



## WILDENDURANCE COURSE NOTES No.4 – CHECKPOINT THREE TO CHECKPOINT FOUR

Distance: 17.1km

Elevation Change: 570m

Description: Pleasant trek along little used firetrails at the foot of majestic escarpments, with two more challenging sections – a short off-track detour and the ascent of Nellies Glen to reach Checkpoint Four.

Point	Description	Kms	Elevation
1	Start Checkpoint Three, Dunphy's Campground	0.00	605
2	Pass the sign for Bellbird Ridge Maintenance Trail	0.10	620
3	Climb over the stile	0.15	635
4	Go around the locked gate	0.60	675
5	At the T junction TURN LEFT at the Medlow Gap Maintenance Trail sign	1.35	690
6	Cross Galong Creek using the causeway	2.80	675
7	At the small white sign saying "124 169" turn right onto a smaller firetrail	5.60	735
8	Pass the sign for "Black Billy Head Mine" and ignore the turnoff to the right	5.70	740
9	Go through the gate	6.30	710
10	Cross the creek (your feet may get wet if there has been recent rain)	7.65	590
11	Go through the open gate	7.70	595
12	Turn right off the main track onto the smaller dirt road and follow the strips of tape through the bush	9.80	670
	<i>The following 2.8km of the course are cross country and do not follow a clearly defined trail. Please follow the yellow and red flagging tape hanging regularly in the trees. The course heads uphill for several hundred meters and then follows the contours across the slope for about 800m before descending through the trees along a spur and then turning right</i>		
13	Cross Corral Creek (unsignposted)	11.60	620
14	Pass stone ruins of old building	11.70	625
15	Turn right onto very old, overgrown dirt road	12.30	610
16	Go around the locked gate and turn RIGHT onto the dirt Nellies Glen Road (Six Foot Track) and continue straight on through another gate	12.60	595
17	Ignore the the turnoff to the right signposted "No Access" and instead follow the Six Foot Track sign	12.90	600
18	Trail rounds a huge boulder and narrows to single file dirt path	14.85	680
19	Pass sign saying "Nellies Glen"	15.35	745
20	Cross the creek using the stones	15.90	840
21	Bottom of the first flight of steps. A series of steps will take you to the top of the hill	15.95	850
21	Top of the steps, go around the wooden barrier	16.45	1000

23	Turn left at the Six Foot Track sign, ignore the gate on the right	16.55	1010
24	Go around the gate	17.05	1060
25	CHECKPOINT FOUR- EXPLORERS TREE	17.10	1060