



TRAIL RUNNING
ASSOCIATION OF
QUEENSLAND

Washpool/Gibraltar World Heritage Trails 2010 – 17/18 April

Thanks for joining us – I guarantee you'll enjoy running these great trails!

With most people only entering for Sunday, you might like to consider arriving early and enjoying a short 8km run on the narrower rainforest trails of Washpool national park – this section is *not* included in Sunday's courses. Simply email info@runtrails.org if you wish to add Saturday to your existing entry.

On Friday night dinner has been booked for 6pm at Yim Thai in Glen Innes, which has better Thai food than I've found in Brisbane - again, email if you'd like to join us. Saturday is up to you as I will be camping at Mulligan's Hut and preparing for Sunday. As well as Yim Thai, choices include the large Services Glub and Efishensea at the affordable end, and the more upmarket New England Club restaurant (book at 6732 3144; 98 West Ave). Smeatons Bakery is a good place to buy snack/lunches!

I have included some information on camping options in the national parks below. The attachment to this email also lists other types of accommodation in Glen Innes - Craigieburn Tourist Park (02) 6732 1283 offers the best value for those looking for cabin-style accommodation.

Here are the really critical bits (the rest is on the website)

Registration location:

Saturday: Coachwood picnic area, Washpool national park

Sunday: Group camping area opposite facilities block, Mulligan's Hut campground, Gibraltar Range national park

Start times and locations:

Saturday 8km: 9.00am, Coachwood picnic area

Sunday 50km: 7.30am, Mulligan's hut

Sunday 21km: 8.30am, Mulligan's hut

Sunday 8km: 9.00am, Mulligan's hut

please allow time for registration and preparation

Distances and approximate drive times:

Saturday:

Glen Innes to Washpool park's Coachwood picnic area: 55 minutes

Grafton to Washpool park's Coachwood picnic area: 65 minutes

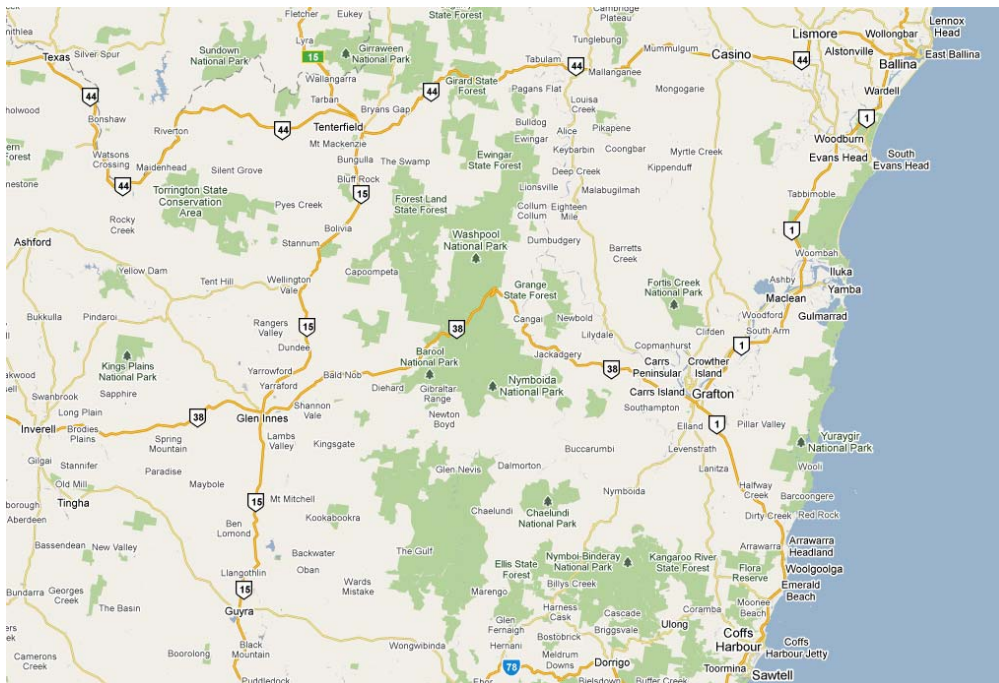
Sunday:

