

"Ferrygaine" - LaneCoveRivergaine VII

Sunday, 20 September 2026

Final Instructions

A. WELCOME

Welcome to the 2026 Socialgaine - you are in for a great event.

The Ferrygaine (the seventh in the Lane Cove Rivergaine series) is based on Cockatoo Island, opposite the river's entry into Sydney Harbour. The course extends north, with controls located from Hunters Hill to Woolwich, and south from Chiswick, to Drummoyne, Five Dock, Lilyfield, Balmain and Birchgrove.

We pay our respects to the Traditional Custodians of the lands on which we will be travelling, the Wallumedegal (to the north) and Wangal peoples (to the south) of the Eora Nation. The area is known as Moocooboola – the "meeting of the rivers" (being the Parramatta and Lane Cove Rivers).



Ferrygaine Base Map (thanks to Hamish Mackie)

B. TWO ROGAINES

There are two rogaines:

- 6½ hour Socialgaine - starting at 09:59 and finishing at 16:30 (teams of 2-5)
- 3½ hour Minigaine - starting at 10:59 and finishing at 14:30 (teams of 2-5, or solo)

The extra half hour on the normal rogain length is to allow for ferry travel and to fit in with the public ferry timetables. And it gives everyone time to relax on a ferry in Sydney Harbour on a Spring Day – bliss.

C. NAVFEST WEEKEND

Big Foot Orienteers is holding orienteering events (short and long score course for one entry fee) on Saturday afternoon, with starts between 14:00 and 16:00 (course closure at 17:00). We encourage all rogainers to enter these events (via Eventor <https://eventor.orienteering.asn.au/Events/Show/23860>), and then stay on the Island for Saturday night. Note that orienteering uses the SI system rather than Navlight, so you will need to hire a SI Stick (for free) if you don't have your own.

If you would like some navigation coaching by experienced orienteers and rogainers, turn up at the Hash House (main entrance to the Turbine Hall) at 12:30 – 13:30 on Saturday. You can then put your new skills into practice on Big Foot's orienteering courses in the afternoon.

Navy Cadets Involvement and Parade

The Australian Navy Cadets will be on the Island on Saturday and will be joining in the Navigation Coaching and the orienteering events. There will be about 65 cadets, aged 13-18, and six staff.

They will be parading at 12:00 and would welcome members of the public to watch. So, why not get to the island in time to show support.



D. SATURDAY NIGHT CAMPING

The glamping tents are booked out, but you can byo tent, \$65pn - [Cockatoo Island Camping](#).



Mention in the 'Special Requests Box' that you are a rogaier so you will be located with fellow participants. The Island's glamping tents and units are booked out, with 150 rogainers. You'll need to be quick if you wish to book one of the few remaining tent sites.

As an added incentive to stay overnight, the rogaie map will be available 17:30 - 18:00 on Saturday, giving teams the opportunity to plan their routes at their leisure that evening on the Island. That way you avoid

having to wake up early to travel to the Island and then plan your route – you can just stroll to the Hash House when you feel like it, with everything pre-planned.

E. ISLAND TOURS with a discount

If you come early on Saturday morning, or even Friday night, you can explore the Island's unique Aboriginal, convict, and ship building history - see [The History of Cockatoo Island / Wareamah](#). Why not book a guided tour:

- [Family Tour](#) 10:00 – 16:00 \$5
- [Audio Tours](#) 24 hours \$10 (Cockatoo Convicts; How to build a Ship; Sandstone to Steel)
- [Island Highlights](#) 11:00 – 12:00 \$35/\$22
- [Convict Prison](#) 13:30 – 14:30 \$35/\$22
- [Dark Past](#) 19:30 – 20:45 \$44/\$27.50

The Harbour Trust has kindly offered a 20% discount for adult tickets on the last three tours. Just insert **RogainNSW** in the Discount Code section on the ticketing purchase page.

