

NSW ROGAINING

6hr Socialgaine
Sunday 2 November 2025

Woronora River, Valleys, & Heights

SUTHERLANDSHIRE



NSWRA acknowledges the Traditional Owners of this Country, the Gweagal people, a Dharawal speaking clan. The river, valleys, and heights of this map would all have been familiar, well trodden territory for Aboriginal People when Europeans arrived and began to live on their land. You may imagine earlier times as you navigate their Country. Please do so with respect to the people, their cultures, and the Elders past and present whose connection was and is to the land underfoot and waters all around.

Area features	Line features
OUT OF BOUNDS	Main road
School (Out of Bounds)	OOB route
Residential	Service road
Commercial/Industrial	Track
Shops	Path
Buildings	Railway
Cemetery	Tramway
Open land	Watercourse
Bush (thick -> open)	Creek
Cliffs	Powerline
Water	Pipeline
	Fence
Point features	Contours
Lookout	10m contour
Toilets	Index contour
Crossing point	
Out of bounds	Course items
Bangor sign	Hash House
	Control

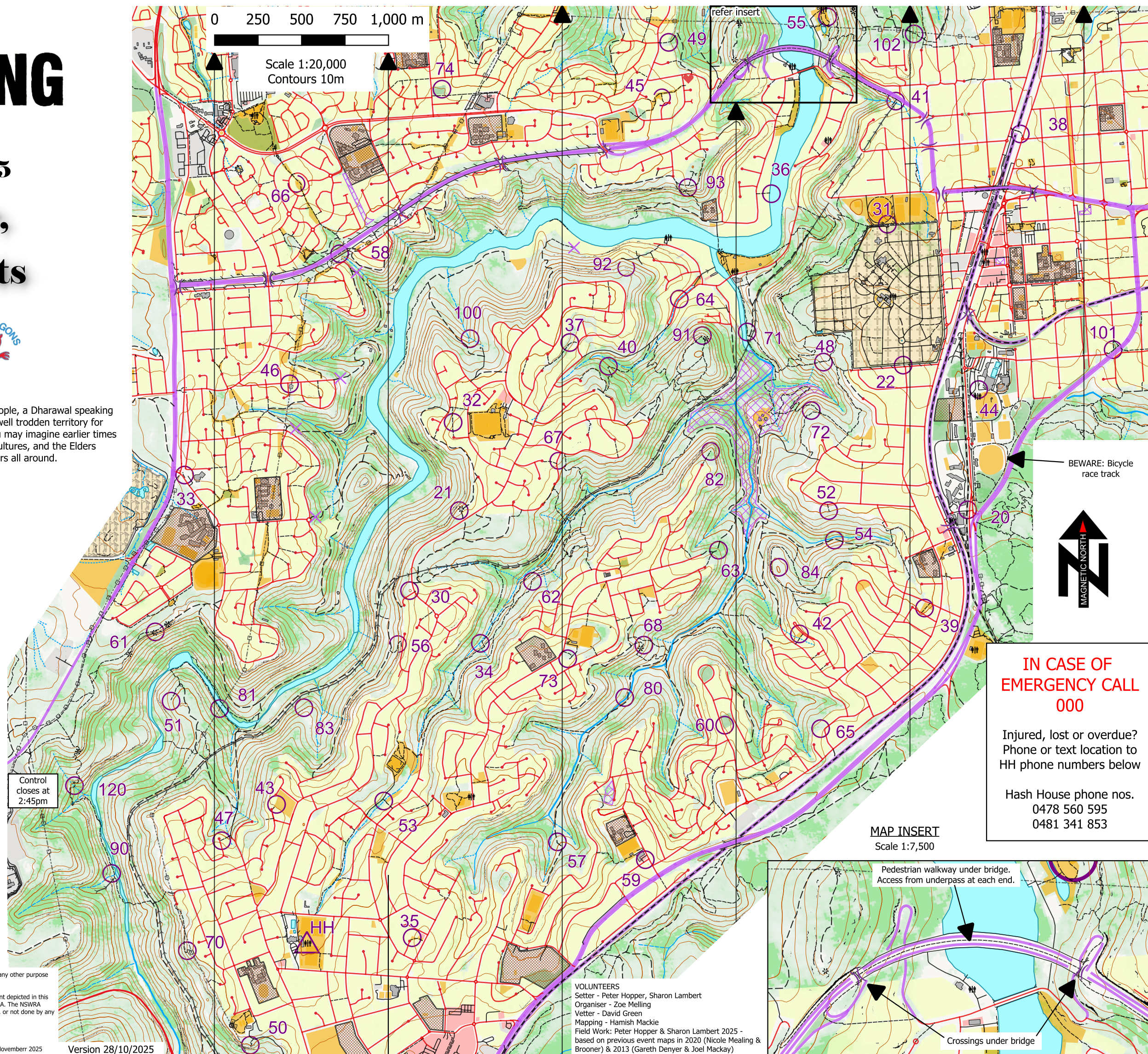
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BEWARE: Bicycle
race track



**IN CASE OF
EMERGENCY CALL
000**

Injured, lost or overdue?
Phone or text location to
HH phone numbers below

Hash House phone nos.
0478 560 595
0481 341 853

MAP INSERT
Scale 1:7,500

Pedestrian walkway under bridge.
Access from underpass at each end.

