



**ULTRA-TRAIL AUSTRALIA 100
15-16 May 2021**

COURSE DESCRIPTION AND COURSE NOTES

LEG 1 –KCC Oval (Start) to Narrow Neck (Checkpoint 1)

Course Description: From the start on KCC Oval, travel across Violet St and turn right onto Cliff Drive. Continue on Cliff Drive for 2km to the junction with Narrow Neck Rd and turn around to return past Scenic World on Cliff Drive. *The whole of this first 4km should not be run in training as there is no footpath or safe verge on which to run. During the event a full road closure will be in place for this section of Cliff Drive.* Continue on Cliff Drive 250m past Katoomba Falls Kiosk, turning right into Katoomba Falls Reserve at the junction of Cliff Drive and Kamillaroi Rd. *This section is fine to run in training as there is a combination of off-road and on-road footpath between Scenic World and Katoomba Falls Reserve.* Continue straight ahead through the park to turn right on a concrete footpath on the far side and head immediately down the stairs to Katoomba Cascades ignoring the footpath straight ahead which goes to Echo Point. Cross the bridge over the cascades and immediately turn left on the timber walkway ignoring the track to the right which goes back up to Cliff Drive. Follow the walkway to a lookout and then head uphill on track to a 4-way track junction with a tree stump in the middle. Continue straight ahead at this 4-way junction onto Furber Steps ignoring stairs to the right which go to Cliff Drive and stairs to the left which go to a lookout. Continue all the way down Furber Steps to Federal Pass ignoring all side tracks. At the base of Furber Steps turn right onto Federal Pass and continue through the Scenic World swing gate entrance and over the top of the Scenic Railway station. Continue through the Scenic World boardwalks past the mining displays. Then take the right fork to leave the boardwalks and continue on the Federal Pass track to the Landslide. The track is rough for 300 meters through the landslide. Continue on Federal Pass to the base of the Golden Stairs. Turn right onto the 'Golden Stairs' ignoring the track straight ahead to 'Mount Solitary'. Ascend 200m in elevation to the top of the Golden Stairs, turn left onto Glenraphael Drive and continue for 1km to the locked gate and Checkpoint 1.

Highlights: The multiple views from Cliff Drive. Katoomba Cascades and Katoomba Falls. The beautiful rainforest, waterfalls and cliff views seen from Furber Steps. The mining displays through Scenic World and the expanse of the rugged landslide section. This section of the course puts you immediately amongst the incredible Blue Mountains landscape.

LEG 2 –Narrow Neck (Checkpoint 1) to Foggy Knob (Checkpoint 2)

Course Description: From Checkpoint 1 continue through the locked gate and remain on Glenraphael Drive for another 10km all the way to the end of Narrow Neck. There is a toilet at the Narrow Neck fire tower – 18.4km mark. At the end of Glenraphael Drive take the walking track off to the right. Follow the track down the steel ladderway and the rough track to Tarros Ladders. Descend the extension ladders, erected only for the event, at Tarros Ladders. A continuous flow of people is allowed on the ladders. Continue on the track to Little Cedar Gap. At Little Cedar Gap you cross under the powerlines and stay on the walking track, not the dirt road, along the ridge. This walking track leads over Mount Debert. After Mount Debert, the track descends steeply to Medlow Gap. Careful, the surface is loose in sections. At the three-way dirt road junction at Medlow Gap, turn right and head North on the Medlow Gap Firetrail. Stay on this dirt road for 5.8km ignoring the multiple powerline service tracks and continuing through one gate. Turn left below Carlon Head onto the Bellbird Ridge Maintenance Track, a dirt road which leads to Dunphy's Camp. After 550m continue straight ahead ignoring the track to the left which goes to Bellbird Point. Continue down the hill, through a saddle and down again to Dunphy's Camp where you cross a gate using a stile. From Dunphy's Camp, go down the dirt road to the saddle and go straight ahead (left fork) up the

hill ignoring the dirt road to the right which is Megalong Valley Rd. Less than 100m after passing through the saddle, veer left off the dirt road onto an old track leading directly to the large open grassy area of Foggy Knob and Checkpoint 2. *In training you need to turn right at the saddle 250m after Dunphy's Camp and head directly down to Green Gully and continue on Megalong Valley Rd for 6.5km to The Six Foot Track as described in Leg 3 below.*

Highlights: Just when you thought the views couldn't get any better...it will be hard to feel pain on this leg as there is far too much to look at. There are outstanding views along the top of Narrow Neck and a beautiful walking track through open forest over Mt Debert. The Tarros Ladders add some adventure and Foggy Knob provides such beautiful 360 degree views that you may not want to leave.

