



50KS IN A DAY

MAPBOOK

GO THE EXTRA MILE

Welcome to 50KS in a Day!

Go the Extra Mile is an endurance walk designed to raise funds for **HopeBuilders International's** work amongst the orphans of Uganda. The walk starts at the Skyhigh Restaurant, travelling in a 50km loop through the beautiful Dandenong Ranges and finishing in Kalorama. You are about to embark on an amazing experience as you join with many others to "go the extra mile" for destitute children in Uganda.

Cheering you on!

The **Go the Extra Mile** team.

Tips for finishing well

Walking long distances without preparation is a big ask! To participate successfully and maximise the enjoyment of your experience in the event you are going to need to do some training. The most important thing is to equip your body's systems for the unique demands of an endurance event - conditioning joints, muscles & tendons; developing your fitness; learning about dietary and fluid needs; understanding how to protect yourself from injury.

Most people schedule a series of short walks that gradually lengthen and then culminate in one or two long walks (30-35kms). Regular running will assist you, but it is important to condition your body to the demands of walking. Start with 30min walks (2-3km) and gradually lengthen until 2hours (8-12kms). 6 weeks before the event you should be comfortable walking (3-4hrs) 20kms. Three weeks out you should consider your long walk of 6-8 hours before easing off in the last fortnight (otherwise known as 'tapering').

Know Your Gear

Train with the shoes, socks, clothing and backpack that you are going to use on event day - that way you'll know well in advance if any of your gear is going to cause you problems (e.g. chaffing, blisters). Make sure your shoes are well worn in (don't buy new shoes the week before the event).

Train on the course

It is vital that you train on the actual event course as much as you can so you are ready for the terrain. Start to familiarise yourself with the trail, bush environment



and key landmarks.

Night Walking

It is important that you do a number of night training walks using your head lamp and/or torch - walking through the bush at night can be disorientating and it pays to be well experienced for the event.

Eat Well

During the event you will need to eat regularly to keep your energy levels up. Discovering what foods work best for you is important - e.g. fruit, lollies, energy bars, chocolates, etc.

Drink Well

Knowing how your body functions under the stress of activity is important when considering hydration. You should get an idea while training how to manage your fluid intake - how much to carry with you, how much to drink and also what type of drinks work best for you (juices, sports drinks, cordials or water). Too much fluid and you'll constantly be on the lookout for a loo! Too little and you'll pay the consequences of dehydration.

Safety on the Trail

First Aid

Each team is advised to carry a first aid kit which includes pressure bandages to treat injuries such as sprains, blisters, cuts and snake or spider bites. Team members are encouraged to learn basic first aid techniques.

Crossing Roads

The trail crosses numerous roads throughout the route. Care should always be taken when crossing roads. Follow the instructions of the traffic marshals and take care at crossings that are not marshalled.

Hydration

Dehydration is a lack of fluid in the body due to excess water loss (principally through sweating). Symptoms are only apparent when you are already dehydrated and can include tiredness, irritability, tight/heavy feeling muscles, headache, dry mouth and lips. To maintain the correct hydration level use electrolyte drinks instead of, or in addition to water. Electrolyte drinks contain salts and thereby assist in maintaining the correct salt balance in your body. During longer walks make sure you are urinating at regular intervals and that it is light yellow to clear. If you are not urinating or it is dark in colour, you may be dehydrated. Frequent, clear coloured urination can signify that your fluid intake is too high.

Hypothermia

The temperature can drop dramatically in the Dandenong Ranges and a change in weather conditions can see the temperature plummet. If you are unable to warm yourself you may suffer hypothermia. Symptoms can include fatigue, shivering, muscle spasms, clammy skin, stammering and hallucinations. If you become hypothermic (1) change into dry clothes, (2) cover your head, face, neck and body with warm clothing, (3) consume hot drinks and high calorie food to maintain body temperature. Seek medical help if symptoms persist. Watch the weather conditions and be prepared for poor weather - carry wet weather gear and warm clothing.

Heat Exhaustion

During hot weather the body's internal temperature can rise resulting in heat exhaustion and heatstroke. Symptoms of heat exhaustion include severe thirst, muscle weakness, nausea, fast shallow breathing, irritability and headache. Symptoms of heatstroke include severe headache, confusion, difficulties

breathing, flushed hot dry skin and an elevated body temperature. If you or a team member is suffering these symptoms, find a cool place to rest and administer frequent sips of water - seek help if symptoms persist. To prevent heat exhaustion on hot days & nights, wear appropriate clothing, maintain adequate fluid intake and rest to avoid over exertion.

Fire

The Australian bush is well known for its susceptibility to fire when humidity is low, temperatures are high and when it is windy. Avoid training in the bush on days of Total Fire Ban and take care when walking the trails on hot, windy days.

Wind

Eucalyptus trees found throughout the Dandenong Ranges are known for dropping their limbs - especially in high winds. Be extremely cautious during gusting or strong wind days as the chances of falling limbs is very real. Never setup your camp or rest area below the branches of gum trees.

