





26KM

Continue 3km not shown on map to Aid Station Turn left at corner onto GarveyTrack

### READ ARROW LEGEND FIRST

FOLLOW MAP IN ORDER OF COLOURED ARROWS

- 1st  0-13km. start to castle rock to sheoak falls to sheoak picnic
- 2nd  13-20km sheoak picnic to kalimna falls back to sheoak picnic via garvey and nature walk
- 3rd  20-37km sheoak up sharps track down garvey to Kalimna back to sheoak picnic via road bridge
- 4th  37-42km exit sheoak picnic up garvey to cumberland river track back to start / finish

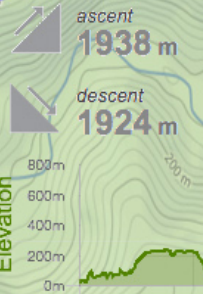
TO THE LEFT OF THIS MAP 42km and 52km Runners COMPLETE the Sharps & Garvey Tracks Loop in a Counter Clockwise Directions as per red/yellow arrows.

# 42.2km

31km 2km From Sharps Track



**Wanderfalls**  
SURF COAST  
TRAIL RUN



### SIMPLE STEP BY STEP 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

Through gate again head up track, at top Turn Left toward Sheoak Picnic  
Turn right at carpark on nature walk  
Turn left you have been here before  
Head to Sheoak Picnic again  
This time exit to right over bridge  
Take single track on left via steps to sharps tk  
Turn left on sharps tk for long uphill for 7km  
Left at Aid Station onto Garvey  
Down Garvey 5km to Kalimna trail on left  
To Lwr Kalimna falls and to Sheoak Picnic  
Left before Sheoak go over road bridge then  
Right onto single track and over swing bridge  
To Sheoak Picnic Aid Station  
Left out of Aid Station through gate up Garvey  
Left down single track to cumberland river  
Left at river, head for finish.



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