

Take Shape Adventures Hike the Night!

Section A

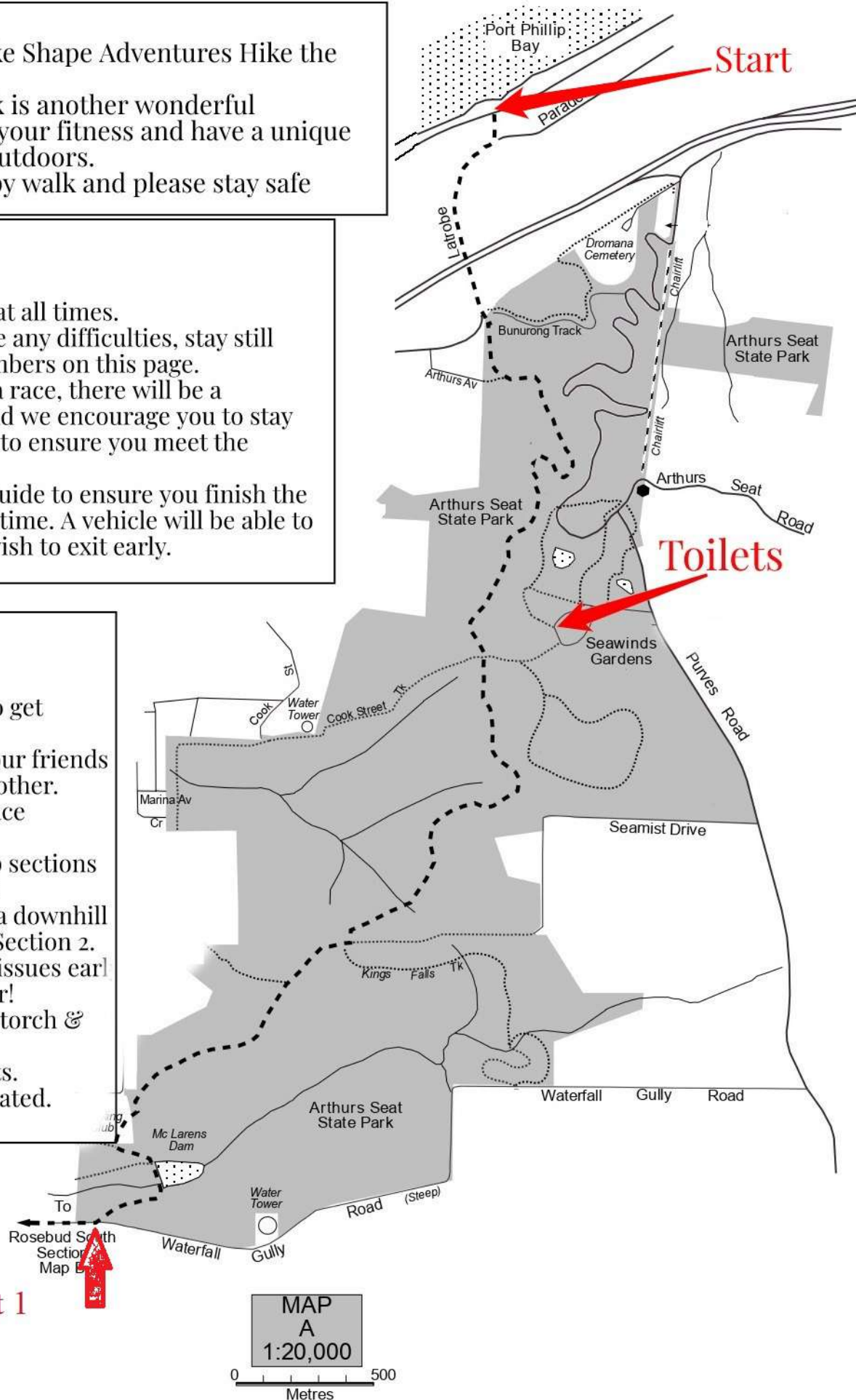
Welcome to the Take Shape Adventures Hike the Night.
This overnight walk is another wonderful opportunity to use your fitness and have a unique experience in the outdoors.
We wish you a happy walk and please stay safe

TEAM GUIDELINES

Please stay together at all times.
If you are lost or have any difficulties, stay still and call the help numbers on this page.
Although this is not a race, there will be a sweep on the trail and we encourage you to stay ahead of this person to ensure you meet the cut-off times.
Cut-off times are a guide to ensure you finish the walk in a reasonable time. A vehicle will be able to pick up teams who wish to exit early.

WALKING TIPS

Here are some tips to get through the night:
Stay together with your friends and encourage each other.
It's a long night so pace yourselves well.
There are a few steep sections including at the start up Arthurs Seat and a downhill on Gardens Road in Section 2.
Manage blisters and issues early before they get bigger!
Manage your groups torch & batteries.
Eat at the checkpoints.
Keep warm and hydrated.
Enjoy yourselves.