F. SATURDAY SCHEDULE

Cockatoo Island Tours	10:00 – 20:45
Navy Cadet Parade	12:00
Navigation Coaching	12:30 – 13:30
Orienteering start window	14:00 – 16:00
Orienteering course closes	17:00
Ferrygaine maps available	17:30 – 18:00
Dinner (\$16)	18:00 – 19:00
Overnight glamping/camping	20:00 – 07:30

G. SUNDAY SCHEDULE

	6½ HOUR SOCIALGAIN	3½ HOUR MINIGAIN
Breakfast (\$10)	07:30 - 09:00	07:30 - 09:00
Registration opens	07:45	07:45
Novice Briefing	09:15	10:15
Full Briefing (all must attend)	09:45	10:45
Mass Start	09:59	10:59
First ferries loading (Royale, F3, F8)	09:59, 10:04, 10:14	10:59, 11:04, 11:14
Eats, drinks (free)	13:00 - 17:00	13:00 - 17:00
Finish	16:30	14:30
Results and Prizes	17:00	15:00
End of activities	17:15	15:15

Registration - from 07:45 am

- Bring a signed Disclaimer/Waiver Form (copy Form at end of these Instructions).
- Each Team member will be issued with:
 - Main Map (A3 waterproof), with Cockatoo Island Map and control descriptions on the back
 - Ferry Timetable (A4 waterproof), with information on the back
 - A Ticket for the Royale or a Boarding Pass for a public ferry - see Section K for details
 - Navlight Tag and wrist band
- Each Team will be issued with:
 - Course Notes
 - Flight Plan, to be completed and returned to Registration

After Finishing

- Please stick around and enjoy the company of fellow rogainers
- Enjoy the free BBQ eats, drinks and ice blocks
- Winners will be announced within 30 minutes of the finish of each rogaine. There will only be one set of winners for the Minigaine, not separate solo and teams' categories
- Also, winners of 'The Ferry Witty Team Name Competition' will be announced, and presented with a special prize
- Offer to help collect controls if you have the time and energy (Sunday evening or Monday)

H. FOOD for the Weekend

The 1st North Sydney Scouts are providing meals. You should have booked when you entered the rogaine, but there will also be an opportunity for a few diners to pay on the day:

- Saturday Dinner: \$16: Beef and vegetarian nachos, with toasted banana bread and custard for dessert
- Sunday Breakfast: \$10: Bacon, egg & hash brown roll, and cereal. Vegan/vegetarian bean & hashbrown breaky wrap.
- And of course the Scouts will be providing the Sunday post-event meal: (included in your entry fee). Koftas (meatballs) on wraps with tabouli & houmous, plus fruit (watermelon), cordial, banana bread and ice block. Vegan and GF option (Felfels).

The Island has two licensed cafes, withing 150 metres of the Hash House. Both cafes allow rogainers to sit at their tables and plan your routes:

- 'Cockatoo Overboard', situated near the Public Ferry Wharf and Visitor Centre:
 - open to 20:00 Saturday
 - open 08:00 Sunday
 - menu and bookings at [Cockatoo Overboard Cafe](#)
- 'Marina Café & Bar', situated in the Docks Precinct, SW of the Hash House:
 - open to 16:30 Saturday
 - open 07:15 Sunday
 - will operate a mobile coffee cart at the HH on Sunday 07:15 – 11:00, and 14:00 – 17:00
 - menu and bookings at [Marina Cafe & Bar](#)

I. THREE FERRY SERVICES

There will be three ferry services for the rogaines - the 'Royale' ferry, hired for the day by Rogaining NSW, and two public ferries, the F3 and F8 (see <https://transportnsw.info/routes/ferry> for timetables).

It is recommended that you study the attached timetable and do some preliminary thinking on ferry options before the event.

Remember that the ferry may not always be on time, but neither will it wait for you, so give yourself plenty of leeway. Also remember that some public ferries could be near or at capacity, so best to arrive a few minutes early. Please, always respect public travellers and don't be pushy.

You are permitted to use a ferry timetable app such as TripView to check real-time information.

Ferry Marshals will be on the Cockatoo Island Camber Wharf and Public Wharf to assist with orderly loading of the first ferries to depart after the two starts.

Ferry Safety and Etiquette ([Sydney Ferries safety video](#))

- Entering/Leaving: allow passengers to disembark before boarding, watch your step across gangway.
- Seating: take a seat if available. If standing, hold onto a handrail as the ferry may move suddenly.
- Prohibited Actions: don't sit on bow or side of vessel, lean out of the windows, or stand on seats.
- Baggage: ensure your luggage and bags are stowed correctly and do not block the aisles.
- Life jackets: listen to instructions from the crew if life jackets need to be used.

