



# NSW ROGAINING

## 30th Lake Macquarie Rogaine 2023



**IN CASE OF EMERGENCY  
CALL 000**

Injured, lost or overdue teams,  
call or text location and team  
number to numbers below.

**HH CONTACTS**

**ANITA BICKLE - 0434 369 493**  
**ROB VINCENT - 0409 245 031**

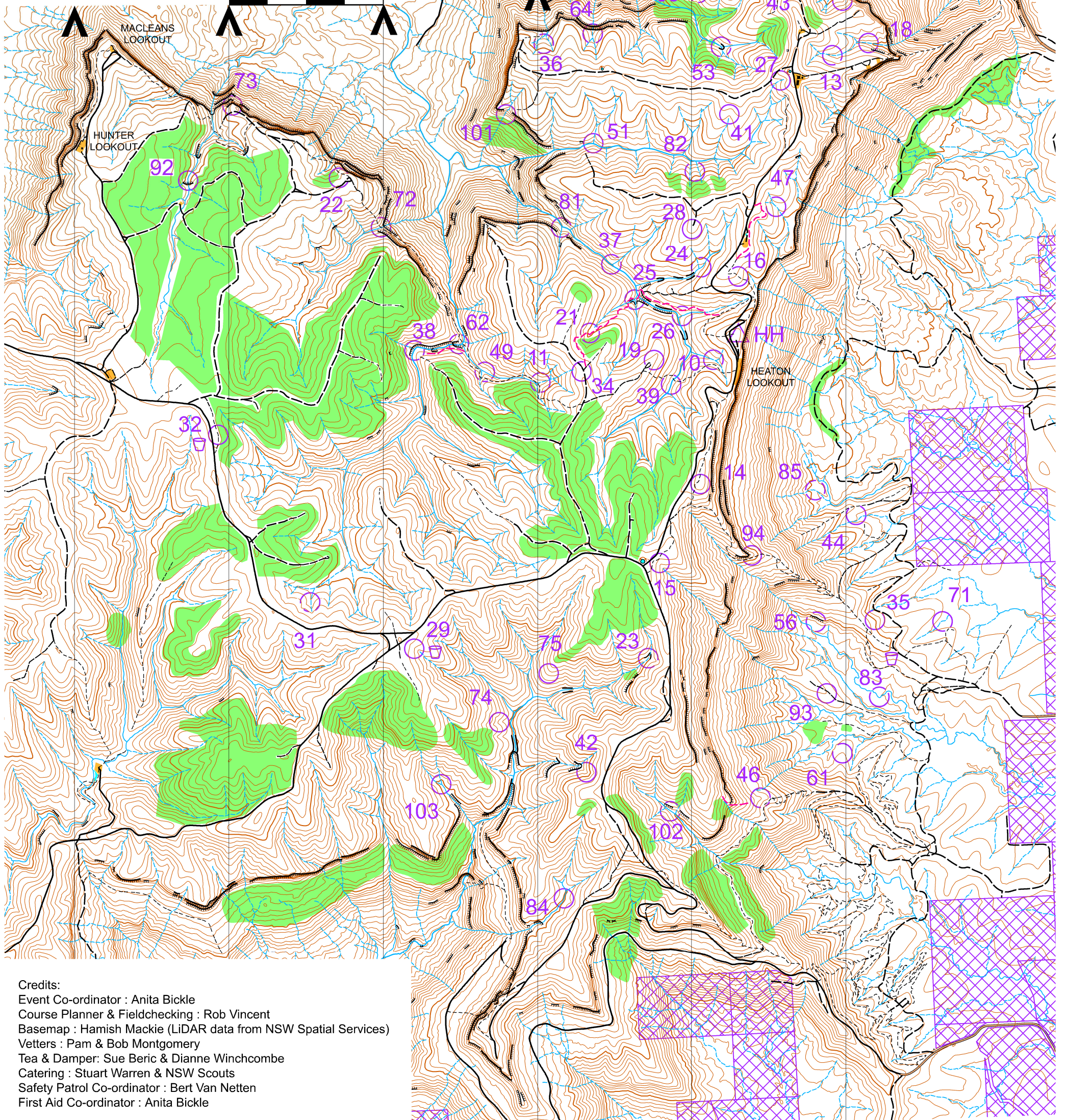
**LEGEND**

	Impassable cliff		Paved road
	Dam		Road
	Creek (major, difficult)		Vehicle track
	Creek (small, crossable)		Minor 4WD track
	Minor/seasonal watercourse		Footpath
	Open land		Less distinct trail
	Forest		Taped route
	Vegetation, fight		Building, tower
	Water drop		Out-of-bounds area



SCALE 1:25,000    Contours 10m

0m    500m    1000m



Credits:  
 Event Co-ordinator : Anita Bickle  
 Course Planner & Fieldchecking : Rob Vincent  
 Basemap : Hamish Mackie (LiDAR data from NSW Spatial Services)  
 Vettors : Pam & Bob Montgomery  
 Tea & Damper: Sue Beric & Dianne Winchcombe  
 Catering : Stuart Warren & NSW Scouts  
 Safety Patrol Co-ordinator : Bert Van Netten  
 First Aid Co-ordinator : Anita Bickle



