

# Mountain Run Handbook 2024

Version 12 – November 2023

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This Handbook is subject to change. Any changes will be communicated via the [event newsletter](#), [website](#), [Facebook](#) and App.

## Timetable Overview

*Plan B times may vary*

### Thursday

10am-4pm Registration and Sponsor Expo  
Westland Recreation Centre, Greymouth.

### Friday

6-7:45am Registration  
Aickens Corner (start area), Otira Highway

7:45am Race Briefing  
Aickens Corner

**8am Race Start**  
Aickens Corner

2pm Cut-off at Doreen Creek

4pm Cut-off at Goat Pass

4:30pm Mountain Run Prizegiving  
Klondyke Corner

7pm Day 1 video highlights  
Klondyke Corner

7:30pm Cut-off at Klondyke Corner / course closes

### Sunday

10-11:30am Multisport Prizegiving  
Addington Raceway, 75 Jack Hinton Drive, Addington

This prizegiving is specific to the multisport events but Mountain Runners are welcome to attend.

12pm Monteith's post-event yarn  
Morrell and Co. 280 Lincoln Road, Addington

## General

Key rules are including in this Handbook, competitors must read and understand the full event rules – located on the [website](#).

Download this Handbook prior to leaving for the race – make sure you have the latest version because it could be updated during the year.

No responsibility is taken by the Race Director, staff, volunteers or sponsors for any loss of or damage to property of competitors, support crew, or friends during the Kathmandu Coast to Coast. Competitors and support crews should have their own personal property insurance.

Officials are an important part of the Kathmandu Coast to Coast safety system. Instructions by officials to competitors and support crew must be followed. Failure to do so will result in heavy time penalties or disqualification. Be nice to officials. Many of them are volunteers, so a nice smile makes their day a lot happier.

## Medical Services

Medical services will be available for general medical support and emergency response. Providing specialist paramedic staff and equipment, they integrate with, and complement our mountain safety team.

## Pre-race transport

There is a transport option from Klondyke Corner (finish area) to the start at Aickens Corner. Numbers are limited, you must [book](#) this service in advance. Departing from Klondyke Corner at 6am.

## Support Crew

You do not require support crew for the Mountain Run if you catch the pre-race transport (must be booked in advance), but you are welcome to bring a driver and as many supporters as you want to cheer you on.

Competitors are not allowed any help from support crew, friends or family on the Mountain Run. If competitors have support crew, friends or family monitoring their own or another competitor's behaviour they will be deemed to be assisting their competitor and their competitor will be disqualified.

The start at Aickens Corner has a long walk (about 1km) from the car park to the start area and is rough in places – support crew should wear sturdy footwear and may need a torch or headlight if arriving early.





KATHMANDU  
COAST TO COAST  
COMPULSORY  
COMPETITOR GEAR

# Compulsory competitor gear

Use this checklist when packing for the event to ensure you have all the compulsory items.

**This gear is the minimum requirement while competing. If you have a bad injury and need to remain in one place, especially in poor conditions, for an extended period of time you will need ALL of these items.**

Take into account your speed and the conditions when choosing gear. If you are aiming to be 3-4 hours through the mountain run your requirements may be different than if you are planning on taking 8+ hours. The lightest gear will not be as robust or as warm as some other options, so choose based on your ability and if in doubt ask us!

On race day there will be specialist support on course. During training, however, you need to be self-sufficient and your gear needs to be suitable for all conditions.

**Please note:** Every year we see companies not associated with the event selling first aid kits or other items that do not meet all the requirements. It is your responsibility to check your gear to ensure it complies with event rules. If in doubt contact [info@coasttocoast.co.nz](mailto:info@coasttocoast.co.nz)



**KATHMANDU  
 COAST TO COAST  
 COMPULSORY  
 COMPETITOR GEAR**

# Mountain run

## Compulsory gear list

All gear must be correctly sized for the competitor. You can complete your gear check at select Kathmandu stores. Checks open three weeks prior to the event. You can also complete the gear check at event registration.

The compulsory gear clothing is in addition to what is being worn by the competitor when entering the mountain run stage. We allow synthetic, natural or composite thermal products. Cotton is unacceptable. A compression garment is not a thermal garment. Competitors should experiment with what best suits their needs for the activities and level of exercise they engage in.

### ☐ Long sleeve thermal base layer top

No specific weight requirement.  
 This is your next to skin layer.

**PRODUCT SUGGESTIONS:**  
 KATHMANDU POLYPRO LONG SLEEVE  
 KMDACTION LONG SLEEVE TOP

### ☐ Long sleeved mid layer top

Fabric must have insulation properties i.e. fleece or similar. Garment weight approx. 220gsm or greater.

**PRODUCT SUGGESTIONS:**  
 KATHMANDU RIDGE FLEECE PULLOVER

### ☐ Waterproof jacket with hood

Waterproof (Seam sealed and constructed of durable material, minimum 10,000mm waterproof rating) with hood.