LEG 3 – Foggy Knob (Checkpoint 2) to Six Foot Track (Checkpoint 3)

Course Description: *Much of the first 7km of LEG 3 is on private land. For obvious reasons you must not train on this section of the course.* In the race, continue from Foggy Knob back onto the dirt road for 450m to a closed gate marked 'Galong'. Don't go through this gate. Instead, follow the sign 'Ironpot Ridge Track' to a stile to the left of the gate. Go over the stile and turn right onto the old dirt road along the south side of the fence line. The track goes past a house (on your right) and continues straight ahead through two open gates to the start of the walking track up Ironpot Mountain. Here the dirt road turns sharply right and the rough walking track goes straight ahead up the hill. Take this walking track up the hill. Make sure you follow the line-of-sight flagging tape closely along here as the track is indistinct in parts. Go over Ironpot Mountain and continue on the flattish walking track along Ironpot Ridge. 200m west of Ironpot Mountain you will come to a marshal. This is the start of the 266m each way, out and back section. Continue along Ironpot Ridge to the marshaled turn around point where your bib numbers will be recorded. Turn around and go back on the same track to the previous marshal.

Use extreme caution along the out and back section. There is two-way traffic. Please be considerate and patient of other runners. The track is narrow and passes along some exposed cliffs.

Turn hard left down the spur towards Tinpot Hill. This is steep to start with. After the spur flattens out, flagging tape will lead you to the right and down a longer and steeper spur to the North-East and at the bottom will cross a small creek and then lead you up a short hill to a dirt road. Follow this dirt road for approximately 1km to turn left at a small dam. The track from here is grassy in parts as it goes through paddocks. You will pass the farmhouse on your right and continue through some gates past various disused houses and farm vehicles and down the hill to Galong Creek. The track crosses Galong Creek and turns east crossing the creek a few more times as it continues up to Green Gully. Turn left onto Megalong Valley Rd. Remain on Megalong Valley Rd for almost 6km travelling through a gate near the top of the hill and ignoring all junctions and driveways. On event day you will travel the last 1km to Checkpoint 3 via private property. Checkpoint 3 is located within the private property. *In training you must stay out of the private land and instead continue on Megalong Valley Rd to The Six Foot Track and turn right. Then travel 250m East along The Six Foot Track and you will be at approximately where the race route joins onto The Six Foot Track after leaving Checkpoint 3.*

NOTE: MEGALONG VALLEY RD IS A MAIN DIRT AND BITUMEN ROAD. IT IS NOT CLOSED TO TRAFFIC. BE AWARE AND GIVE WAY TO ALL TRAFFIC. At night you must wear your high visibility vest along this road. Stay on the FAR left-hand side of the road, especially around the tight bends heading up the big hill.

Highlights: The beautiful bush in the Ironpot Mountain area and the spectacular views from Ironpot Ridge. Checkpoint 3 is in an absolutely stunning setting with beautiful views of Narrow Neck.

LEG 4 –Six Foot Track (Checkpoint 3) to Katoomba Aquatic Centre (Checkpoint 4)

Course Description: From Checkpoint 3, follow a grassy track North for 150m until you come to a walking track, The Six Foot Track, which has small wooden track signs with a red walker symbol. Turn right onto The Six Foot Track, cross over a bridge and after 900m cross a fence at a stile and continue straight ahead onto Nellies Glen Rd, a dirt road which forms part of The Six Foot Track. You will gain 480m in elevation between here and Katoomba. Ignore all driveways along Nellies Glen Rd. After 1.3km on Nellies Glen Rd go around a locked gate using a stile and continue following Six Foot Track signs. After just under 5km in total along this dirt road The Six Foot Track becomes a walking track once again. Continue uphill on this walking track up the big ascent and the stairs. Just after the top of the stairs the track turns into a 4WD

