

## Leg 1: Regatta Point to Waldock St, Mount Taylor north side

The start line is at Regatta Point, on the North side of Lake Burley Griffin, on the grass directly in front of the Canberra Business Events Centre.

Follow, and stick to, the lakeside path heading West and turn right approx. 100m after passing under Commonwealth Ave Bridge (0.6K) to cross Barrine Dr and join the ramp up onto the Bridge. At the South end of the Bridge (1.04K) turn right onto the bike path ramp leading down from the Bridge and then right again 50m later at the T-junction (1.09K), to follow the bike path running adjacent to Flynn Dr. The path passes Nara Peace Park (toilets, 1.6K), swings to the right near the roundabout (RDBT; approx. 1.9K) and you then turn immediately left (1.93K) to cross Alexandrina Dr to follow the bike path up towards Parliament House. This path crosses Forster Cres (2.25K), passes under 2 roads (2.37 and 2.60K) and then narrows and climbs more steeply.

Turn right at the first path junction (2.82K) and then right again when you reach Parliament House (3.01K) to follow the grassy path on the right-hand side (RHS) of the road. After approximately 200m (3.22K) turn right at the first road (Melbourne Ave) to stay on the RHS footpath, which crosses a bridge and leads down to a pedestrian crossing/lights at State Circle (3.43K). After crossing State Circle follow the footpath uphill on the RHS of Melbourne Ave, taking care crossing Somers Cres (3.57K), National Cct (3.8K), Dominion Cct (3.95K), Empire Cct (4.10K), and then Gawler Cres (4.4K) at the traffic island (at end of Canberra Girls Grammar School), and heading across to the RHS footpath towards Red Hill. After approx. 150m (4.53K) cross Stonehaven Cres at the RDBT to join the grassy verge on the RHS of Red Hill Dr. and then 130m later (4.66K) turn right immediately after crossing the bridge to join a dirt single track (ST) which then merges with the wider Deakin Fire Reserve Trail. After approx. 1K (5.65K) turn left at the Rutidosis Track sign to climb through a metal fence and then 20m later turn right to head steeply up the C. Russell Track.

Turn left at the next T-jn (5.79K) to continue uphill on a gravel road and then 100m later (5.89K) turn left again at the saddle track intersection to head steeply uphill once again. After passing through a metal stile (6.17K) take care crossing Gowrie Dr (6.20K), head up the stairs and again take care crossing Red Hill Dr (6.25K), entering the steps and dirt ST heading steeply uphill, which soon opens up to a right hand turn at a T-jn (6.35K) heading towards a radio tower. At the Red Hill Lookout Bay (6.63K) turn right towards the power pole to once again cross Red Hill Dr and then turn immediately left to join the dirt ST, which heads past the water tank reservoir and soon turns right (6.83K) and briefly down before climbing again along the fenceline towards Red Hill restaurant, with expansive views of the Woden Valley opening up to your right. This track levels out near the public toilet (approx. 7.3K) next to Red Hill restaurant (toilet & water available), descends to a 6-way track at a saddle (about 7.7K) and continues straight ahead, climbs steeply, passes through a missing gate, becomes sealed (8.00K) and then flattens out. After approx. 240m (8.24K) detour left onto 30m of dirt ST to touch Davidson trig and then re-join the main trail again 50m later (8.32K). Continue straight at the bottom of a short, steep descent as the track flattens and widens and becomes dirt again (8.66K) and after 200m or so (8.86K) take care to continue straight ahead to re-join the flat bitumen path.

The path drops steeply (9.06K) down to a climb-through metal fence (9.29K). Turn right onto the main Hindmarsh Track, staying near the fenceline for only 200m (9.49K) before turning 10 o'clock downhill onto a dirt ST for 500m or so running parallel to Rusden St. Turn left at the bottom of this descent (9.93K; **aid station**) to enter a large drainpipe tunnel that takes you under Hindmarsh Dr. for approx. 100m. Immediately after exiting the tunnel (10.03K) turn left to climb up a grassy bank and then drop down onto a faint ST staying parallel to the road (10.05K), which merges 60m later with a ST coming in from the right (10.11K). For the next forested section through the O'Malley woodlands follow the orange marker ribbons onto the middle one of three faint tracks, which crosses a low wire fence and a log (10.22K) and then becomes a more clearly defined ST in its own right. This ST crosses a dry watercourse (10.59K) and after approx. 500m turns (11.1K) right to climb a grass embankment, cross a rocky, wire covered retaining wall (11.18K) and then heads uphill into the open.

