



OPERATION FLINDERS CHALLENGE

YOU CAN DO IT!

MORIALTA CHALLENGE 10KM

www.operationflinderschallenge.com.au

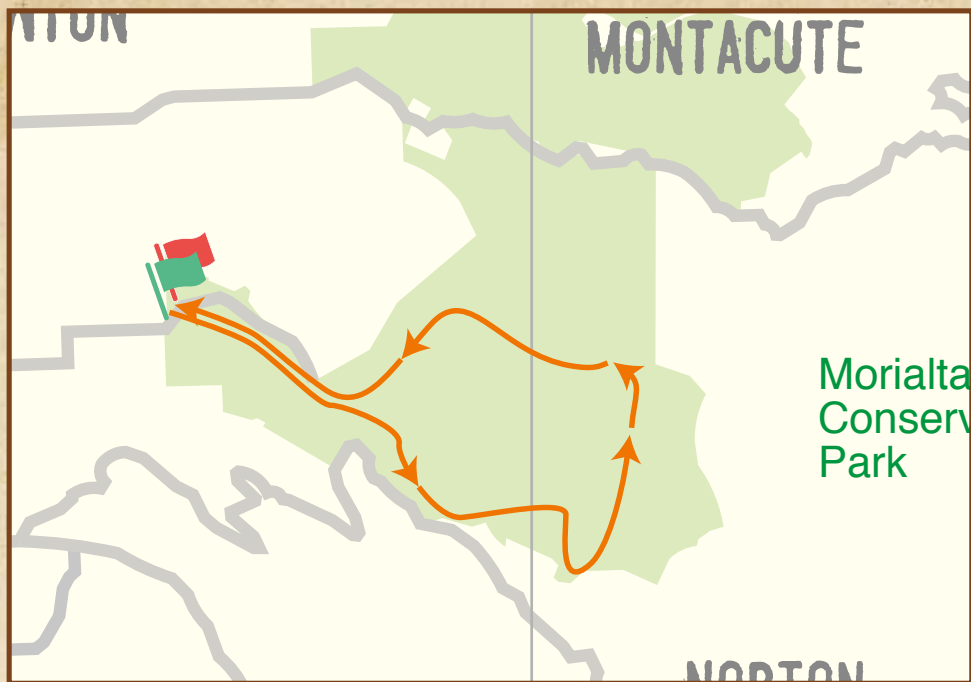
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MORIALTA

10KM



START & FINISH “CHALLENGE CENTRAL”

Mordialta Conservation Park Stradbroke Rd, Woodforde

Illustrated map is a guide only. Please refer to written directions and event signage on the day.

1. Leave start location and follow trail adjacent to creek until visitor information shelter at end of roadway.
2. Take steps on right hand side of Centre Track following Three Falls Grand Hike.
3. Follow trail markers to Kookaburra Lookout then to Second Falls (crossing wooden bridge) then heading towards Third Falls.
4. Just prior to reaching Third Falls take left turn for a short climb along track which leads to gravel vehicle road. At this point take left turn following gravel road (Third Falls Track) and then take left turn into Twin Creek Track.
5. At “T” intersection after steep climb take right turn into Centre Track.
6. Follow Centre Track to “T” intersection taking left into Moores Rd.
7. Follow Moores Rd to Support Station at intersection of Chapman’s Track & Moores Rd.

8. Turn left at Support Station following Rocky Hill Track, then take right turn at a narrow single file trail that leads around the hill face and crosses the fire trail.
9. Follow single file trail emerging at Deep View Lookout, turn right at lookout and a 750m descent leads to Centre Track of Morialta opposite information shelter.
10. From information shelter follow the main sealed road for approximately 500m to Stone Shelter. At this point follow the walking track adjacent to roadway to Finish Location at Morialta Challenge Central.

PRESERVE THE ENVIRONMENT

We ask participants and support crews to help us make the Operation Flinders Challenge an environmentally friendly event.

Try to bring along containers and equipment that can be washed and reused – such as tupperware, plates, mugs and cutlery.

If you do bring food and equipment in packaging that will need disposal, please help us to minimise the quantity of waste by bringing food and drink in containers made from recyclable plastic, aluminium or glass. Keep all litter with you until you come to the bins at each of the checkpoints.

BUSHWALKERS CODE

Do not disturb

If you enjoy the pleasures of bushwalking and related self-reliant outdoor activities, you have a big responsibility to protect and preserve the natural landscape for the enjoyment of future generations. This guide will help you enjoy the bush without leaving your mark.

