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## 1. How to get to the start

The trek begins at the southern end of McPhails Trail, at its junction with Jacks Corner Road, 8.4kms west of the Kangaroo Valley Township. Jacks Corner Rd is an extension of Bendeela Rd which runs off Moss Vale Rd .

Turn left into Bendeela Rd, from Moss Vale Rd if coming from Kangaroo Valley township, or right into Bendeela Rd, if coming from the Southern Highlands.

Continue along Bendeela Rd for 3.8kms, until it turns into Jacks Corner Rd, continue for another 2.2 kms till you reach the start of the trek at McPhails Fire Trail. There will be signs to direct you along this stretch.

Parking is available in the paddock immediately to the east of McPhails Trail.

## 2. Starting times

**50 km walkers and runners:** Registration opens at 6.00 am, all runners to start by 7am and walkers to commence shortly after, by 7.10am. **35km**

**walkers and runners:** Registration opens at 6.00 am, all runners to start by 7am and walkers to commence shortly after, by 7.10am. **14km**

**walkers :**Registration for the shorter walk opens at 7.30am to 10.30am, and all walkers need to get away by 10.40am.

**Please bring your completed Personal Information form and indemnity sheet to aid the registration process at the beginning of the walk.**

## 3. The finish of the 50 kilometre walk

The walk ends at Rabbits Flat situated at 369 Jacks Corner Road, Kangaroo Valley. For those intending to complete the full course, limited parking is available for back up teams to pick up walkers. Walkers without back up may choose to leave their cars at Rabbits Flat in the morning and walk the 4 kilometres along Jacks Corner Road to the start. On arrival at the finish hot beverages and soup will be offered to walkers.

### **The finish of the 35km walk**

This route ends at Jack's Corner situated at the end of Bendeela Rd. Limited parking is available here for support teams to pick up walkers, but it is possible. Walkers without support teams can organise lifts with car shuttles if required.

**The finish of the 14km walk:** is at Fitzroy Falls. Car shuttles, will get you back to your vehicles at the start of the walk, unless you have a support team to meet you at Fitzroy Falls.

#### **4. Accommodation in Kangaroo Valley**

There are plenty of accommodation options in Kangaroo Valley from simple camping to upmarket guesthouses.

##### **Camping:**

Bendeela Camping ground is situated on the Shoalhaven River approx 5 kilometres from the start of the walk. Campsites (there are no powered sites) are on a first in first served basis. Camping is free, basic facilities include treated tap water and flush toilets.

Managed by Sydney Catchment Authority Ph. 1300722468 email [info@sca.nsw.gov.au](mailto:info@sca.nsw.gov.au) [www.sca.nsw.gov.au](http://www.sca.nsw.gov.au)

##### **Caravan and Tourist parks:**

Kangaroo Valley Glenmack Caravan Park ph. 02 44651372  
[www.glenmack.com.au](http://www.glenmack.com.au)

Kangaroo Valley Tourist Park ph. 0244651310

##### **Guesthouses and B&Bs etc:**

Shoalhaven Visitor Information ph. 1300662808  
[www.shoalhavenholidays.com.au](http://www.shoalhavenholidays.com.au)

There are also a no of non-tourist assoc B& Bs and the motel The following will accept an O/N booking:

Pioneer Motel Kangaroo Valley  
[pioneermotel@bigpond.com.au](mailto:pioneermotel@bigpond.com.au)

Kangaroo Valley Golf and Country Resort ph. 02 44650200  
[www.kangaroovalleyresortvillas.com.au](http://www.kangaroovalleyresortvillas.com.au)

Kangaroo Valley Reservations ph. 02 44651989

Kangaroo Valley Getaways ph 02 44651404  
[www.kangaroovalleygetaways.com.au](http://www.kangaroovalleygetaways.com.au)

The following numbers will also provide info about accommodation that will accept one night stays:

Shoalhaven visitor information: 1300 662 808 (24hrs)

Tourism Southern Highlands: 1300 657 559 ([www.southern-highlands.com.au](http://www.southern-highlands.com.au))

## 5. What to wear and carry

The weather in Kangaroo Valley during September is very pleasant , and hopefully we will have a warm, sunny day for the event. However, early mornings can be quite cool as can be the evenings, so walkers need to plan and carry for all conditions.

We recommend the following items:

**Clothing:** light weight clothing for during the day - shorts or long pants, t-shirts, light long sleeve top , socks, rain jacket, sun hat, sun screen, warm clothing for the early morning & evening-possible thermal wear or polar wear, change of socks – at least 2 spare pairs & sock liners if doing the full 50kms, good trail running shoes or walking boots.

For those doing the 50kms you may consider having a change of shoes that your support team brings to appropriate checkpoint.

You may want to investigate investing in a pair of SKINS as well. These are like tights, but designed to prevent muscle soreness, and are very effective when walking or running long distances.

