



EVENT MAP BOOK

SYDNEY 100KM

FRIDAY 25 AUGUST - SUNDAY 27 AUGUST 2023

PRIMARY PARTNER

NATIONAL PARTNER

Deloitte.

Paddy Power
SINCE 1930

TOGETHER FOR ADVENTURE

TRAILWALKER.OXFAM.ORG.AU

**OXFAM
TRAIL
WALKER**

WELCOME

THIS MAP BOOK HAS BEEN PREPARED TO GUIDE YOU THROUGH THE EVENT ROUTE, CHECKPOINT BY CHECKPOINT. IT IS DESIGNED TO BE YOUR PRIMARY NAVIGATION AID DURING EVENT WEEKEND.

Oxfam Trailwalker is a tough event. Much of the trail covers difficult terrain and you will be exposed to the elements for many hours. It requires appropriate and committed training and preparation. By registering for Oxfam Trailwalker, you have accepted responsibility for your own conduct and for the risks inherent in such a demanding endurance event. A planned approach, adequate training, familiarity with the route and a thorough knowledge of the event rules and the safety information provided on the website and in the Training and Preparation Guide will help minimise risk to you and your team. We hope you enjoy Oxfam Trailwalker!

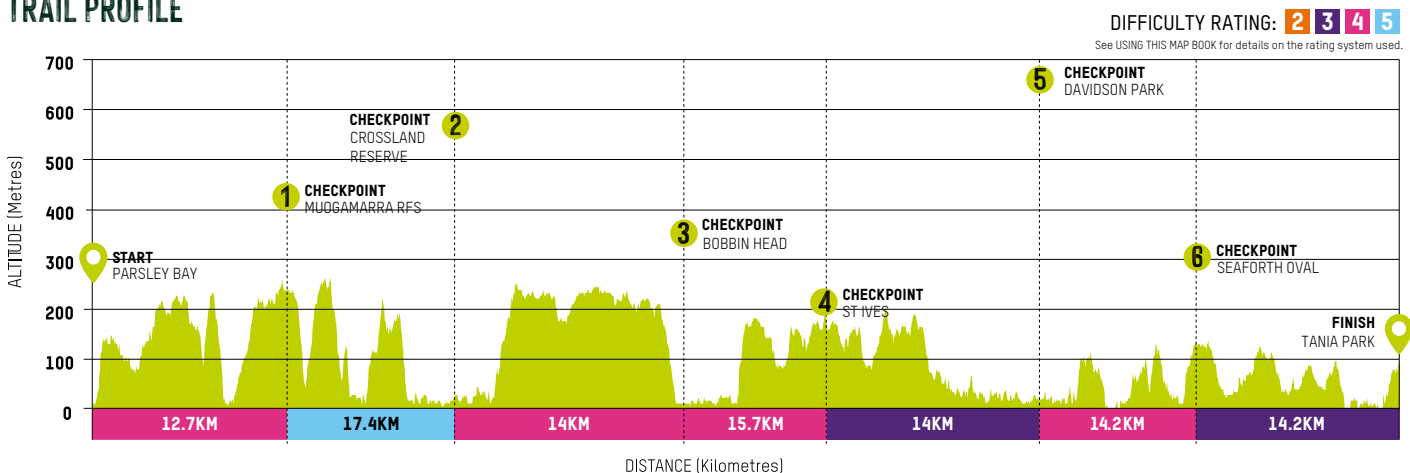


CHECKPOINT FACILITIES

	FIRST AID	WATER	LONG STAY CP	SUPPORT CREW ACCESS*	ALLIED HEALTH
100KM START — Parsley Bay, Brooklyn	YES	COLD	NO	Yes - Limited	NO
CHECKPOINT 1 — Muogamarra Rural Fire Station, Cowan	YES	HOT & COLD	NO	NO	NO
CHECKPOINT 2 — Crossland Reserve, Hornsby Heights	YES	HOT & COLD	NO	YES	NO
CHECKPOINT 3: 55km Start Bobbin Head, Ku-Ring-Gai Chase National Park	YES	HOT & COLD	NO	YES	YES
CHECKPOINT 4 — St Ives Showground, St Ives	YES	HOT & COLD	YES	YES	YES
CHECKPOINT 5: 27KM START — Davidson Park, Garigal National Park	YES	HOT & COLD	NO	YES	YES
CHECKPOINT 6 — Seaforth Oval, Seaforth	YES	HOT & COLD	NO	YES	NO
FINISH LINE: 100KM, 55KM AND 27KM — Tania Park, Balgowlah Heights	YES	COLD	NO	YES	NO

Under this table add the following copy: **The restrictive size of the checkpoints allows only one vehicle per, with restrictions on the type and size of vehicles. No trailers, towed caravans or vehicles longer than one-and-a-half standard cars (such as large campervans) are allowed. The one vehicle per team rule will be enforced at each checkpoint. Start and finish lines will also have restricted access for support crew and spectators.