**30<sup>th</sup> LAKE MACQUARIE ROGAINE 26<sup>th</sup> AUGUST, 2023 - HEATON LOOKOUT**

CONTROL	DESCRIPTION	COURSE NOTES
10	The watercourse	
11	The watercourse	20m from GNW trail
13	The watercourse	
14	The hilltop	
15	The gully (at the upper part)	20m from path
16	The spur	A small path
18	The watercourse	
19	The spur	15m NE from the track end
** 20	The dam, WEST side	WATER at Tea & Damper Cafe
21	The gully	At the "taped route" trail
22	The gully (at the upper part)	
23	The gully & watercourse junction	
24	The watercourse	
25	South-Western creek junction	Below 5m high cliffs
26	The North-East creek	30m from the junction
27	The minor watercourse	
28	The spur	25m from the track end
** 29	The gully (at the upper part)	WATER Drop
31	The gully junction	Navigate carefully
** 32	An old Forestry track	40m North of road; (WATER)
34	The track junction	15m SW into the bush
** 35	The spur	WATER Drop at trail junction SE 250m (10m South in the bush!)
36	The spur	
37	The creek junction	Gorgeous rainforest creek
38	The creek bend	Avoid the 8m high cliff line along the West bank
39	The creek	40m South of GNW trail
41	The gully	
42	The gully junction	Very nice forest
43	The gully	30m above the cliff line
44	The gully (small)	North of main gully
45	The gully	Views at the top of the hill North
46	The spur	A large boulder next to an old bullock track
47	The watercourse	Easy access from the "taped route" trail
49	The creek	30m East from a junction
51	The creek junction	Nice rainforest
52	The spur	Above the high cliff line.....VIEWS!!
53	The Northern creek junction	Avoid 5m high cliff.
54	A gully junction	Views!!
55	The gully	
56	A small watercourse	Below 15m high cliff
61	The spur	Open forest
62	The creek	A box canyon!
63	The spur	Above high cliffs .....VIEWS!!
64	The watercourse	Above a high cliff line .....VIEWS!!
65	The spur	Great views from the cliffs SW!!
71	The minor watercourse	
72	The creek	Adjacent to GNW trail
73	The spur	Above a high cliff line
74	The gully junction	Big canyon in creek South-East !!
75	The spur	Great creeks in this area
81	The creek junction	Another gorgeous creek
82	The spur	Above a 3m high cliff
83	The creek bend	Enjoy the Bangalow Palms
84	The creek	A nice gentle place
85	The watercourse bend	Navigate carefully...rough!
92	The creek	Below a 15m high waterfall
93	The spur	An old Forestry track
94	The spur	Below a high cliff line
101	The watercourse	Between cliff lines (boulder-strewn!)
102	The creek	Avoid 15m high cliffs to the North & East
103	The creek junction	Pretty creeks
2770	<u>TOTAL COURSE SCORE</u> plus 10 points	Flight Plan = 10 extra points !!

NOVICE ROUTE:

10-39-19-34-21-25-26-24-27-43-54-13-18-47-16-HH (approx 11km)

FAMILY ROUTES:

16-25-21-34-19-39-10-HH (approx 3.8km)

C16-C25-C26-HH (approx 2 km)

ROUTE CHOICE NOTES.

C21 – only sensible access is along the taped route

C22 – from the East trail junction

C24 & C28 – direct route is thick vines in places, but you may be lucky. May be worth using the road route choice to the East and North in both directions. The creek below C24 (West) towards C25 is difficult to follow due to cliffs and boulders. Best to stay 30m up South bank.

C25 & C26 – there is a canyon along the creek between these two. It is best to use the "Taped-Route" along the North side of the creek shown in purple dashes on the Map.

C27 – easiest approach is from the 4wd track North-West, or spur South-East.

C38 – from the GNW follow the "Taped Route" shown as purple dashes on the Map. The main creek is an impassable canyon and is difficult going after that too. The other route is to approach from the 4wd track down the steep spur South-East.

C53 – tough going in these creeks. Best to approach down the Northern or Eastern spurs

C55 – easier approach from the North-East spur and track. The creek valley to the South is "wild", containing impenetrable vines and scrub. AVOID a bouldery steep descent from C53!! Straight line is ill-advised.

C56 – best approached by contouring from the South-East. Careful navigation and route-traversing is required between C93 & C56

C62 – ONLY approach from the GNW. A magnificent box canyon can be viewed from here!!

C74 – best approach from the East. Thick scrub around up the Western slope. You may make it without too much difficulty through to C29. Mixed results during planning.

C82- approach from the creek is ideal as there are large ribs of thick lantana along the ridge line adjacent to the 4WD track. However, marked are two approximate chutes descending from the South-East and South-West. These have been used a few times in either direction and have provided reliable access to C82. The creek to C51 is very nice. Use the North bank.

C85 – best approached from the East or South-East from the 4WD track or C44. It is heavy going along the steep slopes of the escarpment. The route C94 – C85 direct has been successfully descended AT NIGHT!

C92 – approach from up or down the creek only. The waterfall can be bypassed on SE side

C101 – ONLY approach from above !!

C102 – best approached from the spurs either North or East. The creek is heavy going!

C103 – best approached from the East or North-East spurs. Thick to the North-West

\*\* = WATER DROPS