Snakes

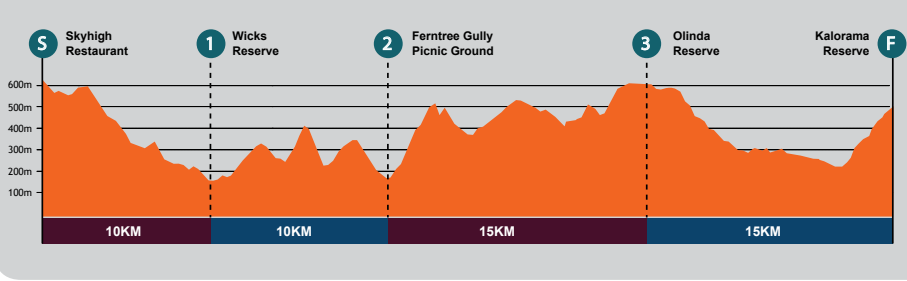
If you encounter a snake do not attempt to capture or handle it - leave it alone and keep your distance. Know first aid - in the case of a bite.

Spiders

You should be wary of spiders along the trail. Take care when placing gear on the ground when resting. Know first aid - in the case of a bite.

Shhhh!

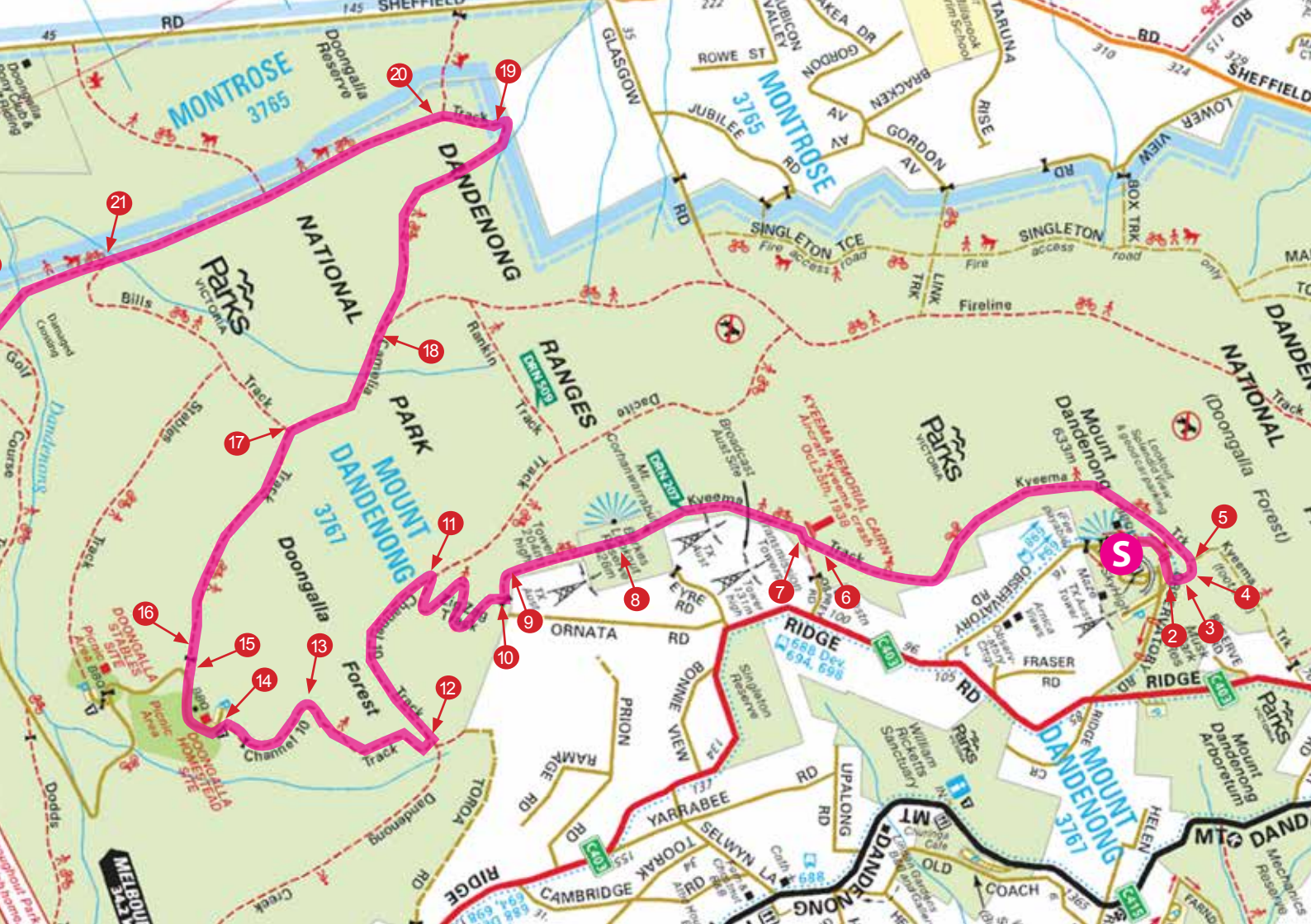
During the event and while you train you may pass close to residential properties. Keep your conversations low and noise down around these homes and respect the resident's right to a quiet environment.



Going the Extra Mile

“And who ever asks you to go a mile, go with him two.” (Matthew 5:41) In Bible times, the law permitted a Roman soldier to force a non-Roman to carry his bags for what was in those days a “Roman mile”, or a thousand paces - a distance of about 1.48 kilometers. No one liked being forced to carry a bag any distance for a Roman soldier. But Jesus said if they were asked to carry something for a mile, then they should carry it for two miles. That is how we get the phrase, “Go the extra mile.” It means we should go beyond what is expected of us in helping others.





