

























# HELLS BELLS 2018 Course Notes

Wild&Co.

<b>LEG 1</b>		<b>16 km</b>	Start Elevation 0m Gain est. 100m	<b>TREK NOOSA NORTH SHORE</b>	
	<b>Fastest</b> estimate = 1:30 hrs <b>To Finish</b> estimate = 3:00 hrs		1		1,2,3,4, 5,6/TA
	Team Estimate:				
<p>▶ <b>START INFORMATION</b></p> <p>▶ Gear Drop 0930hrs, collect trackers, from 1100hrs front of HQ</p> <p>▶ Start briefing 1120hrs. Start 1130hrs</p>					
<p>▶ <b>Tewantin</b> - High tide 0845hrs (1.63m) / Low Tide 1531hrs (0.14m) / High Tide 1918hrs (2.25m)</p> <p>▶ <b>CAUTION</b> - Life jackets must be worn if swimming across Noosa river. Watch for boat traffic.</p> <p>▶ <b>CAUTION</b> - Watch for 4WD vehicles on beach, road rules apply</p> <p>▶ <b>CAUTION</b> - Watch for horses near CP4</p> <p>▶ Teams may enter water at any point to cross Noosa river, must exit at CP1. Use fire trails, dirt roads, the beach and walking tracks to navigate Noosa North Shore.</p> <p>▶ Alternative passenger ferry to Noosa North Shore \$1 per person</p> <p>▶ <b>TRANSITION</b> - TA1 Boat ramp beside ferry landing Noosa North Shore, watch for 4WDs. Paddles and PFDs Available at TA. No Box. Water available at TA1.</p>					
<b>LEG 2</b>		<b>20 km</b>		<b>PADDLE TEWANTIN TO TEEWAH LANDING</b>	
	<b>Fastest</b> estimate = 2:00 hrs <b>To Finish</b> estimate = 4:00 hrs		1,2		7,8/TA
	Team Estimate:				
<p>▶ <b>Tewantin</b> - High tide 0845hrs (1.63m) / Low Tide 1531hrs (0.14m) / High Tide 1918hrs (2.25m)</p> <p>▶ Team kayaks must stay within 100m of each other - officials will check especially at CPs</p> <p>▶ <b>FIRST RESPONSE</b> - Wave paddles vertically to attract attention. Use Phone in emergency.</p> <p>▶ Teams to enter water at boat ramp beside ferry landing and continue along the Noosa river to Lake Cooribah and Lake Cootharaba. Take care of boat traffic. Lakes contain very shallow sections. Landing at Teewah is very small, avoid damaging environment.</p> <p>▶ <b>TRANSITION</b> - Leave kayaks at Teewah Landing. No Box. No water available.</p>					
<b>LEG 3</b>		<b>6 km</b>	Start Elevation 0m Gain 100m	<b>CLIMB SEEWAH HILL</b>	
	<b>Fastest</b> estimate = 0:40 hrs <b>To Finish</b> estimate = 1:30 hrs		2		9/TA
	Team Estimate:				
<p>▶ Follow sandy track to top of Seewah hill</p> <p>▶ <b>TRANSITION</b> - Teewah Landing. No Box. No water available.</p>					
<b>LEG 4</b>		<b>5 km</b>		<b>TEEWAH LANDING TO ELANDA POINT</b>	
	<b>Fastest</b> estimate = 0:30 hrs <b>To Finish</b> estimate = 1:00 hrs		2		TA
	Team Estimate:				
<p>▶ <b>Tewantin</b> - High tide 0845hrs (1.63m) / Low Tide 1531hrs (0.14m) / High Tide 1918hrs (2.25m)</p> <p>▶ Team kayaks must stay within 100m of each other - officials will check especially at CPs</p> <p>▶ <b>FIRST RESPONSE</b> - Wave paddles vertically to attract attention. Use Phone in emergency.</p> <p>▶ Teams to enter water at Teewah Landing, crossing the lake to Elanda Point.</p> <p>▶ <b>TRANSITION</b> - TA2 Take kayaks up the beach to transition area. Box A. Water available.</p>					
<b>LEG 5</b>		<b>33 km</b>	Start Elevation 0m Gain 660m	<b>ELANDA POINT TO TABLELANDS RD LOOKOUT</b>	
	<b>Fastest</b> estimate = 1:45 hrs <b>To Finish</b> estimate = 3:30 hrs		3,4		10,11, 12/TA
	Team Estimate:				
<p>▶ <b>CAUTION</b> - Public roads, cars and trucks travelling at high speed, ride single file.</p> <p>▶ Teams to navigate sealed, unsealed roads and the Noosa trails network to Tablelands Rd Lookout.</p> <p>▶ <b>TRANSITION</b> - TA3 Tablelands Rd Lookout. Box B. Water available.</p>					
<b>LEG 6</b>		<b>30 km</b>	Start Elevation 320m Gain 1300m	<b>WOONDUM NATIONAL PARK ROGAINE</b>	
	<b>Fastest</b> estimate = 6:00 hrs <b>To Finish</b> estimate = 12:00 hrs		5		13 to 22/TA
	Team Estimate:				
<p>▶ <b>CAUTION</b> - Take care on slippery wet rocks in creeks and gullies.</p> <p>▶ <b>CAUTION</b> - Gympie Gympie Bush has been sighted near CP17 and CP18.</p> <p>▶ <b>CAUTION</b> - Possible very steep descents on this leg depending on route choice.</p> <p>▶ Officials will attach wristbands at start of this leg. Punch all bands <b>AND</b> Master control card. Teams to collect as many CPs as they can in any order. Time credits for each CP noted on CP Descriptions. All time credits become invalid after the course cut-off at 1130hrs Sunday.</p> <p>▶ <b>TRANSITION</b> - TA3 Tablelands Rd Lookout. Box B. Water available.</p>					