TRAIL PROFILE



USING THIS MAP BOOK

THIS MAP BOOK USES TOPOGRAPHICAL MAPS TO COMMUNICATE THE TRAIL ROUTE. IF YOU HAVEN'T USED TOPOGRAPHICAL MAPS PREVIOUSLY, YOU SHOULD SPEND SOME TIME BECOMING FAMILIAR WITH THE CHARACTERISTICS OF THE MAPS USED IN THIS BOOKLET AND UNDERTAKE FURTHER READING TO INCREASE YOUR NAVIGATION SKILLS BEFORE VENTURING OUT ON THE TRAIL.

Below is some basic advice adapted from the Geoscience Australia educational booklet *Map Reading Guide: How to Use Topographic Maps*, which is available from www.ga.gov.au

MAP SCALE

The maps contained in this booklet are scaled 1:25,000 (unless otherwise indicated), which means that each centimetre represented on the map is 25,000 centimetres (or 250 metres) on the ground.

CONTOURS

Topographical maps use contour lines, which join points of equal elevation to represent the profile of the terrain depicted. If the contour lines are close together, the terrain is steep. Contour lines that are far apart indicate land with gentle slopes. It is also worth being aware of the contour interval, which is the vertical distance between adjacent contour lines. This information allows the user to determine altitude at any point on the map.

WHICH WAY IS NORTH?

To assist in making correct directional decisions, the use of a magnetic compass is highly recommended for anyone who ventures into the bush. A compass works on the principle that the pivoting magnetised needle (or the north point of the swinging dial) always points to the north magnetic pole. An icon is included on topographical maps indicating the direction of grid north, so the beginner map user can use their compass to orient their map to the north before confidently navigating their way along their intended route.

ALLTRAILS

We recommend downloading the AllTrails App to assist navigating throughout training and event weekend. Head to the website for the link and make sure to update your AllTrails map pre-event to ensure you have the most up-to-date version.

DIFFICULTY RATING

The difficulty ratings in this map book have been developed using the Australian Walking Track Grading System, which forms part of the national industry standard to assist walkers in judging the suitability of trails to their walking ability. Each section is graded from its hardest component; it may have some easier components than the ultimate grade. For further details about the grading system employed, search 'Australian Walking Track Grading System' online.



Photo: Patrick Moran/OxfamAUS

TRAIL ESSENTIALS

The information below contains key points to remember when you are out on the trail. Additional safety information is provided in the Training and preparation guide and on the website.

COVID SAFETY

COVIDSafe event controls will be in place at the event. Your health and wellbeing, and that of our volunteers, support crews and event staff, is our absolute priority. We remain committed to providing the highest standards of service, cleanliness and hygiene. We're regularly monitoring government restrictions and will adjust to any changing requirements.

TRAIL ETIQUETTE

You share the walking trails used for the event with the general public. Be considerate of other users at all times. Always respect the requests of landowners and land managers. In National Parks, you must abide by all conditions of park entry.

MOBILE RECEPTION

Mobile phone reception varies along the trail and there are some areas of the trail where mobile phones may not have any reception. Telstra currently has the best coverage. To improve your team's chances of having mobile reception during training and the event, we recommend all teams carry phones connected to at least two different network providers.

NIGHT WALKING

Walking at night requires special vigilance on the part of all team members to reduce the risk of injury. All team members must carry a head torch with extra batteries. We highly recommend including some night walking as part of your training for the event. As the National Park areas are closed to the public at night, we recommend researching alternative walking tracks in your local area to gain experience night walking before the event.

HIGH TIDES AND FLASH FLOODING

Certain sections of the trail may be subject to high tides or flash flooding (particularly 2,3,4 and 5. Exercise extreme caution at water crossings as water levels can rise rapidly. Do not attempt to cross any swollen or rapidly flowing waterways. When planning your training walks, visit the NSW Roads & Maritime website for tide prediction tables.

ROAD CROSSINGS

The trail crosses public roads throughout the route. Always use pedestrian lights where available. Take care when crossing or walking alongside roads during training

and the event. During the event, follow the instructions provided by our marshals and the signage at each crossing to ensure your safety.

FIRST AID

Each team is required to carry a first aid kit, including a thermal blanket for each team member and pressure bandages to treat injuries such as sprains, blisters, cuts and snake or spider bites. Left alone and unprovoked, snakes present little danger, however, should someone be bitten, you must be aware of the correct treatment. Team members are encouraged to learn basic first aid techniques and be aware of each other's pre-existing health concerns or injuries.

