


READ ARROW LEGEND FIRST

FOLLOW MAP IN ORDER OF COLOURED ARROWS

1st  **0 - 5.5km**. start to garvey aid station to castle rock turn around point.

2nd  **5.5 - 13km**. head back up hill to sheoak picnic ground, then up garvey to aid station down to cumberland river to finish line.

THE SIMPLE DESCRIPTION

Follow river to T intersection turn right
At Garvey track turn right then right
Head to Castle Rock
Return to junction keep left on ridge
Retrace steps up ridgeline
Turn right off ridge to Sheoak Picnic Ground
Go through Upper carpark to picnic ground
Exit Picnic via Lower Car Park
Take left up Garvey track through gate
Arrive back at Garvey aid station
Turn left on single track to river
Left at river head to finish line



13km

SURF COAST

Wonderfalls

trails+

TRAIL RUN



trails+

trailsplus.com.au

B100

DUE TO THE LOCATION, WEATHER CONDITIONS, CHANGING RIVER LEVELS, OUR WONDERFALLS COURSES WILL LIKELY VARY IN ADVERTISED DISTANCES SLIGHTLY ON A YEAR TO YEAR BASIS