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MONTROSE
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DANDENONG
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MOUNT
DANDENONG
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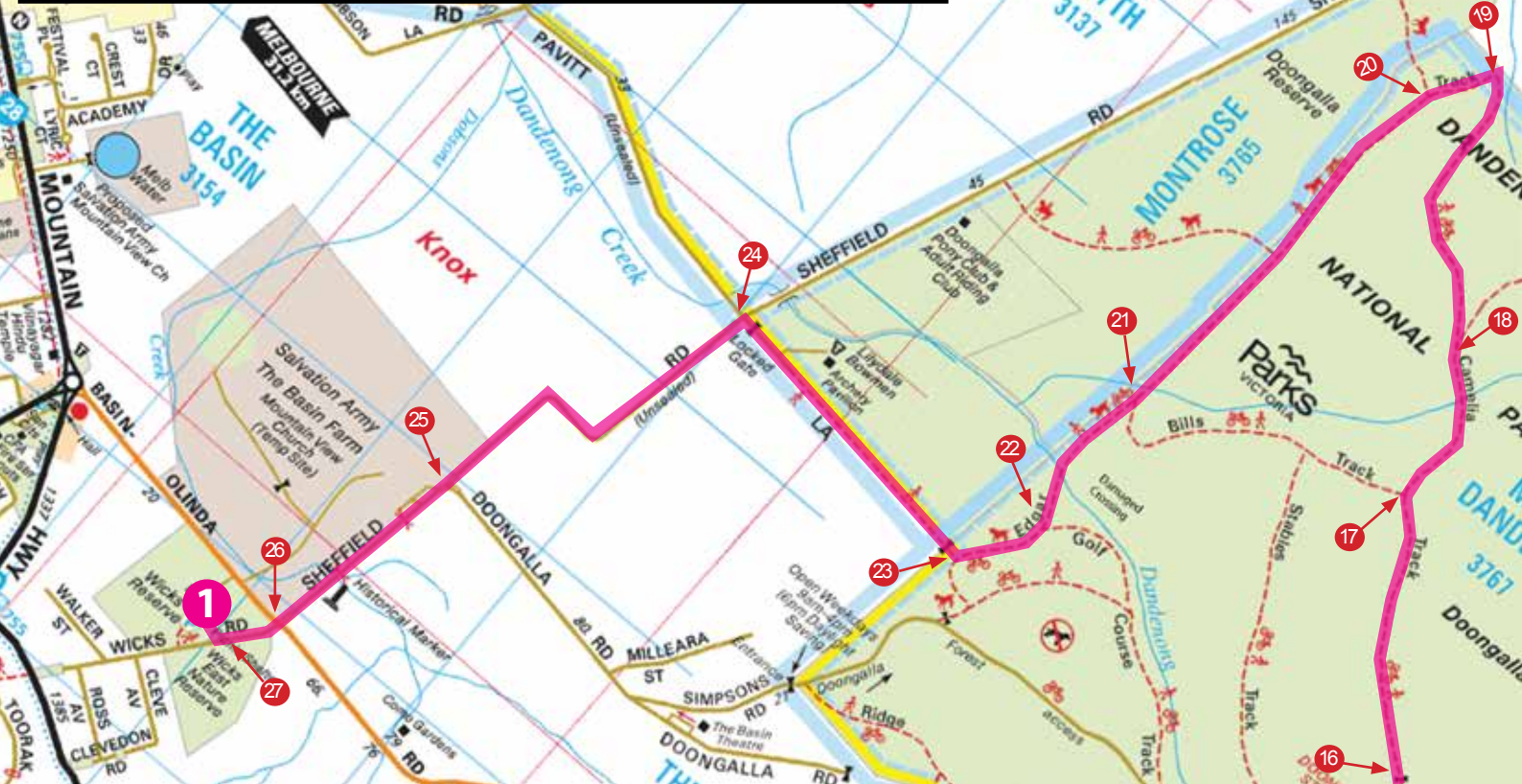
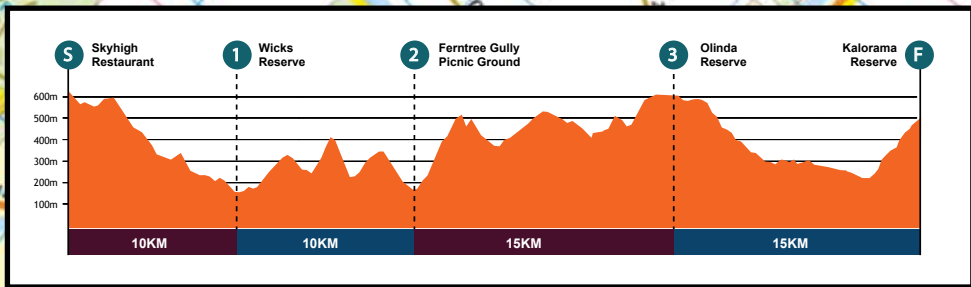
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1. Depart the Skyhigh Restaurant by the lower grassed area - follow the road as it exits.
2. After 120m along the road – locate and enter the bush track that descends on the left
3. After 50m come to signs saying “Kalorama Park & Bourke’s Lookout” and “Forest Loop Walk 660m” - descend to the right of these signs
4. Just before the base of the track, a feeder track heads left – ignore and descend to the right
5. At base of track come to sign saying “Trig Track” & “Kalorama Park 1.5km” – head left and start to ascend (shortly you will pass sign a sign that says – “Kyeema Track to Bourke’s Lookout 1.5kms”)
6. Pass the Kyeema Memorial which is situated below on your right. Continue ahead and enter an area of intersecting trails.
7. Directly ahead is a locked gate, on the left is a short trail to another gate. There are 2 trails that head to the right – the first trail descends, while the other ascends – follow this furthestmost right trail.
8. Bourke’s Lookout
9. You will arrive in front of a communications tower – at this point the trail sweeps left. Make a right turn and follow the trail as it steeply descends – follow to its base.
10. At its base, you will meet a wide fire trail that ascends to the left and descends to the right – head right and begin your descent (you are on Zig Zag Track).
11. At the base of Zig Zag Track head left onto Channel 10 Track (Dacite Track heads right at this intersection).
12. You will come to fork (take the right hand track as it descends - continue past the 2nd feeder track on the left).
13. Pass Simpsons Track on your right. Continue descending.
14. Arrive at Doongalla Homestead. Locate and descend on the gravel road to your left.
15. Locate and enter Carmelia Track on your right (around 100m past the picnic grounds that you passed on your right).
16. After 100m pass Gerraty’s Track on your right – continue ahead.
17. Pass Bills Track on the left. Continue ahead.
18. Take Edgars Track as it descends to the left
19. At bottom of Edgars Track make a hard left hand turn (ignore track on right)
20. After 100m ignore track on right – continue along Edgars Track
21. Pass Bills Track on your left – continue ahead



