

# READ ARROW LEGEND FIRST

FOLLOW MAP IN ORDER OF COLOURED ARROWS

1st 

0 - 15km. start to garvey, to castle rock to GOR aid station, to sheoak falls to swallow cave to sheoak picnic ground to lower kalimna falls

2nd 

15 - 21km. lower kalimna falls to garvey track aid station to sheoak picnic via castle rock track

3rd 

21 - 25km. sheoak picnic up garvey track to aid station, to cumberland river to finish line.

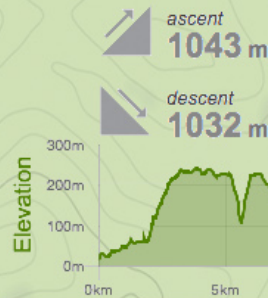
IN / OUT LOWER KALIMNA FALLS



## THE SIMPLE DESCRIPTION

Follow river to T intersection turn right  
At Garvey track turn right then right  
Head to Castle Rock  
Return to junction  
Take right to Sheoak Falls  
Stay on wide trail all the way to GOR Aid.  
To Sheoak Falls in/out  
To Swallow Cave in/out  
To Sheoak Picnic Ground  
To Lower Kalimna Falls in/out  
To Garvey track turn left  
Continue to Aid Station  
Turn right through gate  
Head up track, at the top  
Turn Left toward Sheoak Picnic Ground  
Turn right at carpark on nature walk  
Turn left you have been here before  
Head to Sheoak Picnic again  
This time exit to left up Garvey track  
Arrive back at Garvey aid station  
Turn left on single track to river  
Left at river head to finish line

# 25km



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