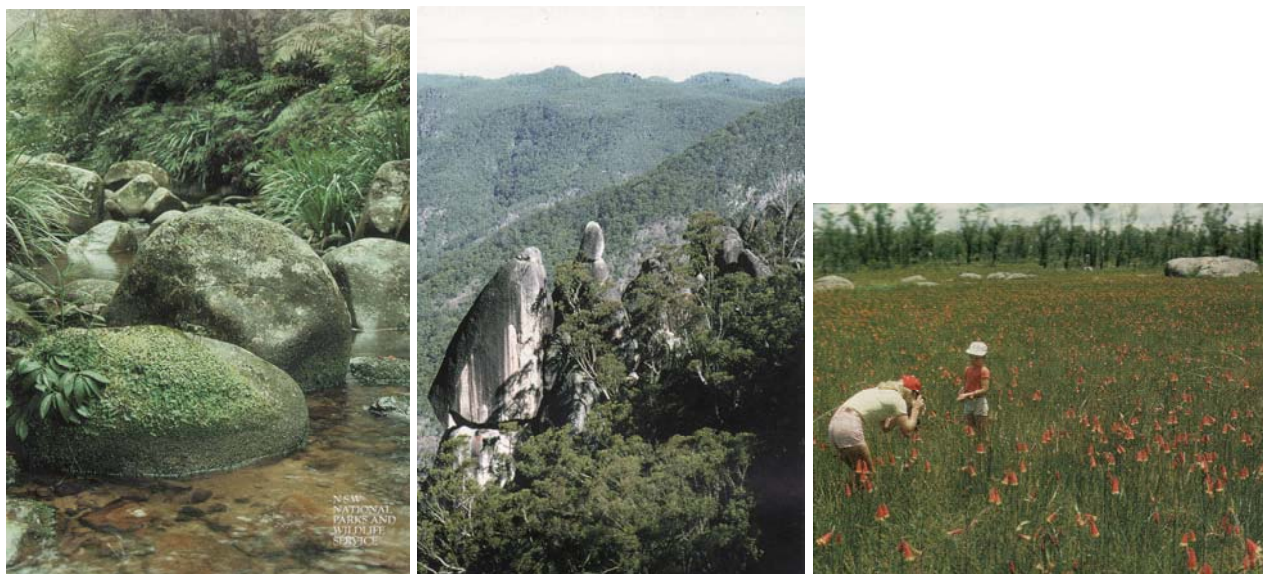


Run or Walk the Washpool and Gibraltar National Parks' World Heritage Trail



4-5 April 2009 – Information for Participants

- Runners** Enjoy some of the best trails on offer anywhere in Australia:
Short course 9km alongside cascades, through ferns and rainforest
Long course 33km loop passing through the best features of both parks
Well formed trails and a relatively flat long course make for ideal trail running
- Walkers** Join a two-day supported walk, completing the best parts of this outstanding 34km circuit carrying just your daypack. We will arrange for your overnight pack and tent to be waiting for you at the Boundary Creek campsite Saturday, collect it the next day and deliver it back to Mulligan's Hut camping area. 16km Saturday and 18km Sunday, see Walkers section below.
- Trails** This World Heritage Trail links an astonishing variety of landscapes. Starting in the high granite country of the Gibraltar range, the trail starts alongside Dandahra Creek in dryer eucalypt forests, set amidst a broken collection of granite tors, then passes through a mosaic of subalpine wetlands and clear streams. Towards the finish in Washpool National Park, lush rainforests safeguard the largest remaining area of coachwood in the world.
- Glen Innes** Enjoy this historic town and the surrounding countryside at its prettiest in April's autumn colours. A range of accommodation from motels to attractive cabins and camping is available. Optional group meals are organised, with a fun run showcasing the Glen Innes countryside on Sunday.
- Cost** 9km run \$5 from Mulligan's Hut in Gibraltar Range national park
33km run \$55 includes entry, bus transfers from Glen Innes, lunch, permit fee (bus transfer is required due to limited parking in the national park).
Evening meals, rural fun run and lunch on Sunday are optional extras.
Walkers \$20 p/p pack transfer to Saturday camp, collection after, permit.
Campers pay own fees as required: \$7 vehicle, \$10 Mulligans, \$5 Boundary.

Important Information

- Entry by** Monday 23 March (two weeks in advance)
Online entry available from Monday 16 February.
- Numbers** Maximum of 100, including walkers.
- Location** Glen Innes lies on elevated tablelands in northern New South Wales, inland from Grafton and between Tenterfield to the north and Armidale to the south. Washpool and Gibraltar Range parks are 60km east of Glen Innes.
- Directions** From Brisbane via the Ipswich Motorway, Cunningham and New England highways to Glen Innes. Campers travel via Grafton to Washpool park
From Sydney via the New England highway to Glen Innes.
Washpool national park is forty-five minutes from Glen Innes
- Traveltime** Four and three-quarter hours from Brisbane central to Glen Innes
Five hours and ten minutes Brisbane to Washpool via Grafton (campers)
Eight hours from Sydney to Glen Innes
- Transport** If you wish to share transport, either offering or needing a lift, we offer a connection service and suggest a standard \$10/20 for petrol from non-drivers depending on distance. If there are insufficient offers of lifts we will put you in touch to arrange carpooling or shared hire cars. As part of online entry you will be prompted about your transport preferences.