1. **The Royale**, with a capacity of 220 passengers, will shuttle from Balmain and Clarke Road (Woolwich) to Cockatoo Island before the start, operate during the event between Huntleys Point and Balmain, and make a final shuttle from the Island to Clarke Road and Balmain after the finish.

The Royale is slower than the public ferries, but a lot more fun and unlikely to be full. It will also have two 90 point controls to compensate for its leisurely pace, one active from 09:59 to 13:00, and the second active from 13:00 to 16:30. And it's free (included in your entry fee).



The 'Royale' Ferry

The Royale will dock at Camber Wharf on Cockatoo Island and Clarke Road Wharf in Woolwich, rather than the public wharves.

2. **The F3 Ferry** (capacity 200) operates from Circular Quay to Olympic Park/Parramatta (return):
 - Circular Quay, to Barangaroo, to Cockatoo Island, takes 21 minutes
 - Thence, Cockatoo Island to Drummoyne, Huntleys Point, Chiswick (12 minutes), followed by multiple stops to Olympic Park or Parramatta, takes 35/65 minutes
 - Departs every 20 minutes (both directions) between 09:30 and 18:00, and every 30 minutes outside these hours
3. **The F8 Ferry** (capacity 400) operates from Circular Quay to Cockatoo Island (return):
 - Circular Quay, to Balmain, Birchgrove, Greenwich Point, Woolwich, to Cockatoo Island, takes 29 minutes
 - Departs every 60 minutes (both directions)

The Royale is free, but you will need an Opal Card, credit card or mobile payment to travel on the F3 and F8 public ferries. Fares are around \$6-\$7, capped for the day at \$9.65 for all passengers, \$4.80 for children, and \$2.50 for seniors and pensioners.

J. GETTING TO COCKATOO ISLAND

Those who are camping overnight will of course need to get to the Island on the Saturday – see F3 and F8 ferry timetables at <https://transportnsw.info/routes/ferry>.

For those travelling on the Sunday, you have a number of options.

You can catch the Royale shuttle service to Cockatoo Island from two wharves, one on the north side of the harbour and the other on the south side:

- Clarke Road Wharf (Woolwich) has a nearby Council car park (100 spaces, \$15/day) and street parking. Best to carpool. The Wharf is about 0.5 km from the Woolwich Ferry Terminal, serviced by

the F8.

Royale departures at 07:48 and 09:10, taking 10 minutes to Cockatoo Island.

- Balmain Ferry Terminal (Thames Street) has street parking around Mort Bay Park. Departures at 07:08 and 08:28, taking 14 minutes to Cockatoo Island. Balmain is also serviced by the F8.

From Circular Quay:

- The F3 departs from Circular Quay every 30 minutes (from 07:07 onwards), via Barangaroo, arriving at Cockatoo Island 21 minutes later. Departs every 20 minutes from 09:27.
- The F8 departs every 60 minutes (from 08:45 onwards), via Balmain, Birchgrove, Greenwich Point, and Woolwich, arriving at Cockatoo Island 29 minutes later.

From Parramatta/Olympic Park:

- The F3 departs every 30 minutes (from 07:38) via multiple wharves including Chiswick, Huntleys Point, and Drummoyne, taking 35/65 minutes from Olympic Park/ Parramatta. Departs every 20 minutes from 09:28.

K. DEPARTING COCKATOO ISLAND AFTER THE START

The start times (09:59 and 10:59) have been set to give four ferry departure options within 30 minutes:

1. **The Royale departs at 10:09 (11:09 for the Minigaine)** from Camber Wharf on Cockatoo Island to Drummoyne (10:19/11:19) and Huntleys Point (10:37/11:37). Control 90 will be active on the Royale till 13:00 (Control 91 after 13:00).
- 2A. **The F3 departs at 10:08 (11:08 for the Minigaine)** from the Cockatoo Island Public Wharf to Drummoyne (10:12/11:12), Huntleys Point (10:17/11:17), and Chiswick (10:20/11:20).
- 2B. **The next F3 departs 20 minutes later at 10:28 (11:28 for the Minigaine).** Further F3 ferries are every 20 minutes.
3. **The F8 arrives at 10:14 (11:14 for the Minigaine) and departs 5 minutes later (10:19/11:19)** to Woolwich (10:24/11:24), Birchgrove (10:30/11:30), and Balmain (10:36/11:36). Further F8 ferries are every 60 minutes.

