpoint by the checkpoint closing time, the team will not be allowed to continue.

WITHDRAWALS, EMERGENCY AND SAFETY PROCEDURES

- 14** If a team member needs to withdraw at a checkpoint, the withdrawing member must sign the withdrawal form at the checkpoint. Remaining team members may continue on the course once this process has been completed and checkpoint staff have given approval for the team to continue.
- 15** If any team member is injured, the team should try and bring the injured person to the nearest checkpoint. If the team member cannot make it to the nearest checkpoint, the team must follow the steps in the Emergency Procedures (inside back cover). Remaining team members may continue on the course once the team member is safely collected by a first aid crew. When the remaining team members get to the next checkpoint, they must sign the withdrawal form for the injured person and follow the instructions of checkpoint staff prior to continuing on the course.

16 Teams must not leave a team member unaccompanied on the course. If a team member becomes seriously injured or ill and cannot be moved, the team must follow the steps in the Emergency Procedures (inside back cover).

17 If a team drops to less than three members for 100km, or two members for 50km, they must find another team to travel with in order to be allowed to continue. Those teams must then advise the checkpoint staff at the timing table to get this travel arrangement recorded, and must then check out together and remain together on the course. Note: this does not mean your team will be 'joining' the other team - each team will retain their identity throughout.

COMPULSORY GEAR

18 Each team must carry the compulsory gear as listed. See page 27 for the list.

19 The team bibs provided must be worn visibly at the front on the outermost layer at all times.

20 At night each participant must wear a High Visibility Safety Vest that complies with "Australian Standard AS / NZS 4602:1999 -N Class for night-time use". The vest must be clearly visible from both the front and the back, even when wearing your backpack so you must have an oversized vest that covers your whole torso and your backpack.

21 During the day each participant must wear the High Visibility Safety Vest on all road sections.

SUPPORT CREWS

22 Teams must brief their support crew and must make sure that they obey the support crew regulations as outlined on the website.

CARE FOR THE ENVIRONMENT

23 Littering is prohibited. Participants and crews are requested to respect the environment and neighbourhood by using the litter bins and recycling bins at the checkpoints.

24 Gates must be left as found. If closed, a gate may be opened to pass through and closed again immediately.

25 Teams and support crews must obey all road rules, and respect residential and local parking regulations.

26 Participants and support crews are requested to keep noise levels to a minimum when walking in or near residential areas during training and the event.

27 Teams and support crews must obey all National Parks regulations.

28 Dogs are not permitted on the course or at checkpoints.

29 Smoking is not permitted on the course or at checkpoints.

30 Fires are only permitted in official fire places. Do not light a fire on grass areas or in contravention of National Park or Council rules.



CHECKPOINT FACILITIES

	Start Dunphy's Campground	CP1 & Finish Katoomba Oval	CP2 Queen Victoria Hospital	CP3 Wentworth Falls Public School
CAMPING	YES	YES	YES	NO
DO YOU NEED TO BOOK?	NO - but please let us know if you are intending to camp on the Friday prior to the event. E-mail: operations@wilderness.org.au	YES Katoomba Falls Caravan Park www.katoomba-nsw.com Katoomba Falls Rd, Katoomba (02) 4782 1835	NO - but please indicate if you or your support crew intend to camp here. Email: operations@wildernes.org.au	N/A
CAMPING CAPACITY	Approx 20 sites	Cabins (up to 56 beds) 31 powered sites and 16 unpowered	Lots of space	N/A
CAN I HAVE A CAMP FIRE?	Communal Fire	NO	Communal Fire	NO
TOILET	Portaloos	YES	Portaloos	YES
WATER	Limited	YES	Limited	YES
BBQ	1	YES	NO	NO
COFFEE CART	6.30am to 9am Sat	11am to 5pm Sat	6pm tp 9pm Sat	9am to 2pm Sun
MERCHANDISE AVAILABLE	YES	YES	NO	NO
PARKING	Limited - book a seat on our bus or car pool	YES	YES	YES

CAMPING INFORMATION

START Dunphy's Camp

This is the very convenient place to camp for the start, as it's right next to it! The camping is available alongside the car parking areas - capacity for approximately 20 camp sites, but quite open and exposed. Please let us know if you are intending to camp on the Friday prior to the event. DO NOT camp in the start area. This is good if the weather is kind, but a bit of wind and it gets quite a battering as it's on a ridge. It is worth car pooling for the start as parking will be limited.

CP1 & Finish KATOOMBA OVAL

Katoomba Falls Caravan Park has reasonable capacity, see contacts in the table above. It has the advantage of being geographically the most central point in terms of checkpoints.