22. At Top of Edgars Track it meets Golf Course Track. Head right at this intersection.
23. You will come to another intersection which is Pavitt Lane (and a small feeder track can be seen directly in front). Head right and follow Pavitt Lane as it descends.
24. When you meet Sheffield Road, head left and follow
25. Sheffield Road meets Doongalla Rd at a T-intersection – turn right and follow Sheffield Rd as it continues toward Wicks Reserve.
26. Cross Basin Olinda Rd and head up into Wicks Rd - after 100m turn right into Wicks Reserve.
27. Arrive Pitstop 1

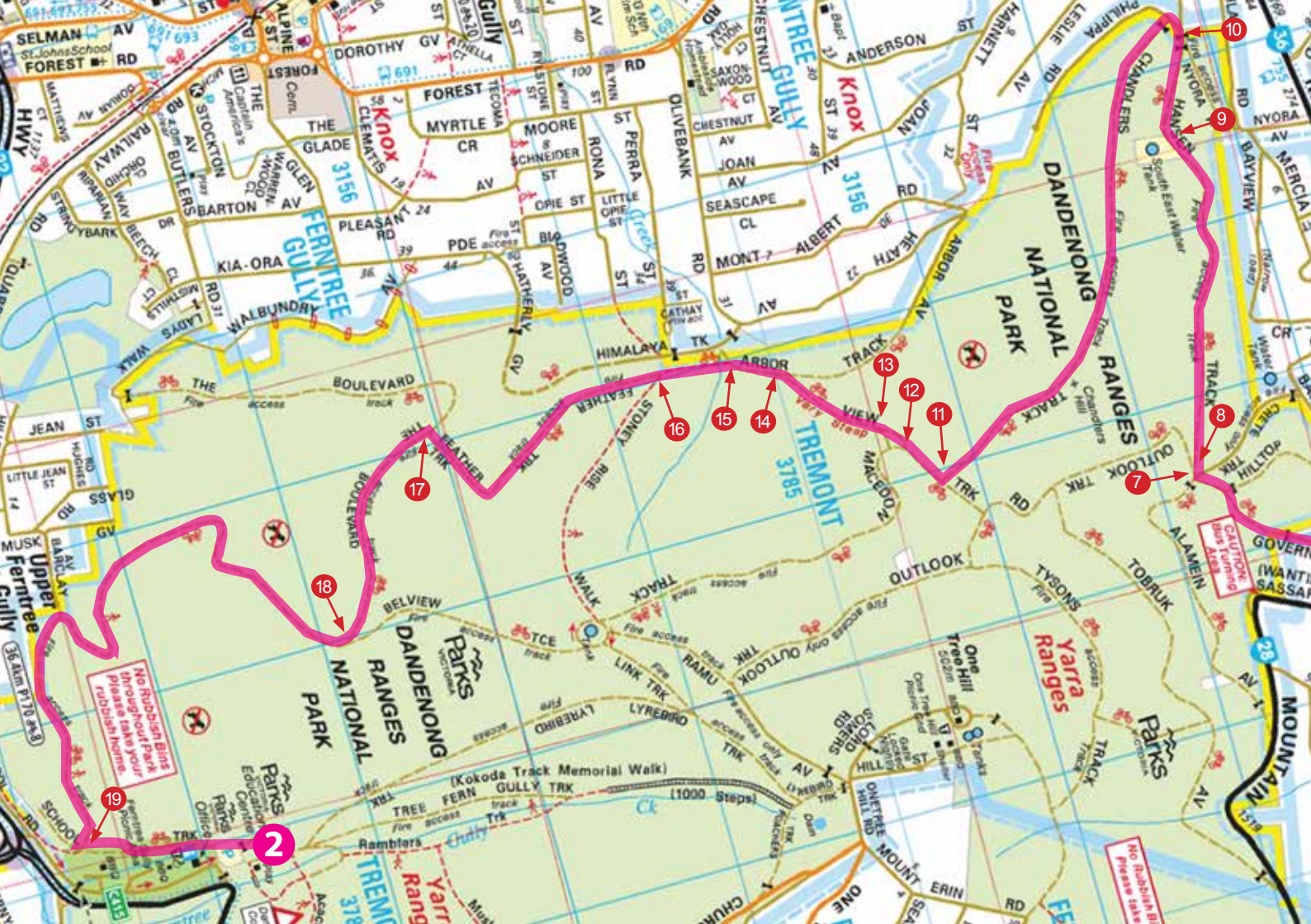
The 1938 Kyeema crash occurred on the western face of Mt. Corhanwarrabul, just south of Mount Dandenong, Victoria, Australia. On 25 October 1938, eighteen people were killed when the Kyeema, an Australian National Airways DC-2, VH-UYC crashed. The aircraft was en route to Melbourne.