**PRODUCT SUGGESTIONS:**  
 KATHMANDU STORM-CHASER

### ☐ Thermal gloves

No specific weight requirement.

**PRODUCT SUGGESTION:**  
 KATHMANDU POLYPRO GLOVES

### ☐ Waterproof pants

Waterproof (Seam sealed and constructed of durable material).

**PRODUCT SUGGESTION:**  
 KATHMANDU POCKET-IT TWO LAYER  
 RAIN PANTS<sup>1</sup>  
 KATHMANDU TRAILHEAD STRETCH  
 2.5-LAYER RAIN PANTS

<sup>1</sup>Earlier versions are water resistant due to non-waterproof pockets – acceptable for C2C.

### ☐ Full length thermal base layer pants

No specific weight requirement.  
 This is your next to skin layer.

**PRODUCT SUGGESTIONS:**  
 KMDCORE UNISEX POLYPRO LONG JOHNS  
 KMDACTION LEGGINGS

### ☐ Thermal hat or balaclava

No specific weight requirement.

**PRODUCT SUGGESTION:**  
 KATHMANDU LIGHTWEIGHT VECTRON  
 BEANIE



# Mountain run

## Compulsory gear list

Your gear may be spot checked at any time during the run or at the start and finish.

### ☐ Running shoes

The run is rocky and you will cross the river numerous times. Choose a shoe with lots of contact surface - soles with high knobs can be very slippery on the rocks. There are not many muddy areas. Good drainage is a must. Socks are highly recommended also.

**PRODUCT SUGGESTIONS:**  
 SALOMON SPEEDCROSS 6  
 HOKA CHALLENGER ATR7  
 ON RUNNING CLOUD VISTA

### ☐ Backpack

Must be large enough to fit all compulsory gear and food.

- recommended volume 12L+
- recommend putting clothing into Ziploc bags to keep dry
- do not vacuum pack it.

**PRODUCT SUGGESTION:**  
 KATHMANDU VEOS TRAIL RUNNING VEST

### ☐ Drink bottles

Something to carry water on the run, bottle, bladder or cup.

**PRODUCT SUGGESTION:**  
 CHOOSE FROM THE KATHMANDU RANGE

### ☐ Whistle

Attached to outside of pack.

### ☐ Survival bag

Foil survival **BAG** - blankets are **NOT** accepted.

**PRODUCT SUGGESTION:**  
 KATHMANDU EMERGENCY BAG V2

### ☐ First aid kit

Minimum requirements:

- 1.5m long (unstretched) roll of 5cm wide crepe bandage
- 2.5m long roll of 2cm wide strapping tape
- 10 Band-Aid strips
- Triangular bandage
- Scissors
- 4 x pain relief tablets

That can be used to treat pain in case of injury while help arrives - always follow the directions for taking medications.

- Any competitor specific medication

This must also be recorded in your entry form so race medical staff are aware of any potential conditions or issues.

**PRODUCT SUGGESTION:**  
 KATHMANDU FIRST AID KIT 1 PERSON





KATHMANDU  
 COAST TO COAST  
 COMPULSORY  
 COMPETITOR GEAR

# Camping

Suggested items

## ☐ Tent

*PRODUCT SUGGESTION: CHOOSE FROM THE KATHMANDU RANGE*

## ☐ Sleeping bag

Suggest comfort of around 0°C.

*PRODUCT SUGGESTION: CHOOSE FROM THE KATHMANDU RANGE*

## ☐ Camping gear

Check out all your camping gear and clothing at Kathmandu online or instore

- Camp chair
- Cooking equipment
- Sleeping mat

*PRODUCT SUGGESTION: CHOOSE FROM THE KATHMANDU RANGE*

## ☐ Extra items

- Drinks
- Food
- Cash
- Rubbish bags
- Toilet paper
- Cellphone & car charger
- Torch/headlamp
- Keep cup for coffee
- Water containers
- Sand-fly repellent
- Sunscreen
- Sun hat
- Towels
- Down jacket
- Rain jacket



## Toilets

The toilets are serviced to ensure they remain clean, fragrant and stocked, so at times will be unavailable. If you find that toilets need servicing or are short of supplies, please let the staff know. Toilets do not have lighting, so if you're using them at night, take a torch. While we endeavour to keep them stocked with toilet paper it is highly recommended you bring a back up supply!

Toilets are located at:

**Aickens Corner transition** - portable toilets. You pass them on your left as you drive to the car park. There are also toilets in the car park. Please do not 'go' in the trees

**Klondyke corner** - portable toilets located across the shingle road on the grass (south of the finish chute) as well as a permanent Department of Conservation toilet on the edge of the bush.