After approx. 500m (11.64K) of steady gentle climb this track merges with a wider track from the left and 60m later (11.70K) you veer left (11 o'clock) onto a small access ST for 30m and turn left again (11.73K) at the T-jn (Equestrian sign) to head uphill. Follow this main track up the hill and then along the flat section above the houses in Isaacs for about 1.2K before entering the pines (12.92K), taking care to stay on the left

(higher) trail (13.08K) before turning hard left (13.30K) at the first equestrian sign then 40m later (13.34K) staying left at the fork to head very steeply uphill. At the top of this steep pitch the track swings East while offering expansive views to the North (13.67K), climbs gently to Sheaffe Trig (14.11K) and then follows the fenceline along the ridge for approx. 1.2K.

Along the way you head down to a minor saddle (14.98), a small climb, and then descend to a major saddle (15.39K) where you merge with a wider road to continue heading uphill to your right. Just before the top of the climb take the right fork in the track (15.93) to soon merge with the ridgeline track (15.99) near the orange/white radio tower and then only 30m later (16.02) turn right (downhill) onto a fire trail which heads down into the pines. After 400m or so this trail turns right and drops very steeply (16.45K) for about 300m before swinging hard right again (16.77K) along a gentle descent between the pines. Turn left (downhill) 300m later at the next intersection (17.10K; equestrian sign) and follow this for only 100m before veering right (17.21K) to join 40m of dirt ST that cuts the corner to join another equestrian track (17.25K) heading right towards Shepherdson Pl.

After 200m (17.45K) turn left to take the sealed path uphill to pass under Yamba Dr.(17.59) – approx. 50m later (17.64K) veer left uphill off this track at approx. 10'o clock heading to pass a wooden fence (17.66) and continue straight through to a very rocky 200m stretch of track which swings left and downhill towards the houses at Farrer. Turn left onto the track behind the houses (17.87K) and after 500m or so (18.36K) take care to stay on the right, lowest, flat track (2 o' clock heading) that stays closest to the houses. A bit over 500m later (18.90K) when the main track turns left you can cut the corner to the right following 80m of ST which then merges with another main track (18.98K) that heads roughly parallel to the Farrer houses. About 600m further on (19.62K) you should bear left at the fork in the track (equestrian sign) to head away from the houses. This track starts to descend (19.83K) past the RHS of the water reservoir and soon after turns left (19.97K), heading straight towards Mt Taylor and downhill to cross some wooden equestrian stiles (20.22K) at a 2nd drink station on the eastern side of Athlon Dr. This is the largest and most dangerous road crossing of the race and you MUST obey the road marshals' instructions as to when you can cross both double lane sections.

After crossing Athllon Dr you cross a bike path (20.33K), go through a gate near a stile (20.35K) and continue directly uphill on the Torrens Houses firetrail (FT). A bit over 1K later (near the corner of the housing line on your right) turn left, uphill, at the Mrs Low's FT sign (21.46K) to pass through a gate (21.48K), and 70m later (21.55K) turn right before the tourist information board to head steeply uphill on the track that leads up Mt Taylor. This narrow track passes several lookout chairs that offer great views of the Tuggeranong Valley (21.93K) and the Brindabellas (22.10K) before becoming stepped (22.21K), and steeper and then opens out to a wider road (22.35K) that soon turns right and climbs very steeply (22.63K) towards the radio tower. **\*\*At the top of this steep climb (22.77K) veer right onto 60m of rocky ST that takes you to the Mt Taylor trig (22.83K) and then 60m back left to re-join (22.89K) the main FT heading North,** which drops gently, turns to bitumen, and then drops steeply (23.10K), offering a dramatic view to the North. The road briefly turns back to dirt and temporarily flattens out before swinging left (West) and dropping steeply once again (23.55K) on a 100m bitumen section. Turn right (2'o clock) immediately at the end of this bitumen section (23.65K) onto a dirt track and 100m later (23.75K) bear right at the fork, continuing 90m (23.84K) to then turn left and down the steps to the Transition station at the end of the Waldock St dead end car park (23.84K).