

## COURSE SETTER'S NOTES

Welcome to the 2026 Explorergaine. Traditional country of the Dharug, Gundungurra and Wiradjuri peoples, the area is also steeped in colonial history, including the well-known Coxs Road, Lockyers Road and Lawsons Long Alley. There is a variety of terrain in which to challenge yourself with many scenic trails, viewpoints, caves and overhangs. Enjoy.

### The Start/Finish

- You may start and finish the event on either side of the Great Western Highway (GWH) - either at the Event HQ at Mt Victoria Public School (south side) or at the Alternate Start/Finish in Mt Victoria Memorial Park (north side). You **must** start at one of these two marshalling areas. Two identical briefings will be held at 9:45 am, one at each location. You can also finish at either location, regardless of where you started.
- You may only cross the Great Western Highway at the three crossings marked on the map - one set of traffic lights, and two pedestrian refuges.
- If you plan to start on the north side of the GWH you should make your way to Memorial Park at 9:30 am. The traffic lights can take time to change. There will be a marshal located at these lights at the start and finish of the event to assist in reducing crossing times. The secondary start/finish is below the bandstand.

### The Course

- The course north of the Great Western Highway is quite different from the south area. The tracks in the north, although steep in sections, are generally well formed and relatively easy to navigate. They therefore allow relatively speedy movement. The tracks on the south side of the course are rougher and more complex. They can be narrow and slippery in places, with stone steps. They will require careful navigation and, therefore, are generally slower going than the north tracks. *In particular, the tracks to and from 55, to and from 110, and to and from 83 have narrow, steep or slippery sections, sometimes adjacent to cliffs and are not recommended for Novice groups, families with children under 14 or those not confident on steep, narrow tracks.* (But, on the other hand, the south side has many spectacular viewpoints!)

### The Map

- There are 60 Controls with a total value of 3000 points (1190 pts **S** of the GWH and 1910 pts **N** of the GWH.)
- Controls have generally been hung on trees adjacent to and visible from paths or tracks with some exceptions which are noted in the *Control Descriptions* and the *Course Notes* below.
- **You must stay on the tracks unless indicated in the *Control Descriptions*.**
- The marked paths have been diligently checked but there are minor unmarked paths on the course.
- Some controls are at unfenced viewpoints or at track ends with adjacent cliffs. Take care around: 37, 46, 47, 67, 81, and 82.
- Mt York Rd and Hartley Vale Rd (between Controls 100 and 74) - use the marked tracks whenever possible. There are sections where you will have to walk on the side of the road. Stay alert.
- Also at Mt York, there are several *rock climbers only* tracks that run off the track between Controls 101 and 61 in particular. Do not enter.
- Controls 49 and 82 must be approached from the S side of the Great Western Highway. If approaching from Mt York, cross the GWH at the marked crossing at Control 24. Use the footpath until it ends, and then walk behind the traffic and safety barriers on the S side to and from these two controls. Return the same way.
- Controls 37 and 70 have the same coordinates. Control 37 is on the viewpoint above Control 70 which is in a cave. To access this cave, use the little zig zag track to the NE of Control 37. Follow the track down and around the base of the cliff then scramble up into the cave to find Control 70.
- Many thanks to Graham Field for his outstanding work in producing this map.

### Caves and Overhangs

- There are many! Some of the best are: Control 56 (and another nearby on the same track), Control 70 (a scramble up some rocks), and Control 83 (only if you go up the ladder from the control to explore).
- There is a cave on the track just N of Control 46. There are also some cool overhangs/caves near Control 36.
- Will you find Coxs Cave, Bushrangers Cave, Swaggies Cave, Ferris Cave and Ross Cave?

### Best Viewpoints

- *South*: Controls 37, 46, 47, 67, 81 and 90.
- *North*: Controls 31, 62, 71, 75 and 101.

### Course Notes

- Control 23: Located on a fence between the service road and the Great Western Highway, on the south side of the GWH. Approach this control only from the service road/cycleway on the south side of the GWH.
- Control 36: Located at the intersection with the quirky sign. There is another unmarked minor intersection just east of this control. (At Control 36, look up to see a cool double decker cave.)
- Controls 46: Located on a small side track below Control 67. There is no direct route between these two controls. Use the marked tracks. *See inset map.*
- Control 55: The track either side of this control is narrow and adjacent to the escarpment. Be alert.
- Control 56: Located on a bench at a cave. There are two caves along this track, approximately 50m apart. Both are visible from the track but only 1 has a control!
- Control 61: There are two overhangs at this track junction. The control is located at the N overhang.
- Control 67: Located at a viewpoint above Control 46 separated by a cliff. Once you have reached this control you must return along the same track. *See inset map.*
- Control 90: *See inset map.*
- Control 110: This control can only be reached along the track from the NW. It is an in-and-out track that is narrow and slippery in places. There is no direct access from either Control 36 nor Control 55 as the control is at the base of a cliff face.

### Water and Toilets

- Water is available at both the Event HQ and the Alternate Start/Finish in Memorial Park. Fill up before you go – 2 litres per participant.
- Water drops are located at Controls 44 and 100. Noted on the map.
- There is no potable water at Mt York or Mt Piddington (Control 35) nor at the lookout near Control 82.
- The marked toilets on the course are pit toilets without potable water. Toilets (and water) are located at the Event HQ and at the Alternate Start/Finish in Memorial Park.
- There is food and drink available at the Ampol petrol station on the NW corner of the GWH and Mt York Rd.

### Out Of Bounds Areas

- The Grange property except for the Controls 54 – 91 – 34 loop. Do not go S or E of the dam at Control 91.
- S and W of Controls 12 and 48. Use the roads and marked tracks to move between these two Controls.
- The private property between Controls 43, 51 and 72. Use the marked tracks.
- All other private property or marked areas. Stay on the tracks unless indicated in the *Control Descriptions*.

### Novice Routes

Here are two suggestions. They avoid the difficult tracks in the SE around controls 55 and 110, and between controls 80 and 66. Use these as a guide and add and subtract! Consider the reverse direction. (HQ - Event HQ at Mt Victoria Public School; MP - Memorial Park Alternate Start/Finish)

#### Shorter:

HQ - 23 – 45 – 66 – 35 – 30 – 56 – 38 – 37 – 70 – 47 – 48 – 12 – 81 – 24 – 53 – 40 – 65 – 54 – 91 – 34 - 10 – MP  
(15 km and 880 points)

#### Including Coxs Road:

MP - 10 – 34 – 65 – 40 – 33 – 64 – 80 – 63 – 62 – 75 – 39 – 100 – 32 – 43 – 72 – 51 – 21 – 61 – 101 – 31 – 71 – 44 – 22 – 73 – 53 – 24 – HQ (21 km and 1300 points)

### When 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 on most parts of the course.
- Call the Event HQ number (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 Event HQ.