The disaster is blamed on a combination of the presence of a heavy fog and the use of an outdated navigational practice which relied solely on landmarks to determine position. During the ensuing investigation, it was decided that the pilot believed he was descending for a landing at Essendon but was grossly off course causing him to crash into the mountain. While not the first fatal accident in Australian aviation history it was unique because it was the first aircraft in radio communication up to the time of impact.

Those killed in the tragedy included a parliamentarian Charles Hawker MHR, a party of barristers and solicitors, a group of wine industry executives, and a young couple on their honeymoon.

By public demand a Royal Commission into the cause of the disaster was established and the Federal Government appointed an Air Accident Investigation Committee under the Chairmanship of Colonel T. Murdoch DSO, VCE with the public enquiry commencing on 30 October 1938. Because of the crash, regulations were passed which required Flight Checking Officers to monitor the flights of airplanes and advise on such things as position, weather, and alternate landing options. Implementation of a 33MHz radio range system was also recommended to provide pilots with accurate information on their course.

It was not until forty years after the crash that a memorial to the Kyeema and its eighteen passengers was created at the crash site.



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1. Depart Wicks Reserve and head up Wicks Rd as it ascends.
2. At the top of Wicks Rd it swings left – ahead of you is a small grass park with a concrete path that weaves up the hill – follow this path.
3. At the top of the path, cross Mountain Hwy and enter the driveway opposite. Locate the grassy path which is around 10m up the driveway - follow this track as it ascends beside the homes.
4. At the top of the grassy path, head right on the sealed road (Forest Rd).
5. Turn left at the 'T' Intersection onto Government Rd.
6. Continue along Government Rd and pass Mercia Rd on the right (you are now walking on unsealed road) – head up to the Parks Victoria gate and enter Government Track.
7. Continue along Government Track and pass Alamein Track on your left and Crete Track on your right.
8. After another 50m head right onto Hansen Track.
9. You will come to an Asphalt section of trail – head right.
10. Exit Hansen Track at its base, then head left going through the gate and enter Chandlers Track.
11. Head right onto View Track.
12. After 100ms at the fork, stay right and continue descending on View Track.
13. After another 30m pass Macendon Track on left – continue descending on View Track.
14. At the bottom of View Track, head left onto Arbour Track – follow to its base.
15. At the base of Arbour Track head left and cross the bridge – enter Himalaya Track.
16. After 200m head left and into Feather Track as it ascends.
17. At the top of Feather Track it meets Boulevard Track which heads left and right – head left and follow Boulevard Track.
18. At the end of Boulevard Track it meets Bellview Track at a 'T' intersection – head right and follow Bellview to its base.
19. At the base of Bellview Track head left onto School Track – follow to its end.
20. At the car park head up to the education centre.
21. Arrive Pitstop 2.



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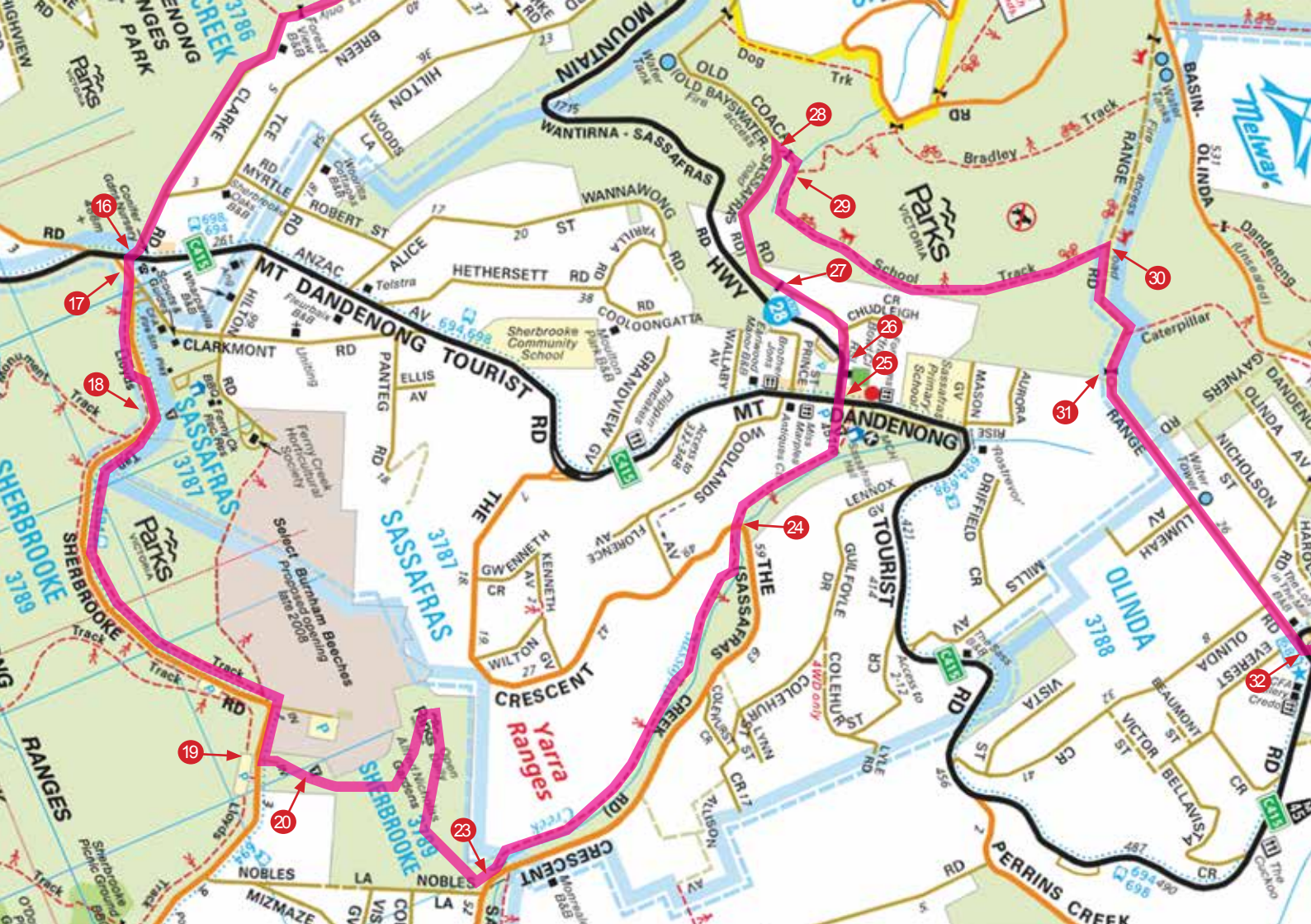
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No Rubbish Bins throughout Park
Please take your rubbish home.