road. Follow this a short distance to the T-intersection. Turn right and immediately go through a gate and back onto a walking track ignoring the dirt road to the left which goes to Explorers Tree. After 150m and prior to reaching the lookout, turn left on an easy to miss track and follow the walking track through to Stuarts Rd. The track to Stuarts Rd is rough. Be careful of small tree stumps and roots in the track that could cause you to trip. Turn left out of the walking track onto a driveway. Continue straight ahead on the driveway past the end of Stuarts Rd and up the hill on the walking track between the houses. At the top of the short section of walking track continue straight ahead onto Farnells Rd and up to the junction with Narrow Neck Rd. Cross and then turn right onto Narrow Neck Rd (GIVE WAY TO CARS!), then turn left into Wellington Rd and left at the bottom of the hill into Peckmans Rd. Cross over Catalina Ave and enter Checkpoint 4 from Peckmans Rd via the basketball courts of Katoomba Sports and Aquatic Centre.

Highlights: The stair ascent up the Six Foot Track is a hard but classic Blue Mountains walk

LEG 5 – Katoomba Aquatic Centre (Checkpoint 4) to Queen Victoria Hospital (Checkpoint 5)

Course Description: Exit Checkpoint 4 onto the footpath beside Gates Ave. Cross Gates Ave and continue on the footpath on the other side of Gates Ave for 150m. Then turn right into a grassy reserve and follow this reserve around the left-hand bend and up a hill to the end of Waratah St. Then turn right onto a dirt road (access road for two driveways) which heads downhill to a silt trap. After the silt trap, keep going straight ahead back uphill on a narrow dirt track and before reaching Loftus St, veer right on the grassy footpad through into a large open area called McRae's Paddock. The footpad continues downhill along the East side of the main creek. This area is a place of significant Aboriginal Heritage. Exit McRae's Paddock at the lower end through a gate. Then cross and turn right onto Neale St. Stay over on the far left hand edge of Neale St as you cross a narrow road bridge (GIVE WAY TO CARS!). After only 90m on Neale St turn left onto an easy to miss, grassy walking track which leads across a small creek to Katoomba Falls Reserve ovals. Follow around the Northern most side of the ovals' car parking areas and through to Cliff Drive. Cross Cliff Drive to a park above Katoomba Cascades and continue straight ahead through the park to join a concrete footpath on the far side which leads towards Echo Point ignoring the footpath and stairs down to the right to Katoomba Cascades. Continue following this footpath, Cliff Top Walk / Prince Henry Cliff Walk, around to the right and away from the road. This track passes under The Scenic Skyway cables and past Cliff View lookout, Allambie lookout and Lady Darley lookout. At the top of the stairs above Lady Darley lookout, turn right to continue towards Echo Point. Take the next left fork in the path to go up to the Echo Point main lookout. Turn left at the main lookout and head towards the Visitors Information Centre on the right-hand side of the small car park and toilets. Turn right around the far side of the Visitors Information Centre and go under a stone archway. Follow the signs all the way to the Three Sisters and Giant Stairway ignoring all minor junctions on the way including 'Prince Henry Cliff Walk'. Immediately after passing under another archway turn left to go down the Giant Stairway.

CAUTION: The Giant Stairway is long and extremely steep and narrow. The stairs descend 200m in elevation. It is uneven and may be slippery if wet. Please be careful and be courteous to other walkers and tourists on the stairs. PLEASE DO NOT PUSH ANYONE OUT OF THE WAY.