**Klondyke Corner camping** - portable toilets placed around the camping area, plus toilets on a trailer. The towable toilets will remain on site until the last Two Day competitor has departed for Mt White on Saturday.

## Temporary Traffic Management

An extensive approved traffic management plan is in operation and is updated annually. A variety of signs are used along the course. Some that you need to know for parking areas are:



Site access 150m - entrance to a car park on your right, approximately 150m ahead, followed by ...



Site access - entrance to a car park on your right, approximately 75m ahead



No stopping or waiting even for just a minute! Do not park between the signs or on the road shoulder or grass verge behind the signs.

## Registration

### Thursday

10am-4pm Registration and Sponsor Expo  
Westland Recreation Centre, Greymouth.

### Friday

6-7:45am Registration at Aickens Corner  
Aickens Corner (start area), Otira Highway

During registration competitors will be provided with:

- Kathmandu bag
- Race number (to be attached to front of your top)
- Timing transponder
- Run number to be attached to the back of backpack
- Kathmandu Coast to Coast t-shirt
- If a GPS tracker was ordered, collect it at registration

Your race number must be clearly visible from the front and back. Failure to clearly show your number when asked will lead to you being stopped until officials can accurately determine your bib number.

## Strapping

Motus Health will tape/strap ankles at registration on Thursday. No pre-bookings are taken. The price is \$15 for one ankle or \$25 for two ankles. Will strap most other things as well. Eftpos available.

## Compulsory checks

You can complete your compulsory gear checks at select Kathmandu stores. These checks open 3 weeks before race dates. You can also do these checks at registration but avoid the queues and get them done prior to the race, if possible. Refer to the compulsory check lists for what will be checked. Make sure to bring any gear not pre-checked to registration with you.

## Race Briefing

The Mountain Run race briefing will be held on Friday 7:45am at Aickens Corner (start area).



## Aickens Corner, Start Line

### Friday

6-7:45am	Registration Aickens Corner
6:30am	All vehicles must be through the road closure at Kumara Junction if using State Highway 73 from the West Coast.
7:45am	Race Briefing Aickens Corner
<b>8am</b>	<b>Race Start</b> Aickens Corner

If you are travelling from the West Coast you must have passed the multisport transition at Kumara Junction before 6:30am to avoid the road closure between Kumara Junction and Jacksons (State Highway 73). Alternatively, you can travel via Lake Brunner.

There is a bag drop service which you can put your warm-up clothes in before the start. This gear will be taken to Klondyke Corner for you to collect post run. Make sure your gear fits in your supplied bag (supplied at registration). No extra bags, space is limited. NOTE: It can be very cold before the race at Aickens so have plenty of warm gear with you. Bring some cash for pre-race coffee.

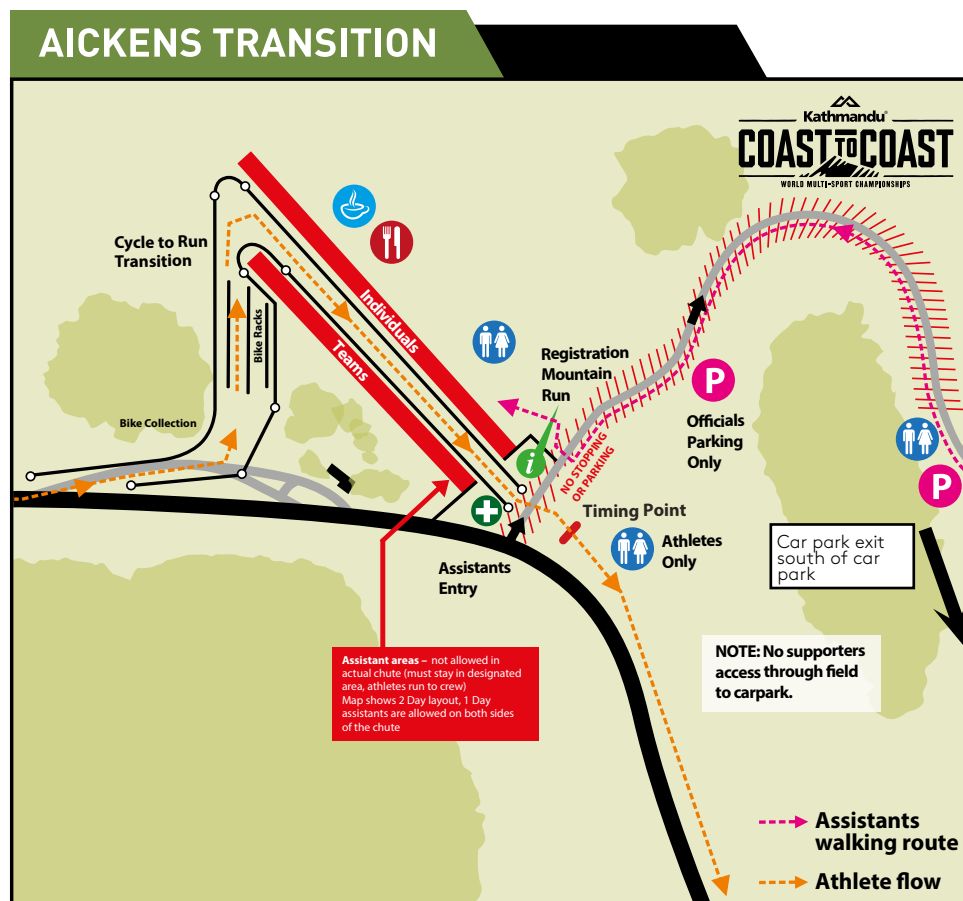
On arrival at Aickens Corner, take the vehicle track to the riverbed car park. Park in the car park, not on the road-side. Support Crew are not allowed to offer assistance or enter any part of the Run stage except at the start and finish.

