

camp  quality

**TREK**

**50KM SYDNEY**



# EVENT GUIDE

21-22 May 2022

Bobbin Head to Balgowlah Heights

[trek.org.au](https://trek.org.au)

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## WELCOME FROM OUR CEO



Dear Trekkers,  
Thank you for joining us for Camp Quality's inaugural Trek. You are now part of something very special and we hope this will be your first trek of many with us.

Camp Quality's Trek is a fun and challenging way to raise funds to support kids impacted by cancer. By signing up for Trek, you will experience how we bring fun and

positivity to everything we do. This is what changes the cancer story for our kids and families, and what will make your trek so memorable.

As you set off from scenic Bobbin Head, remember that every step you take, and every dollar you raise, will make a huge impact in the lives of kids and families facing cancer. They are cheering you on!

Your safety is our number one priority, so please take the time to read through this Trek Event Guide, which will help ensure you are ready to take on this epic challenge. It

is essential you have adequately trained to take part in this event. This guide includes the event rules, trail maps, training and preparation advice, as well as very important safety information.

Many thanks for your support and have a fantastic Trek!

Warm regards,  
**Deborah Thomas**  
CEO, Camp Quality

## ABOUT CAMP QUALITY'S WORK

### Camp Quality gives kids facing cancer the chance to be kids again.

Our services and programs are created specifically to support children aged up to 15 years dealing with their own cancer diagnosis or the diagnosis of someone they love, such as a brother, sister, mum, or dad. Camp Quality provides kids and their families with fun experiences, trusted information, coping tools and a supportive community: in hospital, online, at school, and away from it all on camps and at our retreats.

**Camp Quality's services and programs help kids and families at every stage of the cancer experience in the following ways:**



### In hospital

The **Camp Quality Puppets** provide fun and distraction to kids at their hospital bedsides, which boosts their mental wellbeing. Camp Quality sponsors **Child Life Therapists** who support children undergoing cancer treatment to reduce anxiety and the need for sedation.



### Online

Live-streamed **Puppet Digital Playdates** bring the Camp Quality Puppets to children isolated by cancer, on their personal electronic device. The **Happiness Hub** website is the digital home of our kids' activities and wellbeing content; the **Kids' Guide to Cancer** and **New Normal Navigator** apps provide cancer education and trusted resources. Interactive **Virtual Camps** allow children to enjoy the camp experience online.



### At school

The **Camp Quality Puppets** perform the **Cancer Education Program** show at schools and pre-schools across the country, accompanied by resources for parents and teachers.



### Away from it all

Our much-loved **Kids' Camps** and **Family Camps** give children and their families a break from cancer; as do our memorable one-day events, **Family Fun Days** and **Family Experiences**. We also provide respite in the most difficult stages of cancer at our **Retreats**.

Camp Quality raises funds to ensure the **8,900** kids facing cancer, who are registered for our services and programs, have the chance to be kids again and create positive memories that change their cancer story.

We rely almost entirely on the generosity of everyday Australians, major donors, corporate partners, and trusts and foundations, to help us provide our services and programs to Camp Quality kids and families free of charge.

**START**



**Bobbin Head  
Picnic Ground**

Ku-ring-Gai Chase NP

Hornsby

St Ives

**Fun Stop 1**

**Frenchs Forest Oval**

Forestville

**Fun Stop 2**

**Davidson Park**

**Fun Stop 3**

**SOKOL Club Sydney**

Garigal NP

Manly

Balgowlah  
Heights

**Tania Park**

**FINISH**



Chatswood

North  
Sydney

Sydney



# TRAIL PROFILE



	START	FUN STOP 1	FUN STOP 2	FUN STOP 3	FINISH
<b>Location</b>	Bobbin Head Picnic Ground	Frenchs Forest Oval	Davidson Park Picnic Ground	SOKOL Club Sydney	Tania Park
<b>Address</b>	Bobbin Head Road & Ku-Ring-Gai Chase Road, Mount Colah, NSW 2079	42 Blackbutts Road, Frenchs Forest, NSW 2086	Healey Way, Forestville, NSW 2087	16 Grattan Crescent, Frenchs Forest, NSW 2086	2 Bareena Drive, Balgowlah Heights, NSW 2093
<b>Open</b>	Sat 5.00am	Sat 8.00am	Sat 9.15am	Sat 10.00am	Sat 5.30pm
<b>Close</b>	Sat 9.00am	Sat 4.00pm	Sat 9.00pm	Sun 2.00am	Sun 9.00am
<b>Set Up</b>	Outdoor	Outdoor	Outdoor	Indoor	Outdoor
<b>Open To Supporters</b>	YES	NO*	NO*	NO*	YES
<b>First Aid</b>	YES	YES	YES	YES	YES
<b>Toilets</b>	YES	YES	YES	YES	YES
<b>Water</b>	COLD	HOT/COLD	HOT/COLD	HOT/COLD	HOT/COLD
<b>Food</b>	A coffee vendor will be available** but we recommend you bring your own snacks/drinks	A food and coffee vendor will be available** but we recommend you bring your own snacks/drinks	A food and coffee vendor will be available** but we recommend you bring your own snacks/drinks	<i>Complimentary hot food will be available</i> but we recommend you bring your own snacks/drinks	A food and coffee vendor will be available** but we recommend you bring your own snacks/drinks
<b>Phone Charging Station</b>	NO	YES	YES	YES	YES

\*Fun Stops are not accessible for supporters. However, participants have the option to receive essential food and equipment from their supporters. In this case, supporters are asked to keep their time at Fun Stops to an absolute minimum to avoid vehicle congestion.

\*\*Food and coffee vendor times will be announced prior to the event and are subject to change at short notice.



# NAVIGATION & MAP READING

## TRAIL INSTRUCTIONS

The Trail Instructions in this Trek Event Guide are an additional orientational aid. They provide valuable information about particular points/sections along the trail and should be used in conjunction with the correlating maps. Each instruction is given a unique code that correlates to the same unique code on the map, indicating which point along the trail the instruction refers to. The instructions and correlating codes are in consecutive order. Please note that an instruction can refer to a precise point along the trail ("turn right at the intersection") or a section along the trail stretching for some distance (e.g. "turn right, follow the path for another 200 metres, then turn left and walk over the bridge"). In this instance, the code on the map points to the start section of the instruction.

In addition to the written instructions, you will find QR Codes and a three-word code

on each instruction page. This is an additional source to enable pinpointing an exact location with the use of your smartphone.

Scan the QR Code with your mobile device to download an online version of the maps and the instructions.

The three-word code can be entered into the app *What3Words* on your mobile device, and will pinpoint the APPROXIMATE 3mx3m location of the trail instruction. You can also use the app to pinpoint your own location, provided you have satellite connectivity at the time. This may assist with any recovery or trail extraction efforts should you have lost your orientation and require Event Support. To download the app, go to your app store, or to [www.what3words.com](http://www.what3words.com).



## TRAIL MARSHALS & EVENT SIGNAGE

In addition to the maps and instructions in this Trek Event Guide, on event you will find Volunteer Trail Marshals present on the trail and also directional signage and messaging installed for better orienteering. Trail Marshals are positioned at particular locations for additional support at road crossings and tricky-to-navigate trail sections. Directional signage is complementing the maps and instruction along the entire trail. However, it is strongly advised not to fully rely on the accuracy of trail signage and, instead, use the Trek Event Guide as your primary source of navigation. If you are unsure, or if you think that signage has been manipulated, contact Event Support.