# Course Notes

LEG 7	38 km	Start Elevation 320m Gain 720m	TABLELANDS RD TO TINBEERWAH	
	<b>Fastest</b> estimate = 4:00 hrs		4,6,7	<ul style="list-style-type: none"> <li>▶ <b>CAUTION</b> - Public roads, cars and trucks travelling at high speed, ride single file.</li> <li>▶ Teams to navigate sealed, unsealed roads, firetrails and the Noosa trails network to TA4 at Mt Tinbeerwah car park.</li> <li>▶ As an option teams may choose to climb Mt Cooroora and collect CP27 for a time credit, Punch all team members bands <b>AND</b> Master control card. Bikes should be left with race official in park at base of climb. <b>Appropriate footwear is highly recommended.</b></li> <li>▶ <b>TRANSITION</b> - TA4 Mt Tinbeerwah. No Box. Water Available.</li> </ul>
	<b>To Finish</b> estimate = 7:00 hrs			
	Team Estimate:			
LEG 8	500 m		TINBEERWAH ABSEIL	
	<b>Fastest</b> estimate = 1:00 hrs		7	<ul style="list-style-type: none"> <li>▶ <b>CAUTION</b> - Take care on slippery wet rocks near cliff edges, exercise extreme caution, follow all instructions from race officials.</li> <li>▶ The Abseil will be open from 0300hrs to 1030hrs. Teams have a mandatory 1hr stop at TA4 and will be signed in and out by a TA official. It is essential that teams don't 'race' this stage.</li> <li>▶ <b>Appropriate footwear is highly recommended.</b></li> <li>▶ <b>TRANSITION</b> - TA4 Mt Tinbeerwah. No Box. Water Available.</li> </ul>
	<b>To Finish</b> estimate = 1:00 hrs			
	Team Estimate:			
LEG 9	15 km		TINBEERWAH TO NOOSAVILLE	
	<b>Fastest</b> estimate = 0:45 hrs		7,8	<ul style="list-style-type: none"> <li>▶ <b>CAUTION</b> - Public roads, cars and trucks travelling at high speed, ride single file.</li> <li>▶ <b>CAUTION</b> - Take extreme care crossing Cooroy Noosa Rd and Beckmans Rd</li> <li>▶ Teams to travel to HQ via single track, fire trails and bike paths.</li> </ul>
	<b>To Finish</b> estimate = 1:30 hrs			
	Team Estimate:			

NO.	DESCRIPTION	TIME CREDIT
1	Riverbank	
2	30m west of track junction	
3	Tree in scrub	
4	30m south of track bend. Take care around horses	
5	Highpoint	
6	Dense scrub, subtle high point	
TA1	Boat ramp next to ferry	
7	Tree on southern bank	
8	Small tree	
9	Seawah hill	
TA2	Elanda Point Camp Ground	
10	Fence post no flag	
11	Creek junction	
12	Highpoint	
TA3	Tablelands Rd Lookout	
13	30m south, south east track junction	45mins
14	Highpoint	45mins
15	Spur	60mins
16	Highpoint	60mins
17	Spur	45mins

NO.	DESCRIPTION	TIME CREDIT
18	Creek junction	60mins
19	Broad spur	60mins
20	Highpoint	60mins
21	Highpoint	60mins
22	Creek junction	45mins
TA3	Tablelands Rd Lookout	
23	trail network sign no flag	
24	40m west of trail along creek	
25	50m south of creek junction	
26	50m north of high point	
27	Summit	60mins
28	50m south of track creek junction	
29	Creek junction.	
30	40m east of track creek junction	
31	Creek bed north of track bend	
32	50m north of trail	
33	30m north of high point	
TA4	Mt Tinbeerwah Car Park – closed until 0300hrs	
34	40m SW along creek from creek track junction	
35	30m north of track bend	