

Course Notes

Welcome

Welcome to Ben Bullen State Forest - a pagoda playground that provides challenging route finding along with great views, surprisingly open ridges and creek lines mixed with enough scrub (if you're not careful) to keep the hard core happy. It was a pleasure setting the course in such majestic country, we hope you enjoy it too.

The Course

The course is set in the Ben Bullen and Wolgan State Forests and is dissected by the Great Dividing Range.

We do not have exclusive use of the forest and will share it with 4WDs, dirt bikes, horses and bush walkers, so please consider others that are visiting, camping and using the facilities.

Almost all of the course is covered with forest. In general, the ridges above the pagodas and the spurs and valleys below offer a mostly open understory (with exceptions) that is a pleasure to move through. Some creeks can be scrubby but are often easier going 5 to 10m above. The scrubbiest areas occur around the pagodas themselves. We found the fastest going to be the wide flat creek valleys.

All controls have been set without any rock scrambling. If you find your route is getting too steep or a cliff blocks your way, check the map for a safer route. Most of the controls on the tops are accessible from above and below. Exceptions are 76, 101, 56, 84 - accessible only from the top, and 53 - accessible only from the below. The high route between 40 and 100 is steep and cliffy - we suggest dropping into the valley instead. 102 is accessible from the bottom via a pass on the S side of the head. 56 is best accessed from the east.

This is a spectacular area and you will have a chance to see the best of it. Some of the most scenic checkpoints we'd recommend visiting are 76, 101, 74, 90, 102, 100, 82.

The Map

The map has been created from the DFSI Spatial Services 2017 Wallerawang100k 2m LiDAR data set.

Contours on the map contain a lot of detail. If it's squiggly it means there are pagodas and you will have to pay extra attention as you cross them because usually they mean cliffs.

There are numerous cliffs on the course. They are not marked on the map. You can safely assume that if 2 or more contours are together or quite close it is a cliff. Sometimes there are smaller cliffs but they are always around pagodas. Often routes up or down spurs are blocked by pagodas and cliffs. You can find passes through them using the mapwhen you see a slope or gully of evenly spaced contours it's most likely a way up or down.

The vegetation layer has also been generated from the LiDAR data set and is a reasonably accurate indication of how fast you can move through it:

- White areas usually indicate an open understory that is a fast walk and often runnable.
- Green areas indicate the presence of scrub. The more solid the green the thicker the scrub. Use the detail on the map to avoid solid green areas.

Tracks: The area is riddled with them, too many to map. There are dirt bike tracks along most ridges and valleys. We have marked some of them in scrubbier areas and along some pagodery ridges (e.g. the track near 67) to aid travel between controls but they are approximate only and shouldn't be used for navigation. Marked tracks will have other unmarked tracks intersecting them and may start and end when the real track continues. We have checked most of the major 4WD tracks for accuracy but not all.

Safety

Please watch out for and give way to motor vehicles and horses. Dirt bikes in particular can be travelling quite fast and may not see you on the track

There are plenty of unmarked cliffs and steep slopes on the course. Care should be taken particularly at night.

There is extensive mine subsidence in the area from underground longwall coal mining. You will notice long cracks in pagodas and deep fissures in the ground on some spurs. Watch where you place your feet! It is OK to pass the **Danger Mine Subsidence Area No Entry** signs. Only one snake (a beautiful red belly black) was found during setting and vetting but there may be more! Make sure your team has at least two snake bandages. Wear protective gaiters, watch where you are placing your feet, and leave them alone.

Remember some of the rules that are for your safety:

- R10. Members of a team shall remain within unaided verbal contact of one another at all times
- R15. Competitors shall carry a whistle at all times whilst on the course. In an emergency a competitor shall give a series of short blasts on their whistle.
- **R32.** Any team hearing a distress signal must abandon their course and help in any way needed.

Water

A knoll (W side of 3m pagoda)

We expect that all the creeks will be completely dry except for the Coxs River which we recommend you do not drink. So plan your course with the water drops in mind! There are 3 water drops on the course and water is available at the Hash House.