1. Depart Ferntree Gully Picnic Ground – head up towards the 1000 steps. After around 200m above the education centre, take Lyrebird Track as it ascends on the left.
2. At the top of Lyrebird Track you will enter an open area which is the top of the 1000 steps - continue ascending ahead (ignore the trail off to the right).
3. Exit the trail through the gate and cross over One Tree Hill Rd - locate the start of the walking track up to One Tree Hill Picnic Ground (starts at corner of Hill St).
4. Follow the path up to the picnic ground – at the picnic ground locate Tysons Track which is ahead of you – it descends to the left of the toilet block (which is on the right).
5. Follow the steep Tysons Track to its base
6. At the base of this steep descent (Tysons Track) the trail meets a fork which swings to the left and right. Take the right trail and continue as it descends to the creek crossing.
7. After the creek crossing the trail will ascend steeply and then gradually flatten out.
8. Just past the gate on your right, locate and follow the track on your left - continue following it as it descends.
9. You will meet Alpine Track – head left at this intersection and follow to its base.
10. Alpine Rd ends at a gate (just before Mountain Highway) – locate and take Danieda Track as it ascends on your right (about 20m before the gate).
11. After climbing 200m you will pass Kero Tin Hut Track on your right - ignore it and continue ahead.
12. When you reach Stuart Track, make a right turn and follow.
13. When you reach Helen Track, continue to the right.
14. When you meet Clarke Rd, continue to the right (ignore 6.3kms Kero Tin Hut Track on your right when it appears).
15. Pass through a gate - follow the road up to Mt Dandenong Tourist Rd.