Tickets/Boarding Passes

To avoid overcrowding, a ticketing system applies for the first three ferry departures:

1. **Royale (10:09/11:09)**, Tickets issued to the first 220 entrants for each event
2. **F3 (10:08/11:08)**, provisional Boarding Passes issued to the subsequent 100 entrants for each event
3. **F8 (10:19/11:19)**, provisional Boarding Passes issued to the remaining 170 entrants for each event

These 490 Tickets/Boarding Passes for each event will be issued at Registration. If you decide not to use your allocated ticket/pass, or wish to swap it for another, visit the 'Ticket Office' at Registration.

Also, the Ticket Office will have a further 130 Boarding Passes available for the F8 (10:19/11:19), due to its larger capacity (400).

Please note that Tickets for the Royale are guaranteed passage (and they're free).

Conversely, Boarding Passes only give priority for obtaining a ticket for the two public ferries - actual boarding is subject to seats being available. However, this should be reasonably assured as only 100 Boarding Passes will be allocated for the F3 (capacity 200) to Drummoyne/Huntleys Point, and up to 300 Passes for the F8 (capacity 400) to Woolwich/Birchgrove/Balmain.

If you wish to chance your luck, rogainers without Boarding Passes for the first F3 could board if there are seats available after the 100 Boarding Pass holders have loaded.



Royale Ticket and F3 Boarding Pass

Teams with tickets/passes for the first two ferries (Royale and F3) will need to make their way immediately after the start to the respective wharf, to avoid a rush before the ferry departs (10:08 or 10:09). **Do not divert to any controls on the Island.**

To tempt you to delay your departure till after the first two ferry departures, you have the choice of collecting controls on the Island (180 points) that will only be active till 13:00.

L. FERRIES DURING THE EVENTS

The three ferry services will operate during the two events:

1. **The Royale** will travel between Huntleys Point and Balmain. Control 90 will be active till 13:00, and Control 91 will be active after 13:00.
2. **The F3** operates between Cockatoo Island, Drummoyne, Huntleys Point and Chiswick every 20 minutes, both ways.
3. **The F8** operates between Cockatoo Island, Woolwich, Birchgrove and Balmain every 60 minutes, both ways.

M. RETURNING TO COCKATOO ISLAND BEFORE THE FINISH

Obviously, it is vital that your team returns to Cockatoo island before the finish to avoid being penalised 10 points for every minute, or part thereof, you are late. There are controls on the Island that are only active after 13:00 (340 points) to encourage you to return in plenty of time.

There are five ferry options arriving within 45 minutes of the finish times (16:30/14:30):

- 1 **The Royale** returns at 16:00 (14:00 for the Minigaine) from Huntleys Point (15:31/13:31), and Drummoyne (15:51/13:51)
- 2A **The F3** returns at 15:43 (13:43 for the Minigaine), having departed from Chiswick (15:31/13:31), Huntleys Point (15:34/13:53) and Drummoyne (15:39/13:39)
- 2B **The next F3** returns at 16:03 (14:03 for the Minigaine), having departed from Chiswick (15:51/13:51), Huntleys Point (15:54/13:54) and Drummoyne (15:59/13:59)
- 2C **The next F3** returns at 16:23/14:23, having departed from Chiswick (16:11/14:11), Huntleys Point (16:14/14:14) and Drummoyne (16:19/14:19)
- 3 **The F8** returns at 16:14/14:14 from Balmain (15:57/13:57), Birchgrove (16:03/14:03), and Woolwich (16:09/14:09)

N. DEPARTING COCKATOO ISLAND AFTER THE FINISH

1. **The Royale** leaves Cockatoo Island at 17:25, to Clarke Road (17:35) and Balmain (17:59)
2. **The F3:**
 - departs every 20 minutes to Drummoyne, Huntleys Point, Chiswick and Olympic Park/Parramatta
 - departs every 20 minutes to Barangaroo and Circular Quay
3. **The F8** departs every hour to Woolwich, Greenwich Point, Birchgrove, Balmain and Circular Quay

O. WHAT TO BRING

NSWRA Disclaimer/Waiver Form

The Disclaimer/Waiver Form at the end of these Instructions must be signed by all Team members and presented at Registration.

