



Sea to Summit

Course Notes

Please read the following course notes carefully to acquaint yourself with the Sea to Summit trail.



If you have run this event before, please note that we have had to change one section of the trail due to overgrown and inaccessible terrain. This year we stay on the Mambray Creek road for an extra couple of hundred metres before turning onto Cattle Track. The next few pages will explain this in detail and provide information about the key features of this course.

We have placed pink course markers approximately every 200M, and yellow course markers every 1KM as well as at junctions and other places that may need additional clarification (see your handbook for an example of the course markers).

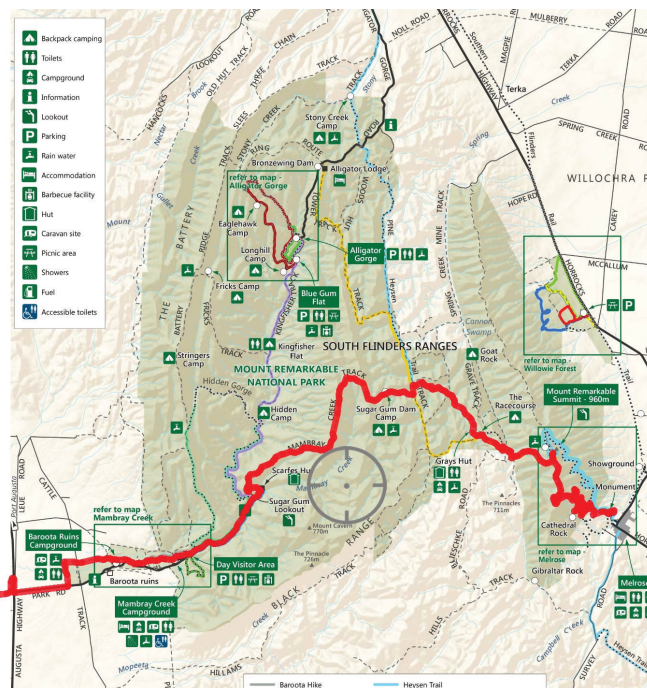
Do not rely exclusively on the course markers for navigation. Ensure you have a copy of the course GPX or KML file on your watch or phone, and that you know how to navigate with your device. This is a tough trail marathon that requires you to be aware of your surroundings and your ability to navigate through terrain.

Carefully monitor your location regularly and use the course markers to verify that you are on course. Estimate how long it will take you to run 200M, and if you haven't seen a course marker recently double check your position.

The yellow distance markers have been placed at 1KM intervals according to a Garmin Fenix 5 watch on the course. The distances appear to be shorter than actual distance, so by the time you reach Melrose the distance markers will actually read 45KM. Your watch may reflect similar readings. Do not use the course markers to calibrate your GPS device measurements, but purely as a confirmation that you are on the right track.

Popular mapping maps for your phone are Avenza or Guru. Download one and familiarise yourself with it **before** the event. Avenza (shown here) can display your location on the trail overlaid on the national park map and is my recommendation.

If you have any questions, please contact Quinten on 0428 887 845.





Sea to Mambray

Start with your hands in the water of the Spencer Gulf.

Tide times can vary the start line by over 1km! This year high tide will be at 8:16am, so the distance to the waters edge will be minimal.

Follow farmers track to the dirt road;

Follow dirt road to rest stop on edge of highway;

Cross **under** the highway via the Mambray Creek bridge. There is a trail at the corner of the rest stop which takes you through flattened grass to the bridge;