CP2 QUEEN VICTORIA HOSPITAL / 50KM FINISH

The halfway point. There is plenty of space here and it's in among trees, so quite sheltered. This is a good place for your Support Crew to be situated, as it's very close to Checkpoint Three, and also only 20-30mins from Katoomba. It also has the benefit of being a good point along the route for teams to stop and rest for a few hours if that's your 'game plan'. Please let us know if you are intending to camp at checkpoint 2

NB: If you camp here on Friday night, you will need to allow for a 90-minute drive (absolute minimum) to get to the Start on Saturday morning. At that time of the morning the main roads are pretty quiet - you'll hit the traffic jam as you head along Megalong Valley Road with all the other participants' cars!

CP3 WENTWORTH FALLS PUBLIC SCHOOL

No camping available at Checkpoint Three.



WHEN NATURE CALLS

Either use a Wag Bag or similar (ziplock waste gelling system you carry out with you. Fully hygienic!) or go at least 15m off trail, well away from gullies and watercourses, dig a 10-15cm hole and cover afterwards. Avoid toilet paper, but if used put in ziplock bag and take with you. It's better to clean with water only.

COMPULSORY GEAR

WildEndurance is a serious undertaking and it is important for your safety and the safety of others that you have the right gear with you to keep you safe and warm. The weather in the Blue Mountains may be warm during the day but it will definitely be cold at night. It could be freezing cold and wet for the whole weekend and it could even snow.

The following list is a summary of the compulsory gear that you must carry at all times during the event.

This list is the minimum required to ensure your safety on the course. You should think about taking some extra warm and wet weather gear with you or having some extra clothing options with your support crew.



TREK & TRAVEL - OUR RETAIL PARTNER

Trek & Travel are offering all WildEndurance Participants 15% discount off their gear purchases. Get down to Kent Street (opp back of Town Hall) and you will get all the advice and help you need to ensure you have all the correct gear.

PER INDIVIDUAL

- Long sleeve thermal top (polypropylene, wool or similar). Cotton, coolmax, lycra and any compression garment will NOT be sufficient even if the compression garment is called a "thermal compression garment".
- Waterproof jacket with hood (a plastic rain poncho is not sufficient).
- Warm fleece top (can be left with support crew; we may ask you to carry this item with you, if weather conditions are bad).
- Beanie or balaclava or equivalent.
- Full-fingered lightweight thermal gloves.
- Emergency space blanket, light bivvy sack or equivalent.
- High Visibility Safety Vest with reflective strips that complies with "Australian Standard AS /NZS 4602:1999 -N Class for night-time use". The vest must be clearly visible from both the front and the back, even when wearing your backpack so you must have an oversized vest that covers your whole torso and your backpack.
- Headlamp
- Whistle
- Lightweight Dry Sack or plastic bag to keep your clothing dry (plastic bags, zip lock bags or dry sack)
- Capacity to carry a minimum of 2 litres of water: water bladder or water bottles (the longest stretch between water stops on the course is approx 35km).
- Minimum 2,100 kj (500 calories) of food (equivalent to about three muesli bars or two sandwiches)
- Zip lock bag for your personal rubbish.
- Team bibs to be worn on your front and visible at all times. A recommended method of securing your race number is to use an elastic waist strap like a triathlon band which allows you to easily have your number visible over the top of your outermost item of clothing. You will need to provide your own elastic waist strap if you choose to do this.

PER TEAM

- First aid equipment - minimum of 3 x compression bandages, 1x triangular bandage, 2 x sterile dressings, roll of strapping tape, blister care kit (eg blister block patches, Compeed®, Fixomull®, OpSite®, scissors & band aids), antiseptic wipes, painkillers, sunscreen and any relevant personal medications.
- 1 copy of this map book, protected from getting wet in a waterproof map case, zip lock bag or similar.
- A compass NOT battery dependant phone apps or similar.
- Two mobile phones in sealed waterproof bags - Telstra NextG is strongly recommended as it has the best coverage. It is ideal to have the two phones on different networks.
- Full box of waterproof safety matches, preferably with long head.
- Firelighter block (eg: Jiffy or Little Lucifer) and some paper in a zip lock bag (this is for emergency use only).
- Spare headlamp or torch.

RECOMMENDED

- Long leg thermal pants (polypropylene, wool or similar). Cotton, coolmax, lycra and any compression garment will NOT be sufficient even if the compression garment is called a "thermal compression garment".
- Petroleum jelly or other body lubricant.
- Cap or sun hat.
- Spare socks.
- Waterproof pants.
- Spare jackets and clothing (with support crew).
- Spare headlamp and torch batteries (with support crew).



It is critical that you carry the compulsory gear. There may be spot-checks en route, at the start and checkpoints.