**Backpack:** a light weight day pack( 15-25litre) to carry basic items and fluids.

**Food:** High energy snacks, such as nuts, dried fruit, chocolate, sweets, salty snacks, lunch food.

**Fluids:** carry sufficient fluids for each stretch ( between checkpoints) and allow for a little more in case someone is hurt and there is a delay. High energy drinks can help stop cramping.

**Bandages and strapping:** new bandages and ankle &/or knee guards can provide added support and protect against injuries.

**First Aid Kit:** Blister kit, cloth strip sticking plaster, paracetamol or aspirin, ibuprofen ( anti-inflammatory), knee and ankle braces or crepe bandages, nappy rash powder, eucalyptus or tee tree oil, Vaseline or other cream

**Hiking poles:** these can be a great help for up and down hills and may be very useful towards the end of the hike.

**For the night:** head torch- this needs to be reasonable powerful, spar batteries, spare torch bulbs, warm clothes.

**General:** mobile phone , personal identification, money for emergencies, map and protective pouch, compass or GPS, dry bag or plastic bag to keep clothes dry in case of rain, small walkers repair kit- spare shoelaces, safety pins, string, )

## **6. Suggested Checklist to leave with your support Crew**

Support crews, for those intending to walk the full 50kms, though not essential, can be very helpful, as they allow you to keep what you are carrying to a minimum and therefore enjoy the walk. They may also provide you with a light meal for dinner. All checkpoints are accessible to support crews. You might need to negotiate at which points you plan to meet with your support crew. It is worthwhile thinking about your plan of approach for the walk and at which checkpoints your support crew will be most useful. For example, what checkpoint you will reach by nightfall, and organising to meet your support crew at this checkpoint to collect torches, change of clothes, etc; which checkpoint you might require a hot meal, etc..

The following is a list of the sorts of things your support crew could carry for your team:

- Change of clothes
- Multiple pairs of socks
- Change of shoes
- Spare shoelaces
- Clothes for night time- warm clothes,
- Torches, batteries,
- Blankets to keep you warm at night when you arrive at checkpoints,
- Washing bowl, soap & towel
- Re fill of drinks- water & electrolyte
- Additional snacks, fruit
- Hot food/ meals
- Hot drinks

## 7. Training Ideas

There is no doubt that the more prepared you are for the walk the more enjoyable it will be.

Whether you intend to complete the shorter or longer trek, it is important that you embark on a training routine.

General training tips:

- 1) Test your shoes and clothing before the event
- 2) Experiment with food and drink, find out which high energy products work for you.
- 3) Train on the trail, get together with other members of your team and become familiar with the route, particularly the sections that you will be walking in the dark.
- 4) Practice walking in the dark with a headtorch; some people experience mild nausea initially, this will pass with practice.
- 5) Muscles will stiffen during long rests; short and frequent stops are recommended during training.
- 6) **Start your training now**, but make sure it's fun.

Begin by walking a minimum of 3 times a week for at least 30 minutes. Don't push yourself, enjoy it. After a week, increase your walk by 10 minutes each time and try to walk a little faster; do not increase your weekly distance by any more than 10% to avoid injury. Once you are comfortable walking for about an hour, it's time to attempt a longer walk. This also provides you with an opportunity to test your intake of food and drink. Continue to walk 3 or 4 times a week interspersing one long walk (up to 6 hours, usually on the weekend), with moderate to hard walks. It is important that you have attempted at least one walk of about 40-50kms, before the event, so you will need to factor this into your overall training plan.

Don't forget rest days are important to allow your body to recuperate.

For two weeks before the event, reduce your training walks both in time and intensity, the long walk should be no longer than two or three hours.

You are now fit and ready to take on the challenge.

## 8. Safety Information

**Potential hazards and precautions of which walkers should be aware are:**

- Be prepared for highly variable weather conditions because of time of year (early Spring), so watch weather forecast and dress appropriately and carry water, small first aid kit (at least one in each group) and snacks .

- Falling branches, branches across track and overhanging branches on some sections of walking track, so eye protection should be considered.
- Uneven track surface and loose stones on steep sections, and steps, so wear sturdy walking shoes.
- Track junctions that may confuse participants. These will be marked to indicate direction of the walk.
- Possible ticks and leeches if conditions are warm and damp, so bring repellent and check shoes and lower legs regularly.
- Basking snakes if warm and sunny, so particularly examine far sides of logs/rocks before climbing over them. Include pressure bandage in first aid kit
- Latter sections to be walked at night, so could expect low temperatures. Wear warm clothing if walking at night and bring torch/headlamp.
- Light traffic on public roads/trails. Walk in the road verge facing oncoming traffic on vehicular tracks and roads. Volunteers will be located on public roads to advise walkers and direct walkers across roads.
- Possibility of Yarrunga Creek being too high to cross, in which case walk may be terminated at Meryla Pass or Fitzroy Falls

At least one person in a group should carry a mobile phone, though many sections of the walk have unreliable or no reception.