## USING THE TREK EVENT GUIDE FOR NAVIGATION

The maps and trail instructions in this Trek Event Guide are your primary source of navigation and must be used throughout the event to orientate yourself.

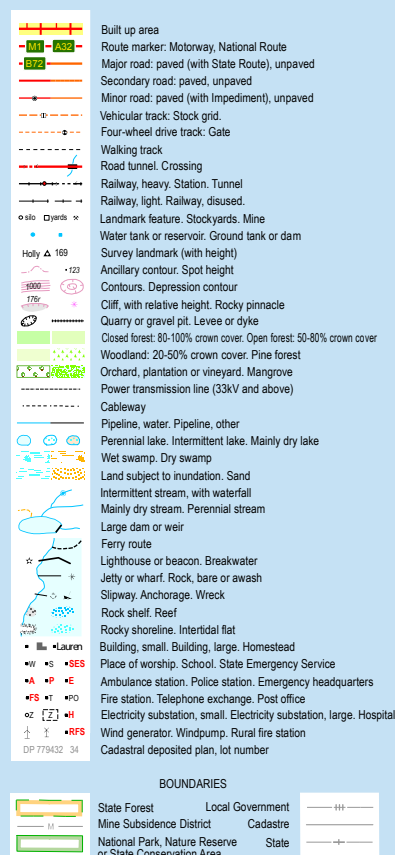
The base layer maps that have been used were taken from the NSW Government Spatial Services - GeoPDF Topographic Maps - 2017 Edition 9130-4S (Hornsby), 91302-3N (Parramatta River) and 91302-2N (Sydney Heads). The maps are at a scale of 1:25,000.

## GPS NAVIGATION

If you have another app on your phone, or would like to use a different mobile device in addition to the Trek Event Guide, you are able to download a gpx file from our event website.

## MAP SYMBOLS

The map symbols in this map are taken from the NSW Government Spatial Services - GeoPDF Topographic Maps - 2017 Edition 9130-4S (Hornsby), 91302-3N (Parramatta River) and 91302-2N (Sydney Heads), and also apply to the maps in this Trek Event Guide. You can find a summary of symbols below:



## DISCLAIMER

Please note that all directional information, including gpx files and location codes, have been provided with the most diligence. However, experience shows that measuring distances and pinpointing locations differ to some extent from device to device, and is also dependent on signal strength. Therefore, if in doubt and you require assistance, please contact Event Support.

## TREK SAFETY

### IN CASE OF AN EMERGENCY DURING THE EVENT, CALL 1300 278 735

If unsuccessful, call 000 or call 112

## EVENT SUPPORT - CALL 1300 CQ TREK 1300 278 735

(during event operational hours only)

### WHEN YOU CALL, WE NEED TO KNOW FROM YOU:

- Do you require medical assistance – **YES or NO?**
- What is the nearest marker number?
- On which phone number can we return your call?
- Name, team, and bib number of casualty
- What has happened and what is the issue?
- Are there any pre-existing medical conditions?

**After your call, stay at your current location until Event Support arrives, unless instructed otherwise. Call Event Support if the situation changes or deteriorates.**

### BUSHFIRES & PLANNED BURNS

When heading into national parks, it is important to be safe and stay up-to-date with the latest information on fires, floods, and park closures. Before your walk, get the most up-to-date information and visit NSW National Parks & Wildlife Service on [www.nationalparks.nsw.gov.au/alerts/alerts-list](http://www.nationalparks.nsw.gov.au/alerts/alerts-list) and NSW RFS Fires near me at [www.rfs.nsw.gov.au/fire-information/fires-near-me](http://www.rfs.nsw.gov.au/fire-information/fires-near-me)



### FLOODING & TIDES

Depending on weather conditions and time of day, some trail sections are subject to (flash) flooding and changes in creek water levels. This particularly applies to Section 1 and 2 of the trail. For further information, check the tides table on the NSW Roads and Maritime Services website: [www.nsw.gov.au/topics/using-waterways/conditions-weather-and-tides/nsw-tide-tables](http://www.nsw.gov.au/topics/using-waterways/conditions-weather-and-tides/nsw-tide-tables)



### WEATHER CONDITIONS

It is strongly advised to check the weather forecast prior to getting out onto the trail, and plan your walk with appropriate footwear, equipment and apparel. Prepare for all conditions as weather can change rapidly and unexpectedly, and certainly throughout a 24-hour period during the event.

For weather forecast and rain radar go to the Bureau of Meteorology website: [www.bom.gov.au](http://www.bom.gov.au) and download the app from your app store.



### AUSTRALIAN WILDLIFE & ANIMALS

On event, you will be walking through national parks and bushland during the day, in the dark, at dusk and at dawn. Consequently, chances are real that you will encounter wildlife along the way, some of which can be dangerous to humans. During a wildlife encounter, respect the animal, don't move or slowly retreat, allow the animal to escape, and keep your distance.

Carry a first aid kit, including a snake bite bandage, and download the **BitesAndStings app** from your app store.



### PHONE & INTERNET RECEPTION

Please be aware that mobile phone and internet coverage and reception may vary from location to location, and from provider to provider. Some areas along the trail are patchy and we recommend carrying at least two mobile phones on two different providers. Telstra seems to be the provider with the best coverage along the trail.



### TRAFFIC & ROAD RULES

**Be alert, be seen, be predictable! Look after yourself and your fellow team members.**

During the event there will be no road closures. Official traffic and road rules apply, which include the use of traffic lights and walking on footpaths wherever possible for pedestrians.

Use a head torch and wear highly visible gear in the dark!







# PREPARATION & EQUIPMENT

Below you can find some recommendations and advice on how to prepare best for the event and maximise your chances of completing Camp Quality's Trek within the required 24 hours, whilst still having a smile at the finish line. This is by no means an exhaustive list of recommendations, and it certainly pays to further plan out the event with your team members.



## TRAIN FOR THE EVENT

Whether you are a footy player, regular gym goer, couch potato or weekend warrior – completing a 50km walk within 24 hours is a very specific physical challenge and your body needs to adapt to it to finish healthily and with no long-term damage. So go out and train for the event. We suggest that you should build up your fitness level to a 30km practice walk, 2-3 weeks prior to the event.

Additionally, training as a team gives you the opportunity to get to know each other better and it increases your chance to be in sync on event as a team.



## HAVE A GAME PLAN

If your team has a game plan for the event and follows it, you will be more likely to finish with a smile. Map out your target walking times and break times. Have a meal and hydration strategy. Discuss potential challenges and issues you may encounter and have a plan of how to respond to them as a team. You can even go as far as setting reminders on your phone or writing down notes in this Trek Event Guide (which you will of course carry with you during the event).

Oh yes, and who is dropping you off at the Start and picking you up from the Finish again?



## WATCH THE TREK SAFETY VIDEO

A safety video for Trek will be released prior to the event (you will receive notification). Apart from being compulsory for every participant to watch this video, it is also in your own best interests to be familiar with any safety advice and procedures for the event. This will ensure you feel comfortable going into the event and that you end up having a positive experience.