Officials can make spot checks of competitor's compulsory mountain safety equipment at any time. Do not discard any equipment, it could be spot checked at any time. Penalties or disqualifications will be given to competitors not carrying correct equipment.

Please note support crew cannot leave the Aickens car park until after 9am. Don't panic, there is plenty of time! Support crew must not stop at the Deception Footbridge and must not use the Deception Footbridge (by DoC request).

### Breakfast

Lake Brunner School will have breakfast for sale at the Aickens transition – whitebait patties, bacon, eggs, Black-ball sausages, omeletes, hash browns, coffee, tea and milo. Bring cash.



## Mountain Run 30.5km

- 8am** Mountain Run Race Start
- 2pm** Doreen Creek cut-off (competitors will be turned back to Deception Footbridge)
- 4pm** Goat Pass cut-off
- 7:30pm** Klondyke Corner cut-off

### Key stage rules (full rules located on [website](#))

- Compulsory mountain run gear must be carried, see p 6&7.
- Officials can randomly check competitors' gear anywhere on the mountain stage including at Klondyke Corner.
- It is forbidden for any competitor to run on railway lines (except when directly crossing them), including the Bealey River railway bridge. Be aware trains are scheduled to be running during the event.
- No personal audio devices are to be used. Phones are OK to use for photos – there is no cellphone coverage on majority of the run stage.
- Do not drop rubbish – carry all rubbish out.
- Mountain running shoes must be cleaned, to Biosecurity New Zealand standards before and after the event or when moving between waterways during the event. You must also do this before and after any training on the course.
- Detergent footbaths are provided for Didymo control at Goat Pass. Competitors must immerse both shoes in the baths.
- It is the competitor's responsibility to have adequate skills to negotiate and avoid the hazards on the mountain running stage. The Otira, Deception, Mingha and Bealey Rivers are steep and bouldery and can change conditions rapidly.
- Support crew must not run down the riverbed with competitors or take equipment from them or assist them in any way.
- Hiking poles are not permitted.

### Course notes

**WARNING:** The run course is very rough and there are many places where most people simply cannot run. If you haven't been over the course, prepare yourself by doing a lot of training on the roughest ground you can find. See the race YouTube channel for some footage from the running section. Expect **A LOT** of running on rocks with no track. It is a wilderness run. There are only two ways out, on foot or in a helicopter (which can only fly during daytime and in good weather). There are potential charges for non-emergency helicopter extractions of \$500 per person.

Drink - many competitors choose to drink directly out of the rivers. The water is generally very good and safe to drink but we cannot guarantee this. However, when you get close to the stopbank and power lines towards the end of the run you will cross the Bealey River, Giardia is present, do not drink water from the Bealey River.

There is some race-specific course marking, but competitors are responsible for their own navigation over the course and should familiarise themselves with the terrain. Competitors who have not been over the course should consider carrying a map (**Topo50 Map BV20-Otira**) and compass or GPS. Email [info@coasttocoast.co.nz](mailto:info@coasttocoast.co.nz) for a downloadable GPS route file.

The course marking is a mix of DoC marking and race-specific marking – it is a fast, efficient route but it is not compulsory to follow, you may self-navigate.

Head out of the Aickens Corner transition and through the timing point under the arch. Follow a farm track for about 2.5km until you reach the Deception Footbridge. Continue straight ahead for about 15m before turning left through the trees, down the bank and into the river. Cross to the far side and start up the Deception Valley.

You don't have to follow a set route but generally follow a mix of rough tracks and the main riverbed up the valley – there are multiple river crossings.

After about 13.5km, there is a succession of bush tracks that mark the start of the upper Gorge, here the valley steepens significantly and the next 4km to Goat Pass take even the quickest athletes close to 40 minutes. This is one of the most stunning sections of the run and has many routes – following the wet footprints is usually a safe bet.