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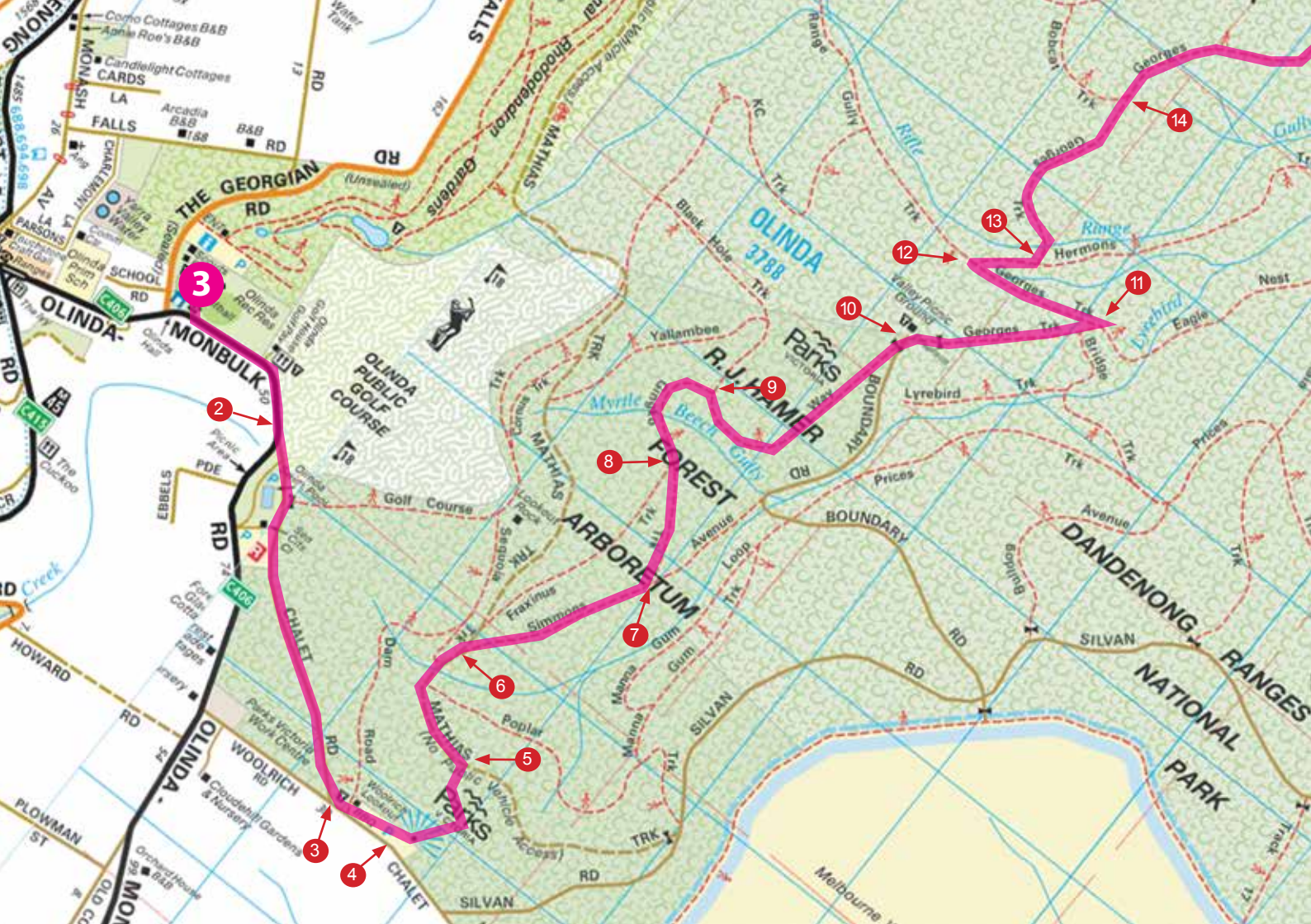
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16. Head right on Mt Dandenong Tourist Rd for approx 30m until you reach the bus stop - cross over, then locate the walking path behind the brick structure. Head left on this track.
17. Locate the feeder track on the left that heads parallel to Sherbrooke Rd.
18. Cross Sherbrooke Rd at the Ferny Creek Reserve bottom gate, then locate and continue along the walking track that runs parallel to the Sherbrooke Rd.
19. Enter the Alfred Nicholas Gardens – pass the Parks Victoria offices on your right after entering.
20. Follow the sign “Lake via Main Drive 700m” and head right and then left as the road descends.
21. Ignore the ascending road on the right and continue ahead.
22. Ignore the left hand road – continue ahead descending.
23. At the base of the gardens, pass through the gates – about 10m past the gate, locate and enter the feeder track on the left (just next to a green post).
24. Cross Crescent Ave and head left to locate the continuation of the track.
25. At the top of the walking path, move through the car park, cross Mt Dandenong Tourist Rd and follow the footpath along Mountain Hwy as it descends.
26. After about 100m enter Old Coach Road, which is an unsealed road. Follow until it reaches the Park Victoria gates.
27. Pass through the Parks Victoria gates and into Old Coach Rd bush trail.
28. Make a hard right onto School Track (or Horse Trail) and follow.
29. After 50m keep to the right and ignore the trail that descends left.
30. At the fork, take the ascending right track – continue all the way to the top.
31. Pass through the Parks Vic gates – you are now on an Range Road – follow this to its end.
32. At the township of Olinda, cross Mt Dandenong Tourist Rd at the pedestrian crossing and then head right on the footpath until you reach Olinda Reserve.
33. Arrive Pitstop 3.





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1. Depart Olinda Reserve – follow the footpath along Olinda-Monbulk Rd – passing the oval on your left.
2. Turn left at Chalet Rd and follow it to its base.
3. Follow Chalet Rd around to the left when it meets Woolrich Rd.
4. (1.7kms) – At the lookout, walk to the end of the carpark, then head left and descend onto the grassed area – locate and follow the path that runs to the left of the boulder (it is a grass path and so not well defined). Follow this path as it descends between the line of trees and to the left - follow it to its base (it's a bit of a goat track and winds down amongst ferns).
5. At the base of the path enter Mathias Rd and head left (pass a small green shelter).
6. Head right at the intersection with Simmons Rd (there is a sign here with “745m to Boundary Rd”).
7. Go left onto Ginko Track.
8. Continue along Ginko Track passing Fraxinus Track as it ascends on your left.
9. At the bottom of Ginko Track head right onto Yalambie Track as it descends (the track is not sign posted).
10. Pass through the gates into the Valley Picnic Ground. Continue directly across and re-enter the bush trails – you are on Boundary track.
11. At the base of Boundary track, you will make a left hand turn onto Georges Track.
12. Rifle Range Gully Track is directly ahead – follow Georges Track as it swings to the right.
13. Follow Georges Track as it swings to the left (Hermons Track is directly in front of you).
14. Continue ahead passing Bobcat Track on your left.



“If anyone has material possessions and sees his brother in need but has no pity on him, how can the love of God be in him? Dear children, let us not love with words or tongue but with actions and in truth.”

