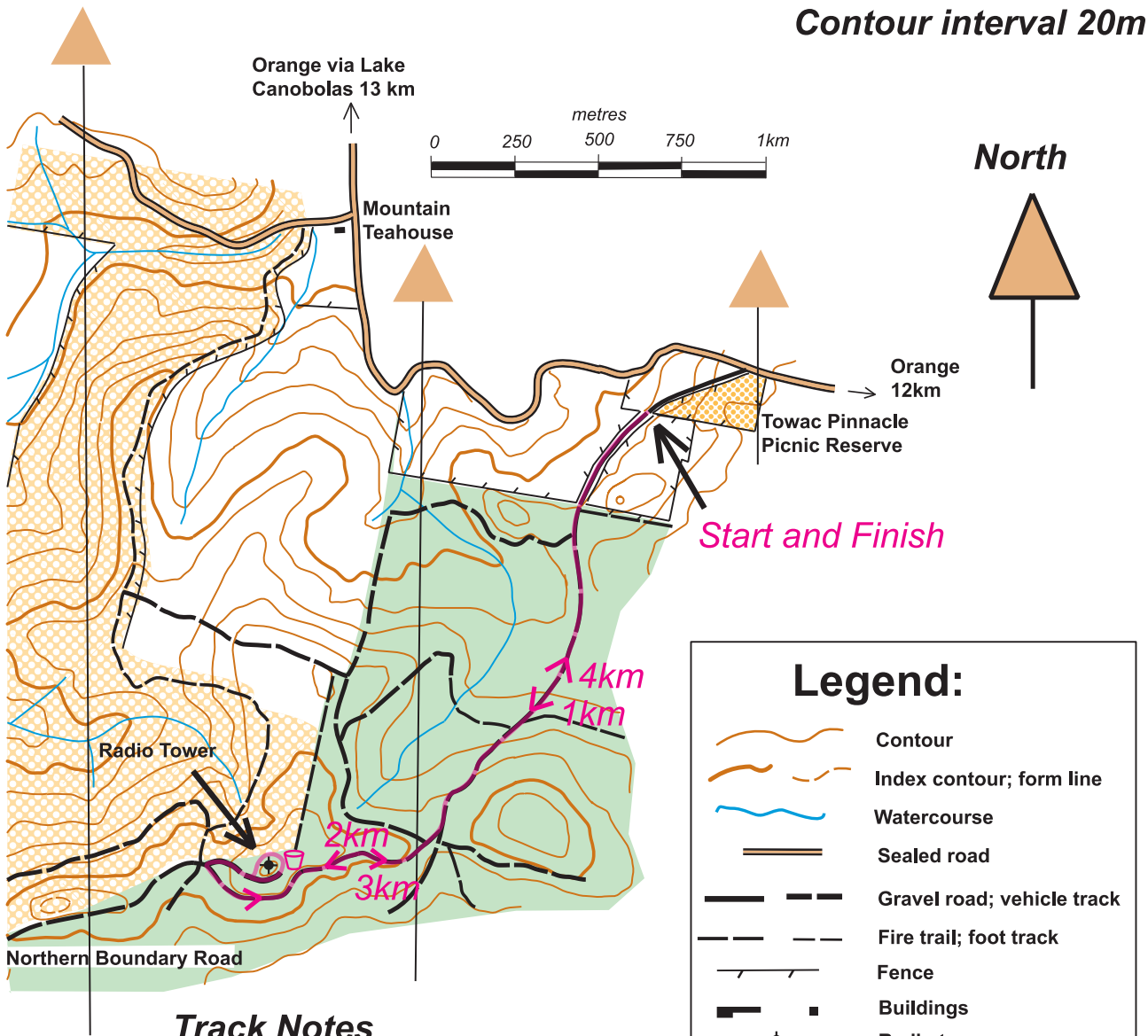


The Family Trail Run

Course Length 5 km
Climb 125 metres

Scale 1:20,000

Contour interval 20m



Track Notes

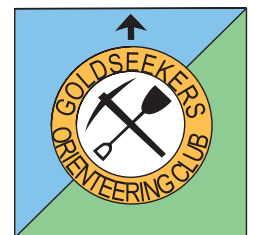
The first 700m of the track is relatively level and smooth. It then climbs steadily and becomes rougher. At about 1.5km there is a major track junction. The race route bears right up a steeper incline. The track is also slightly rockier, take care to avoid loose and protruding rock.

Just after the 2km marker there is a small steep and eroded rocky track to your right. Continue on the main track beyond this for about 600m to a track that turns back sharply on the right. There will be a marshall at this point to direct you up to the summit of a small hill with good views. Congratulations, you have reached the highest point on the course! Follow the markers around the radio tower to the water station and then back on to the main track. Turn left onto the track that you came up. This will lead you downhill to the Finish.

Legend:

	Contour
	Index contour; form line
	Watercourse
	Sealed road
	Gravel road; vehicle track
	Fire trail; foot track
	Fence
	Buildings
	Radio tower
	State Recreation Area
	State Forest
	Race route; water station

Map and track notes prepared by Basil Baldwin
Base map NSW Govt SIX Maps



Goldseekers Orienteering Club
<http://www.goldseekers.org>