Glen Innes to Gibraltar Range park's Mulligan's Hut: 70 minutes

Grafton to Gibraltar Range park's Mulligan's Hut: 85 minutes

Please note that there is a \$7 day visitor charge per vehicle for Sunday's start/finish at Gibraltar Range national park. We will have tags ready to complete at registration. Also, these are national parks, so no dogs allowed.

See you there ☺ Greg Waite, TRAQ event organiser g_waite@optusnet.com.au/0416185631, onsite at Mulligans Hut for the week prior to the run, preferred contact by emails



Distances between Sunday's long-course checkpoints/water stations:

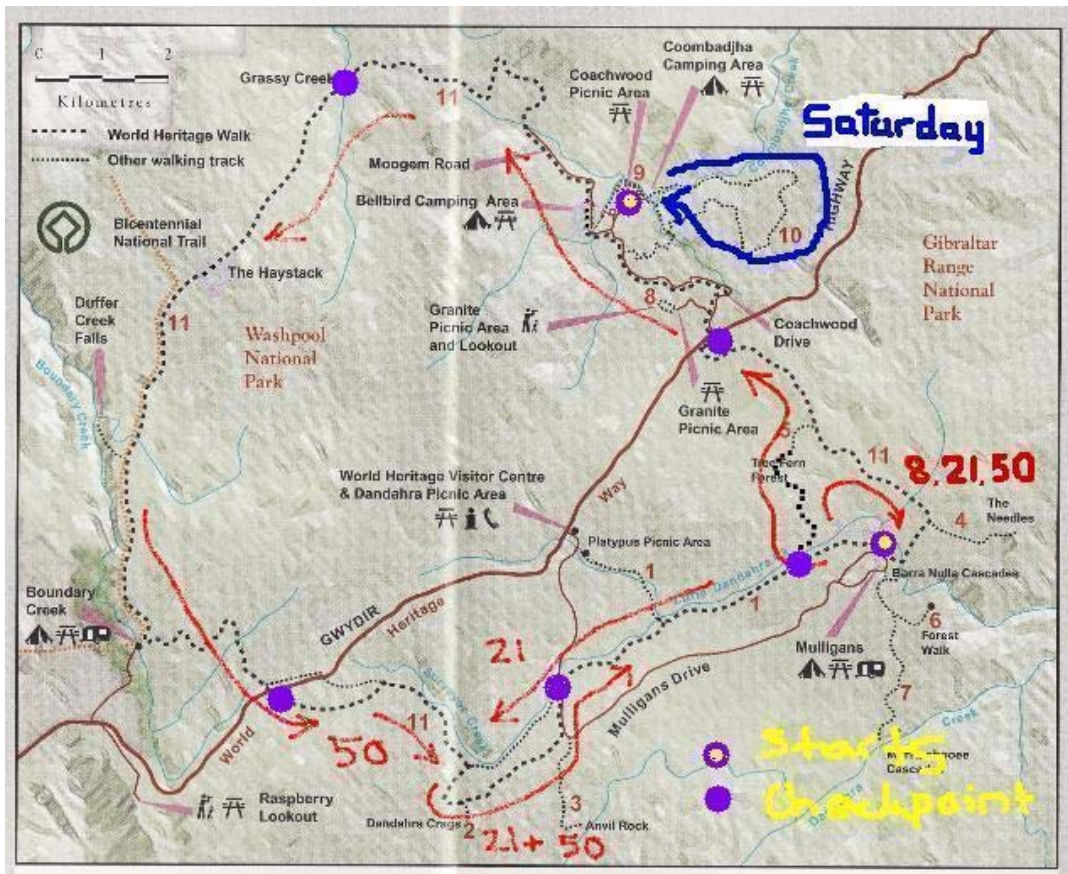
There will be a combination of manned and unmanned water stations (purple dots below)
 This is a remote area; you may wish to carry a bladder or waterbottle between stations.