SECTION B

CONTACTS

For any issues on the night please contact:
 Adrian 0412 508 195
 Tracey 0400 307 130

Two Bays Trail Wren Symbol

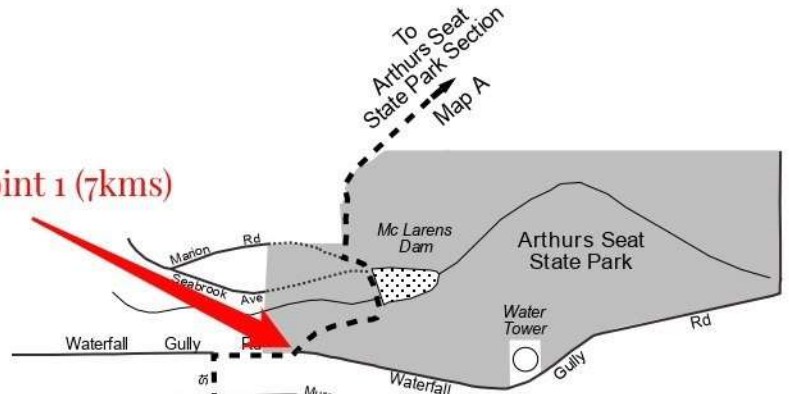


Two Bays Walking Track

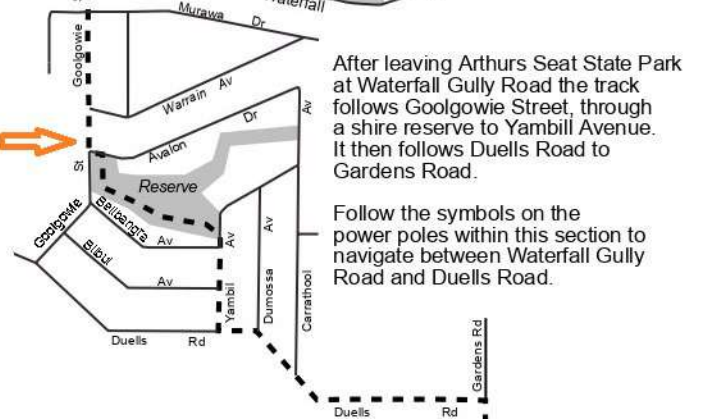
- Two Bays Track
 - Major Road
 - Minor Road
 - ⋯ Walking Track
 - ~ Creek
 - ▭ National Park
 - ▭ Waterbody
 - ♿ Toilets
 - 🍷 Drinking Water
 - P Parking
 - 🍴 Picnic Tables
 - ☎ Phone
 - 🚶 Interpretive Circuit Walk
 - 🍷 Food
 - 🏰 Lighthouse
- Please remember all Flora and Fauna are protected



Checkpoint 1 (7kms)

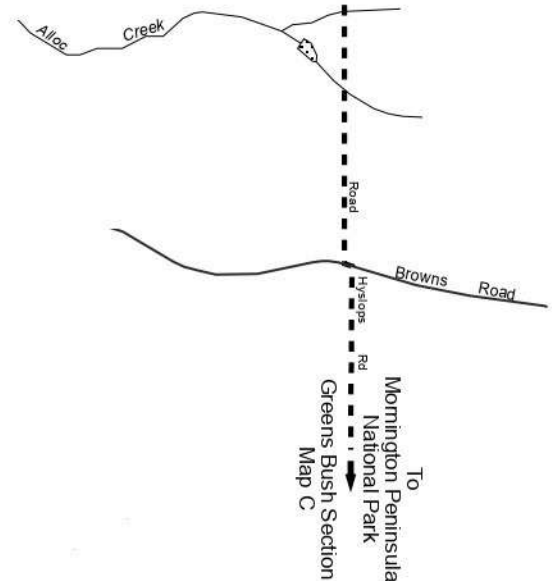


Don't miss this little track turn here!



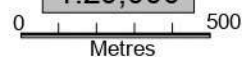
After leaving Arthurs Seat State Park at Waterfall Gully Road the track follows Goolgowie Street, through a shire reserve to Yambill Avenue. It then follows Duells Road to Gardens Road.

Follow the symbols on the power poles within this section to navigate between Waterfall Gully Road and Duells Road.



- CP 1
7kms - Estimated time 12:30am - cut off 1:30am
331 Waterfall Gully Road Rosebud Victoria 3939
(Snacks and hot drinks)
- CP 2
13kms - estimated time 2:30am - cut off 3:30am
South End of Greens Road, Boneo 3939
(Hot soup, snacks, lollies, hot drinks, water)
TOILETS
- CP 3
22kms - estimated time - 5am - cut off 7am
Bushrangers Bay Carpark, Boneo Road, Cape Schanck Victoria 3939
(Oranges, hot drinks, biscuits, lollies)
- Finish
28kms - estimated time 6am (8hrs)
420 Cape Schanck Road Cape Schanck Victoria 3939
(Bacon & eggs rolls, Overnight Oats, Tea, Coffee)

MAP B
1:20,000



SECTION C

Checkpoint 2 (13kms)

PARK RULES

Please stay on the trail at all times
Please take your rubbish with you as there are no bins on the trail.
Do not disturb any flora or fauna - this includes prolonged shining of torches on wildlife.