Crossings under bridge

VOLUNTEERS

Setter - Peter Hopper, Sharon Lambert
Organiser - Zoe Melling
Vetter - David Green
Mapping - Hamish Mackie

Field Work: Peter Hopper & Sharon Lambert 2025 -
based on previous event maps in 2020 (Nicole Mealing &
Brooner) & 2013 (Gareth Denyer & Joel Mackay)

Control	Description
20	The Tramway & Road Junction - NW Side - On Sign
21	The Lookout - 2m Cliff - Top - On Tree
22	The Gate - On Tree
30	The Knoll - On Tree
31	The Gate - On N Fence (Accessible S Side Only)
32	Stairs - Top - W Side - On Railing
33	e-Tree Phone Home - Not On Tree!
34	The Watercourse Junction - E Side - On Tree
35	The Park - NW End - On Middle Tree
36	Stairs - Middle - S Side
37	The Path - N Side - On 10x4m Bare Rock & Distinctive Tree
38	The Bridge - E Side - On N Handrail
39	Bridge - SE Corner
40	The Track Bend - N Side - On Tree
41	The Watercourse & Road Junction - NW Side - On Tree
42	Playground - NE Side - On Tree
43	Copse - SW Corner - On Tree
44	Fence - W End
45	Tree - 15m SE Of Playground
46	Sign - E End
47	The Path & Road Junction - Top Of Stairs - S Side - On Rail
48	Bare Rock - S End - On Tree
49	Gate - S End
50	Lookout - 30m Cliff - Top - On Tree
51	The Track End - E Side - On Tree
52	10m Cliff - Top - On Tree
53	The Watercourse & Track Junction - SE Side - On Tree
54	The Track Bend - N Side - On Tree
55	The Path Bend - Flying Fox - S End - On Tree
56	8m Cliff - Foot - On Tree
57	The Track Bend - NE Side - Between Rocks - On Tree
58	The Bridge - Middle - S Side - On Rail/Post
59	Windmill - SE Corner
60	10x10 Bare Rock - NW Side - On Tree
61	The Lookout - E Side - On Tree
62	3.5m Cliff - Top - Bare Rock - On Tree
63	The Track Bend - E Side - On Tree
64	The Watercourse - Cascade - W side - On Tree
65	The Vegetation Boundary - On Tree
66	W Seat
67	3.5m Cliff - Top - On Tree
68	The Lookout - On Tree
70	6m Cliff - Foot - On Tree (Best Accessed from North/West)
71	The Track Bend - N Side - On Tree
72	The Spur - N End - On Tree
73	The Bush - SW Corner - On Tree
74	The Shallow Gully - On Tree
80	Cave - 30m up creek - On Tree
81	The Track - under Power Lines - SW Side Of River - Foot of 3m Cliff - On Tree
82	Lookout - Bare Rock - On Tree
83	The Spur - N Side - Foot Of 10m Cliff - On Base Of Tree
84	The Knoll - On Tree
90	The Watercourse - N Side - 30m W Of Watercourses Junction - On Tree
91	The Lookout - NW End - On Tree
92	10m Cliff - Foot - W End - On Base Of Tree
93	Lookout - 2m Cliff - Top - On Tree
100	The Watercourse Junction - S Side - On Tree - Best Accessed from The Spur to the NE
101	The Track Junction - NW Side - On Fence
102	The Gully - S Side Of 4m Cliff - On Tree
120	The Watercourse & Track Junction - NW Side - On Tree

Welcome to

Woronora River, Valleys, & Heights!

“Didn’t we have a lovely time the day we went to Bangor”

6-hour Socialgaine

Sunday 2 November 2025

Aim: Maximise the total points you can get in the 6-hour time limit.
Method: Plan and execute an efficient course to as many controls as possible and return on time.
Result: Your score is the total value of all the control numbers (rounded-down to 20s, 30s, etc) you visited, minus any time penalty (10pts/min) for being late (or disqualification over 30mins).