HYDRATION

Proper hydration is critical. You can place your body in serious danger by not drinking enough water and becoming dehydrated or by drinking too much water and causing hyponatremia. You need to find a balance between the two.

Insufficient consumption of fluids can cause dehydration. Symptoms are only apparent when you are already dehydrated and can include tiredness, irritability, tight/heavy feeling muscles, headache, and dry mouth and lips. On the other hand, hyponatremia — also known as water intoxication — is an extremely dangerous condition that can rapidly lead to coma and may result in death. It occurs when too much water has been consumed, causing reduced salt levels in the blood and body tissues. Symptoms include fatigue, nausea, headaches and lack of coordination.

To maintain the correct hydration levels and avoid dehydration or hyponatremia, drink a combination of electrolytes and water, and continually monitor your fluid intake. Drink enough so you don't feel thirsty and are urinating at normal periods. If you are not urinating, or your urine is dark in colour, you may be dehydrated. If urination becomes frequent and clear-coloured, you may be drinking too much.

HYPOTHERMIA

The temperature can drop dramatically during the event and a lack of sufficient clothing, or getting wet, can cause hypothermia. Symptoms can include fatigue, shivering, muscle spasms, clammy skin, stammering and hallucinations. If you become hypothermic, change out of wet clothes immediately, cover your head, face, neck and body with warm clothing, consume hot drinks and high-calorie food to maintain body temperature and seek medical help. Appropriate clothing should be carried at all times.

HEAT EXHAUSTION AND HEATSTROKE

During strenuous activity, the body's temperature can rise and this can result in heat exhaustion and potentially heatstroke. Symptoms of heat exhaustion include severe thirst, muscle weakness, nausea and headache. Symptoms of heatstroke can include severe headache, confusion, irritability, difficulties breathing, elevation of body temperature and flushed, hot skin. Heatstroke can be fatal. If a team member exhibits these symptoms, find a shady area, administer frequent sips of water, remove excess clothing and seek medical help. To prevent heat exhaustion, always maintain adequate fluid intake.

OVERUSE OF PAIN KILLERS

Take care if using medications during the event and/or training. Overuse of pain killers can lead to serious health complications and hospitalisation. If you intend to use medications of any kind during the event, seek professional medical advice.

OUR ENVIRONMENT

Leave nothing but footprints on the trail. We ask that you make Oxfam Trailwalker a low-impact event by recycling wherever possible and disposing of your waste in sustainable ways during training and the event. Carry out all rubbish from the trail and use public toilets (identified in purple on the maps) en route. Please note we cannot guarantee all public toilets will be open throughout the event weekend. A small garden trowel weighs the same as a muesli bar. Alternatively, carry out used toilet paper in a snap-lock bag.

To help Oxfam Australia reduce the event's environmental impact, please make every effort to catch public transport where available, or carpool to and from the trail when training.

PHYTOPHTHORA

Phytophthora is a water mould disease which kills the roots of plants.

Please ensure you have clean shoes and walking poles when walking in National Parks. Also stick to the trails and tracks, and use boot scrubbers to prevent the spread. During the event boot scrubbers will be positioned at the start line, Bobbin Head and Davidson Park.

EMERGENCY PROCEDURES

DURING TRAINING

Training for Oxfam Trailwalker is a necessary commitment. If you choose to train on the event trail or elsewhere, you need to ensure that you and your fellow team-mates remain safe at all times. Remember, you're responsible for your safety during training so follow these tips to stay safe and enjoy yourself.

Before you go:

- Check the Bureau of Meteorology (BOM) website for weather conditions, forecasts, and current warnings: www.bom.gov.au/nsw
- Download the BOM Weather app on to your compatible smartphone for up-to-date weather conditions, forecasts, and warnings. Available from the App Store (Apple iPhone) or Google Play (Android). Please note this app requires mobile reception to function correctly.
- Check all NSW fires to ensure there are no bushfires or planned burns in the area you intend to walk. Visit the Rural Fire Service website or download the app for details of 'fires near me': www.rfs.nsw.gov.au
- Check parks alerts on the National Parks website at www.nationalparks.nsw.gov.au/alerts/alerts-list for the latest information on trail conditions and track closures. Oxfam Trailwalker Sydney operates in the following national parks:
 - Berowra Valley National Park
 - Garigal National Park
 - Ku-ring-gai Chase National Park; and
 - Sydney Harbour National Park.