Runners Info

- Transfers** 33km runners staying at Glen Innes will travel by bus to the start due to limited parking. Pickup point will be 7am at New England Club 98 West Ave.
- Others** Runners camping at Mulligans should be at the Mulligan's Hut 8.10am
Overnight walkers transfer packs to trailer at Mulligans from 8-9.00am
- Long run** Starts off Gwydir Highway at Mulligans picnic area 8.30am
Pre-race briefing from 8.10am, after-race gear bags transferred to bus
- Short run** We have permission to use a brand new and outstanding trail from Mulligans Hut. Park in the day visitors area (right turn as you approach Mulligans).
Start 9.00am, pre-race briefing from 8.50am.
- Lunch** For the 33km finishers, the finish is at the Coachwood picnic area in Washpool park. Bus transfer is provided for supporters. Lunch will be served there and the bus will transfer you back to Mulligans or Glen Innes afterwards.
- Evenings** We encourage you to join the group bookings for Friday and Saturday evening meals, which include a selection of the best eateries in Glen Innes. Take Friday afternoon off, enjoy the scenic country drive down to Glen Innes and then dinner at the relaxed New England Club beside river and parklands \$25, Saturday Yim Thai restaurant banquet \$30 or menu.
- Sunday Fun Run** Runners - do not miss Sunday's free fun run! A chance to meet the locals and enjoy a fast flat countryside course, lunch, then head for home.

Long Run Details

- Trails** These trails are generally well-maintained and clearly marked. Rainforest sections are wetter, and should be run more carefully. These are also the most untouched and attractive parts of the course! Extra signage will be provided at intersections. With long trail runs it is always reassuring to have a good look at the course map before the start, then take it with you!
- Water** The short course is through shady forest and no water will be provided. Runners should come prepared if they need supplements eg backpack with bladder, bumbag or waterbottle. The long course is a remote experience passing through two national parks. Water/electrolytes/fruit will be available at two checkpoints only; the Gwydir highway crossing, and Grassy Creek.
- Splits** Long course: 6.0km to the Mulligans drive, 6.0 to the highway, 10.0 to the Haystack, 3.5 to Grassy Creek, 4.0 to the bluffs, 4.0 to Coachwood finish.
- Times** Finish times for the long course are expected to range from 2.5 to 4.5 hours
- Weather** Temperatures are mild in April but sunscreen and caps are recommended for the long course.
- First Aid** First aid kits, advice and ice are available at finish. If you need help on the course speak to the marshals at drink stops; they also have a first aid kit. Transport to the finish can be arranged if injured.
- Changes** The original 42.5km long course was shortened to 33km to use a more attractive start area and make it accessible for a wider range of runners. A few dedicated ultra runners will be informally adding the 9km loop to the 33km course and you are welcome to join them if you wish!

Accommodation Options – Book after entering so you don't miss out!

- Camping** The group camping area at Mulligans in Gibraltar Range National Park is right next to the facilities (with showers!) and surrounded by great walks. Runners can camp Friday or Saturday night; and the camping fee is included with entry.
- Cabins** We recommend Craigieburn Tourist park, the most attractive of Glen Innes's caravan parks. Situated among granite boulders beside a stream but still within walking distance of Glen Innes, phone (02) 6732 1283. If full, see the informaton sheet link referred to below.
- Note that most cabins sleep four, so sharing will reduce your costs. When you enter we ask if you'd like to share. If you answer yes we will email you to arrange sharing and reduce your costs while meeting fellow runners. Greg and Julie, the run organisers, will also be staying at Craigieburn.
- Other** The Glen Innes Tourist Information Centre provides a guide to motel and hotel accommodation which can be downloaded from the run's webpage.

Two day walk option

Overnight Walkers Starting at Mulligan's Hut campsite, follow the World Heritage Trail alongside Little Dandahra Creek, crossing Gwydir Highway to camp overnight at Boundary Creek (16km) – optional side-trip to Dandahra Crag. On Sunday follow the trail north and east past the giant Haystack to finish at Coachwood picnic area (18km).

Transport will be provided back from the Coachwood picnic area to Mulligans on Sunday. This means all your walking will be on the most attractive trails, you finish in the rainforest of Washpool national park, and avoid the link up the access road.

Walkers can stay at the Mulligan's on Friday night; the group camping area is booked and free, and right next to the facilities (showers included). Remember to pay your vehicle (\$7) and Boundary Creek camping fees (\$5).

Confirmation of entry and updates

Post We will post out a brochure about the Washpool and Gibraltar National Parks and an updated copy of this information sheet once a week, meaning you may receive confirmation up to 10 days after you enter online.

Email Any late-breaking updates will be emailed out, as well as information to help those who'd like to car-share or accommodation-share.

Questions You can post questions on the www.runtrails.org website under the Washpool event page or email Greg at info@runtrails.org.

Daylight Saving Daylight saving ends Sunday 5 April 2009 at 3:00 am summer time. Remember to put your watch back one hour to get to the fun run on time.

Contact for inquiries:

Phone Greg (07) 3869 1661 email info@runtrails.org
Trail Running Association of Queensland Inc.

websites www.runtrails.org & www.glasshousetrails.com

updates

v2 16 Feb: various details added plus long course shortened to 33km

v3 17 Feb: separate run and walk sections for clarity

v4 24 Feb: closing date extended to Mon 16 March (post 6 Foot)

v5 17 Mar: new 9k course on brand new trail, cost \$5, entry extended Mon 23 March