

COURSE NOTES HELLS BELLS



HellsBells 24HR // ADVENTURE RACE

LEG 1		11 km	Elevation Gain 0m		MOOLOOLA RIVER
	Fastest estimate = 1:15 hrs To Finish estimate = 2:15 hrs	Team Estimate:		1	<ul style="list-style-type: none"> ▶ Moolooloa River Parrearra - High Sat 6:31am (1.21m) – Low Sat 12:50 pm (0.26m) ▶ FIRST RESPONSE - Wave paddles vertically to attract safety craft. Use Phone in emergency. ▶ CAUTION - Public waterway, be aware of powered watercraft ▶ Team kayaks must stay within 100m of each other - safety officials will be checking ▶ Teams to enter water on Mooloolaba beach and navigate up river towards TA1. ▶ Collect CPs 1,A, B, C, D, E, F in any order on Leg 1 or Leg 10. ▶ On completion of leg carry kayak and paddle gear to designated area.
				1, A, B, C, D, E, F, TA1	
TA 1					<ul style="list-style-type: none"> ▶ Place paddle gear with Box A for return leg. ▶ Access Box A
LEG 2		36 km	Elevation Gain 500m		MOOLOOLA RIVER TO WILD HORSE MOUNTAIN
	Fastest estimate = 2:20 hrs To Finish estimate = 3:30 hrs	Team Estimate:		1,2,3,4	<ul style="list-style-type: none"> ▶ CAUTION - Public roads, cars/trucks travelling at high speed, ride single file, use sidewalks and paths where possible, give way to pedestrians ▶ CAUTION - Exercise extreme caution – steep descents depending on route choice ▶ Teams to use fire trails and tracks to navigate their way through Moolooloa National Park and Beerwah State Forest. Collect all CPs in order.
				2 to 9, TA2	
TA 2			<ul style="list-style-type: none"> ▶ Place bikes in designated area. ▶ Copy CPs for Leg 3 at this transition. 		
LEG 3		6 km	Elevation Gain 150m		WILD HORSE MOUNTAIN TREK
	Fastest estimate = 0:45 hrs To Finish estimate = 2:00 hrs	Team Estimate:		4	<ul style="list-style-type: none"> ▶ Teams to use the fire trails to navigate through the pine forest around Wildhorse Mountain. ▶ Collect all CPs in ANY order. Teams must stay within 100m of each other, all team members must visit all CPs (within 5m), penalties will apply.
				G,H,I,J,K, TA2	
LEG 4		6 km	Elevation Gain 100m		TO GLASSHOUSE
	Fastest estimate = 0:20 hrs To Finish estimate = 0:45 hrs	Team Estimate:		4	<ul style="list-style-type: none"> ▶ CAUTION - Public roads, cars/trucks travelling at high speed, ride single file, use sidewalks and paths where possible, give way to pedestrians ▶ Cross under the highway along creek, do not use the overpass. ▶ Teams to use fire trails and roads to navigate to Glasshouse. No CPS on this leg.
				TA3	
TA 3					<ul style="list-style-type: none"> ▶ Place bikes in designated area. ▶ Access Box B
LEG 5		14 km	Elevation Gain 400m		GLASSHOUSE MOUNTAINS TREK
	Fastest estimate = 1:45 hrs To Finish estimate = 3:30 hrs	Team Estimate:		4	<ul style="list-style-type: none"> ▶ CAUTION - Exercise extreme caution – rough tracks and steep descents depending on route choice ▶ Teams to navigate around the Glasshouse mountains using fire tracks and trails. ▶ Collect all CPs in order.
				10 to 15, TA3	

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LEG 6		24 km	Elevation Gain 320m	GLASSHOUSE TO DULARCHA		
	Fastest estimate = 1:35 hrs		4,5		16 to 21, TA4	
	To Finish estimate = 2:30 hrs					
Team Estimate:		<ul style="list-style-type: none"> ▶ CAUTION - Public roads, cars/trucks travelling at high speed, ride single file, use sidewalks and paths where possible, give way to pedestrians ▶ Teams to use public roads and bike paths, fire trails and tracks to navigate their way through to Dularcha National Park. Collect all CPs in order. 				
TA 4					<ul style="list-style-type: none"> ▶ Place bikes in designated area. ▶ Copy CPs for Leg 7 at this transition 	
LEG 7		5 km	Elevation Gain 200m	DULARCHA TREK		
	Fastest estimate = 1:00 hrs		5		L,M,N, TA4	
	To Finish estimate = 2:00 hrs					
Team Estimate:		<ul style="list-style-type: none"> ▶ CAUTION - Exercise extreme caution – rough and steep descents on this leg depending on route choice ▶ Teams to navigate their way around Dularcha National Park Collect all CPs in ANY order. 				
LEG 8		23 km	Elevation Gain 265m	DULARCHA TO MOOLOOLA WETLANDS		
	Fastest estimate = 1:30 hrs		5,2		22,23,24, 25,TA5	
	To Finish estimate = 2:45 hrs					
Team Estimate:		<ul style="list-style-type: none"> ▶ CAUTION - Public roads, cars/trucks travelling at high speed, ride single file, use sidewalks and paths where possible, give way to pedestrians ▶ Teams to use public roads, fire trails and tracks to navigate their way to the Mooloola Wetlands Reserve. Collect all CPs in order. 				
TA 5					▶ Place bikes as instructed	
LEG 9		8 km	Elevation Gain 50m	MOOLOOLA WETLANDS TREK		
	Fastest estimate = 1:30 hrs		1		26,27,28, TA1	
	To Finish estimate = 2:45 hrs					
Team Estimate:		<ul style="list-style-type: none"> ▶ Teams to navigate Mooloola Wetlands. ▶ Cross the Mooloola River at CP28 Collect all CPs in ANY order. 				
TA 1						▶ Access Box A
LEG 10		11 km	Elevation Gain 0m	MOOLOOLA RIVER		
	Fastest estimate = 1:25 hrs		1		1,A, B, C, D, E, F, FINISH	
	To Finish estimate = 2:45 hrs					
Team Estimate:		<ul style="list-style-type: none"> ▶ Mooloola River Parrearra- High Sat 7:03pm (1.75m) – Low Sun 1:49am (0.26m) ▶ FIRST RESPONSE - Wave paddles vertically to attract safety craft. Use Phone in emergency. ▶ CAUTION - Public waterway, be aware of powered watercraft ▶ Team kayaks must stay within 100m of each other - safety officials will be checking ▶ Teams to enter water at TA1 and navigate their way to the finish line. Collect CPs 1,A, B, C, D, E, F in any order on Leg 1 or 10. ▶ On completion of leg carry kayak and paddle gear to finish line park. 				