- Take some friends with you. Never walk alone.
- Always carry your Event Map Book and a compass.
- Leave details of your planned route, estimated completion time, vehicles, and fellow walkers with a friend, relative, or other reliable person in case you get lost. This person is responsible for contacting the police if you are overdue.
- Ensure you pack a torch just in case you don't reach your intended destination before night fall, and that you are carrying your fully charged mobile phones. Taking a portable USB charger on long training walks will ensure your mobile phone stays charged.

During your walk:

- Always carry a first aid kit, including one thermal blanket per person, and wet weather gear.
- Wear a hat and sunscreen to avoid sunburn.
- Detour around any snakes. Never provoke them.
- Stay on the track. Read all signs carefully.
- Where the trail traverses alongside a road, don't walk on the road. Walk single file on the verge.
- Always take more water than you think you'll need and drink frequently. Don't drink creek or tank water. Even apparently pure water can be contaminated.

If you become lost or require emergency assistance, remain calm, conserve energy, seek shelter and wait for assistance once

you have made contact with the emergency services. Do not split up, as doing so may result in rescuers having to look for two lost parties. Never leave an injured person alone.

DURING THE EVENT

During the event, there will be trail markers along the entire trail route with unique numbers that relate to specific locations on the master event map at the Event Control Centre. If you are lost, injured or otherwise require emergency assistance during the event, provide the number of the nearest trail marker to help rescue crews locate you.

Do not remove trail markers under any circumstances.

DURING TRAINING

In an emergency.

CALL 000

If you can't reach 000, call 112 which connects to all carriers in emergency situations.

DURING THE EVENT

In an emergency CALL 000

For any other assistance call the event Control Centre number **1300 735 730**

NOTE: The Event Control Centre number is only available on the event weekend.



Photo: Patrick Moran/OxfamAUS

TRAIL SECTION 1 – MAP 1 OF 2

📍 **100KM START** – PARSLEY BAY TO **CHECKPOINT 1** – MUOGAMARRA RFS

AUSTRALIAN WALKING TRACK GRADING SYSTEM: GRADE 4

SECTION DISTANCE	CUMULATIVE DISTANCE	CHECKPOINT 1 CLOSING TIME
14.6km	14.6km	Friday 1:30pm

SECTION DESCRIPTION

A steep ascent up a wide fire trail takes you past Brooklyn Dam and across Porto Ridge into Ku-ring-gai Chase National Park. Becoming single track, the trail then descends to scenic Jerusalem Bay before climbing to the township of Cowan and into Muogamarra Rural Fire Station. The trail can be very narrow with steep rocky ascents and descents in the second half of this section. Expect some rock scrambling, with ladders built into the rock in places.







WAYPOINT DISTANCE INSTRUCTIONS

	0km	Depart the Start, located in the Parsley Bay car park, and walk-up George Street heading west.
1A	0.4km	At the intersection of George Street and William Street, turn left, walk to the end of the street and enter the steep, concreted fire trail.
1B	1.5km	Turn left at the fire trail intersection as signposted to Cowan, following the Great North Walk (GNW) marker posts to Brooklyn Dam.
1C	3.0km	At Brooklyn Dam, turn right on the fire trail before the dam.
1D	3.2km	Continue right on the fire trail as marked by GNW marker posts
1E	4.3km	Take the left fork where an intersecting fire trail ascends towards the ridge top, as indicated by a GNW marker post.
1F	7.4km	At the sign detailing the GNW route, near the conclusion of the fire trail, turn left onto the GNW foot track towards Jerusalem Bay.
1G	9.4km	At the sign stating 'Jerusalem Bay >' and '< Brooklyn Dam', continue following the GNW marker posts towards Jerusalem Bay.



