



NSW
ROGAINING

We acknowledge the Gundungurra and Dharug people as the traditional custodians of the land, waters and skies where we explore and play here today. We recognise their deep and enduring culture and spiritual connection to Ngurra (Country), and pay our respects to their elders past and present.

Springwood & Winmalee

'A Spring in the Woods'

3 & 5 hour Nightgaine, Saturday 26 July 2025



Map Scale: 1:20,000
Contour interval 10m

0 200 400 600 800 1,000 m



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MAP INSERT ON
REVERSE SIDE

MAP INSERT ON
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LEGEND

- Main road
- Other road
- Service road
- 4WD Track
- Path
- Indistinct path
- Railway
- Creek
- Fence
- 10m contour
- Index contour
- Urban
- Bare Rock
- Bush
- Clearing
- Out of Bounds
- Water
- Buildings
- Parking
- Cemetery
- Golf Course
- Control
- Hash House
- Pedestrian refuge
- Hazard
- Traffic lights

IN AN EMERGENCY CALL 000

Injured, lost or overdue
teams, call or text location
and team number to the HH
phone numbers below.
0423 676 681 (Stephen)
0488 481 440 (Sally)

Control	Description
20	Reserve, a tree
21	The path, a railing
22	The road intersection, NE side
23	The path
30	The path junction
31	The path end
32	An indistinct path
33	The W path, a shallow gully
34	30m NE of end of the road
35	The road, S side
36	The path
37	The path, a lamp post
40	The road, SE side, a fence
41	A rotunda
42	25m N of the path bend
43	The path, a fence end
44	Between the paths
45	The path bend
46	The road, N side
47	The NW path junction
50	The creek junction
51	The S path, a small open area
52	The path junction
53	The creek, NW side
54	The path
55	The path bend
56	The path junction
57	The path bend
58	The road, S side
59	The path
60	The path bend
61	The road, E side
62	The track junction
63	The road, S side
64	A gully, 15m N of the S path
65	A skate park, N end
66	The indistinct path, rock wall
67	The path
70	The path junction
71	The path junction
72	Centre of the road circle
73	The track, a gate
74	The path, a railing
75	The road, SE side
76	"Lourdes Grotto"
77	The road, NW side
80	A park, a fence corner
81	The road, SW side
82	The path junction
83	The path
84	The E path
90	The path junction
91	The path end, a viewpoint
92	The creek, N side
100	A footbridge
101	The path junction
102	The side path, "The Grotto"

Course Setter Notes

Welcome to the 2025 Nightgaine – “A Spring in the Woods”.

There is a variety of terrain in which to challenge yourself with residential areas linking parks, creeks and gullies. Enjoy.

The Course and Map

- There are 57 Controls with a total value of 3150 points.
- On the road after dark you must utilise your head lamp and either wear a light coloured top with reflective material back and front or a high vis vest.
- Please keep noise levels down when near houses and the Church just south of the HH.
- Controls have been hung on trees adjacent to and visible from paths or tracks with some exceptions which are noted in the Course Notes below.
- There are no water drops on the course. Water can be found in most public parks and retail areas.
- There is a diversity of bush paths and tracks, fire trails and urban paths on the course.
- The marked paths have been diligently checked but there are minor unmarked paths on the course.
- Paths along creeks are well defined but can be narrow and slippery in sections.
- Some of the creek crossing may result in wet feet if there has been heavy rain just prior to the event.
- Hawkesbury Road is a busy thoroughfare so please take extra care when crossing. Pedestrian refuges are located at regular intervals along this road and are marked on the map.
- There are public toilets inside Winmalee Shopping Centre located between Controls 63 and 77.
- Many thanks to Brooner and Hamish Mackie for their outstanding work in producing this map.