At the bottom of the stairs turn left onto Dardanelles Pass. Follow this for 1.2km to Leura Forest. Immediately after passing the rotunda in the Leura Forest picnic area, turn left onto Federal Pass towards Fern Bower. Continue over a bridge and past a picnic table. 250m after this bridge you will cross another bridge at Marguerite Cascades. Then continue straight ahead up the stairs on 'Fern Bower Track' 'To Prince Henry Cliff Walk'. Continue up many flights of stairs past Linda Falls and Lila Falls. At the top of a long straight metal and plastic staircase, turn left towards 'Cliff Drive & Katoomba via Fern Bower & Prince Henry Cliff Walk' ignoring the track to the right to 'Leura Cascades / Bridal Veil Falls via Amphitheatre Track'. Continue up the stairs past 'Fern Bower' and at the top, turn right on 'Prince Henry Cliff Walk' towards 'Leura Cascades' ignoring the track to the left to 'Echo Point' then turn left up a short flight of stairs and turn right onto the footpath beside Cliff Drive on 'Prince Henry Cliff Walk' to 'Leura Cascades / Gordon Falls Reserve'. Solitary Restaurant is on the opposite side of Cliff Drive. After 70m on this footpath, turn right down a flight of stairs to remain on 'Prince Henry Cliff Walk' to 'Leura Cascades' and 'Gordon Falls Reserve'. Continue straight ahead ignoring tracks to the right to 'Copelands Lookout' and 'Bridal Veil Lookout'. Continue straight ahead on 'Leura Cascades Round Walk' to 'Leura Cascades Picnic Area via Leura Falls Lookout' ignoring 'Amphitheatre Track' to the right. Continue straight ahead towards Leura Cascades ignoring the track to the right to an unnamed lookout. After descending some stairs you arrive at the top of Bridal Veil Falls and Leura Cascades. Cross over the first bridge and ignore the second bridge which goes to a cave. Continue up the stairs and turn hard right onto 'Prince Henry Cliff Walk to Gordon Falls Cliff Top Lookouts' ignoring the bridge to the left that goes to Leura Cascades Reserve and toilets. Continue on Prince Henry Cliff Walk following signs towards 'Gordon Falls' and ignoring tracks to lookouts

and tracks to Cliff Drive. At Olympian Rock, continue straight ahead ignoring the track to the left which goes up to Olympian Parade. Cross the bridge and continue straight ahead past Elysian Rock ignoring the track to the left which also goes up to Olympian Parade. Continue 230m to a 4-way junction. At the 4-way junction, continue straight ahead ignoring the stairs up to Olympian Parade and ignoring the track to the right to 'Gordon Falls Lookout'. The track then immediately veers left and shortly afterwards opens up into an open grassy area, Gordon Falls Reserve, with picnic tables, some picnic caves and a toilet block. Continue along the right-hand edge of this grassy area to a track at the other side of the open area. Veer right onto 'Pool of Siloam Track' to 'Golf Links Lookout 900m' ignoring the unnamed track straight ahead and ignoring another unnamed track to the left. At the next junction, turn right down the stairs to 'Pool of Siloam' and 'Golf Links Lookout' ignoring the track straight ahead to 'Lyrebird Dell, 500m'. Cross the bridge at Pool of Siloam and continue up the stairs towards 'Golf Links Lookout'. Turn left, ignoring the track to the right to Golf Links Lookout then immediately continue straight ahead to 'Grand Cliff Top Track' ignoring the track to the left to 'Gladstone Rd Leura'. Remain on this track through to Carleton Rd. Turn right into Carleton Rd and follow this road around the left-hand bend where the road becomes Willoughby Rd and continue a further 300m to Sublime Point Rd. Turn left into Sublime Point Rd.

NOTE: CARLETON RD, WILLOUGHBY RD AND SUBLIME POINT RD WILL NOT BE CLOSED TO TRAFFIC. BE AWARE AND GIVE WAY TO ALL TRAFFIC. Stay on the FAR left-hand side of these roads. You must wear your high visibility vest along these roads if arriving at Willoughby Rd after 4:45pm.