## PREPARE WITH A NIGHT WALK

Walking in a national park in the dark is an experience that will be new to many people. Walking during the night can be a **mental and physical challenge in itself, especially when doing so after an entire day of walking already.**

Prepare with a night training walk (as a group) to get accustomed to walking and orienteering in the dark, with the only light being the spotlight of your head torch.



## BE AND STAY HEALTHY

Even though Trek will be a walk in the (national) park, it is also a physical endurance event. What you eat, drink, take in, and how you sleep will influence your experience on the day. So eat and drink healthy and nutritious food that gives you a boost, rather than slows you down. Don't forget those good carbs and fluids! Have enough rest before the event. And if you feel unwell or have been sick, please think twice about participating.



## HAVE A PACKING LIST

In the excitement of the moment, you may forget to pack one or two crucial items for the walk. Have a packing list and get prepared the day before the event. Don't forget to include items such as a rain jacket, first aid kit, water and food, medication, sunscreen, pen, head torch, batteries and power banks, toilet paper, spare socks and layers, and, of course, the Trek Event Guide.



## DRESS PROPERLY

Wearing your favourite sandals and jeans on event probably won't feel nice after a few kilometres in. Equally, shorts and a singlet won't be overly comfortable on a bleak, windy, rainy day.

Please wear appropriate shoes (wear them in first) and functional clothing. Dress in layers, carry a rain jacket and test all of your equipment during a training walk beforehand. Get some good socks too!



## KNOW THE DOWNFALLS AND PREPARE AGAINST THEM

It is good to be aware of the most common reasons for team and participant retirements. Don't let it be you! People retire because:

- Team members have different expectations regarding finishing time, game plan, or don't know each other well enough to spend time on the trail, or be tired in the dark, together.
- They are under-trained and underprepared, thinking that walking 50 kilometres isn't that much of a challenge.
- They don't know that nasty blisters are the number one first aid-related reason for retirement, but can be largely prevented.
- Team members become dehydrated as they forget to drink enough.
- They don't read the Trek Event Guide and absorb the information.



# EVENT RULES

Below you can find some event rules which are relevant to you from the time you line up at the Start. For a complete list of event rules, scan the QR code. Please read the rules carefully and get familiar with them before embarking on the trail.



**3** Camp Quality Trek is a team event; **the minimum team size is 3 (three) participants**. There is no upper limit on team size, however Camp Quality reserves the right to manage large teams into smaller groups of 3 (three) to 6 (six) participants who will be required to walk together throughout the event. This is to ensure the safety of all team members.



## Event teams must stay together at all times on the event trail.

Camp Quality will monitor participants' arrivals at each Fun Stop. Where it is found that team members are separated, those participants at the Fun Stop will be held by Camp Quality at the Fun Stop until the team is reformed.



## Fun Stops have nominated closure times, and teams must depart by this time

in order to have an adequate timeframe to complete the event safely. Teams not arriving by or departing after the nominated closure time will be withdrawn from the event by the organiser.



Event participant **identification bibs must be worn at all times** once allocated at the start registration hall on event day. Bibs are individually allocated and must never be swapped between participants. Bibs are to be surrendered at the nearest Fun Stop or at the Finish check in.



## Super-teams are broken into smaller sub-teams of 3-6 people for safety reasons.

Sub-teams must remain together in their designated groups of 3-6 people and must not swap between themselves without consultation with the Event Control Centre at a Fun Stop.



At all times during the event, the participant must wear **appropriate footwear** (e.g. running or hiking shoes) and **functional clothing** appropriate for the weather conditions during the whole event.



## A participant cannot be left on the event trail alone, nor be abandoned by their team members.

Teams should always stay together in a minimum of three participants. Any participant who is exhausted or injured must be brought to the nearest Fun Stop to retire (where practical). In case of emergency, you must call the Event Support phone number (call 1300 278 735) for assistance, and emergency services will be alerted and dispatched to assist if necessary.



## Teams must follow all instructions/directions of event staff and event volunteers,

in particular at road crossings where accredited Traffic Control staff and Trail Marshals will request teams to wait until it's clear to cross. Any teams or participants found not following direction will be withdrawn from the event.



Each participant must carry a **head torch** with charged batteries.



**NO domestic animals** to be brought onto the event trail, Start venue, Fun Stops or Finish.



**To retire, participants must do so at a Fun Stop.** Where a participant retires from a team of three, remaining team members will be required to join another team for safety. All participants retain their original bib number. Retiring participants must retire their event bib at the Fun Stop. These will be available to participants post-event for those wishing to reclaim them as a keepsake.



**Do NOT litter** anywhere across the event, either trails or event venues. Any supporter bringing items to a Fun Stop must take away any waste they have generated home with them.



Teams must **keep noise levels to a minimum**, particularly in residential areas. No stopping outside of residential homes to meet supporters.



**Teams must not depart the trail during the event.** If urgent withdrawal from the event is required, please liaise with the Event Safety Officer on 1300 278 735.



Each team must carry at a minimum a **basic first aid kit**, **space blankets** for each participant, a **mobile phone** per participant, and preferably at least one power bank as back-up power per team.



A team can only commence the event with the minimum number of three participants. At least one participant of the original team of three must participate in the event. **A team entity cannot be substituted with all new participants either prior to or during the event.**



## Teams must be respectful of the communities and environment through which the event passes.

Participants must display non-aggressive, respectful, accepting, polite, tolerant, and inclusive behaviours; before, during and after the event. This includes the interactions with other participants, Camp Quality contractors and suppliers, residents along the course, and all other internal and external Camp Quality stakeholders associated with the event.

# FUNDRAISING INFORMATION

Camp Quality's Trek is a fun and challenging way to raise funds for kids impacted by cancer.

We've got the following incentives on offer to reward your individual fundraising efforts. The more you raise, the more benefits you will unlock. We'll even refund the cost of your registration fee if you raise \$1,500!\* But the best reward will be supporting kids facing the trauma of a cancer diagnosis. It will even make the blisters worth it!

## RAISE \$750 AND EARN...



A Camp Quality  
Bucket Hat



A chance to WIN 1 of 2 x  
\$250 Anaconda vouchers\*

## RAISE \$1,500 AND RECEIVE ALL THE PREVIOUS STATUS BENEFITS PLUS...\*



Get your  
\$150 entry fee  
refunded\*



A chance to WIN  
1 of 2 Garmin  
watches\*



A special bronze bib to wear  
on event weekend so everyone  
can see the difference you have  
made for kids facing cancer!

## RAISE \$5,000 AND RECEIVE ALL THE PREVIOUS STATUS BENEFITS PLUS...\*



A golf buggy ride  
from the finish  
line to your car\*



10 x entry tickets  
into Camp Quality's  
next major raffle\*



We'll swap your bronze  
bib out for a silver one  
to wear with pride on  
event weekend!



Your choice  
of start time  
on event day\*

## RAISE \$12,000 AND YOU'LL GET ALL OF THE OTHER STATUS BENEFITS, PLUS THE FOLLOWING EXTRA KUDOS...\*



We'll swap your silver bib  
for GOLD so everyone on  
the trail can see you as the  
legend you are!



Jump the queues!  
Get a red carpet entry  
through registration at  
the start line!



A private dining area  
at Fun Stop 3 for  
your team (up to  
6 people)\*



Be able to select your  
favourite team song to  
be played as you cross  
the finish line!



A personal THANK  
YOU call from the  
CEO of Camp Quality



Recognition in  
Camp Quality's  
annual report



A bottle of  
champagne on arrival  
at the finish line.