About 500m from Goat Pass you turn right up a smaller creek and scramble and wade your way up the final part of the climb. Goat Pass elevation is 1070m so you will have climbed around 800 vertical metres and run about 17.5km from Aickens transition to this point.

From Goat Pass it is around 13km to Klondyke Corner, the track is generally much better formed and includes some boardwalks over fragile ground. It is also mainly downhill with the exception of a few short, sharp climbs, the largest being Dudley Knob where you will often find race photographers.

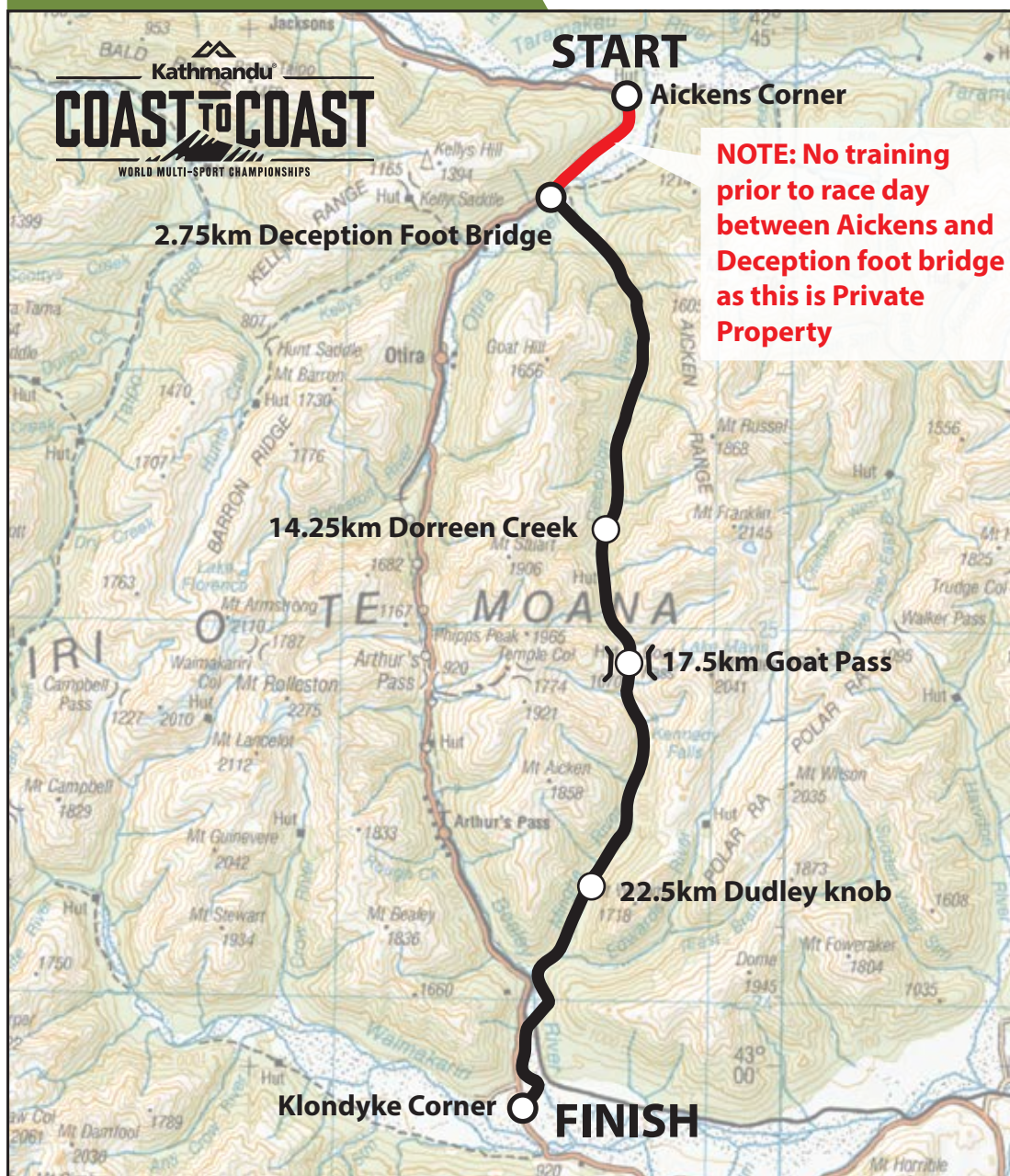
The final 5-6km is flat but is some of the roughest riverbed to run over. When you reach the stopbank you get some respite for about a kilometre, then the final 1.5km is real ankle-rolling stuff, especially if you are tired. Concentrate and focus on getting safely to the cheering crowds waiting at the finish of the stage.

Remember: Take sufficient food and wear sun protection.

