



## THE CHALLENGE

The Heysen Trail is one of the most beautiful walking trails in Australia, passing through diverse and breathtaking landscapes. Sections of the trail are rugged and remote with limited vehicle access.

The SA Hiking Challenge is a two-day event, covering 80 kms of the Heysen Trail, this time through South Australia's historic Copper Country.

True to its name, The SA Hiking Challenge is exactly that ... it's a challenge. A reasonable level of hiking experience and fitness is required. Each day the trail covers 40 kms with checkpoints stationed approximately every 10 km, depending on vehicle access.

Tackle it running or hiking, it's completely up to you. If you prefer, you can choose to hike on only one day or a segment of your choice. And if you do run out of puff, there will be support crew at the checkpoints to arrange transport for you.

## REGISTRATION

1. Complete the registration form and pay the \$150 entry fee.
2. Complete the medical form.
3. Set up your fundraising page - send us a few short paragraphs about why you are taking part in The SA Hiking Challenge, along with a photo.

Forward to [elissa.odonohue@jodileefoundation.org.au](mailto:elissa.odonohue@jodileefoundation.org.au)

Our target is for the event to raise \$120,000 to fund our bowel cancer prevention initiatives that encourage people to screen regularly, act quickly on symptoms and lead healthy and active lifestyles.

## ACCOMMODATION & MEALS

Please arrange accommodation of your choice, bearing in mind that the bus will be leaving from Burra at the crack of dawn each morning.

On Thursday night we will have dinner at The Royal Exchange Hotel after the briefing. We'd love everyone to join us, but this one is on you!

Please note, we will be leaving early each morning so you will need to make arrangements for breakfast in your hotel room. On Friday there's a chance we may return late after restaurants have closed. You might want to think about organising a light dinner for your hotel room ... just in case.

To celebrate, on Saturday night you will be treated to a celebratory dinner in a surprise location.

## ITINERARY

### Thursday 21st May

6.30pm Team briefing at The Royal Exchange Hotel

### Friday 22nd May

5.30am Bus leaves from the Burra Motor Inn (on time)  
6.30am Hike commences from Peter's Hill

Segment 1 Peter's Hill to Marabel - 12.0 kms  
Segment 2 Marabel to Gerkie Gap Rd - 10.5 kms  
Segment 3 Gerkie Gap Rd to Busch Rd - 10.5 kms  
Segment 4 Busch Rd to Webb Gap Rd - 10 kms

### Saturday 23rd May

6.00am Bus leaves from Burra Motor Inn (on time)  
6.30am Hike commences from Webb Gap Rd

Segment 1 Webb Gap Rd to Tothill Gap - 10.0 kms  
Segment 2 Tothill Gap to Burra Rd - 9.0 kms  
Segment 3 Burra Rd to Worlds End Hwy - 12.0 kms  
Segment 4 Worlds End Hwy to Gorge Rd - 4.5 kms

7.00pm Bus leaves from the Burra Motor Inn for the celebratory dinner at a surprise location

Please note: the location and distance between checkpoints is approximate and relies on information available as at August 2014.

For further information please contact Elissa O'Donohue [elissa.odonohue@jodileefoundation.org.au](mailto:elissa.odonohue@jodileefoundation.org.au)

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# THE SA HIKING CHALLENGE

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IN MEMORY OF TRACEY LEE DIAMOND

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22 & 23 MAY 2015



# SA HIKING CHALLENGE

## REGISTRATION FORM

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Thank you for registering to take part in The SA Hiking Challenge. We promise you a truly unique and challenging experience. To secure your place, please complete this form and return it to us as soon as possible, together with your payment of the \$150 entry fee.

While we make all provision possible to ensure your safety, you are responsible for your own health and wellbeing in the lead up to and during the event. Please make sure you have relevant health insurance and ambulance cover.

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### REGISTRATION DETAILS

Name: .....

Address: .....

Email: ..... Mobile: .....

Distance (circle):      All                      Day 1                      Day 2                      Segment: .....

T-shirt size:              Men:    S | M | L | XL | XXL              Women:    8 | 10 | 12 | 14 | 16

Attending celebration dinner:    Yes    No    Additional tickets @ \$100 per person:    Qty: .....

Dietary Requirements: .....

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### PAYMENT DETAILS

Please make cheques payable to The Jodi Lee Foundation.

Credit card payments can be made using VISA or Mastercard. Please call Elissa O'Donohue on 0407 599 809 or provide your details below.