An additional 10 x tickets  
into Camp Quality's next  
major raffle\*

\*Terms and Conditions apply for all incentives. All benefits apply to individuals who reach the fundraising status targets on their personal fundraising page. Please read the Fundraising Incentive Terms and Conditions located within your fundraiser dashboard for details.



# TRAINING AND PREPARATION

**We've partnered with Balmain Sports Medicine to provide you with the support you need to train and prepare for Trek.**



Balmain Sports Medicine practitioners offer a range of programs that can help you get into peak condition in the lead-up to Trek, with services in physiotherapy, podiatry, massage, diet and nutrition, and more. Some trekkers might choose to make an appointment with Balmain Sports Medicine the day before Trek to get their feet professionally strapped. This is a great way to prevent blisters. Check out the short videos on strength training and blister prevention on our website by scanning the QR code.



On event weekend, Balmain Sports Medicine will send a team of physiotherapy, massage and podiatry volunteers to one of our Fun Stops to provide the support you need to cross that finish line. This service is generously provided to Camp Quality Trekkers free of charge. Your weary feet and bodies will be glad to see them. Make sure you let them know they are a bunch of legends! See below for their training advice:

## TRAIN ON THE COURSE

Take practice walks on the trail whenever possible, or on other uneven and hilly terrains!

### KEEP A TRAINING DIARY

Use a training diary to record the distances and sections of the trail you've covered. You can also log your kms on your fundraising page to keep your supporters up-to-date on how you're doing.

### THE 10% RULE

As a general rule, don't increase your total weekly distance covered, or the distance of your long walk, by more than 10% – as doing so can increase your chances of injury.

### HILL TRAINING

- Include 1 hill per week in the first 4 weeks then...
- Add specific hill-repeat training 1-2 x week for 8 weeks
- Hill repeats (especially downhill) are the most important!

#### Why?

Downhill eccentrically loads muscles as they lengthen, and this produces higher muscle forces/demands.

Be careful when running downhill because of the increased risk of injury.

## CROSS TRAINING

(swimming, cycling, boxing, cross-trainer, rower, weights)

Cross train with swimming, cycling, boxing, cross-trainer, rowing, or weights.

- This helps to prevent injuries
- Maintains fitness during injuries
- Makes training more interesting
- If time is a problem, use 'interval training' – it is faster, more intense, boosts muscle strength/stamina and improves muscle endurance

## TEST YOUR SHOES

Wear a good pair of hiking boots or running shoes. Make sure they are well broken-in before the event by wearing them on practice walks. A spare pair of broken-in shoes is recommended at the Fun Stops.

## DON'T TRY ANYTHING NEW

- Don't introduce anything new just before the event
- Don't wear a fancy new pair of runners or try a new fancy drink
- Try and test everything beforehand!

## TAKE A BREAK

Work out the best strategy for your team:

- What to eat/drink
- How long to rest for
- What gear changes you'll need
- Time needed to re-warm-up

## ONLY GO AS FAST AS YOUR SLOWEST MEMBER

This is a team event. Look after each other on the trail!

## TIME ON YOUR FEET

Training is not about speed or distance, but rather time on your feet. The most important part of training is the repeat long walk, where you do back-to-back walks on successive days.

## FIND A RHYTHM

Apply the pattern that you practised during training.

## MAKE IT FUN

Fun provides entertainment and encouragement. Arrange your training walks to finish at a beach or local café, then invite friends and family to join you.

## TAPER

Reduce the (a), volume and (b), intensity of training on the two weekends prior to the event. You should now be fit, so 'freshening up' is more important now!

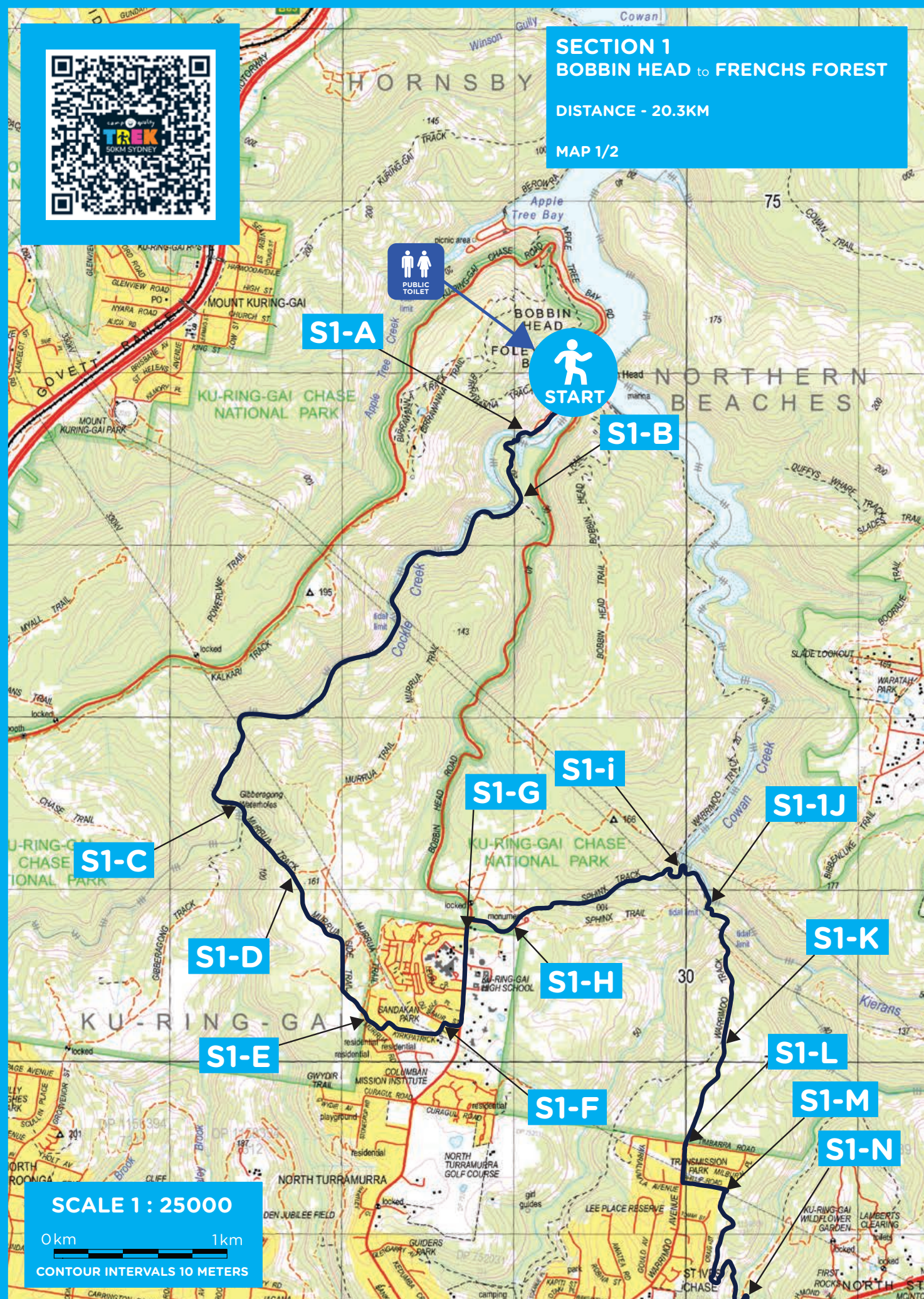




## SECTION 1 BOBBIN HEAD to FRENCHS FOREST

DISTANCE - 20.3KM

MAP 1/2





## SECTION 1/MAP 1

# BOBBIN HEAD PICNIC GROUND TO FRENCHS FOREST OVAL

SECTION DISTANCE	TOTAL DISTANCE	FUN STOP 1 CLOSING TIME
20.3km	20.3km	Saturday 4.00pm