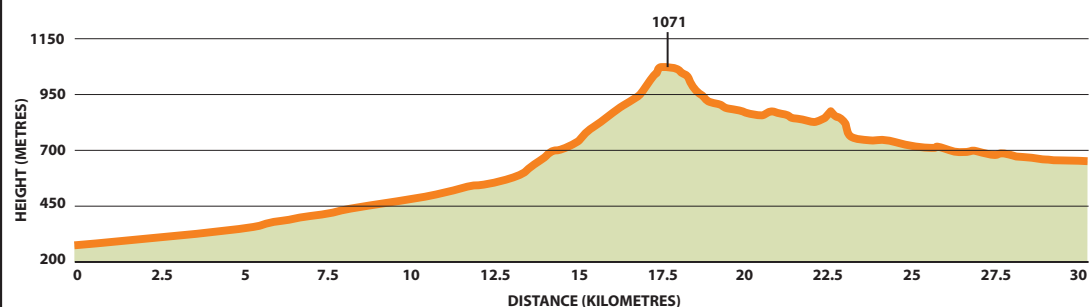




## MOUNTAIN RUN 30.5KM



### PROFILE



## Klondyke Corner, Finish Line

### Rules

- Take all rubbish away with you
- No open fires or solid fuel barbeques
- Dogs are not allowed in the National Park (not even in your car)
- Don't drink from the Bealey River, Giardia is present.
- Pedestrians must take GREAT CARE when crossing the State Highway and cross at the designated crossing point.
- Do not park in long grass, hot exhausts can start fires
- **DO NOT PARK ON THE ROAD VERGE OF STATE HIGHWAY 73 UNDER ANY CIRCUMSTANCES**

### Parking

Park your vehicle in the designated mown areas and where directed by the officials. All competitors and support crew, even if you are not camping, are required to park in the camping area. Keep emergency access ways (4m wide lane) clear. Please do not exceed 5kph. Campervans are allowed at Klondyke Corner, please note the camping & parking areas are a paddocks.

### Camping

Camping is free and does not need to be pre-booked. Campers can set up camp from 3pm on Wednesday, please check in with an official before setting up or you may be required to move. Campers must supply their own tents and camping equipment. Space is limited, please be considerate of others with your setup. Caravans are not permitted.

### Drinking water

Water is available from a water tanker, but we recommend that you fill up water containers prior to arrival at Klondyke Corner. There isn't enough water to replenish campervan showers and toilets.

### Meals

Sheffield School will have lunch, dinner and breakfast for sale at Klondyke Corner. Have cash available. This is a fundraiser for the School.

### Gear bags

Competitor's gear bags from the start line will be available at Klondyke Corner for collection from approximately 12pm.

### Sponsor expo

There is a sponsor expo, information point and a big screen for people to watch the progress of their competitor through the Mountain Run. There will be live-feed cameras and timing points on the Mountain Run stage. There is limited cellphone coverage. At 7pm there will be a highlights video of Day 1 on the big screen.

### Medical services

Medical and physio services available. Medical services are available overnight for those camping at Klondyke Corner. Contact 021 221 9711.

### Massage

Massages available, \$45 for 20 minutes (no double bookings). Bookings can be made by phoning Motus (03) 966-6555 from 3 January 2024. Eftpos available.