1 John 3:17-18



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DANDENONG RANGES

OLINDA 3788

KALORAMA 3766

OLINDA 3788

KALORAMA 3766

Yarra Ranges Melbourne Water

Parks VICTORIA

Parks VICTORIA

DANDENONG RANGES NATIONAL PARK

Parks VICTORIA

Melba Water Reserve

Private Property

WOODHURST

G TOURIST

DANDENONG TOURIST

INVERNESS RD

SCENIC CR RD

INVERNESS

FERNGULLY RD

MOUNTAIN VIEW RD

BRIDGE CV

WALKERS RD

ALPINE TR

RICHARDSONS TR

WALLOOY TR

ALPINE TR

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15. Pass Barges Road on your left.
16. Cross the Olinda Creek Rd, head left for 30m and rejoin the trail on the opposite side of the road.
17. Pass some tracks on your right hand side - stay on the fire trail and continue ahead.
18. Cross the creek.
19. After a small climb head right on Track 18.
20. At the end of Track 18 head left onto Track 11.
21. Come to a fork (there are a group of signs on your left) - ignore the track that ascends left and take the right track as it gently descends ahead.
22. You are now moving along the Olinda Creek Track (Track 10) which travels beside the undulating Pipeline trail (which is a wide & cleared management trail) - pass Angle Track on your left.
23. At this clearing (this is at one of the locations where the undulating Pipeline trail descends down and runs beside your walking track before ascending again - it is also opposite a Parks Victoria sign saying "Olinda Creek Trail" which is flanked by fallen trees that have been heaped up on the side of the trail) - head left and enter the wide Pipeline trail and then head left again and ascend the trail for around 250m - locate the start of Alpina Track on the right.
24. At the top of Alpina Track, head right on Richardson Track.
25. The trail swings left and then passes Wols Track on the right - continue ahead.
26. Descend on Wallaby Track on your right for 300m.
27. Head left on the wide clearing - there is no defined walking trail here.
28. After 300m at the top of the wide clearing, locate the narrow walking track on your right that runs beside the barbed wire fence.
29. At the end of the narrow walking track head left and ascend up to Childs Road - now head right and follow Childs Rd to where it crosses Tourist Dandenong Rd.
30. Veer to your right, head across Tourist Dandenong Rd and re-enter Childs Rd on the opposite side.
31. Take the sharp left and follow the unsealed road into Kalorama Memorial Reserve.
32. Arrive at the Finish.

Congratulations - you've made it!

PitStop Information

| Pit Stop | Kms to Here | Kms to Next Site | Toilets Avail? | Water Avail? | Parking Avail? | Shops Nearby | Dogs OK? | BBQ's | Rubbish | Challenge Rating |
|------------------------------|-------------|------------------|----------------|--------------|----------------|--------------|----------|-------|---------------|---|
| Skyhigh Restaurant | - | 10 | Yes | Yes | Yes | Yes | Leashed | Yes | Bins | Tougher trails mixed ascents & descents |
| Wicks Reserve | 10 | 10 | Yes | Yes | Yes | No | Leashed | Yes | Bins | Tougher trails mixed ascents & descents |
| Ferntree Gully Picnic Ground | 10 | 15 | Yes | Yes | Yes | Yes | No | Yes | Take with you | Tougher trails mixed ascents & descents |
| Olinda Reserve | 15 | 15 | Yes | Yes | Yes | Yes | Leashed | No | Bins | Tougher trails mixed ascents & descents |
| Kalorama Memorial Reserve | 15 | - | Yes | Yes | Yes | Yes | Leashed | No | Bins | - |

Skyhigh Restaurant
26 Observatory Road,
Mount Dandenong (Melways 52 F12)
Opens 6.00am



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Ferntree Gully Picnic Ground
Mt Dandenong Tourist Rd
Upper Ferntree Gully (Melways 74 H5)
Open 8.30am-2pm



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Kalorama Memorial Reserve
Mount Dandenong Tourist Rd
Kalorama (Melways 120 B9)
Open 11am-midnight



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Wicks Reserve
Wicks Rd, The Basin (Melways 65 J8)
Open 7.30am-11.00am



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Olinda Reserve
Olinda Monbulk Rd, Olinda (Melways 66 K7)
Open 10.00am-7.00pm



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An estimated 2.7 million orphans live in the nation of Uganda - their parents are gone. HIV/Aids is responsible for orphaning around 1.2 million children, sweeping away a generation of parents (conservative figures suggest that around 1.3 million* people are currently infected with the disease and those infected include children).

An average Ugandan family includes seven children - when the parents die, the children will have to fend for themselves. Some will be farmed out to different family members, which often separates the siblings. The already burdened families often cannot cope with the added strain of caring for more mouths to feed. In some cases, the orphaned children are treated badly, in many instances they will become outcasts. Many will try to survive on the dangerous streets and risk suffering physical and sexual abuse from predators. Together, the effects of poverty, disease, sickness, a 20 year old civil war (now over) and the ravages of Joseph Kony's LRA (Lord Resistance Army) have served to create a misery for the orphans of Uganda.

Welcome to the "Village of Hope"

Imagine a village of homes - an environment that is secure, safe and filled with genuine love, laughter and hope - hope for a future that is bright and full of possibilities. **HopeBuilders International** (HBI) owns and operates the Uganda Village of Hope - a village established to provide protection for orphans where they can be raised, nurtured, educated and loved. There's something about hope - it can change a life, lift your spirits, make the impossible seem possible - and it can even carry you through a bush trail on a long walk. Thanks for building hope with us ...

HopeBuilders. International

HopeBuilders. International is an Australian not-for-profit charity and is run by a small team of volunteers, who are motivated by their Christian faith to love the destitute, marginalised and abandoned. They are determined to build hope into the lives of these precious people - and so the name of the organisation gives a clear indication of their intentions! Their work amongst the orphans of Uganda is supported by fundraising efforts conducted back here in Australia. Their long term goal is to take the Village of Hope model to other locations within Uganda, and indeed to other nations around the world.

www.hopebuilders.org





GO THE EXTRA MILE

FINISH