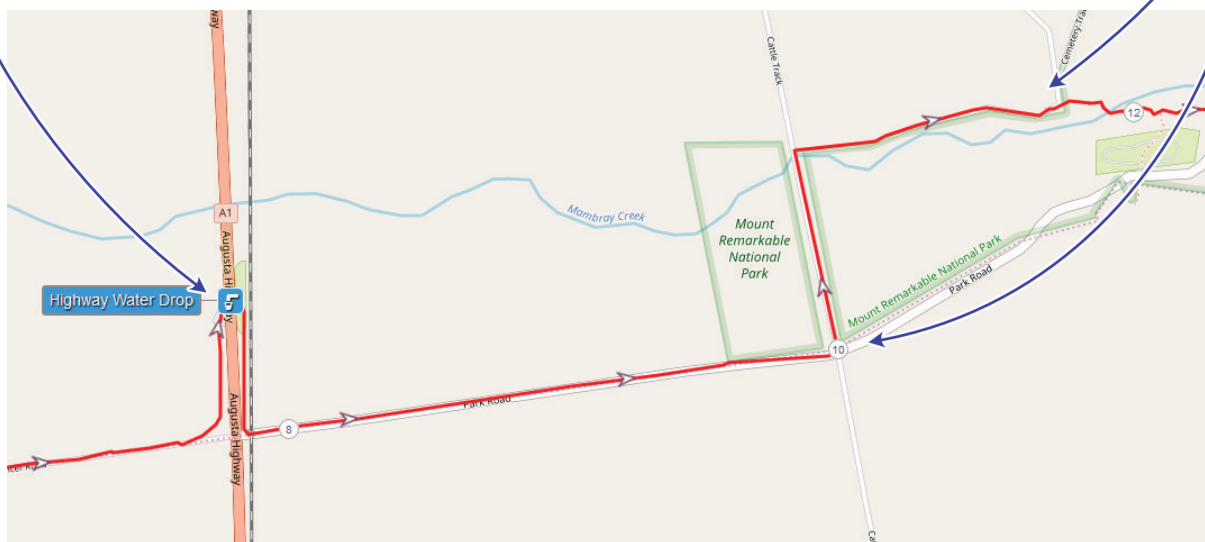
Immediately after crossing under the bridge, turn right to take the road from the eastern side of the rest stop to Park Road. Turn left on Park Road, immediately crossing the railway line.

Caution cars! Stay to the edge of the road.

Turn left at Cattle Track road, which is a stony road. After crossing a dry creek keep an eye out for markers on your right and turn onto an access trail towards the hills.

Immediately after the Pioneer Cemetary, veer right off the access trail and follow single trail. Watch for several yellow course markers on your right. If you miss the turn and follow the access trail you will turn north and head towards paddocks.

Continue to follow our marked walking trail (named Mambray Creek Visitor Precinct trail) until you reach the Mambray Creek day visitors carpark where the first aid-station is. This is the entrance to the creek itself.