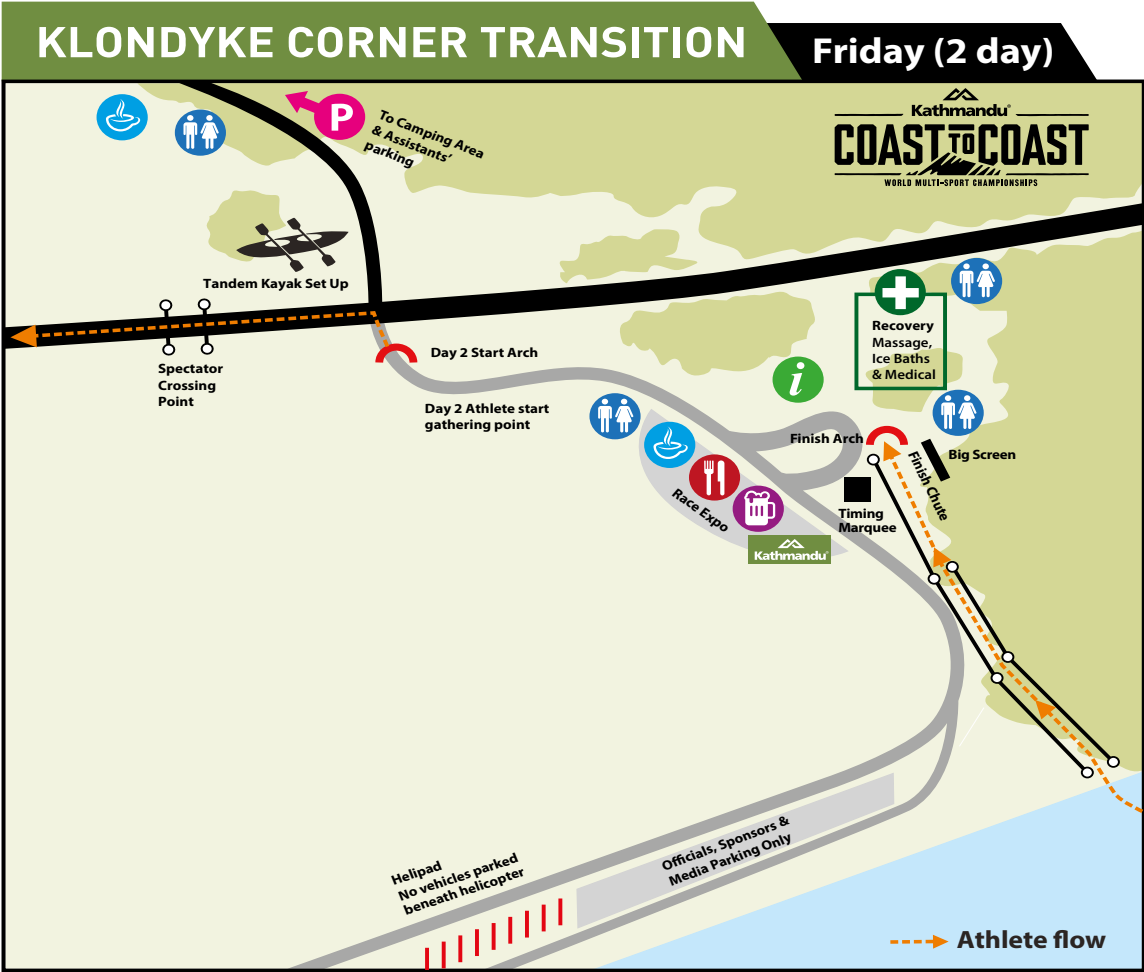
### Mountain Run Prizegiving

The prizegiving for the Mountain Run will be held near the finish line 4:30pm. We appreciate that some competitors may still be on course at this time but in general most, if not all, competitors have finished. Late finishers will still get a finishers medal and a great reception. You must be present at the prize giving to collect any spot prizes (except if you're a late finisher).

### Notes:

- Bring insect repellent – the sandflies are ferocious, and relentless
- Portable toilets available
- Limited catering, bar and coffee available
- Big screen with live race coverage
- Information point







## Photos

The crew from [Marathon-Photos.com](http://Marathon-Photos.com) will be photographing the race. Your photos will be available online within 24 hours of the race and include a range of options.

You can also pre-purchase your photos, keep an eye on the event newsletter for pre-sale opening dates.

## Withdrawals & non-completion

Any competitor withdrawing from the Mountain Run must report to an official, hand in their timing transponder and fill in a withdrawal form. This is critical because a search and rescue operation will be triggered if you are unaccounted-for!

If you are evacuated from any part of the course by helicopter, you must report to an official immediately on disembarking. Do not try to find your support crew or family until our officials have checked you off the course. This is very important.

If you seek independent medical attention for any incident in relation to the Coast to Coast please inform the race medical team or post-race through [info@coasttocoast.co.nz](mailto:info@coasttocoast.co.nz). It is very important for us to know what medical issues people are encountering so we can assess and monitor these, and put preventive measures in place, if required, for future events.

## Lost Property

Any lost property gathered up or handed in will be located:

- Saturday – Information Tent, finish line, New Brighton.
- Sunday between 8-10am - at Addington Raceway.

If none of the above options are suitable for you, please contact [info@coasttocoast.co.nz](mailto:info@coasttocoast.co.nz). Lost property will be kept for one month and then either disposed of or given to charity. A fee of \$30 will be charged for items not collected in person that require postage within NZ. Larger items and items requiring international postage will incur additional costs.

## Weather forecasts

Check the following websites for weather information.

[www.arthurspass.com](http://www.arthurspass.com)

[www.metservice.com](http://www.metservice.com)

[www.metvuw.com](http://www.metvuw.com)

[www.wcrc.govt.nz](http://www.wcrc.govt.nz)

[www.cwu.co.nz](http://www.cwu.co.nz)

[www.outdooraccess.co.nz](http://www.outdooraccess.co.nz)

If you want to phone the Department of Conservation Waimakariri Area office for weather and track information, please ring after 9:30am. The office is open 7 days per week, opening at 8am and closing at 5pm until Christmas and then closing at 6pm after Christmas.

## Plan B - Bad weather alternative

### Mountain Run Stage Alternative Course

If the Mountain Run stage is affected by bad weather and/or high river flows, then a running stage (31km) will be used which will be a mix of river bed, farm tracks, sealed road and DoC single track via Arthurs Pass, finishing at Klondyke Corner.