100KM START

LEGEND

-  100KM START
-  CHECKPOINT
-  TRAIL INSTRUCTION POINT
-  TRAIL
-  REST STOP
-  PUBLIC TOILETS

TRAIL SECTION 1 – MAP 2 OF 2

📍 **100KM START** – PARSLEY BAY TO **CHECKPOINT 1** – MUOGAMARRA RFS

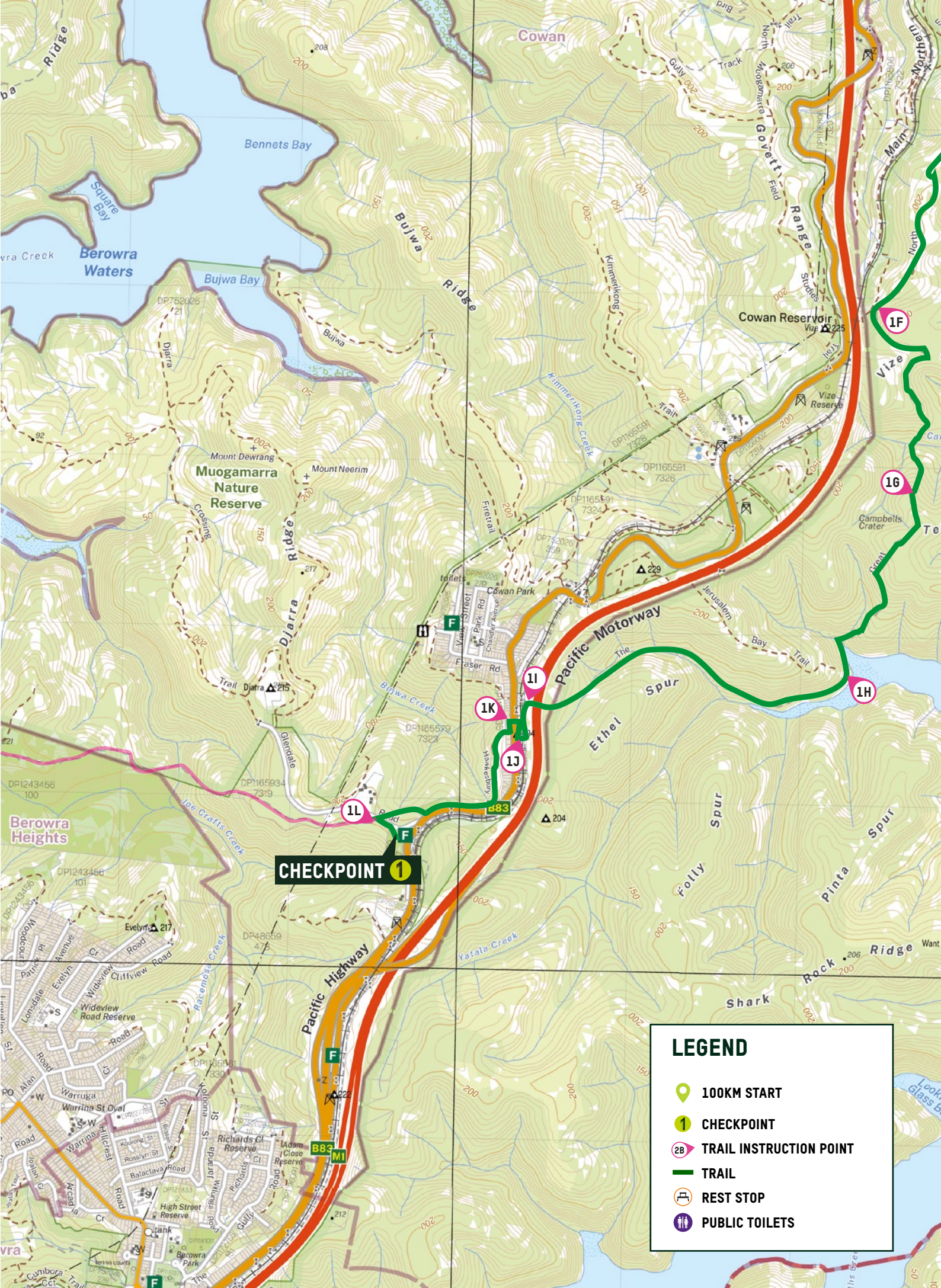
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WAYPOINT	DISTANCE	INSTRUCTIONS
1H	10.5km	At Jerusalem Bay, continue along GNW towards Cowan.
1I	12.7km	After crossing the footbridge over the M1 Pacific Motorway, turn left and follow the GNW marker posts alongside the railway line. Ascend stairs up onto the eastern platform of Cowan Railway Station. Once on the platform, turn left and only use designated pedestrian crossing point to safely cross railway line. Do not exit the station here. Proceed onto and along the western platform to the exit ramp prior to the northern end of the platform.
1J	13.0km	Follow the ramp from the railway platform directly onto the pedestrian crossing on the Pacific Highway and cross to the opposite side. At the far side, turn left onto the footpath and continue to the gated GNW trailhead prior to the boat sales yard.
1K	13.1km	Enter the GNW trail and follow the GNW marker posts towards Glendale Road.
1L	14.5km	At Glendale Road (unsealed), turn left and walk towards Muogamarra Rural Fire Station.
CP	14.6km	ARRIVE AT CHECKPOINT 1, MUOGAMARRA RURAL FIRE STATION.



CHECKPOINT 1

LEGEND

- 100KM START
- CHECKPOINT
- TRAIL INSTRUCTION POINT
- TRAIL
- REST STOP
- PUBLIC TOILETS