

# **THE JLF TREK & TRAIL RUN**

**15 & 16 May 2026**

# **72KM**

## **MCLAREN VALE REGION**

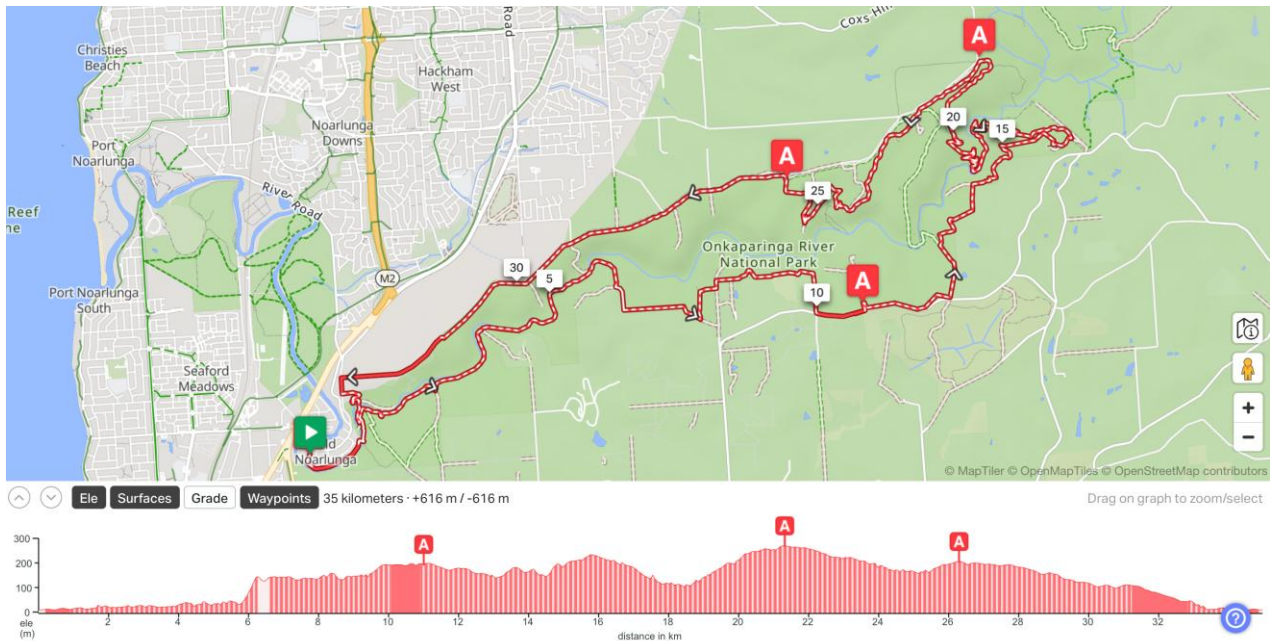
**JODI  
LEE** **BOWEL  
CANCER  
FOUNDATION**

**LIFE THREATENING EMERGENCY 000 OR 112  
COMMAND CENTRE 0456 169 640**

# JLF TREK MAPS

**Friday 15 May 2026: 35kms Start 7:15am**

**Onkaparinga River National Park**



Click [HERE](#) for the **GPX file** to be able to upload the Friday 35km JLF Trek Route Map to your chosen device or app.

Click [HERE](#) for the Friday 35km JLF Route Map on **Ride with GPS**.

# FRIDAY 15 MAY - 35KM

Start Location: [Noarlunga Recreation Ground, Patapinda Road, Old Noarlunga](#)

Arrival Time & Bib Collection: from 6:45am

Start Time: 7:15am SHARP. Participants arriving after this time may not be permitted to participate

Carparking: Parking is available at the Noarlunga Recreation Ground

Toilets: Available

\* The JLF Trek will start and end at the same location in 2026. Therefore, coaches are not required.

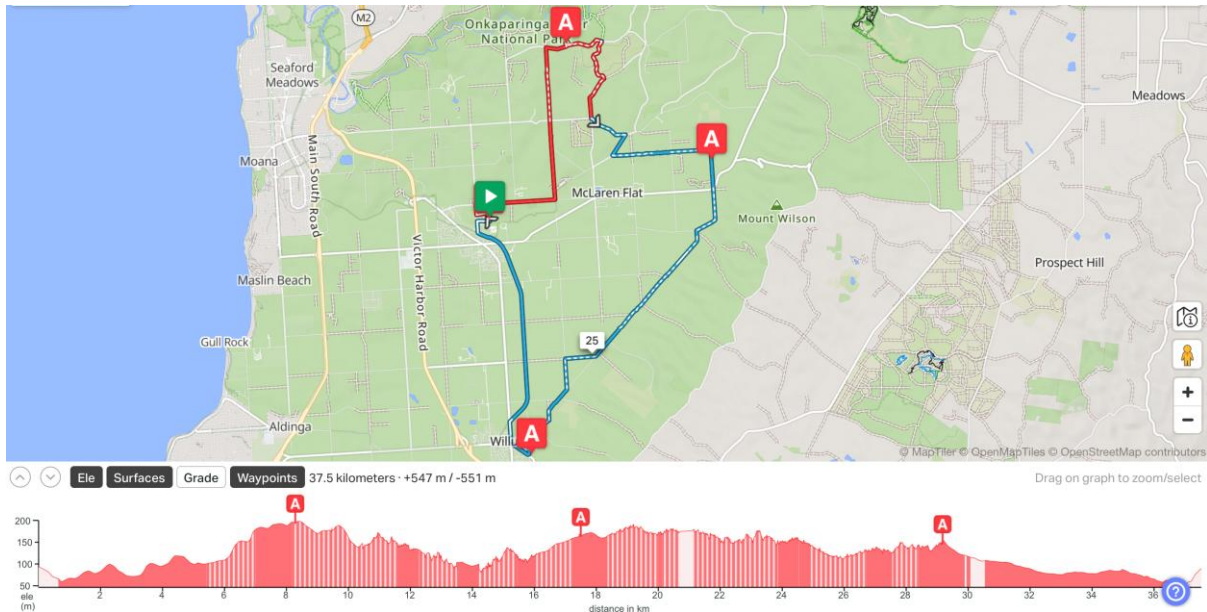
The locations and distances between checkpoints are approximate and may alter due to unforeseen circumstances.