CP 2
13kms - estimated time 2:30am - cut off 3:30am
South end of Greens
Road, Boneo 3939 (Hot food and drinks)

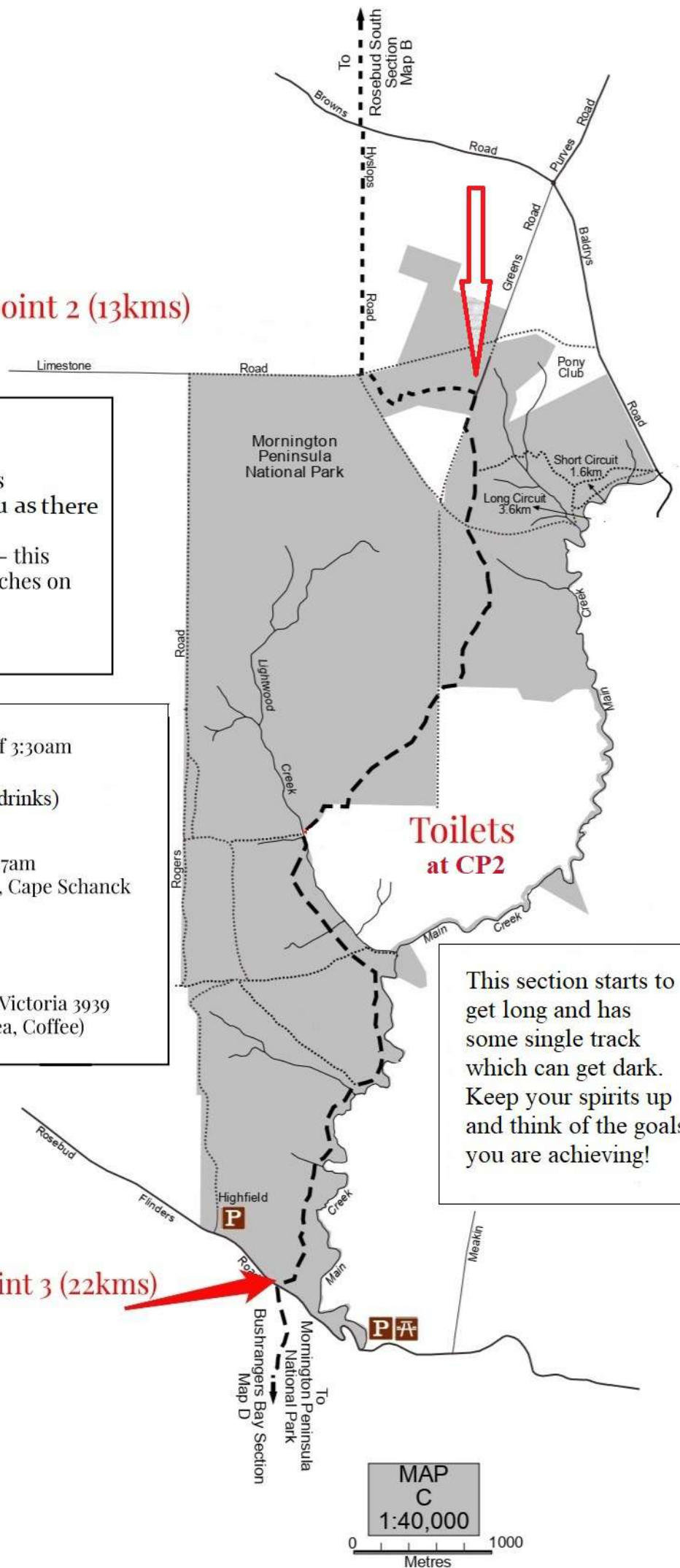
CP 3
22kms - estimated time - 5am - cut off 7am
Busrangers Bay Carpark, Boneo Road, Cape Schanck
Victoria 3939
(Oranges, hot drinks, biscuits, lollies)

Finish
420 Cape Schanck Road Cape Schanck Victoria 3939
(Bacon & eggs rolls, Overnight Oats, Tea, Coffee)

Checkpoint 3 (22kms)

Toilets
at CP2

This section starts to get long and has some single track which can get dark. Keep your spirits up and think of the goals you are achieving!



SECTION D

CONTACTS:

Please contact Take Shape Adventures Staff for any issues on the trail.

Adrian 0412 508 195

Tracey 0400 307 130

Checkpoint 3 (22kms)

This last section is easy to navigate however you may feel the wear and tear by now so take care and stay happy.

Here is your goal at Cape Schanck:

Twilight will start at 5:25am.

Sunrise is at 6:00am

Finish (28kms)