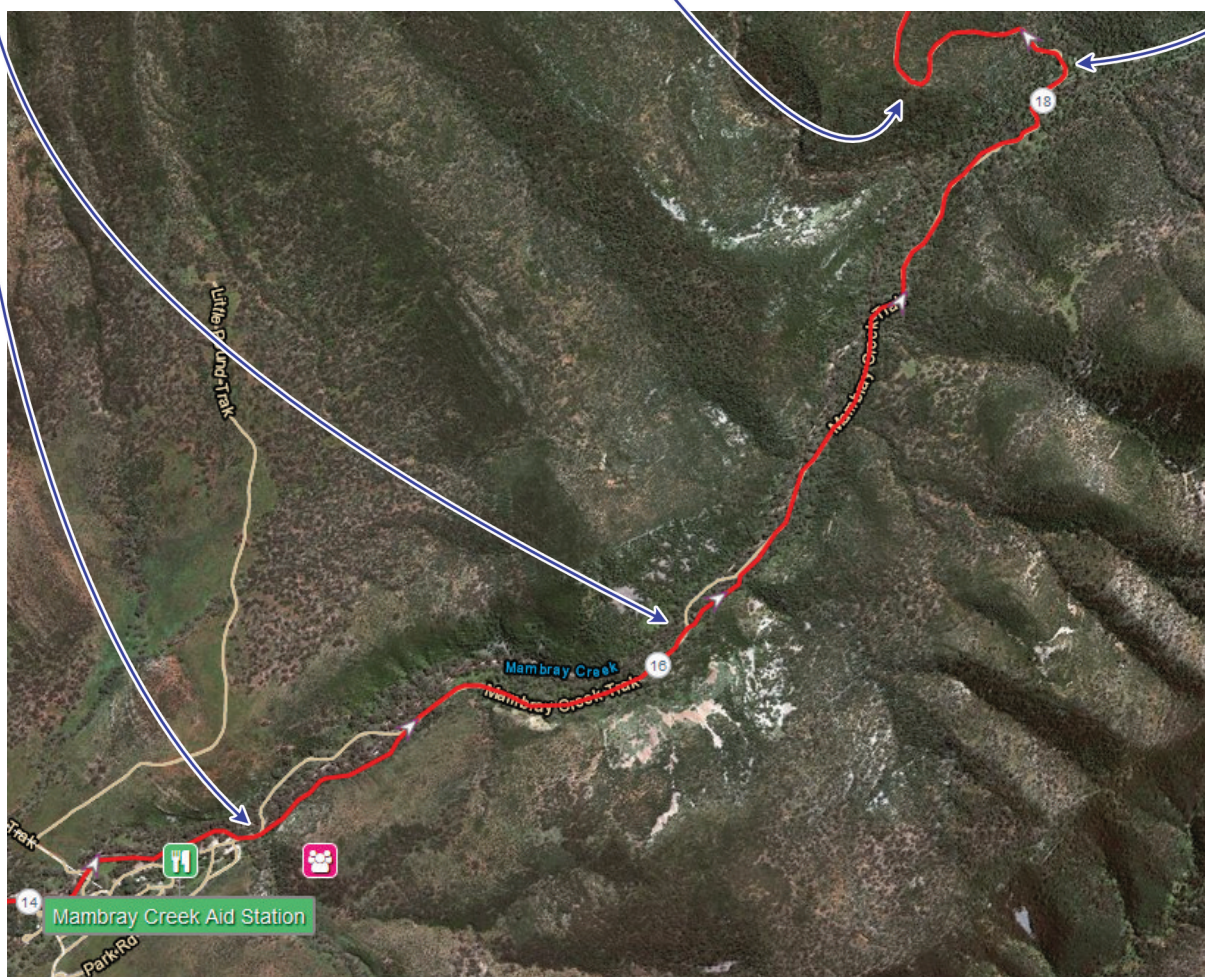


Mambray to Grays Hut

Follow the walking trails out of Mambray Creek. Don't follow the vehicle tracks at this stage - the walking trail veers right off the vehicle tracks for a short section, which runs parallel to the creek. Watch for yellow markers on your right just out of the first aid station.

At Scarfes Hut you turn left to begin your first tough climb. Signs should indicate you are traveling towards Sugar Gum lookout and Sugar Gum Dam.

Stop at Sugar Gum Lookout for some incredible views (on your left at the trails edge).





Melrose Trail Festival

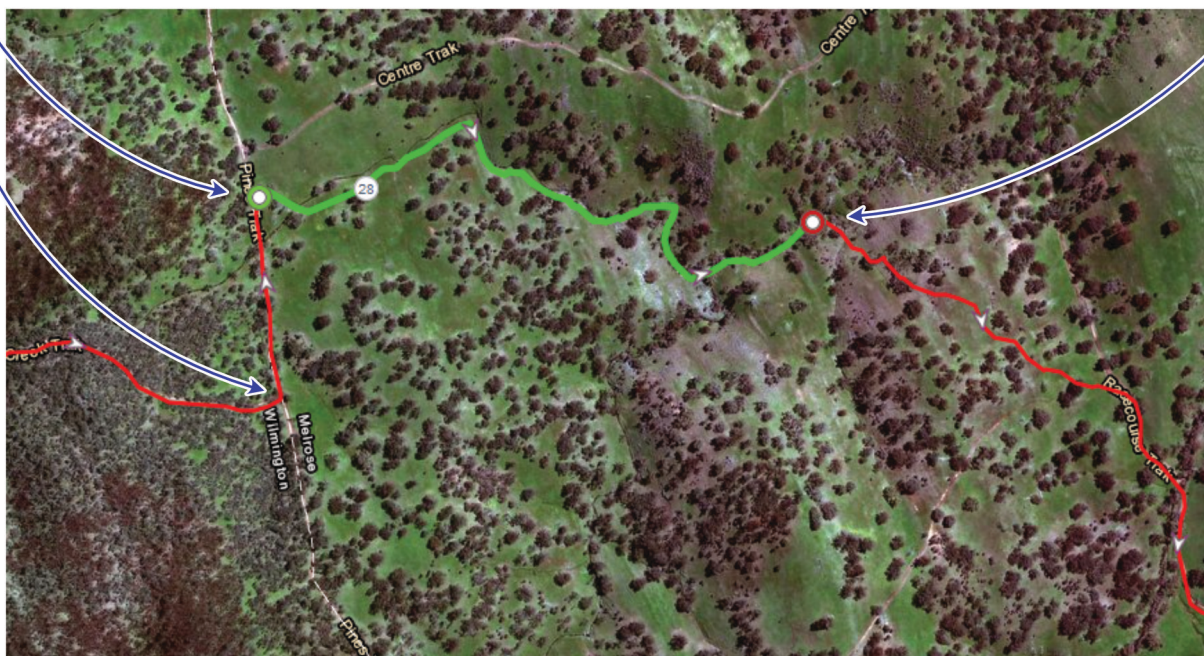
Experience Mt Remarkable

You now continue on the Mambray Creek Track for a while. This is a fire trail with some ups and downs. You continue just past Sugar Gum Dam Camp. At around the 27 km point you will come to a T-junction with another fire trail. Turn left here.