The 2nd & 4th checkpoints on Gwyndir Highway and the 5th checkpoint on Mulligans Drive will be manned and have electrolytes/water/fruit. 50km entrants can provide *labelled* drop-bags for the 2nd and/or 4th checkpoints to registration *half an hour before starting ie 7.00am*

50km distances between checkpoints: (1)8.5k (2)10 (3)12.3 (4)7.6 (5)3.4 & 5.6 to finish

21km distances between checkpoints: (1)5.8 (2)5.8 (3)3.4 & 5.6 to finish

Notes: The first checkpoint east of the start is only included on the return section above. Estimated total distance for long course is 47.4 using map distances, pending final GPS measurement.



Camping information for Washpool and Gibraltar Range national parks

Both national parks

No booking system applies

No pets are allowed in the park.

Gibraltar Range national park (Sunday's runs)

1. Mulligans camping area

This is a forested area near Little Dandahra Creek, suitable for swimming. There are 6 camping areas to suit multi-vehicle groups and 15 individual sites for tents and medium sized caravans and camper trailers. The large group camping area opposite the facilities has been booked for run entrants, and will also be our run finish. Several top walking tracks start from the Mulligans area.

Getting there: On the Gwydir Highway, drive 97 kilometres west of Grafton or 72 kilometres east of Glen Innes, turn off south at the Visitor Information Centre, then 10 kilometres along Mulligans Drive. Unsealed road/trail - 2WD vehicles.

Facilities: picnic tables, wood barbecues, gas/electric barbecues, flush toilets, cold showers, amenities block. Tap water is available - boil before drinking.

Camping fees: \$10 per adult per night. \$5 per child per night.

Vehicle fees: \$7 daily vehicle entry fee, or annual pass. Also required for campers.

2. Boundary Falls (15 sites)

Boundary Falls picnic and camping area is in a dry forest, on the site of an old sawmill. There are spectacular waterfalls nearby. This is a good starting point for a day walk to Duffer Creek. The Gibraltar Range Waratahs and other shrubs flower here, especially from mid-October to December.

Getting there: On the Gwydir Highway, drive 108 kilometres west of Grafton or 61 kilometres east of Glen Innes, then 1.2 kilometres north of the highway.

Facilities: Picnic tables, modern fire and cooking stands, non-flush toilets. Bring your own drinking water and firewood. Water suitable for drinking only after proper treatment.

Camping fees: \$5 per adult per night. \$3 per child per night.

Vehicle fees: An additional park use fee of \$7.00 applies per vehicle per day, or annual pass.

Gibraltar Range map:

<http://www.environment.nsw.gov.au/NationalParks/parkSector.aspx?id=N0012&s=20080801140919908>

Washpool National Park (Saturday's run)

The beautiful Washpool Walk, an 8.5km circuit, heads off into the rainforest from this campground.

Getting there: These two campgrounds are at the end of Coachwood Drive, off the Gwydir Highway. 3km unsealed road/trail to both campsites. 2WD vehicles.

Facilities: picnic tables, wood barbecues (bring your own firewood), non-flush toilets. Water is available from the creek - boil before drinking.

1. Bellbird camping area

Facilities: Picnic tables, wood barbecues (bring your own firewood), gas/electric barbecues, non-flush toilets, drinking water. Individual sites with space for cars.

Camping fees: \$5 per adult per night. \$3 per child per night.

2. Coombadjha camping area

Facilities: Open camping area a short walk across Coombadjha Creek from toilet facilities and carparking.

Camping fees: \$5 per adult per night. \$3 per child per night.

Washpool map:

<http://www.environment.nsw.gov.au/NationalParks/parkSector.aspx?id=N0061&s=20080510000000194>