Out of Bounds

Private property and coal mines line the west and south of the area. For your own safety please do not cross out of bounds areas.

The headwaters of the Coxs River form an endangered temperate highland peat swamp. These parts are also out of bounds. Please only

cross the Coxs at the crossing points marked on the map.

Safety Patrols

The three water drops will have safety teams visiting from the Hash House every 4 hours and in the case of 2IW patrolling further along the road as marked on the map. There is good Telstra coverage from most ridge tops. If you're in trouble ring the emergency number on the map and try to move to a safety patrol location.

Control Descriptions

The standard convention for control descriptions has been used. Features that are clearly indicated on the map are referred to as "The [feature]". Features that exist but not clearly shown on the map are referred to as "A [feature]". For example: checkpoint 64 is A knoll.

Not Sure Where You Are

If you become geographically embarrassed then stop, rest, have something to eat and drink, then either go back to your last known location or use your escape strategy. Attempt to reach one of the main roads marked with the safety patrol.

Weather

Being at an altitude of around 1000m, the weather can get very cold and sometimes with wind chill. Temperatures are forecast to drop close to 0°C overnight. Carrying warm clothing and wet weather gear is strongly recommended. Remember that if someone is injured you may need to wait until the event is finished before you are determined as missing. Take spare food and water.

Fires

Fires are banned on the course during the event. If you see a bushfire, either move quickly to the side out of the path of the fire or if the fire is distant, go to the safety assembly points. These are the HH and the 3 water drops.

Novice route suggestions

8km loop: 23 - 63 - 42 - 76 - 56 - 48 - 34 10km loop: 23 - 63 - 42 - 76 - 56 - 48 - 43 - 68 - 24 13km loop: 23 - 63 - 42 - 76 - 56 - 101 - 48 - 43 - 68 - 24

Control Descriptions

20 Track bend (W side) - Water drop

20	rrack bend (w side) - water drop
21	Track junction (SW side) - Water drop
22	The high point - Water drop
23	The gully
24	The spur
32	The gully
33	The gully
34	The gully
35	The gully
40	The gully
41	The gully
42	Top of the gully (between pagodas)
43	The W gully
44	The saddle
45	The shallow gully
47	A high point
48	The watercourse (base of pagodas)
50	The shallow gully
51	The gully
52	Foot of E cliff
53	Foot of cliff (S side)
54	The SW gully
55	The gully
56	The watercourse (best approached from E)
57	The saddle (foot of the pagoda, NE side)
58	The gully
60	The gully
61	An indistinct knoll
62	The spur

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64	A knoll	
65	The spur	
66	The spur	
67	The gully	
68	The spur E side (below 5m overhang)	
70	Foot of the pagoda (W side)	
71	Between the pagodas	
72	The gully	
73	The spur (beneath a 10m pagoda)	
74	The chasm	
75	Base of the pagoda (W side)	
76	Rock platform on cliff top	
77	The gully	
78	Foot of 8m boulder (E side)	
79	The gully	
80	The high point	
81	The spur (N of pagoda)	
82	The gully	
83	The saddle	
84	Top of cliff	
85	The gully	
86	The spur	
90	Top of N smaller pagoda	
92	Twin pagodas (NE side)	
93	The watercourse junction	
100	The saddle (S side of boulder)	
101	Top of cliff (the lookout)	
102	Top of cliff (better pass on S side)	
Total score: 3360		

Upcoming events

18-19 May A	.CT Rogaining Championships 8 & 24 hours	3,
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Bournda NSW

16 Jun Paddy Pallin Rogaine 6hr,

Colo River

22-23 Jun Navshield 11 & 29 hours,

location TBA

6 Jul Nychtophobia Buster, 2.5 & 5 hours Night

Rogaine, Hornsby Heights

10 Aug Lake Macquarie Rogaine 6 & 12 hours,

Watagan NP

14-15 Sep NSW Rogaining Championships 8 & 24 hours,

location TBA