Highlight/Historical Controls

- Control 76: Lourdes Grotto, once a source of water for local Aboriginals, it was developed into a shrine to Our Lady of Lourdes when a Seminary was established here in 1910. See below for accessibility advisory.
- Control 91: Great views over a gorge (Springwood Creek), that is, if you can get there while there is still some light!
- Control 100: Right in the middle of glow worm territory (see below).
- Control 102: Another grotto established as a shrine by the Seminary: named St Joseph’s Bower then later called Shrine to Our Lady of the Way, now known as “The Grotto”.

Glow Worms

The best places to view glow worms are at the large rock overhang between Controls 70 and 100 and also at the waterfall and on the rock walls along the track to the east of Control 100. You will need to switch off your head lamps and wait a few seconds to get the full effect. Please do not move around with your head lamp switched off.

Course Notes

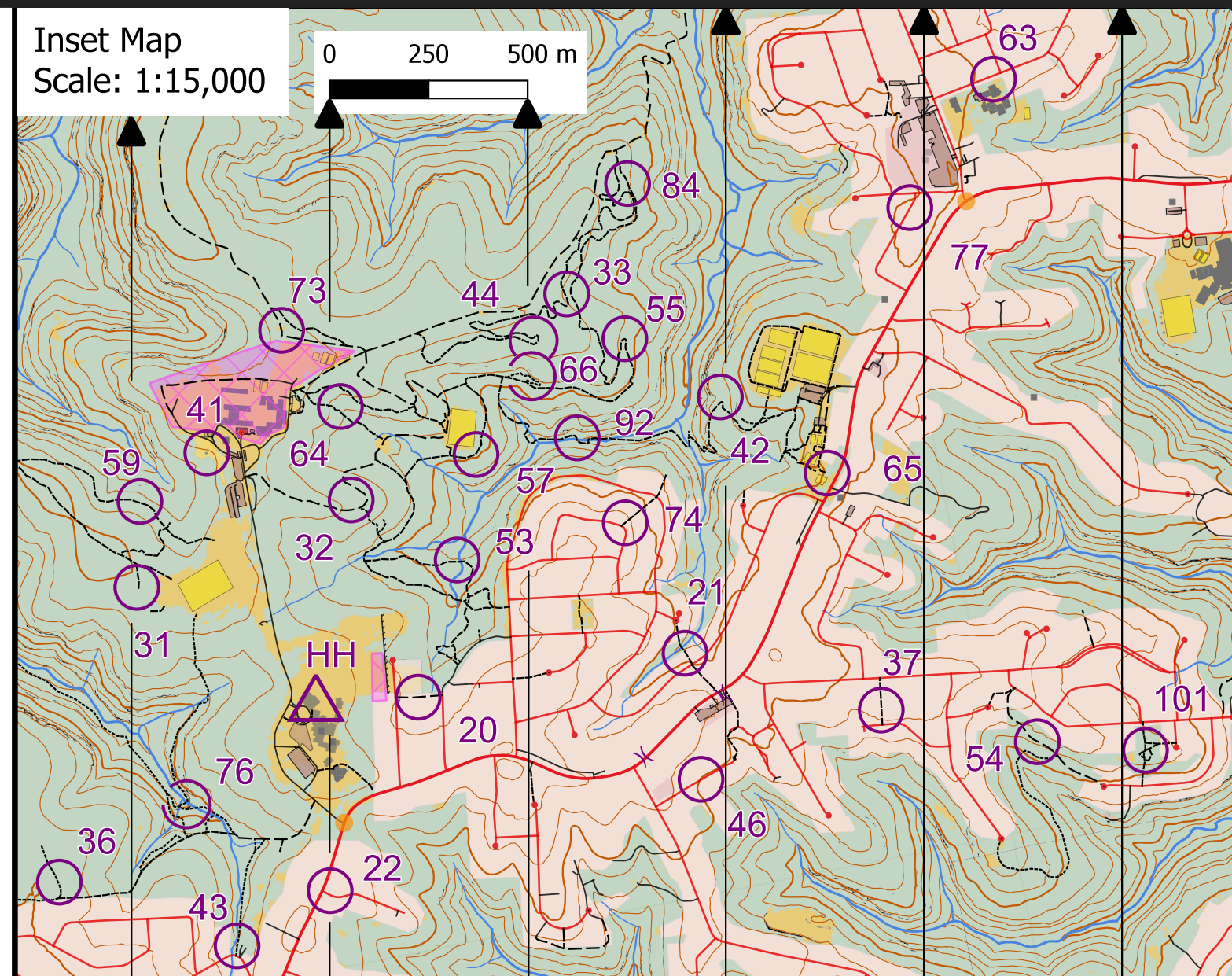
- Control 32: Located on a minor unmarked short-cut path within the track bend.
- Control 42: There are many unmarked paths in the area that is to the E of this control and directly S of the sports fields. Pink tape has been placed on a section of the path in this area.
- Control 53: W side of a small creek, 5m N of the path.
- Control 64: Located 15m N of the path, accessible only from this S path.
- Control 66: Located on a side path N of the main path, near a rocky outcrop.
- Control 67: The path from the W is via a rock platform. Access the platform via the path at the SW corner.
- Control 76: Our Lady of Lourdes Grotto. Best accessible from the SE path. The last 50 metres of the path are taped as the path becomes narrow in parts, with a small creek crossing and a drop off to one side. Be alert.
- Control 92: The path from both directions crosses small creeks several times. The control is easily visible from the path.
- Control 102: The Grotto – on a side path to the W.
- Hazard: The path 200m south of Control 102 is washed out at the creek crossing. There is a sudden one metre or more deep hole. The creek can be easily crossed but slow down as you approach this creek.
- On St Columba’s grounds, only where paths are quite close together is it advisable to leave the path and jump across to an adjacent path. E.g., Control 33 is located on the W path but easily reached from the E path. Otherwise, you are advised to keep on the paths.