Name on card: .....

Card Number: ..... Expiry: .....

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### RETURN TO

The Jodi Lee Foundation, 66a The Parade, Norwood, 5067 OR [elissa.odonohue@jodileefoundation.org.au](mailto:elissa.odonohue@jodileefoundation.org.au).

THE  
SA HIKING  
CHALLENGE

IN MEMORY OF TRACEY LEE DIAMOND



## MEDICAL FORM

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Name .....

Date of Birth .....

Address .....

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Email .....

Mobile number .....

Medicare No .....

Health Fund .....

Ambulance Cover .....

Smoker YES / NO

Date of last tetanus .....

Allergies .....

Past Medical History .....

.....

Current Medical History .....

Medication .....

.....

Next of Kin .....

Contact number .....

# The SA Hiking Challenge

## Frequently Asked Questions

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### REGISTRATION

**How much does it cost?** The entry fee is \$150 per person, regardless of the distance you hike. The fee includes entry to the event, the celebration dinner, a Jodi Lee Foundation T-shirt and cap, and of course our signature little black tutu! Additional tickets to the celebration dinner are \$100 per person.

**What's the little black tutu all about?** You can read more [here](#)

**Who can enter?** The SA Hiking Challenge is open to anyone over the age of 14, however children under 18 must hike with an adult at all times.

**Can I get a refund?** Yes, if you advise us by 31 March 2015 we will refund your entry fee. The refund is limited to your entry fee and additional guests for the celebratory dinner and does not extend to donations.

**Where do I collect my outfit?** You will receive your T-shirt, cap and tutu at the event briefing the night before The SA Hiking Challenge. Please note, T-shirts are made to order and sizes cannot be changed.

### FUNDRAISING

**How do I set up my fundraising page?** Simply email a few short paragraphs about why you are taking part in The SA Hiking Challenge, along with a photo to [elissa.odonohue@jodileefoundation.org.au](mailto:elissa.odonohue@jodileefoundation.org.au). You will be notified as soon as your page is ready to go and will be provided a link that you can share with your contacts. Donations made via this link are automatically allocated to your fundraising tally.

#### **How much do I need to raise?**

There is no specified amount but we ask that you raise as much as you can to help us continue spreading the word about bowel cancer. The SA Hiking Challenge has been a hugely successful event with more than \$128,000 raised in the first two years. Our goal for the 2015 event is to raise \$120,000 to help fund our bowel cancer prevention initiatives. With an estimated 100 people joining the event, that's an average of around \$1,200 each. All efforts made are much appreciated and we are here to help wherever possible. Be creative with your fundraising and have some fun.

**Where does my fundraising money go?** The Jodi Lee Foundation relies on the generosity of donors to fund initiatives that raise awareness about bowel cancer and the importance of early detection, including publicity campaigns, our Corporate Bowel Screening Program and Know Your Risk – a website that allows people with a family history of bowel cancer to assess whether their risk is elevated. We also fund research to improve the early detection of bowel cancer. A small portion of all donations is allocated towards employing a dedicated team to manage these important prevention programs and initiatives.

## PREPARATION

**How fit do I need to be?** The SA Hiking Challenge is exactly that ... it's a challenge. A reasonable level of hiking experience and fitness is required to attempt the event through the remote Copper Country. If you have a pre-existing injury or illness, please consult your healthcare provider prior to undertaking the hike.

The majority of the Heysen Trail is classified as moderate to challenging, described in the Australian Standard for Walking Tracks as follows:

Moderate: Some moderate inclines; irregular surface with loose, uneven base; average level of fitness assumed

Hard: Some steep inclines; irregular surface with loose, uneven base; average level of fitness assumed; some hiking experience necessary

Challenging: Remote long distance trail with some steep inclines; irregular surface with loose, uneven base; suitable for experienced walkers with navigational skills; high level of fitness

### What do I pack?

- At least two litres of water and a backpack
- Healthy snacks to keep you going between checkpoints, such as muesli bars, fruit and nuts
- Basic first aid supplies like blister band aids, paracetamol, inflammatory gels, insect repellent, triangular bandage
- Personal medication eg EpiPen, Ventolin
- Sun screen and lip balm
- Space blanket
- Spare socks
- Energy gels
- Torch, matches and whistle
- Note book and pencil

### What do I wear?

- Good walking shoes or boots with grip soles, that you have worn in
- Thick socks
- Wet weather gear such as a three quarter length waterproof rain jacket

There's a list of recommended gear on the Heysen Trail website [here](#)

**What will the weather be like?** We've hiked in pouring rain and blazing sunshine. Please be prepared for either and everything in between. It can be very cold in the morning and at the end of the day, so layering is your best bet. You can keep an eye on local weather forecasts on [www.bom.gov.au](http://www.bom.gov.au).