### **Night walking**

Walking at night requires concentration and care. The ground is uneven and so you may find your team will need to slow down a little and be extra careful. Good reliable head torches are essential and each team member should carry spare batteries and a globe. It is recommended that your team practice at night to get used to the difference and so that you can acclimatise to night walking.

### **First Aid**

First aid volunteers will be stationed at the Checkpoints, however each team is advised to carry a first aid kit.

### **Team work**

It is important that each team stays together and supports each other. It is important to take adequate rest stops during the event, and your team's pace should be guided by the fitness of the least fit team member.

### **Foot care**

The most common problem that people might experience when doing a long walk is blisters. It is important that you have good, comfortable shoes that you have been wearing and training in. Any sign of rubbing or discomfort should be immediately addressed. Strapping the feet can help prevent blisters

forming, or if a blister has begun to form, treat immediately with a second skin. These are available in blister kits. If you continue to experience discomfort and pain, see the First Aid officer at the nearest Checkpoint.

### **Dehydration**

Dehydration is caused by insufficient fluids in your body tissues. It can be a serious risk in a long walk such as this. It is very important that you drink regularly throughout the trek. Symptoms are tiredness, irritability, light/heavy feeling muscles, headache, dry mouth & lips, Prevention can include drinking electrolyte drinks instead of, or in addition to water.

### **Hypothermia**

Hypothermia occurs when the body cannot maintain a normal body temperature. If exposed to cold conditions for an extended period of time, hypothermia can be a risk.

Signs and symptoms include gradual loss of mental and physical abilities.. Symptoms of hypothermia include feeling cold, pale skin, shivering, loss of concentration, drowsiness, confusion, dizziness, slurred speech, dilated pupils and slowed breathing. First aid for hypothermia includes not massaging or rubbing the affected person and keeping them still. If there are signs that a team member may have hypothermia it is important that the person get first aid assistance as soon as possible.

### **Heat exhaustion**

If challenged by long periods of intense heat, the body may lose its ability to respond efficiently. When this occurs, a person may experience hyperthermia. The two most common forms of hyperthermia are heat exhaustion and heat stroke. Of the two, heat stroke is especially dangerous and requires immediate medical attention.

Heat exhaustion is a warning that the body is getting too hot. The person may be thirsty, giddy, weak, uncoordinated, nauseated and sweating profusely. The body temperature is normal and the pulse is normal or raised. The skin is cold and clammy.

Heat exhaustion may be treated in several ways:

- get the victim out of the sun into a cool place, preferably one that is air conditioned
- offer fluids but avoid alcohol and caffeine - water and fruit juices are best
- encourage the individual to shower and bathe, or sponge off with cool water
- urge the person to lie down and rest, preferably in a cool place



Prevention hyperthermia is relatively straightforward: Use common sense in avoiding excessive activity in situations in which heat is present. Adequate intake of fluids before, during and after exercise in any situation also is essential.

## **9. Fund raising ideas and support**

*As you are aware each team member is encouraged to raise \$200 towards our Target of \$60,000.*

The Trek for Timor website provides a secure facility for individuals to donate directly online to the project. In doing so they can indicate which team they wish to support. *It is really important that you get your family and friends to support your efforts and so sending them information about what you are doing and why with the website address and how to make a donation is one way that you can reach your personal target.*

If you want some more information or someone from the Trek for Timor organising committee to come and speak to your supporters, or if you are thinking of holding a fund raising activity for the event and require more information please give us a call or send us an email:

**Contacts: Lynne Dooley 44641152 or 0488641182**

**Janet Bundy 4651564 or**

**0409122079**

**[mail@kvrp.net.au](mailto:mail@kvrp.net.au)**

**Or visit our website [www.kvrp.net.au](http://www.kvrp.net.au)**

**Receipt Books and a Receipt Book Summary Form** are available upon request so that you can record any cash donations that you may receive and provide people with a receipt of payment.

### **Things to remember;**

- *Bank:* Commonwealth
  - *Branch:* Nowra
  - *Name:* Trek for Timor
  - *BSB:* 062 585
  - *Account* 10702027
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- **People can make a secure donation online with a credit card by visiting [www.kvrp.net.au](http://www.kvrp.net.au) and follow links to donation page**
  - **People can send a cheque or money order payable to: Kangaroo Valley East Timor Assistance Fund, c/ PO Kangaroo Valley 2577 NSW.**
  - **You can receive cash donations and there are a number of ways you can process them. You can:**
    - **deposit them online via direct deposit or paypal or**
    - **bring the cash you have collected with you on the day of the trek or**
    - **forward a cheque or money order for the total amount collected, with to our postal address . Cheque/Money order to be made out to: Trek for Timor, c/ PO Kangaroo Valley 2577 NSW.**