Out Of Bounds

- St Columba’s Catholic College school buildings. Do not go through the school if travelling between 41 and 73. Use the roads and tracks on the eastern perimeter of the school only. There is no access around the western perimeter.
- St Thomas Aquinas (HH) school buildings. The direct line between the HH and Control 20 is also out of bounds. Use the roads to the south. Also, please be quiet when moving past the Church between the HH and Hawkesbury Road to the south.
- Springwood Golf Course, i.e. you must not take a direct route across the Golf course between Controls 62 and 75.

Inset Map

Scale: 1:15,000



Novice Routes

Here are some suggestions. Remember that you will travel more slowly on a bush path than an urban one, and also slower at night than in daylight. Use these as a guide and add and subtract! Consider the reverse direction.

3 hour - lots of bush paths:

HH - 31 - 91 - 59 - 41 - 64 - 73 - 44 - 33 - 84 - 55 - 66 - 57 - 32 - 53 - 20 - HH (9 km and 750 points) Consider adding 22 - 43 - 76 (adds 1.7 km and 130 pts) or, if you are late, go back to the HH from 32!

3 hour - more urban paths with some bush paths:

HH - 76 - 36 - 72 - 62 - 47 - 52 - 81 - 30 - 61 - 90 - 40 - 75 - 43 - 22 - HH (10 km and 750 points)

5 hour - includes glow worm viewing:

HH - 76 - 36 - 72 - 62 - 47 - 52 - 81 - 30 - 60 - 45 - 100 - 70 - 35 - 71 - 50 - 23 - 61 - 90 - 40 - 75 - 43 - 22 - HH (14.2 km and 1190 points)

If difficulties arise

- Call 000 for an ambulance if it is a life-threatening emergency or someone needs to go to hospital. There is mobile reception across the course.
- Call the Hash House numbers (on the front of the map) if your team has a non-life threatening injury, will be more than 15 minutes late, or needs assistance getting back to the Hash House.