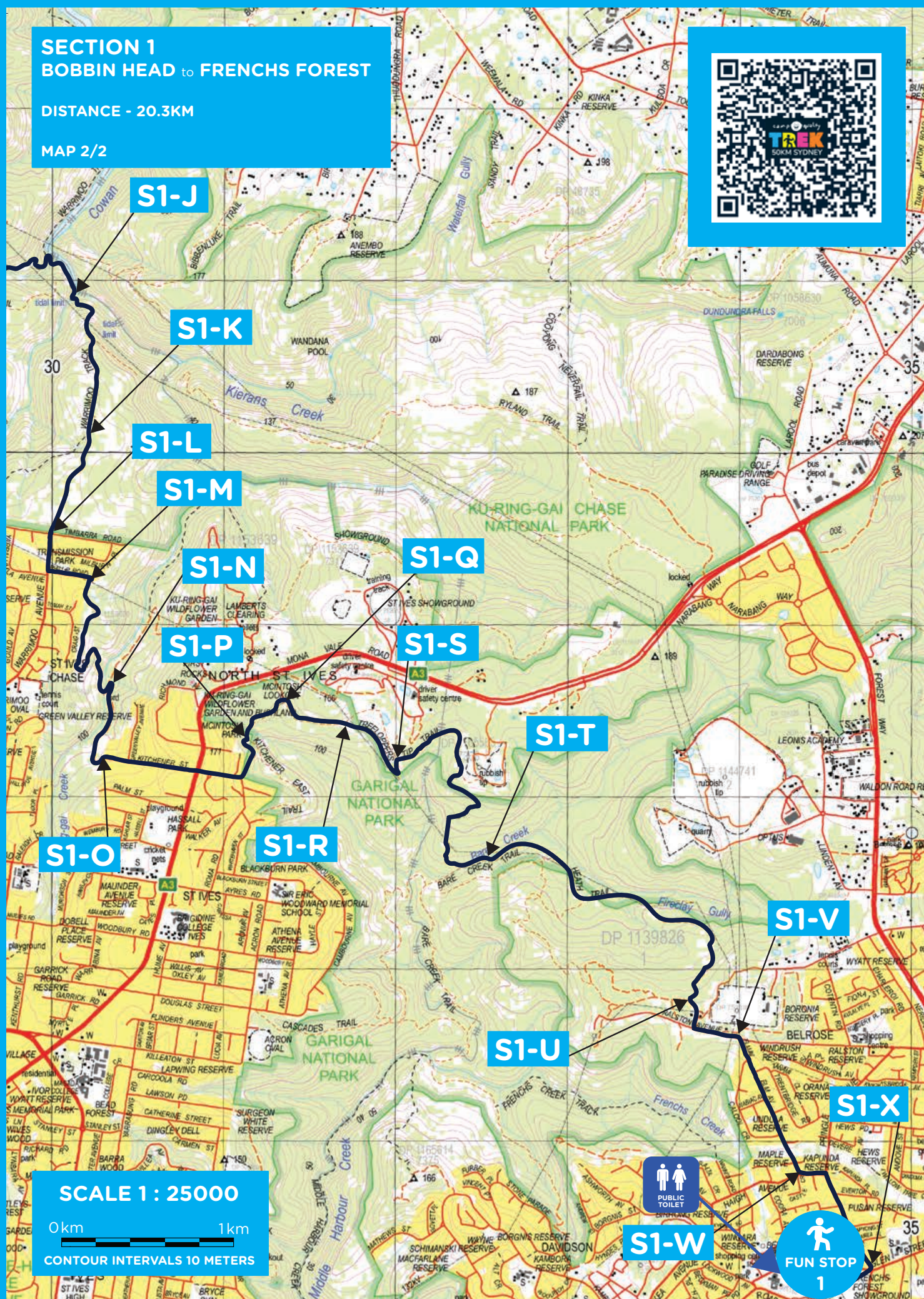
WHAT3WORDS	MAP REFERENCE	DISTANCE	INSTRUCTIONS
prop.tried.pack		0.0km	Leave the Start area (located near the boat launching ramp) at Bobbin Head Picnic Ground and head west, keeping Cockle Creek to your left, towards the suspension bridge across Cockle Creek. Just 50 little kilometres to go! <b>A great spot to tag us on social media with a pic: #campqualitytrek</b>
tour.vibrates.crowd	S1-A	0.3km	Walk over the suspension bridge and continue over the board walk entering Gibberagong Track. <b>Walk single file.</b> Slower walkers, please allow faster walkers to overtake. Faster walkers, please be patient with slower walkers and only overtake when safe to do so.
crush.them.swan	S1-B	0.8km	Keep right at the intersection and continue along Gibberagong Track, following "Wahroonga" directional sign.
tidy.launch.empty	S1-C	4.0km	Pass Gibberagong Waterhole, veer right, and then leave Gibberagong Track and turn left to take the track signposted "Murrua Road". Walk uphill towards Murrua Walking Track.
tinsel.dose.ever	S1-D	4.5km	After reaching the top of the hill, keep walking right on the path signposted "Murrua Road". Keep walking for about 1km until you reach Murrua Road. Ignore the walking track to your left and keep walking straight ahead.
across.yoga.quick	S1-E	5.5km	Leave the trail and walk along Murrua Road. About 150m further, turn left into McTaggart Road, then right to walk along Kirkpatrick Street.
envy.squad.sock	S1-F	6.0km	Take a right turn at Du Faur Street, then turn left into Bobbin Head Road. Walk north using the footpath on western side.
dated.grab. member	S1-G	6.7km	Cross Leura Crescent and continue north. After walking past Lady Davidson Hospital, cross Bobbin Head Road at the "no stopping" sign, just prior to second intersection with Leura Crescent. Walk with care on Bobbin Head Road parking lane, past the National Parks toll booth and turn right into Memorial Road towards Sphinx War Memorial.
salt.sheets.locker	S1-H	7.1km	Just before reaching the Sphinx War Memorial car park, turn left and pass through the green gate. Keep walking downhill, around and past the memorial. Then continue downhill, taking the Sphinx Walking Track.
nest.rinse.whites	S1-I	7.2km	Turn right into Warrimoo Track towards St Ives. Take the high water path over some boulders and stairs. About 100m further, on the other side of the creek, turn left and walk along the trail again, following the creek.
hidden.gift.organs	S1-J	8.5km	Cross Cowan Creek with care. About halfway up the climb, keep right at the intersection, ignoring the path to your left.
topic.crop.appeal	S1-K	8.8km	Keep left on Warrimoo Track and ignore the path to your right (Darri Track). Follow the signs to St Ives.
pits.slurs.goal	S1-L	10.1km	At Timbarra Road, exit the bush and take Warrimoo Road opposite. Continue past Milburn Place, then enter Phillip Road to your left.
sentences.guilty. income	S1 - M	10.6km	At the end of Phillip Road, enter the trail under some power lines and soon after, walk downhill to cross over Ku-Ring-Gai Creek.
look.sorters.desks	S1 - N	11.7km	After the Ku-Ring-Gai Creek crossing, at the junction turn right and continue up until you reach Kitchener Street.



