



The race route starts 300m along the forest road SW from the Pinnacle Picnic Ground. The first 1.5km climbs steadily through pine forest to a saddle and major track junction. Take the SW track climbing fairly steeply for 1 km. From here the track passes the first drink station before climbing again. Rounding a bend towards the 5km stage, there is a fine view of Mount Towac, the first volcanic peak of the race. After 500m at a track intersection, take the NW track, Towac Way, into Mount Canobolas Conservation Area. A downhill section leads to a drink station where a fire trail heads west through a gate. After 300m, a small footpath to the south leads to the summit of Mount Towac. This up and back path is quite narrow and can get congested with runners, **keep to the left**. Panoramic views from the summit include Mt Macquarie to the SE and Mt Canobolas to the north.

Descending back to Towac Way, turn left, following the road north for about 1 km to a right turn into the Walls Picnic Ground, an aboriginal sacred site which is protected from traffic by large posts. The last drink station is at this junction. After 100m, turn north onto the Nature Trail that leads through native forest to a T-junction on a saddle. Turn right to Young Man Canobolas, the second volcanic summit. The latter part of this trail is steep and rocky. Return to the saddle and continue in a westerly direction following signs to the summit of Mount Canobolas. This last section is steep and challenging. The race finishes on the summit, the third volcanic peak.