Safety
Rogaining can be dangerous. It is a thinking sport, so think before you act. Please don’t take risks that could result in your serious injury or death. There are many high cliffs on the course - only some appear on the map. Be careful of loose rocks, including on tracks. In the bush you may encounter snakes, ticks, leaches etc. There might be mountain bikes on some tracks. And be extra careful crossing roads if you are tired or with children. More specifically:
- beware of steep slippery fire trails near 57 & 63, and
- make sure to check for leaches & ticks if your course includes 90.
Full body cover is recommended for sun protection & if going off-track.
Hydrate before you start & take plenty of water with you. Top up when you can & if running low go straight to the nearest residential area. If anyone refuses use of their tap, ask their friendlier neighbour instead.
If you get into difficulty and/or think you will be late returning to the Hash House, please call the organiser using the phone number(s) on the map. For emergencies call 000.

Course Setters’ Notes
This is generally a hilly course. Some tracks are steep, off-track direct routes ever more so. Fire trails are fast. But some smaller tracks are slow and/or indistinct. Allow sufficient extra time for ascending on your return to the Hash House.
Most tracks shown on the map have been checked. But there may still be some not shown and others shown but no longer viable. Mountain bikers have been forging new tracks in recent years, but from observation during setting ‘peak MTB’ may now have passed and some such tracks may return to nature.
Swimming for refreshment is possible at a few places on the course. Please be careful and supervise children if doing so. As usual, competitors shall travel only on foot, therefore do not swim across watercourses as part of your route choice.
Vetter’s comment: It is a big map with some big hills (elevation difference of over 200m) - don’t over-estimate how far you can travel in 6 hours.

Map
The map scale is 1:20,000 (with insert 1:7,500) and contour lines show a change in elevation of 10m. For quick reference the distance between the map’s north lines is 1km.

Controls
There are 60 controls, ranging from 20 to 120 points, enabling a maximum score of 3330.
The following advice should be noted:
22 & 31 - You may transit between these controls through Woronora Cemetery. Stay on the roads & paths, being quiet, respectful, & distant from anyone visiting loved ones.
30 - There is a gate at the top of the ‘Pipeline’ fire trail E of 30. Works were due to have been completed and the Sydney Water website makes no mention of them, but please stay clear of any apparent works, equipment, or construction in that vicinity. As a general rule however, you may cross under or over the pipeline if required.
48, 71, & 72 are adjacent to the declared Wonawong Aboriginal Place. It has been marked out of bounds to accommodate Anglican Year 13 Youthworks, which currently leases the encompassed Camp Wanawong as they have advised the site is private property and a paying group has exclusive use this weekend. You can use the service road S of 72 to go to/from the fire trail below, but stay out of the excluded area.
70 - Best accessed from North/West.
71 - It should be possible to cross the watercourse at the pipeline immediately S of 71 during at least some of the event. Low tide is at 12.07pm.
80 - The creek crossing 300m SW of 80 has pink tape either side indicating the route.
81 - The track along the river is vague and indistinct in places, due to flood debris.
90 - The steep tracks SE of 90 have pink tape indicating the route. The track between 90 & 120 is vague and indistinct in places, due to flood debris.
93 - If fire trail below school SE of 93 has a closed gate, access around S side is permitted.
100 - Best accessed from the spur to the NE.
120 - Closes at 2:45pm. No points will be allocated for it after that time.

Picture Yourself Here - Bangor Sign Photo Competition
“Didn’t we have a lovely time the day we went to Bangor”. Hopefully so. But either way you can document the experience by taking a team photo with the “Bangor” sign (at T-junction NE of 45). Two prizes will be awarded for photos received (text to 0481 341 853) during the event. “1st” and “Best” photos will both receive a team prize. And all photos will qualify for inclusion on the NSW Rogaining website.

Novice Route Suggestions (distance km, climb m)
Lumpy: 53, 34, 62, 82, 63, 68, 80, 57, 35, HH (11km, 170m)
Heights & Valley: 47, 43, 56, 30, 21, 32, 67, 62, 34, 53, HH (10km, 190m)
Return Ticket To Loftus Tram Museum: 35, 57, 59, 65, 39, 20, 54, 80, 68, 73, 53, HH (14km, 220m)
Bangor & Back (for fit & enthusiastic novices only): 47, 43, 56, 30, 21, 32, 37, 64, 93, 45, Bangor Sign (Team Photo), 41, 31, 22, 52, 54, 80, 57, 35, HH (21km, 450m) [add 84 only if time permits]
The following are NOT recommended for novices: 70, 81, 83, 90, 92, 100, 102, 120.

Hash House & Engadine Pool
If you return early food will be available at the Hash House from 3.15pm. And with Engadine Pool next door (open 7am to 7pm, at the concession price of \$7 for “Rogainers”) there’s no excuse for looking shabby at the presentations (which start around 4.30pm).