From Aickens Transition follow the normal route to the Deception Footbridge, at the footbridge merge onto State Highway 73. After 2.5km enter Kellys Creek. From Kellys Creek follow a mix of farm and single track to Otira township.

From Otira township exit at the Fulton Hogan yard onto State Highway 73 to run across the viaduct (approx 9km).

From Temple Col you will be directed onto the Arthurs Pass Nature Walk, you will follow this to the Arthurs Pass Village where you will be directed into the Bealey River bed. You will follow the Bealey River bed to Klondyke Corner.

There will be water stations at;

- Goat Creek (6.5km approx)
- Temple Col (14km approx)

**Reflective high visibility vest must be worn as the outer layer of clothing (run pack can be worn over top of vest).**

The alternative course is subject to changes. Full details will be supplied at Race Briefing, if required.



## Railway Lines & Crossing Safety

There are railway line crossings on the cycle and run stages. If alarm bells are sounding or the Official requests that you stop, you must stop. If a competitor does not stop they will be disqualified from the race immediately.

### TRACKS ARE FOR TRAINS

NEVER walk down tracks or close by tracks. Only cross a railway track at a place set aside for crossing. Tracks are for trains!

### TRAINS ARE QUIET

ALTHOUGH trains are noisy up close they are hard to hear from a distance. Trains can surprise car drivers and people walking near tracks. Make sure you look both ways as well as listen for trains.

### TRAINS TAKE A LONG TIME TO STOP

EVEN if a driver can see you, they cannot stop a train quickly. Trains are heavy and can weigh up to 1,500 tonnes, the same as 1,000 cars. They can also travel at high speeds. Even a small train can take four rugby fields to stop! Trains take a long time to stop.

### LEVEL CROSSINGS RULES

A TRAIN driver is on full alert when approaching a level crossing. Make the driver's job easier by obeying the signal and level crossing rules. Look for signs, barrier arms and flashing red lights and listen for the warning bells. If you are in a car be sure to tell the driver to stay well back from the tracks, behind the marked lines.

### STAND WELL CLEAR

If YOU see a train coming stand well away from the tracks. Be aware and stand well clear.

### DON'T JUMP ONTO TRAINS

TRAINS are fun to ride but only as a ticketed passenger inside a carriage. Even when a train is traveling slowly you should never try and jump onto a moving train. Always wait until a train has stopped before getting on or off.

### YOU CAN'T OUTFRAN A TRAIN

NEVER walk on a rail bridge or through a rail tunnel. You can't outrun a train, and tunnels and bridges are only wide enough for trains. You will have nowhere safe to go.

### SHOCKING RESULTS IN STORE

SOME trains are powered by electricity, sent through power lines above the tracks. It is dangerous to go near these lines or let any object like a ball or kite go near them. These lines carry huge amounts of electricity and you will get an electric shock.

### STONES CAN FLY LIKE BULLETS

NEVER leave things on railway tracks or throw stones at trains. You could derail the train and look out if you're close by! Those stones can fly like bullets and could really hurt you!

### KEEP YOURSELF SAFE

YOU NEED to keep yourself safe. No matter what your friends say you need to be very careful around trains, tracks and crossings. Stand up, be smart and stay safe!

### REMEMBER: TRACKS ARE FOR TRAINS





# 7 LEAVE NO TRACE PRINCIPLES

Leave No Trace is a global movement whose mission is to protect the outdoors by teaching people how to enjoy the outdoors responsibly. Follow these principles to minimise your effect on the environment.

## 1 PLAN AHEAD AND PREPARE

- Know the route well or have appropriate maps, compass or GPS.
- Plan for worst-case scenarios.
- Check the weather forecast and ensure it's suitable for your trip.

## 2 TRAVEL AND CAMP ON DURABLE GROUND

- Camp on durable ground or stay in huts.
- Reduce your impact on soil and vegetation.
- Stick to the marked track through Goat Pass (where it exists).

## 3 DISPOSE OF WASTE PROPERLY

- Carry all rubbish out and bury toilet waste.
- Try to minimise packaging.
- Separate recycling and waste with bins provided.

## 4 LEAVE WHAT YOU FIND

- Familiarise yourself with the course route.
- Don't mark the course with cairns or by marking vegetation.
- Leave didymo behind! Clean all kayak equipment and shoes.

## 5 MINIMISE THE EFFECTS OF FIRE

- No open fires or solid fuel barbeques.
- Do not park in long grass - hot exhausts can start fires.
- Never leave your stove unattended.

## 6 RESPECT WILDLIFE AND FARM ANIMALS

- Never feed the kea.
- Never leave your stove unattended.
- No dogs in Arthur's Pass National Park or on private land.

## 7 BE CONSIDERATE TO OTHERS

- Respect other trampers on the Mingha Deception route.
- Try to keep noise to a minimum.
- Respect private property.