CHECKPOINT	LOCATION	CHECKPOINT OPEN TIMES	KMS AND TERRAIN	FACILITIES
START	<a href="#">Noarlunga Recreation Ground, Patapinda Road, Old Noarlunga</a>	7:15AM SHARP	START - CP1 11KM HARD	TOILETS
CP1	<a href="#">Gate 21 Onkaparinga Nat Pk, Chappel Hill Rd, Blewitt Springs</a>	8:30AM – 11:00AM	CP1–CP2 10KM HARD	MORNING TEA FIRST AID TOILETS
CP2	<a href="#">Gate 12, Onkaparinga Nat Pk, Piggott Range Rd, Blewitt Springs</a>	9:45AM – 2:00PM	CP2–CP3 5KM MODERATE - MILD	LUNCH FIRST AID TOILETS
CP3	<a href="#">Gate 9, Punchbowl Carpark, Onkaparinga Nat Pk, Piggott Range Rd, Blewitt Springs</a>	10:00AM - 3:15PM 3:00PM FINAL DEPARTURE TIME IF CONTINUING TO FINISH	CP 3 – FINISH 9KM MILD	AFTERNOON TEA FIRST AID TOILETS
FINISH	<a href="#">Noarlunga Recreation Ground, Patapinda Road, Old Noarlunga</a>	11:00AM – 5:30PM		FIRST AID TOILETS

# JLF TREK MAPS

**Saturday 16 May 2026: 37km Start 7:00am**

**McLaren Vale Region, Willunga Basin Trail & Shiraz Trail**



Click [HERE](#) for the **GPX file** to be able to upload the Saturday 37km JLF Trek Route Map to your chosen device or app.

Click [HERE](#) for the Saturday 37km JLF Route Map on **Ride with GPS**.

# SATURDAY 16 MAY - 37KM

Start Location: [Chalk Hill Wines, 56 Field St, McLaren Vale](#)

Arrival Time & Bib Collection: from 6:30am

Start Time: 7:00am SHARP. Participants arriving after this time may not be permitted to participate

Carparking: Parking is available at Chalk Hill Wines

Toilets: Available

\* The JLF Trek will start and end at the same location in 2026. Therefore, coaches are not required.

The locations and distances between checkpoints are approximate and may alter due to unforeseen circumstances.

CHECKPOINT	LOCATION	CHECKPOINT OPEN TIMES	KMS AND TERRAIN	FACILITIES
START	<a href="#">Chalk Hill Wines, 56 Field St, McLaren Vale</a>	7:00AM SHARP	START - CP1 8KM HARD	TOILETS
CP1	<a href="#">Gate 21 Onkaparinga Nat Pk, Chappel Hill Rd, Blewitt Springs</a>	7:50AM – 9:45AM	CP1–CP2 9.5KM MODERATE - HARD	MORNING TEA FIRST AID TOILETS
CP2	<a href="#">Hugo Wines, 246 Elliot Rd, McLaren Flat</a>	8:45AM – 12:30PM	CP2–CP3 11.5KM MODERATE	LUNCH FIRST AID TOILETS
CP3	<a href="#">Willunga Slate Museum, 61 High St, Willunga</a>	10:00AM - 4:30PM 3:30PM FINAL DEPARTURE TIME IF CONTINUING TO FINISH	CP 3 – FINISH 8KM MODERATE - MILD	AFTERNOON TEA FIRST AID TOILETS
FINISH	<a href="#">Chalk Hill Wines, 56 Field St, McLaren Vale</a>	10:50AM – 5:30PM FINISH LINE CELEBRATION CONCLUDES AT 6:00PM		CELEBRATION FIRST AID TOILETS

# UPLOADING THE JLF TREK MAP

We recommend that you upload the [JLF Trek Map](#) prior to commencing the event.

You can upload the JLF Map to aps such as Garmin Connect or Strava. To access the **GPX files** click on the links on the JLF Trek Map section of this Hike Guide.