# SECTION 1 BOBBIN HEAD to FRENCHS FOREST

DISTANCE - 20.3KM

MAP 2/2



SCALE 1 : 25000

0km 1km

CONTOUR INTERVALS 10 METERS



S1-W





## SECTION 1/MAP 2

# BOBBIN HEAD PICNIC GROUND TO FRENCHS FOREST OVAL

SECTION DISTANCE	TOTAL DISTANCE	FUN STOP 1 CLOSING TIME
20.3km	20.3km	Saturday 4.00pm

WHAT3WORDS	MAP REFERENCE	DISTANCE	INSTRUCTIONS
dimes.pure.such	S1 - O	12.3km	Head up Kitchener Street. At the top, keep right, safely cross Mona Vale Road using the pedestrian lights and continue along Kitchener Street on the pavement. Stay on footpaths wherever possible. At the bend where Kitchener Street and Roma Road intersect, cross the road safely, walk through the gate and onto the trail located opposite. <b>Watch for traffic!</b>
hurt.bumpy.listed	S1-P	13.4km	After about 300m from the trail entrance, turn hard left at the intersection. This intersection is easy to miss!
clocks.thank.smart	S1-Q	13.7km	At Tange Lookout junction, turn right onto the main trail and follow Treeloppers Tip Trail.
frogs.modest.space	S1-R	14.2km	At the intersection with the path leading to the Pump House, turn right and walk around the pump house area.
grain.match.sound	S1-S	14.7km	At the intersection turn right and walk away from the pump house area, staying on Treeloppers Tip Trail.
limit.third.palms	S1-T	16.2km	At the trail intersection after crossing Bare Creek, turn left to walk east alongside the creek. About 200m further, keep left to continue along Bare Creek, on Heath Trail.
bits.scarcely.driven	S1-U	18.5km	Turn left towards the mobile phone tower and turn right after passing residential property. At the junction turn left onto Ralston Avenue. <b>Watch out for vehicles here!</b>
palace.island.wiring	S1-V	18.9km	As Raiston Avenue becomes bitumen, turn right into Elm Avenue.
foods.closet.thick	S1-W	19.7km	Continue to end of Elm Ave. Cross Haigh Avenue and walk left towards Pringle Avenue. Turn right into Pringle Avenue and continue in a southerly direction.
head.lift.chemistry	S1-X	20.2km	About 500m after, cross Glen Street and walk through to the Frenchs Forest Showgrounds.
rally.fake.guess		20.3km	<b>Welcome to Fun Stop 1 - Frenchs Forest Oval. Let the fun begin!</b>

## SECTION 1 TRAIL PROFILE





## SECTION 2 FRENCHS FOREST to DAVIDSON PARK

DISTANCE - 11.2KM



S2-E

S2-D

S2-B

S2-A

S2-C

S2-F

S2-G

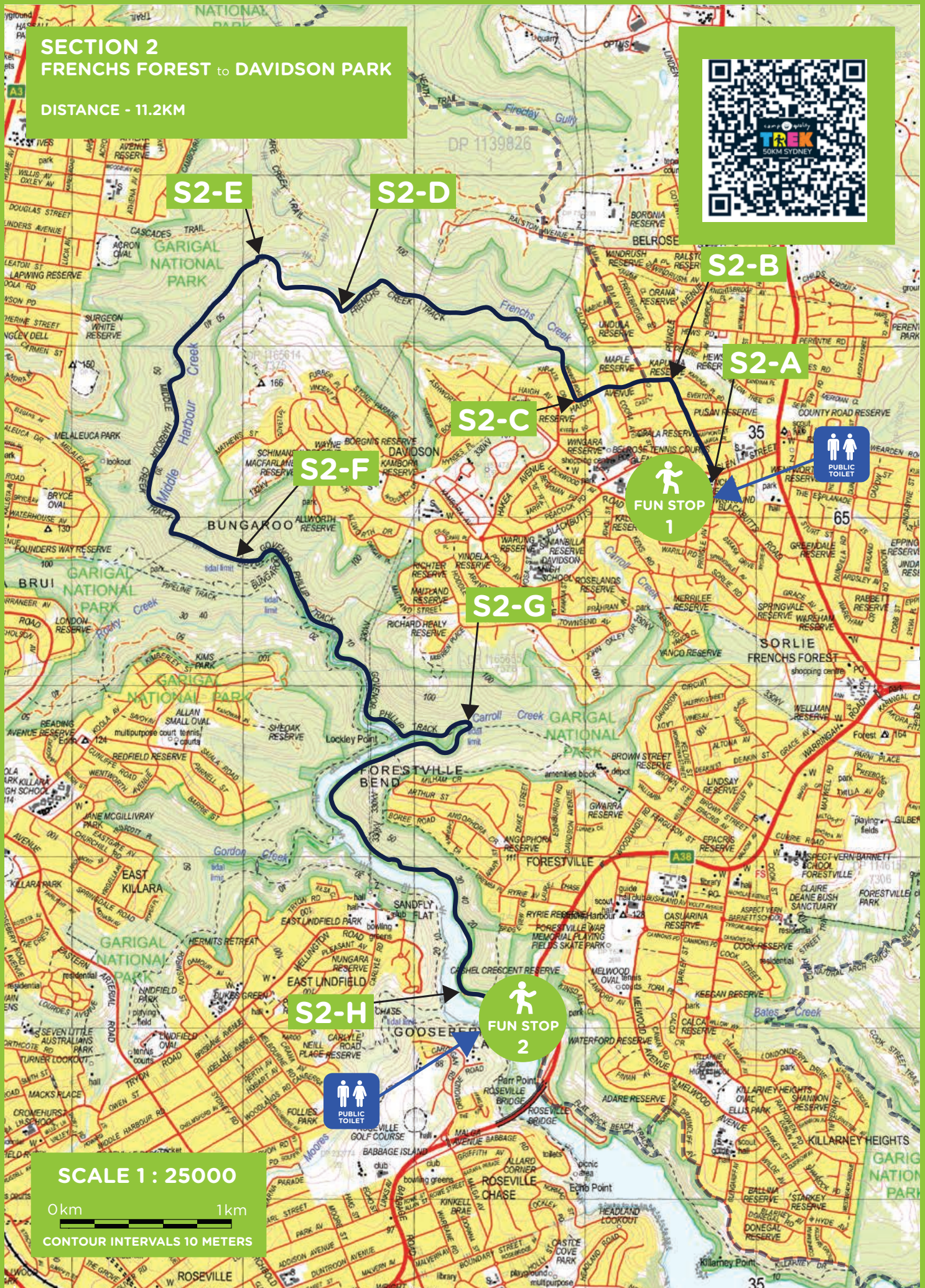
S2-H



SCALE 1 : 25000

0km 1km

CONTOUR INTERVALS 10 METERS





## SECTION 2

# FRENCHS FOREST OVAL TO DAVIDSON PARK

SECTION DISTANCE	TOTAL DISTANCE	FUN STOP 2 CLOSING TIME
11.2km	31.5km	Saturday 9.00pm