Tread softly

Use existing tracks; don't create new ones. On zigzag paths, don't cut corners as this creates unsightly damage that leads to erosion. In trackless country, don't walk in one another's footsteps. Avoid easily damaged places such as peat bogs, cushion moss, swaps and fragile rock formations. Wade through waterlogged sections of tracks; don't create a skein of new tracks around them. Stay on the track even if it is rough and muddy. Walking on the edges increases damage and causes confusion about which is the right track. Except in really rough terrain, wear lightweight, soft-soled walking shoes, boots or joggers rather than heavy boots.

Watch your safety

Know what to do in emergencies. Rescue operations often cause serious damage so take care to avoid the need for rescue. Acquire knowledge of First Aid so you know how to handle illness and injuries. Carry clothing and equipment to suit the worst possible conditions you are likely to encounter. Carry a mobile phone, but use it only for summoning aid in an emergency.

If you take it in, you should take it out.

Don't carry glass bottles and jars, cans, drink cartons lined with aluminium foil and excess packaging. If you can't resist carrying such things, don't leave them in the bush. Remember, if you carry a full container in, you can carry the empty one out. Remove all your rubbish including food scraps, paper, plastic, aluminium foil and empty containers. Don't burn or bury rubbish. Burning creates pollution and buried rubbish may be dug up and scattered by animals. Digging also disturbs the soil, causing erosion and encouraging weeds. Carry a plastic bag for your rubbish. If you find litter left by irresponsible people along the track or around a campsite, please remove it. Show you care for the environment, even if others don't.

Hygiene

Use toilets whenever possible bury your faecal waste at least 100 meters away from campsites and watercourses and as far away from tracks as possible, in a hole at least 10 cm (4 inches) deep using a hand trowel or a stick. Make sure all of the waste and paper is covered and mixed with soil to aid decomposition and discourage animals. Wait until you get out of sensitive areas such as caves and canyons before defecating or urinating.

Keep water pure

Wash at least 50 metres from the edge of lakes and stream and scatter the wastewater so it has a chance to filter through the soil where it will be filtered before returning to the stream. Prevent soap, detergent or toothpaste from getting into natural water systems. Use biodegradable soap and detergent. Similarly, when washing cooking utensils don't use detergent and don't let oils and food scraps get into streams or lakes.

Protect Plants and Animals

Try not to disturb wildlife. Remember you are the trespasser. Give snakes a wide berth and leave them alone. They have more right to be there than you do. Watch where you put your feet. Walk around delicate plants. Don't feed birds and animals around campsite or they may become pests. Unnatural food can be harmful to many species.

Be courteous to others

The sound of radios, CD players, mobile phones and similar devices is out of place in the natural environment. Leave the electronics at home. Ensure your behaviour and activities don't disturb or offend others. Leave gates and slip rails as you find them. When you open a gate, make sure the last person through knows it has to be closed. Respect the rights of landholders and land managers. In national parks, abide by plans of management and encourage others to do so too. Minimal Impact Bushwalking means do nothing and leave nothing that shows where you have been.

SAFETY TIPS

First Aid:

Each team will need to carry a first aid kit with them at all times to treat blisters, minor cuts and strains. First Aid is available throughout the event via mobile first aid teams, though participants should be prepared to manage smaller incidents themselves if they arise.

Water:

It is essential to monitor and maintain your (and your team mates) fluid intake throughout the event. Participants will need to carry water containers between checkpoints to avoid dehydration. You may also like to arrange to meet your support crews outside of the checkpoints to refill supplies if needed, particularly on warmer days. Be aware of the signs of dehydration and have a plan in place should symptoms present themselves.

Hypo/Hyperthermia:

Clothing to suite ALL weather conditions should be carried at all times by each participant. The weather can change rapidly and you will need to be prepared for hot, cold, wet, and windy conditions. Plan ahead and be prepared. Maximise assistance of your support crew and have them carry additional clothing and footwear with them too. Be aware of the signs of hypo/hyperthermia and have a plan in place should symptoms present themselves.

Roads:

Teams will need to cross a number of roads along the trail. Be sure to take extreme care at all times. Walk on verges where possible. Particular caution should be taken at night when participants are tired and vehicles will find it harder to see pedestrians.

Night Walking:

The trail looks very different at night, it is essential that you are familiar with the course during both daylight and night hours (where applicable). All team members will need to be particularly cautious to avoid injury when it's dark and you are fatigued. Head torches and high visibility clothing and/or items will be an advantage for the whole team.