WHAT TO DO IF LOST DURING THE EVENT

IF YOU THINK YOU ARE LOST FOLLOW THIS CHECKLIST

1. Stay together.
2. Stop. Think through your recent movements and if safe, backtrack to your last known place on the course.
3. Using your map and compass try to establish your general position using terrain features. Clues may include (a) what direction is the slope, valley, ridge etc you are on facing? (b) can you see major landmarks in the distance (eg Echo Point, Kings Tableland communications tower etc). If any of these clues give you confidence to try to get back on the course, lead your team on your new route but note (visually, verbally or written) your current position so you can come back if it doesn't work out.
4. If you are definitely lost try using your mobile phone/s to call the event HQ Emergency Phone to advise them and ask for assistance. If you have phones from different phone companies try them. If you can't make a voice call try a SMS text message – keep resending texts till you get a response from the organisers
5. You may need to move your team to a place with better phone reception. In general a hill or ridge will be better than a valley. Use your course map and compass and try to establish your likely position and move to a place with a view to the main Blue Mountains ridge (and hence hopefully some better phone reception).
6. In the case of a life threatening incident or if very overdue try calling 000 to call Emergency Services (you must tell them you are doing the WildEndurance event).

7. IF ABLE TO MAKE CONTACT BY MOBILE PHONE:

- Advise Event HQ of your team name and number and your last known checkpoint, major landmarks, track junctions etc.
- Advise your intended destination.
- Advise the health condition and wellbeing of your team members.
- Await instructions from Event HQ. If your phone battery is low make a time with Event HQ to re-connect and turn off your phone to save the battery. Stay together.

8. IF YOU CAN'T MAKE CONTACT BY MOBILE PHONE:

- Stop and look after the well being of your team – find or create shelter, keep them warm, fed and hydrated etc.
- Wait for searchers to find you. Stay together.
- Try to get attention using the following methods (remember that searchers or other teams may pass close by at intervals).
 - A - Whistle – three loud blasts repeated at regular intervals is the accepted distress signal.
 - B - Voice calls of “HELP” at regular intervals.
 - C - Find an area free of overhead trees and lay colourful gear on the ground.
 - D - As a last resort light a smoky fire **ONLY IF SAFE TO DO SO**. Choose an area free of combustible material and clear of overhanging branches so you don't start a bushfire. Have water on hand to extinguish the fire.



IF LOST WHILST TRAINING

You should also be prepared for what to do if lost whilst training.
Follow safety procedures and call '000'



EMERGENCY PROCEDURES

DO NOT LEAVE ANYONE ALONE ON THE COURSE.

If possible, the whole team should continue to travel together. If this is not possible due to injury, send another team to get help. If there is no other team, leave one person with the injured party and send two people to get phone reception and call for assistance. Stay where you have reception until you receive further instructions from event officials.

PHONE RECEPTION

Mobile coverage over the course varies from excellent at most escarpment / cliff top locations to non-existent when directly below the cliffs on tracks such as Federal Pass. Generally you can get reception on hills and ridges across the whole course especially when you have views directly to Katoomba. If you are in a gully or creek you will need to follow a track to higher ground to get reception. **DO NOT GO OFF THE TRACK.** Instead refer to your course map to work out the quickest way to go.

Texting will often get through where phone reception is poor. If a text is received we will immediately send a response so you know your message has got through. If there is no response find a location with better reception and send again until you get a reply from Event HQ. If you have no reception, in the case of a **LIFE THREATENING EMERGENCY call '000'**. This will pick up any available mobile network. Stay in the area where you have reception until you receive further instructions from Event officials or emergency services.

EMERGENCY INSTRUCTIONS



In case of an incident please follow these steps.

To report an incident you should attempt to make contact via Step 1.

If this is not successful move to Step 2 etc.



MINOR INCIDENTS: sprains, fatigue, non-urgent incidents and general reporting if you have safety concerns about the course.

1. Report to the next checkpoint. Non-urgent evacuations will be made from checkpoints. Evacuations from the course will be done when there are available resources. You may be required to wait for several hours.
2. Call the Emergency Phone (see below)
3. Text the Emergency Phone
4. Call or text the Operations Manager (see below)

MAJOR INCIDENTS: broken bones, snake bite, severe bleeding, heat exhaustion, hypothermia or any LIFE THREATENING injury or illness. Please immediately report any bush fire that you can see or smell to the Emergency Phone.

1. Your team needs to provide the first response and injury management.
2. Call the Emergency Phone (see below)
3. Text the Emergency Phone.
4. Call or text the Operations Manager (see below)
5. If you can't get through on any of the above numbers call '000' which will use any available mobile network. You must tell them you are participating in the WildEndurance event in the Blue Mountains.

EMERGENCY PHONE
0458 789 759

OPERATIONS MANAGER
0409 047 714

EMERGENCY SERVICES
000



The first spectacular leg of WildEndurance, the Narrowneck Plateau that divides the Jamison & Megalong Valleys, south of Katoomba. All photographs by Anna Warr unless credited otherwise.