Continue along the far left-hand side of Sublime Point Rd and cross over Sublime Point Rd 10m before Watkins Rd. Continue on the footpath on the right-hand side of Sublime Point Rd ignoring Watkins Rd on your left and turn right into Fairmont Place. Follow the footpath beside Fairmont Place down to Fairmont Resort. Turn right on the service road which runs on the South or back side of Fairmont Resort. The large grassy area outside the Fairmont Resort bar is the location of the 69.2km water point. Continue on the service road to join up with a dirt road between the Fairmont grounds and the bush and past a high ropes course. This dirt road takes you to the 14th tee of the golf course. Enter the walking track, Grand Cliff Top Track, at the 14th tee and continue another 1.3km descending to Lilians Bridge. Immediately after crossing Lilians Bridge, the trail bends right. Follow the trail to the right and continue straight ahead on the section of 'Nature Track Circuit' which heads to 'Conservation Hut Café 30 min' and ignoring the section of 'Nature Track Circuit' which heads sharply back to your left to 'Conservation Hut Café 1 hr 30 min' (*Note that this text is only found on the back side of the signpost*). After crossing another bridge, veer left up the stairs towards the 'Conservation Hut Café -Car park 15 mins' ignoring the track straight ahead to 'Empress Falls' & 'To National Pass'. Continue past Empress Lookout. Veer left up the stairs, ignoring the track straight ahead to Queen Victoria Lookout. Continue up the stairs towards 'Conservation Hut Café -Car park' ignoring an old track 'To Overcliff Track'. Approximately 100m further, turn hard right on 'Overcliff Track / To Undercliff Track / Wentworth Falls -to the falls' ignoring the track straight ahead to 'Conservation Hut Café -Car park'. Continue straight ahead following sign to 'Wentworth Falls Picnic Area and Carpark 35min' ignoring old track to the right. Near Lyrebird Lookout, continue on Overcliff Track to 'Wentworth Falls Picnic Area 30 min' ignoring the track to the left 'To Shortcut Track 300m'. After another 700m, continue straight ahead to 'Wentworth Falls Picnic Area -To the falls 45 min' ignoring the track to the left 'To Shortcut Track / Murphy Lane 15 min'. Continue straight ahead on Overcliff Track to 'Wentworth Falls Picnic Area' ignoring the track to the right to 'Den Fenella Lookout 200m'. Then immediately cross the small timber bridge and turn right 'on 'Undercliff Track -To the falls' ignoring the track to the left to 'Wentworth Falls Picnic Area 10 min'. Overcliff Track becomes Undercliff Track at this point. Continue on 'Undercliff Track' to 'Wentworth Falls -To the falls 10 mins' ignoring the track to the left to 'Princes Rock Lookout 5 min' & 'Car park 15 min'. Continue straight ahead following signs 'To the falls' ignoring the track to right to 'Lookout 50m'. Again continue straight ahead on 'Wentworth Falls Track - to the falls 100m' ignoring the track to the right to 'Fletchers Lookout' and ignoring the track to the left to 'Car park 20 min'. Continue straight ahead down the stairs 'To the Falls' ignoring the track to the left signposted 'Weeping Rock Circuit'. Continue over Wentworth Falls on sandstone blocks and immediately turn left ignoring the track straight ahead to 'National Pass' and then immediately turn right onto 'Rocket Point Circuit 20 mins' & 'Kings Tableland Rd'. Continue straight ahead on 'Round Walk' ignoring the track to the right also signposted 'Round Walk'. Then turn left to 'Kings Tableland Rd' ignoring the track straight ahead to 'Rocket Point'. At the wide 4WD trail continue straight ahead. Ignore the 4WD trail back to your left. Continue straight ahead through two locked gates ignoring the track to the left after the first gate and ignoring the track to the right after second gate. Turn left onto the bitumen road (Hordern Rd). After 500m on Hordern Rd, turn right into Coronation Rd. At the end of Coronation Rd veer slightly left past the timber power pole and down the earth bank to a footpad. Turn left onto the footpad (stormwater pipe access track). The footpad narrows and pops out onto the edge of private land with a house on the left. Continue along the right-hand edge of the private land and turn right onto another footpad / rough track which links up to and then follows underneath the local distribution line

(powerline). Remain on this dirt track which runs parallel and beside Tableland Rd for 2km all the way to Checkpoint 5 (Old Queen Victoria Hospital) at the junction of Tableland Rd and Kedumba Valley Rd.

NOTE: HORDERN RD AND CORONATION RD WILL NOT BE CLOSED TO TRAFFIC. BE AWARE AND GIVE WAY TO ALL TRAFFIC. Stay on the FAR left-hand side of these roads, especially around the right-hand bend in Hordern Rd. You must wear your high visibility vest along Hordern Rd and Coronation Rd if arriving at Hordern Rd after 5:00pm.

