

Mt Baw Baw

Victorian State Orienteering Series #1

Sunday 9th March 2014



Central Highlands Orienteering Club (CHOC) welcomes you to the Mt Baw Baw Region and we hope you enjoy this unique alpine bush-O experience. Mt Baw Baw is the smallest of Victoria's alpine resorts but it is also the closest to Melbourne. The spectacular alpine landscape and mountainous terrain make it a mecca for adventure and offers a unique experience all year round. Very few alpine areas in Australia have been used for orienteering so don't miss this event. Mt Baw Baw offers some amazing granite boulders, alpine meadows and snowgums and fantastic views that you would expect from the high country.

The middle distance courses won't look far on paper, but the thin alpine air and elevation of almost 1600m will definitely have your legs and lungs burning. And while Melbourne may swelter in mid 30's such as today- Mt Baw Baw will be a pleasant sunny 20 degrees. Though if the clouds close in and visibility drops you will have to rely heavily on your compass.

Course Setter: Kathryn Preston for Orienteering Gippsland/CHOC

Organiser: Rob Preston

Controller: Stephen Bird

Map: Mt Baw Baw Scale: 1:5,000, 5m contours. By Rob Preston and Roch Prendergast

Start times: 10am-1pm

Newcomers – welcome!

If you're new to orienteering go to the registration tent where our friendly volunteers will guide you through the registration process, and direct you to 'Novice instruction'. You will be introduced to basic skills required to complete Courses 7 (easy navigation) or 8 (very easy navigation). First timers receive VOA member discount on entry.

Today's course lengths and classes

This event is middle distance orienteering format. Water is provided on courses 1-6.

FULL BODY COVER IS RECOMMENDED DUE TO THE VEGETATION!!!

Fees

Orienteering Victoria members:	Senior \$20.00	Junior \$15.00	Family \$50.00
Non-OV members:	Senior \$30.00	Junior \$20.00	Family \$80.00
SI Stick hire:	\$3.00	Enquire about OV membership at registration.	

Baw Baw Running Festival: Mt Baw Baw is hosting a running festival on the long weekend. **Further Information-** check www.mtbawbaw.com.au

There are some nutrition and running training information sessions on Sunday afternoon at the Village Central Café. And Sunday night has a *Retro* themed party so don't forget your '80's styled gear for a good night.

- ***The Village Restaurant will be open all weekend serving delicious meals.*** Mt Baw Baw has plenty of on-mountain accommodation available *if you decide to extend your visit.*

Entry on the day is available but at an additional \$5 so please help the organisers by entering online.

Contact: Rob Preston rob_preston@hotmail.com ph.0403296516

State Series #1- Course Details

Course	Difficulty	Distance	Classes
1	Hard	5km	M1, W1
2	Hard	5km	M2, W2
3	Hard	3.7km	M3, W3
4	Hard	2.5km	M4, W4
5	Hard	2.0km	M5, W5
6	Moderate	2.36km	M6, W6
7	Easy	1.7km	M7, W7
8	Very Easy	1.4km	M8, W8

TRAVEL DIRECTIONS

A beautiful drive through the National Park then up narrow and windy roads to Mt Baw Baw. Travel time from Melbourne CBD is 2.5 hours. (but depending on weather and traffic condition it can take longer)

OPTION 1.

- The turn off from the Princes Hwy (M1) is at the Drouin / Mt Baw Baw exit
- Continue along via Noojee along the Main Neerim Rd (C426)
- Follow this road through Noojee where it will then follow into the Mt Baw Baw Tourist Road (C426)
- Travel through Icy Creek and Tanjil Bren before reaching the resort gates
- Last major fuel stops is at Longwarry (before you exit the Hwy)

OPTION 2.- South Face Road- *Be very careful on the first 5km on gravel- it is very slippery!*

Some gravel roads but wider and less windy. Travel time from Melbourne CBD is 2.5 hours, from Latrobe Valley it's one hour.

From Moe:

- From the M1, take the turn off at the Moe exit, and then continue via Erica
- At Parkers Corner, continue straight onto the Thomson Valley Road
- 3km along, turn left onto South Face Road
- Last major fuel stop is at Moe.

PARKING:

- Upon arrival to Mount Baw Baw Alpine Resort please park your car in Car Park 1. It is the large carpark on the right, when you get sight of the Mt Baw Baw entrance sign.

The event centre will be 200m walk from the carpark at the Village Central deck (or inside if the weather is poor). Please bring a chair to sit on the deck and enjoy the lovely view.




Walk to start

The start is 500m from the assembly area, but climbs a steep hill (you will appreciate the extra downhill on the course!). Please allow 20 mins walking time and follow the signs, and PINK streamers.

There is a 13km trail running race that starts at 9am from Baw Baw Village Central. The course passes the Orienteering start so please be aware of runners on the track at the start, particularly for starters before 11am.

Weather

As an alpine area be prepared for any type of weather. While Latrobe Valley was receiving its first good rain in weeks, it was actually sunny at Mount Baw Baw!

	Sat Mar 8	Sun Mar 9	Mon Mar 10
Summary	 Possible shower	 Late shower	 Late shower
Maximum	15°C	20°C	22°C
Minimum	10°C	11°C	14°C
Chance of Rain	70%	40%	60%
Rain Amount	1-5mm	< 1mm	1-5mm
UV Index	Very High	Very High	

Drive carefully and see you on the mountain.