For the Hash House

- Pens, pencils, scissors, sticky tape for map work
- Cutlery, mug, and plate/bowl

For the course

- Opal Card, credit card, or mobile phone for public ferry fares
- Mobile phone (GPS is not to be used for navigation, but Ferry timetable apps can be used)
- Watch (GPS is not to be used for navigation)
- Compass
- Whistle
- First-aid kit (one per Team)
- Water

For the course RECOMMENDED

- Pencil
- Food/snacks (though shops are located throughout the course)
- Long sleeve, light-weight top
- Hat (wide-brimmed)
- Sunscreen
- Comfortable runners, shoes
- No need for gaiters or long pants for leg protection. Only tracks are to be used in the bush - there is no bush-bashing.
- Wet weather gear if rain is possible
- A towel to freshen up after you finish and clean set of clothes (to not offend fellow ferry passengers)

P. OTHER MATTERS

Special Points

- All controls punched between 12:30 and 13:30 score double.
- Controls 80, 110, 150 and 200 are at the Hunters Hill Croquet Club, open between 10:30 and 15:45. Your team will be given a croquet mallet and ball. Each member hits the ball in turn until the hoop is run, and then you punch the control that matches your stroke count:
 - 1 stroke 200 points
 - 2 strokes 150 points
 - 3–4 strokes 110 points
 - 5 or more strokes 80 points

Please be patient if the teams in front of you are having difficulties, and remember to thank the Croquet Club volunteers.

- The course encompasses seven bridges – Figtree, Tarban Creek, Gladesville, Montague Park, Iron

Cove, Anzac and Sydney Harbour Bridge (from a distance). If you punch all ten nearby controls (70 points each), you will score an additional 100 points.

- On the Royale, Control 90 will be active from 09:59 to 13:00, and Control 91 from 13:00 to 16:30.
- Controls on Cockatoo Island are time-based. Those active from 09:59 to 13:00 are denoted by a hexagon and their number prefixed by 'M', whilst those active from 13:00 to 16:30 are denoted by the normal purple circle and number.

Rules

- The Rules of Rogaining are at <http://nswrogaining.org/AboutRogaining/RulesRegs/RulesRegs.htm>.
- Only travel on foot or ferry - no cars, bikes, planes, taxis, buses, trains etc.
- No use of GPS devices to aid navigation.
- Do not enter private property or restricted areas, particularly on Cockatoo Island.

Safety issues

- Take extreme care when crossing roads - some are very busy. Use footpaths, traffic lights and pedestrian crossings wherever possible.
- Don't cross Victoria Road or Burns Bay Road, the main roads running from the north-west to the south-west of the map, except at pedestrian crossings.
- There are no safety patrols.
- **Call the HH if you need assistance (0434 369 493 or 0435 030 201).** In the case of an urgent, life-threatening emergency, call 000.
- If you withdraw, the team should return to the HH, unless it is an emergency. If you cannot make it back, please call the HH - we don't want to be worrying about what happened and sending out search parties needlessly!

Navlight Electronic Recorder

- Your NavLight Tag is to be attached to your wrist.
- ALL Team members must "punch" their Tag at every Control with the Navlight Control Punch, to register the Team's visit.
- The Punch flashes **red** when placed on your wrist Tag for 2 seconds:
 - the flashing **red** light may be hard to see.
 - there is no beep sound.
- If the Punch is missing or light not flashing, record your presence with a photo &/or note the surroundings. Please call the Event phone to report it. When you Finish, report the problem to have your score adjusted.