To upload the JLF Trek Map using **Ride with GPS** mobile app:

1. If you have an existing Ride with GPS mobile app on your phone, ensure it is the latest version and you remember you login details. Go to step 3.

If you don't have the app, download the Ride with GPS mobile app:

For an iPhone, get the app [HERE](#) For an Android phone, get the app [HERE](#)

2. Once the app is downloaded, set up an account. DO NOT subscribe, or sign-up for a free trial. This is not necessary to access the JLF Trek maps.

3. From your phone click [HERE](#) to RSVP to the Jodi Lee Foundation's Ride with GPS account and receive FREE access to navigation features using the Ride with GPS mobile app.

4. Click on GO TO EVENTS

5. To save the routes for offline use, tap the three dots next to the relevant route and select DOWNLOAD FOR OFFLINE

6. To access the routes for offline use click on LIBRARY at the bottom banner, and then select OFFLINE at the top banner. Your downloaded routes will be available to use.

7. Open the route and tap NAVIGATE to initiate the turn-by-turn voice navigation for the duration of the event.

# WHAT TO BRING

## It is an event requirement that you bring:

- Fully charged mobile phone
- Water bottle
- Personal medication
- Appropriate clothing for weather conditions
- Your uniquely numbered official event bib

## It is recommended that you bring with you:

- Quality backpack
- Portable phone charger
- Waterproof and windproof jacket
- First aid supplies & space blanket

## EVENT SAFETY

## RULES AND PROCEDURES

- At each checkpoint you **MUST** sign in with our event management team
- The JLF Trek is held in remote areas, through terrain that is rough, steep and sometimes with no or limited vehicle access. In an emergency, be aware that response times may be delayed.
- Mobile coverage is limited and often unavailable and may cause your phone battery to drain faster than usual. Please keep this in mind if you plan to use an online tracking device during the event.
- Save the Command Centre number 0456 169 640 in your phone
- At all times you must trek with at least one other person
- First aid will be located at each checkpoint and at the finish line

# EMERGENCY PROCEDURES

**LIFE THREATENING EMERGENCY 000 or 112  
COMMAND CENTRE 0456 169 640**

## LIFE THREATENING EMERGENCY

- Call 000 or 112
- Provide your GPS location by looking at the Emergency + app or your uploaded JLF Trek map
- Follow the guidance of the emergency service operator
- As soon as possible, call or text the Command Centre on 0456 169 640 to advise them of the situation and status.

## LOST

- Refer to your uploaded JLF Route map to determine your location
- Try to retrace your steps until you find a marker or recognise a landmark
- If you can't find a marker and feel lost, call or text the Command Centre on 0456 169 640
- Provide your GPS location by looking at the Emergency + app or your uploaded JLF Trek map
- The Command Centre will attempt to guide you back to the route
- If there is no mobile coverage, find a high vantage point for better reception

## ACCIDENT AND INJURY

- Administer first aid and if possible, continue to the next checkpoint
- If unable to continue, keep the injured person comfortable and in a safe area
- Ensure someone remains with the injured person
- Contact the Command Centre on 0456 169 640
- Provide your GPS location by looking at the Emergency + app or your uploaded JLF Trek map
- If there is no mobile coverage, find a high vantage point for better reception

## EMERGENCY + APP

Download the [Emergency + app](#) which will provide your GPS location in the case of an emergency.



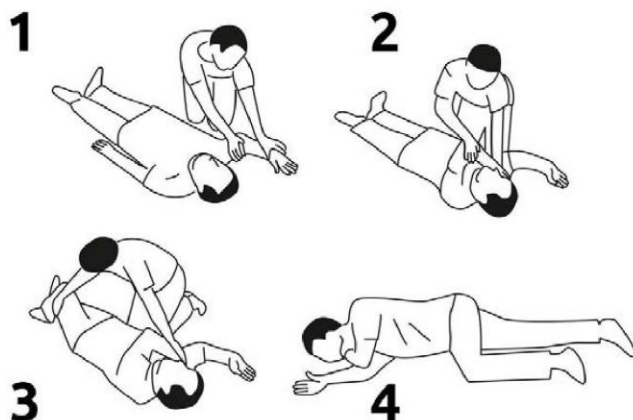
# LIFE THREATENING EMERGENCY

- Turn off aeroplane mode on your phone and dial 000 or 112
- If there is no mobile phone coverage, send two hikers to the top of a hill to call 000 when they have range
- Administer first aid - at least one hiker to stay with the injured person at all times
- Provide your GPS coordinates and/or your most accurate details of your location
- Call the Command Centre on 0456 169 640 to advise of the situation, the name and bib number of the hiker
- Follow up by taking a screen shot of your GPS location and text it to the Command Centre
- Follow the DRSABCD action plan and commence CPR

## IF THE PERSON IS RESPONSIVE

- Wrap in an emergency blanket and seek shelter until help arrives
- In cold weather, keep out of the wind and try to remain warm and dry
- In hot weather, stay in the shade, drink water and reduce loss of body fluids

## RECOVERY POSITION





# DRSABCD Action Plan

