





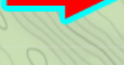
26KM

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

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.

### READ ARROW LEGEND FIRST

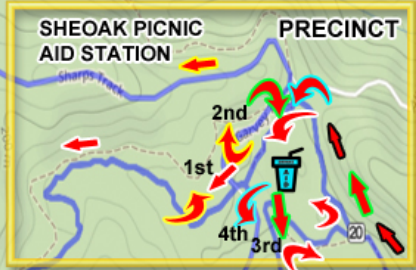
FOLLOW MAP IN ORDER OF COLOURED ARROWS

- 1st  0-13km. start to castle rock to Coast GOR, sheoak falls to sheoak picnic
- 2nd  13-20km sheoak picnic to kalimna falls back to sheaok 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  37-47km exit sheoak picnic via rear carpark uphill to castle rock, to Coast GOR, sheoak falls, to sheoak picnic ground
- 5th  47-52km exit sheoak picnic up garvey to cumberland river track back to start / finish

### 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 toward Sheoak Falls,  
 Stay on wide trail all the way to GOR Aid.  
 To Sheok Falls in/out  
 To Swallow Cave in/out  
 To Sheoak Picnic Ground  
 To Lower Kalimna Falls in/out  
 To Garvey track turn left  
 Continue along Garvey 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 aid station again  
 This time exit to right over road 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  
 Through picnic ground to upper carpark  
 Up hill head to Castle Rock  
 Return to junction  
 Take right to Sheoak Falls  
 Go to GOR carpark Aid Station as before  
 On to Sheoak Falls in/out  
 To Swallow Cave in/out  
 To Sheoak Picnic Ground, just like first time  
 Left out of Aid Station through gate up Garvey  
 Left down single track to cumberland river  
 Left at river, head for finish.

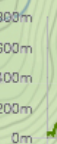


# 52km

31km  
2km From Sharps Track



Elevation



ascent  
2389 m  
descent  
2389 m

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