NOTE: On Leg 5 you will be on many tracks along the cliff edge. These will be bitterly cold in a slight wind. You should make sure you have enough warm clothes with you before leaving Checkpoint 4. Also Leg 5 is the slowest, toughest and second longest of the race so make sure to fuel up at Checkpoint 4.

Highlights: The Cliff Top Walk to Echo Point, The Giant Stairway, Dardanelles Pass, Leura Forest, Linda Falls, Fern Bower, Bridal Veil Falls, Leura Cascades, the numerous lookouts along Prince Henry Cliff walk, the bridge at Elysian Rock, the Pool of Siloam, Golf Links Lookout, Empress lookout, Overcliff Track and Wentworth Falls.

LEG 6 – Queen Victoria Hospital (Checkpoint 5) to Scenic World (Finish)

Course Description: From Checkpoint 5, continue along Kedumba Valley Rd for 1.2km to a locked gate. Continue straight ahead through the locked gate and down a long descent which goes through the big road cutting of Kedumba Pass and through a closed gate which is to stop feral pigs. 4.7km after leaving Checkpoint 5 and about 700m after the feral pig gate, turn hard right onto another main dirt road (*in training keep a look out for this right-hand turn. It can be easy to miss if not paying attention during training*). This dirt road is quite major, with white roadside posts and reflective markers. Remain on this dirt road for the next 11.5 km, crossing causeways at Jamison Creek (750m in elevation below Scenic World) and Leura Falls Creek and through a large clearing in a saddle (location of the 91.2km emergency aid station) before ascending steeply towards the majestic cliff lines of The Three Sisters. The dirt road then levels out, before dropping gradually to an open grassed area which is the old Katoomba Sewage Treatment Works site. Follow the now grassy road along the right-hand edge of the clearing and then uphill and around to the left. At the end of the clearing, the grassy road becomes a walking track where it enters the bush. Follow this walking track up the hill. After 560m cross a small creek and continue uphill until you see a concrete pipe with a very rough track going steeply uphill. Before reaching this concrete pipe, turn hard left onto a small path. Follow the small path for 50m until it reaches Federal Pass. Turn left onto Federal Pass to 'Leura Forest & Federal Pass' ignoring the stairs up to the right 'To Prince Henry Cliff Walk' and immediately cross a small bridge (you passed through here in the opposite direction during Leg 5). 100 meters after crossing this bridge you will come to the start of Leura Forest. Continue on Federal Pass past the Leura Forest picnic area and remain on Federal Pass following signs to Scenic Railway. 1.7km after Leura Forest, continue straight ahead on Federal Pass ignoring 'Dardanelles Pass' to the right. After another 2km on Federal Pass, turn hard right up Furber Steps signposted 'Furber Steps – Katoomba Cliff Drive 45 min' ignoring the metal bridge straight ahead to 'Federal Pass – Scenic World Valley Station 100m'. If you reach Scenic World lower train station, turn around and go back 100m to the Furber Steps. Furber Steps will take you to the top of the cliffs. This ascent has 951 stairs and about 220m of elevation gain. On the ascent keep following signs to 'Katoomba –Cliff Drive' ignoring all side tracks (Vera's Grotto, Furber Lookout, Lyne's Point, Queen Victoria Lookout, Underfall Walk and Rainforest Lookout). Just after Rainforest Lookout, turn left onto 'Katoomba Falls Round Walk' to 'Scenic World car park via Prince Henry Cliff Walk 15 min.' Continue up the stairs past two side lookouts and when you finally reach the top, turn left to Scenic World ignoring the track to the right marked 'Prince Henry Cliff Walk to Echo Point'. Continue to the finish line at Scenic World

NOTE: From Checkpoint 5 at Queen Victoria Hospital to Jamison Creek causeway you will descend 650m in 8.5km. Also the first 3km from Checkpoint 5 is exposed and can be bitterly cold in a slight wind. It is near impossible to warm yourself when running downhill so make sure you have enough warm clothes with you before leaving Checkpoint 5.

Highlights: Kedumba Pass and the views to Mt Solitary and The Three Sisters. The old sewage treatment works site, Leura Forest, Federal Pass walking track with rainforest and waterfalls, the spectacular views of the cliffs from many locations on Furber Steps and finishing ULTRA-TRAIL AUSTRALIA 100.