**Where do I stay?** Burra is our basecamp, and there are plenty of accommodation options there to choose from. You are responsible for making your own arrangements.

**What about meals?** We depart for the trail early each morning, so you will need to make arrangements for breakfast in your hotel room. Sandwiches and light snacks will be available at checkpoints during the hike.

On Thursday night we will have dinner at The Royal Exchange Hotel after the briefing. We'd love everyone to join us, but this one is on you! Depending on what time you finish the hike on Friday, you may return late, after restaurants have closed. You might want to think about organising a light dinner for your hotel room ... just in case. On the last night you will be treated to a celebratory dinner at a surprise location.

**What if I have dietary requirements?** Please let us know when you register if you have dietary requirements and we will try to accommodate where we can.

**What about insurance?** While we undertake all measures possible to ensure your safety, you are responsible for your own health and wellbeing in the lead up to and during the event. Please make sure you have relevant health insurance and ambulance cover.

## ABOUT THE CHALLENGE

**Where's the event briefing?** Please make sure you attend the briefing event to be held each evening at The Royal Exchange Hotel at 6.30 pm. Your T-shirts, cap and tutu and a map will be available immediately afterwards.

**Where are we walking?** The SA Hiking Challenge is a two-day event covering approximately 80 kms of the Heysen Trail. In 2015 we are hiking from Peter's Hill to Worlds End. Checkpoints will be stationed at the following locations:

### Day 1:

- Segment 1 Peter's Hill to Marabel - 12.0 kms
- Segment 2 Marabel to Gerkie Gap Rd - 10.5 kms
- Segment 3 Gerkie Gap Rd to Busch Rd - 10.5 kms
- Segment 4 Busch Rd to Webb Gap Rd - 10 kms

### Day 2:

- Segment 1 Webb Gap Rd to Tothill Gap - 10.0 kms
- Segment 2 Tothill Gap to Burra Rd - 9.0 kms
- Segment 3 Burra Rd to Worlds End Hwy - 12.0 kms
- Segment 4 Worlds End Hwy to Gorge Rd - 4.5 kms

Much of the trail is not accessible by road as it passes through conservation parks, private and council land. For that reason, the distance between checkpoints sometimes must be more than 10kms, or sometimes less. We endeavour to locate the checkpoints as close to 10km intervals as the trail permits.

Occasionally, due to weather or maintenance issues the Heysen Trail is re-routed. The latest trail conditions and incidents are published on the Friends of the Heysen Twitter account @HeysenTrail.

Maps of the trail segments we are hiking are available [here](#). Select Southern Guide Book, chapter 5. You will be provided with a detailed map at the event briefing. We also recommend the Heysen Trail Southern Guide Book, available from the Heysen Trail website [www.heysentrail.asn.au](http://www.heysentrail.asn.au).

**Do I have to complete the 80 km distance?** No, on the registration form you can nominate your preferred distance. The choice is yours - hike on one day only, or even just one 10 km segment if you prefer. Tackle it running or hiking, it's completely up to you. And don't worry, if you completely run out of puff you can be rescued from one of the checkpoints.

The Heysen Trail is remote and it's often not possible to gain vehicle access to the trail except for the checkpoints, so please make sure you do not continue past a checkpoint if you have any fitness or health concerns or are concerned about completing the next segment for any other reason.

**What can I expect at the checkpoints?** Support crew will man the checkpoints. It's very important that you sign into the checkpoint when you arrive, and sign out again when you leave so we can keep track of your progress. The checkpoint will be closed once the last person passes through. At each checkpoint you can refill your water bottle and make yourself a light snack to keep you going. Ham, cheese and tomato or jam sandwiches are available, as well as fruit, tea and coffee.

There are toilet facilities at or near Marabel (Day 1, Checkpoint 1), Burra Rd (Day 2, Checkpoint 2) and Gorge Road (Day 2, Finish). Other than that, you're left to your own devices.

On each day, you must sign out of checkpoint 3 before 3.00 pm in order to complete the final segment. Hikers arriving at checkpoint 3 after 3.00 pm will be transported back to Burra from there.