WHAT3WORDS	MAP REFERENCE	DISTANCE	INSTRUCTIONS
laws.venue.film	S2 - A	0.0km	Leave Fun Stop 1 by taking the northeastern exit near the roundabout at Glen Street and Pringle Avenue. Safely cross Glen Street and head up north along Pringle Avenue.
melt.heap.reward	S2 - B	0.6km	Take the second left into Haigh Avenue. Stay on the left of road.
brave.thinks.crest	S2 - C	1.2km	Cross Haigh Avenue prior to third right to then walk north on Wanniti Road. At the end of the road, enter Frenchs Creek Trail to your left.
forces.invest.apron	S2 - D	3.2km	At the T-intersection, turn right and continue to walk along Cascades Trail. <b>You are over halfway to the end already! Go you good thing!</b>
prove.roofs.digs	S2 - E	3.8km	Continue straight to leave Cascades Trail joining Middle Harbour Track, which runs alongside Middle Harbour Creek. Use caution keeping left around rocks and on narrow slippery areas. <b>Time to Instagram a pic from the Cascades! #campqualitytrek</b>
bend.commented.goal	S2 - F	6.4km	Continue straight to join Governor Phillip Walk, keeping Middle Harbour Creek, and subsequently Carroll Creek, on your right.
loaded.film.taker	S2 - G	8.8km	After crossing Carroll Creek (use caution after heavy rain and take care on wet rocks), turn right into Lyrebird Track.
bride.diary.shape	S2 - H	11.0km	Enter Davidson Park. Walk through the park and further down and cross a little bridge to reach your next Fun Stop.
chat.open.towers		11.2km	<b>Welcome to Fun Stop 2 - Davidson Park Picnic Grounds.</b>

## SECTION 2 TRAIL PROFILE

**FUN STOP 1**  
Frenchs Forest Oval  
20.3km

**FUN STOP 2**  
Davidson Park  
31.5km





### SECTION 3 DAVIDSON PARK to SOKOL CLUB

DISTANCE - 8.5KM



S3-A

S3-J

S3-K

S3-C

S3-i

S3-L

S3-H

S3-G

S3-F

S3-B

S3-D

S3-E

SCALE 1 : 25000

0km 1km

CONTOUR INTERVALS 10 METERS



## SECTION 3

### DAVIDSON PARK TO SOKOL CLUB

SECTION DISTANCE	TOTAL DISTANCE	FUN STOP 3 CLOSING TIME
8.5km	40km	Saturday 2.00am

WHAT3WORDS	MAP REFERENCE	DISTANCE	INSTRUCTIONS
dent.pace.jeeps		0.0km	Leave Davidson Park by heading south next to the water along Healey Way towards Roseville Bridge.
shunts.shirts.bravo	S3 - A	1.0km	Walk under Roseville Bridge and stay on Healey Way. <b>Watch for traffic</b> that comes down the ramp from Warringah Road. Cross the road and enter Flat Rock Track, located between the Warringah Road ramp and the toll booth.
dunes.hungry.steer	S3 - B	1.9km	At the trail intersection, leave Flatrock Track as it becomes a private road and, instead, turn left and uphill to come out at Downpatrick Road.
beyond.jets.luck	S3 - C	2.2km	At the intersection with Drumcliff Avenue and Adare Place, turn right into Drumcliff Avenue. <b>Residential Area - Please keep noise to a minimum!</b>
lease.steep.choice	S3 - D	2.7km	At end of Drumcliff Ave, turn right into Killamey Drive. <b>Residential Area - Please keep noise to a minimum!</b>
rainy.thick.people	S3 - E	4.0km	At the end of Killamey Drive, enter the trail and continue walking along Magazine Track. After about 200m, turn left and down the stairs towards Flat Rock Beach.
poker.skirt.limit	S3 - F	4.2km	Bypass Flat Rock Beach by continuing to walk along and following Magazine Track.
caves.gazed.dozen	S3 - G	5.6km	After walking past the Bantry Bay Explosives Magazine Complex, keep walking along Magazine Trail towards Bates Creek. Keep the creek to your right, heading northwest.
lively.finger.count	S3 - H	6.5km	Magazine Track becomes Bates Creek Track. Ignore the turn off to the left and, instead, keep walking on Bates Creek Track. About 450m further down the trail, keep right to cross Bates Creek.
ropes.order.avoid	S3 - I	7.0km	Go left at the natural stone wall. At the top of the stone wall, turn right around the track.
risky.toys.photos	S3 - J	7.2km	When intersecting with Cook Street trail, continue straight on Currie Road Trail.
vent.eating.chief	S3 - K	7.4km	Turn right into Natural Bridge Track. Walk over Natural Bridge and continue along the track.
leaps.driven.luxury	S3 - L	8.1km	About 450m after Natural Bridge at the junction with the signpost, turn left into The Bluff Track. Walk up towards Grattan Crescent.
tried.economies.unable		8.5km	<b>A few metres into Grattan Crescent you have reached Fun Stop 3 - SOKOL Club, located opposite from Ararat Reserve.</b>