The volunteers who made the Ferrygaine possible

Organiser	Ted Woodley
Co-Organisers	John Anderson, Julian Ledger
Administrators	Anita Bickle, Vivien de Remy de Courcelles
Setters	Ted Woodley, Richard Mountstephens
Vetter	John Anderson
Mapper	Hamish Mackie
First Aid	Charles Kuan
Publicity	Arthur Day
Website	Matt Berrington, Siobhan Tobin
Photographers	Bruce Sutton, Bill Dowsley, Nicole Sutton, Rosemary Sutton, Bruce Thompson, Laura Watts, Michael Watts
Catering	1st North Sydney Scouts (Stu Warren, leader)
Chatswood Croquet Club	Mike Evans, Ted Woodley
Hunters Hill Croquet Club	Jill Beale and Club members
Helpers	Syed Ahmed, Sue Beric, Louise Brooks, Robin Cameron, John Cameron, Emmanuelle Convert, Gareth Denyer, Mike Evans, Jiaying Huang, Joy Hung, Amanda Mackie, Hamish Mackie, Colleen Mock, Bert van Net, Giles Peach, Hugh Percival, Steve Ryan, Phil Smyth, Ken Strupitis-Haddrick, Dale Thompson, Bruce Thompson, Dianne Winchcombe



New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER / WAIVER

Event :

Team No.:

Car Rego.:

We acknowledge that the Australian Rogaining Association Inc (ARA), with whom the organising body for this event (NSW Rogaining Association) is affiliated, holds Public Liability Insurance to the value of \$20 million in respect of all rogaining events conducted by ARA affiliated bodies. This insurance covers: organisers, landowners and other third parties for any damage caused by the organisers of, or participants in, any rogaining event in connection with that event. We also acknowledge that the ARA does not hold any Personal Accident Insurance in respect of participants in rogaining events conducted by ARA affiliated bodies. We accept that any personal accident cover required is our responsibility and entirely at our discretion.

Rogaining is an activity which can involve risk of personal injury or property damage. While it is acknowledged as a challenging activity, the risks ought not be discounted particularly navigating through potential dangers in a bush setting in daylight or darkness. Other, but less obvious, risks will occur because of the nature and type of terrain through which the activities are conducted. The NSW Rogaining Association (NSWRA) requires all participants to carry equipment such as suitable clothing, food, torches, compasses, water, first aid kit and any other allowed devices which will limit the inherent risks in the activity.

By participating in the activity, each participant acknowledges that the sport of Rogaining involves considerable risk and agrees that by entering this rogaine they do so at their own risk. The NSWRA does not accept any responsibility for death, injury, loss and damage to the participant and agrees to allow the participant to participate in the activity only on that basis.

The participant binds themselves, their executors, administrators, heirs, successors and assigns as follows:

a) The participant agrees to discharge and release the NSWRA, their volunteers, the owners and occupiers of land used in the event, event sponsors and producers, community organisations, State Federal and Local Authorities in which the event may be held and their (its) representatives from all liability for death, disability, personal injury, damage to property, theft, and all foreseeable risks, claims or actions of any kind, howsoever caused, resulting from their participation - directly or indirectly - in this event.

b) The participant agrees to further indemnify and hold harmless all entities and persons mentioned in the above clause (a) above from all liabilities, claims or action, as mentioned above, irrespective of whether the NSWRA or its employees or agents may have been negligent.

In particular, the participant agrees to indemnify the NSWRA for any loss or damage arising from participating in the event and agrees that this indemnity may be pleaded as a complete defence to any legal proceedings or any right the participant may claim against the NSWRA, its servants, agents or any owner or occupier of land used in the proceedings.

By the signing of this document, I acknowledge the risks of rogaining and agree to participate on the conditions as described above (participant must be 18 years or older to complete this section):

Participant Name (Please print clearly)

Participant Signature

Date

This section to be completed by a responsible adult where participant is under 18 years of age. If more than one responsible adult signing please photocopy & submit separate forms.

Name(s) of junior participant(s):

I acknowledge the risks of rogaining as described above and agree to indemnify the NSWRA for any injury or loss arising from the abovenamed minor(s) participating, and agree that by signing this indemnity or by permitting the minor to participate, I will accept complete responsibility for any injury or loss caused.

Relationship to participant (please delete whichever does not apply): Parent / Guardian / Other _____

Name (Please print clearly)

Signature

Date

NOTE: This is a legal document. You should seek legal advice before signing if you do not fully understand the meaning and effect of this document. If you do not accept these conditions of entry you will be unable to participate.

Version: Sep. 2008