**How do I get to and from the trail?** You will need to assemble at the Burra Motor Inn at 5.30am on Day 1 and at 6.00am on Day 2. From there, you will be transported to the starting point by bus. At the end of the day, mini buses will be available to transport you back to the Burra Motor Inn. There may be a short wait until the bus is full. If you decide not to complete the entire distance, the support crew can arrange transport for you.

**Any other safety considerations?** For your safety, we ask that you hike with at least one other person. Our support crew will be hiking and also located at each checkpoint. They carry two-way radios and others will be distributed among the team. If you need help, our support crew will be able to assist. Checkpoints are closed once all participants have passed through, so don't return to a checkpoint unless you have confirmation it is still open.

**Will there be mobile coverage?** Mobile coverage is available along much of the Heysen Trail, but not all. Also, due to the remoteness of the trail, your mobile will be working hard to locate a signal, so it's unlikely your battery will last an entire day. Telstra provides the best coverage in remote areas.

**What if I get injured?** This is why we ask that you walk with at least one other person. If you can still walk, make your way to the next checkpoint where our support crew can make arrangements for your transport back to town. If you can't walk or can't make it to the next checkpoint, radio our support crew for help. Your walking partner should stay with you at all times. If you don't have a radio, seek shelter and wait for someone with a radio to reach you. In cold weather, stay dry and out of the wind. To keep warm, light a fire or huddle with others. If it is hot, stay in the shade and drink plenty of water. If it is an emergency and you have mobile services, telephone 000 or 1314 44.

**What if I get lost?** The Heysen Trail is marked with distinctive markers, but sometimes it can be difficult to follow. Some markers are old or may be obscured by bushes etc, so be alert for markers at all times. PLEASE DO NOT HIKE ALONE! If you do get lost, retrace your route until you find a marker or recognise a feature, and shout out for help or use your whistle to attract attention.

**Is alcohol permitted?** No, alcohol is not permitted on the trail or bus transport.

**What facilities are on the trail?** Facilities on the trail are basic at best. There are a number of campsites and rest spots along the way, some have pit toilets and water tanks, but please consider that you basically need to be self-sufficient. Please note not all campsites have water tanks or toilets, so be prepared to rough it and please carry enough water to see you through to the next checkpoint. There are toilet facilities at or near Marabel (Day 1, Checkpoint 1), Burra Rd (Day 2, Checkpoint 2) and Gorge Road (Day 2, Finish). Other than that, you're left to your own devices.

## **ABOUT THE HEYSEN TRAIL**

### **History of the trail:**

As early as 1947 it was advocated that a series of walking trails be developed in the Mount Lofty Ranges. It wasn't until 1969 that Mr C Warren Bonython proposed the concept of a long distance walking trail from Cape Jervis on the southern tip of the Fleurieu Peninsula to the Northern Flinders Ranges.

The first 9 km section of the Heysen Trail was opened in the Cleland Conservation Park in 1976. A few years later, Terry Lavender was given the task of developing the trail and over the next 15 years sections of the Heysen Trail were progressively opened until its completion in 1993. The development of the trail was made possible by the cooperation and support of state government departments, many district and local councils, numerous volunteers and most importantly, some five hundred individual landowners.

The Heysen Trail is recognised internationally as one of the world's great long distance walks. As a South Australian achievement, its success must go to the people who have continued to support the trail with enthusiasm. The trail is named after German born Sir Hans Heysen (1877-1968), a well-known Australian artist, particularly recognised for his watercolours of the Australian bush and his strong associations with both the Mount Lofty and Flinders Ranges.

### **Distance:**

The Heysen Trail covers 1200kms starting from Cape Jervis on the Fleurieu Peninsula to Parachilna Gorge in the Northern Flinders Ranges. Passing through some of South Australia's most stunning and diverse landscapes. The trail can be broken up into sections that are easy walks, harder hikes and day trips.

### **Typical terrain:**

The terrain cannot be described as typical at all. There are so many different types of terrain and varying elevations from rugged coastline to steep climbs and descents. The trail takes walkers along beaches, dry river and creek beds, over rocky paths, shale and lush green pastures. The trail covers private and public land, along with conservation parks. Passing over flowing creeks, waterfalls and lagoons can all be expected.

## **USEFUL REFERENCES**

[www.heysentrail.asn.au/heysen\\_trail/](http://www.heysentrail.asn.au/heysen_trail/)

<http://jez-heysen.blogspot.com.au>

<http://www.users.on.net/~cej/bushwalking/index.php?menu=Heysen>