### SECTION 3 TRAIL PROFILE

**FUN STOP 2**  
Davidson Park  
31.5km

**FUN STOP 3**  
SOKOL Club  
40km







FUN STOP  
3

S4-A

## SECTION 4 SOKOL CLUB SYDNEY to TANIA PARK

DISTANCE - 10KM



S4-B

S4-C

S4-D

S4-F

S4-E

S4-i

S4-G

S4-J

S4-K

S4-H

S4-N

S4-L

S4-M

S4-O



FINISH

S4-R



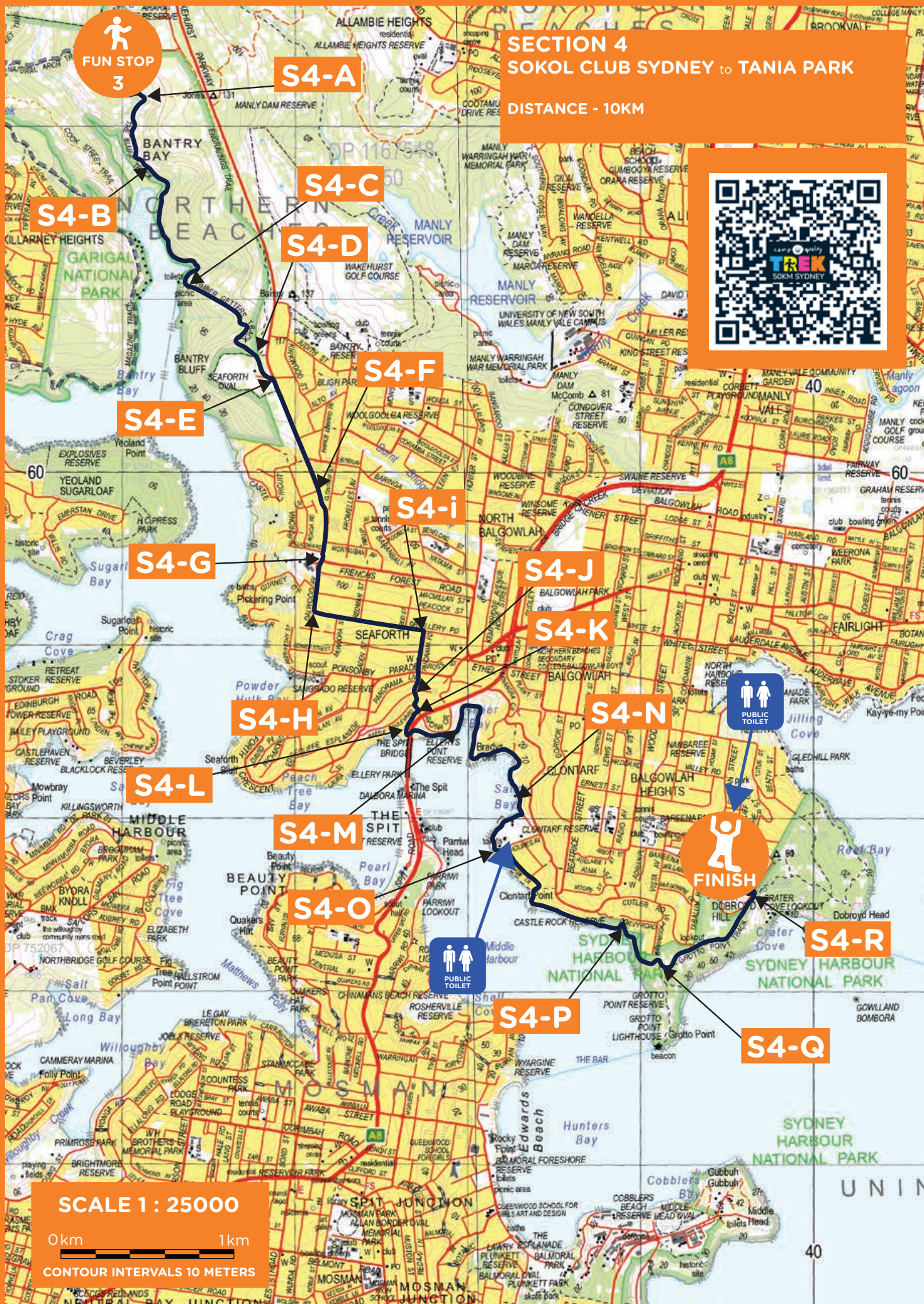
S4-P

S4-Q

SCALE 1 : 25000

0km 1km

CONTOUR INTERVALS 10 METERS





## SECTION 4

### SOKOL CLUB TO TANIA PARK

SECTION DISTANCE	TOTAL DISTANCE		FUN STOP 3 CLOSING TIME
10km	50km		Sunday 9.00am

WHAT3WORDS	MAP REFERENCE	DISTANCE	INSTRUCTIONS
tried.economies.unable		0.0km	Leave Fun Stop 3 – SOKOL Club by walking Grattan Crescent back down onto The Bluff Track.
leaps.driven.luxury	S4 - A	0.3km	At the signpost, turn left and continue walking along The Bluff Track. About 100m further down the trail, ignore Ghania Mountain Bike Track coming out on your left. <b>Tag your photos as you pass Bluff Lookout: #campqualitytrek</b>
hype.damp.detail	S4 - B	0.5km	After Bantry Bay Picnic Area, Bay Track becomes Timbergetters Track. Follow this track uphill until you reach Seaforth Oval.
broken.upset.couches	S4 - C	2.3km	After Bantry Bay Picnic Area, Bay Track becomes Timbergetters Track. Follow this track uphill until you reach Seaforth Oval.
edit.camera.speech	S4 - D	3.0km	At the junction turn right and walk towards the Seaforth Oval car park. Follow the footpath around the car park near the building.
bars.thanks.allows	S4 - E	3.3km	At the car park exit, cross Wakehurst Parkway via the pedestrian crossing. Once across, turn right and head along Wakehurst Parkway keeping left near the houses.
exile.engine.maps	S4 - F	3.9km	At the furthest pedestrian crossing at the intersection of Wakehurst Parkway and Castle Circuit, cross the road and turn left continuing south on Wakehurst Parkway.
dairy.raced.burn	S4 - G	4.3km	At the major bend and corner with Dalwood Avenue, continue straight and down Dalwood Avenue, keeping on the road to your left. When safe, cross Dalwood Avenue at the corner with MacMillan Street and use the footpath on the other side of the road to avoid walking over residential front lawns. Continue past Peacock Street. <b>Residential Area – Please keep noise to a minimum!</b>
pump.game.dark	S4 - H	4.6km	Turn left into Ellery Parade and continue along the footpath.
stump.layers.tent	S4 - I	5.2km	Turn right into Panorama Parade. Cross Ponsonby Parade with care. <b>Residential Area – Please keep noise to a minimum!</b>
could.paint.holds	S4 - J	5.6km	At the end of Panorama Parade, take the Gallipoli Steps down until you reach Battle Boulevard. <b>Extreme caution to be used on steps, particularly in wet/dark conditions. During the event Trail Marshals will support your descent.</b> At the bottom of the steps, continue towards Manly Road. <b>Residential Area – Please keep noise to a minimum!</b>
table.fuzzy.cans	S4 - K	5.8km	Just before Manly Road, take the path to your right to walk past the car parking area.
grape.milk.scales	S4 - L	6.0km	Near the water prior to Spit Bridge, take the steps down to walk underneath Manly Road to the other side. Continue to walk along Manly to Spit Bridge Walk, keeping the water to your right. <b>Watch out for other path users and cyclists.</b>
wiped.voters.bulb	S4 - M	6.5km	Stay on Manly to Spit Bridge Walk, passing the beaches of Fisher Bay and Sandy Bay.
wizard.violin.windy	S4 - N	7.5km	After Clontarf Marina, keep right and walk around Clontarf Reserve, keeping the water to your right. <b>Why not tag a pic of the harbour? Tag us: #campqualitytrek</b>
banana.exist.enable	S4 - O	7.8km	After the Sewage Pumping Station, cross over the grass area to Monash Crescent. Walk parallel to the beach along Monash Crescent. At the end of Monash Crescent, head down towards the water again to continue along Manly to Spit Bridge Walk.

## SECTION 4 CONTINUED....

### SOKOL CLUB TO TANIA PARK

SECTION DISTANCE	TOTAL DISTANCE	FUN STOP 3 CLOSING TIME
10km	50km	Sunday 9.00am

WHAT3WORDS	MAP REFERENCE	DISTANCE	INSTRUCTIONS
empty.brand.myself	S4 - P	8.7km	At the T-junction near Castle Rock Beach, turn right and a few metres further, turn left to continue your walk along Manly to Spit Bridge Walk.
landed.bland.sings	S4 - Q	9.2km	At the intersection with Grotto Point Lighthouse Track, continue straight to stay on Manly to Spit Bridge Walk.
herb.laser.secure	S4 - R	9.8km	At the T-junction near Tania Park, walk straight and then around a corner and some stairs up. Cross Dobroyd Scenic Drive and enter Tania Park. <b>Tag that backdrop as you come up the stairs!!! #campqualitytrek</b>
police.once.scout		10km	<b>You have reached the Finish! – Tania Park, Balgowlah Heights.</b>

## SECTION 4 TRAIL PROFILE

**FUN STOP 3**  
SOKOL Club  
40km

**FINISH**  
Tania Park  
50km



## NOTES







**IN CASE OF AN EMERGENCY  
DURING THE EVENT, CALL 1300 278 735**

**If unsuccessful, call 000 or call 112**



**campquality.org.au**

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