Within approx 300M you will go through a creek. Immediately turn right and look for the Heysen Trail markers. You will see several yellow markers indicating where you turn.

You now follow the creek for approximately 1km. Stay in the creek and keep an eye out for our pink or yellow markers and the Heysen Trail markers which will lead you out of the creek to your right.

Beware of going too far in the creek. Remember to keep an eye out for Heysen or our markers.

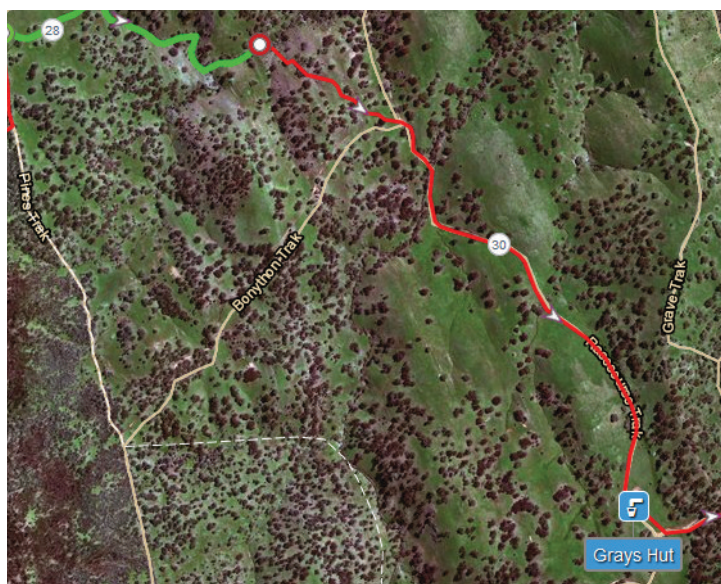


There is currently flowing water in the creek, so you will need to be careful with your navigation whilst avoiding the water.

After you climb out of the creek, continue to follow the Heysen and our pink markers until you get to Gray's Hut.

Gray's Hut is your next stop for water, but no food.

The summit is your next stop for food.





Grays Hut to Mt Remarkable

At Grays Hut you can refill your water with drinkable rain water at the tank (plenty available). There are also toilets (drop toilets) with toilet paper available for your use.

As you leave Grays Hut you will cut across the field towards a fire trail. Look for our pink markers. Turn left onto the fire trail and continue until you reach an intersection of trails.

At the clearing and intersection, turn right and continue up the Heysen Trail.





Melrose Trail Festival

Experience Mt Remarkable

Approximately 1km on from Grays hut, the Heysen Trail almost doubles back on itself and proceeds down a steep hill which will lead you to the most treacherous part of the course. If you continue on and reach a closed gate you have gone too far.

CAUTION!!

This section is perilous and extreme care is recommended. This part of the trail is very narrow single trail with a very steep slope on the edge. Due to the amount of recent rain, grass has grown over the edges of the trail, making footing very slippery. To slip on this section may ruin your day and ours!

Carefully traverse down the hill, where you will immediately begin the climb up the back of Mount Remarkable. Continue to climb (you may need to use your hands!) until you reach the fire trail, where you will turn left to begin your final stretch to the summit.

Continue along the trail until you reach the summit.



Mt Remarkable to Melrose

Once you reach the summit of Mt Remarkable, check in with our course marshals, grab some food and water, then continue down the new southern trail into Melrose.

This section is easy (but steep) downhill. The biggest obstacles to be aware of along this section are the regular scree slopes, anchored rocks and some barely exposed tree roots.

Be careful on tired legs, and take your time to slow down before rocky sections as you may not be able to stop as quick as you think.

We'll be waiting for your safe return down the mount and into the Melrose Caravan Park campgrounds. Stay alert and enjoy your experience!