



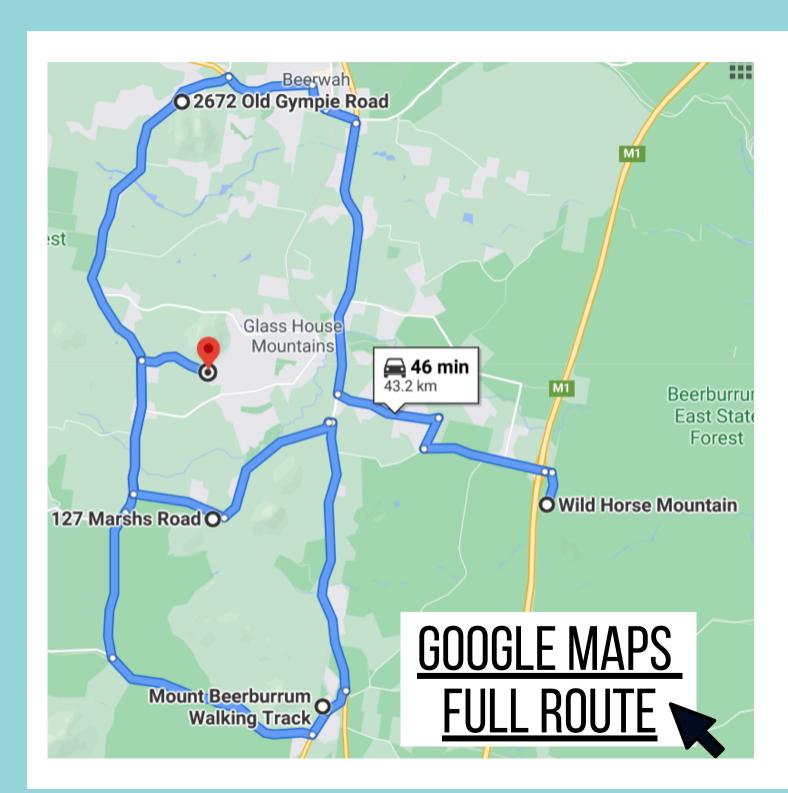
HIKING 5 OF THE GLASS HOUSE MOUNTAINS IN ONE DAY FOR



FUNDING OVARIAN
CANCER
RESEARCH



DAY OVERVIEW



- 1. Wild Horse 1.6km
- 2. Coochin Twins 2.4km
- 3. Beerburrum 3.5km
- 4. Tibberoowuccum 1.8km
- 5. Ngungun 2.9km = 12.2km

Total elevation gain = 750m Total elevation above sea level = 1111m

1. WILD HORSE MOUNTAIN



5.15 Arrive at Car Park

5.20 Begin Hike: (15min) (Dawn (first light): 5:22; Sunrise: 5:45)

6.00 Hike back to car park (15min)

6.15 Drive to Services: bathroom/breakfast (30min).

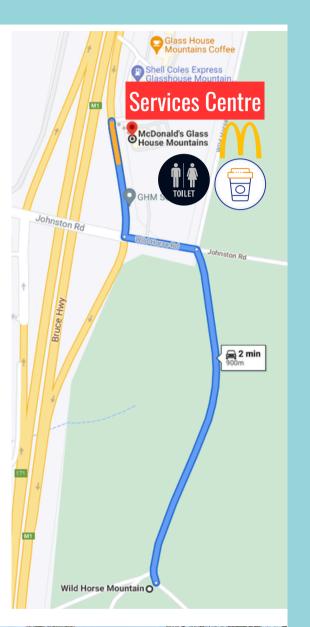
6.45 Drive to Mt Coochin (21min)

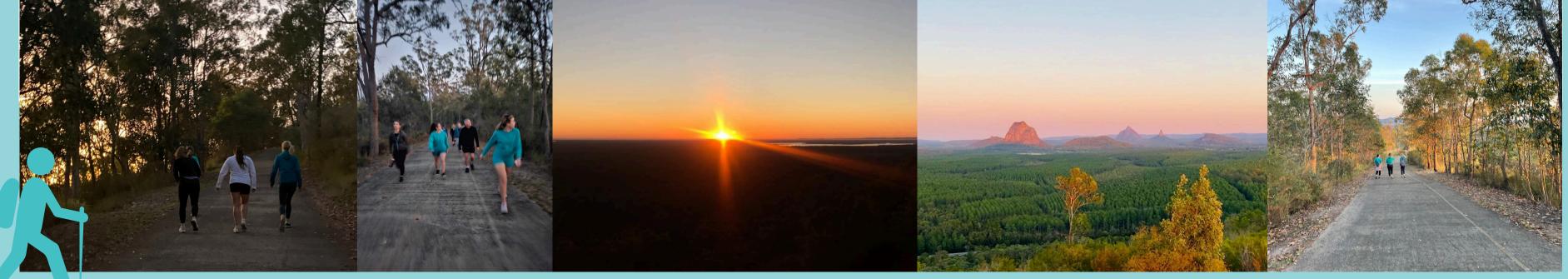
*Note there are no toilet/food options at Mountain #2.

ADDRESS: "WILD HORSE MOUNTAIN"

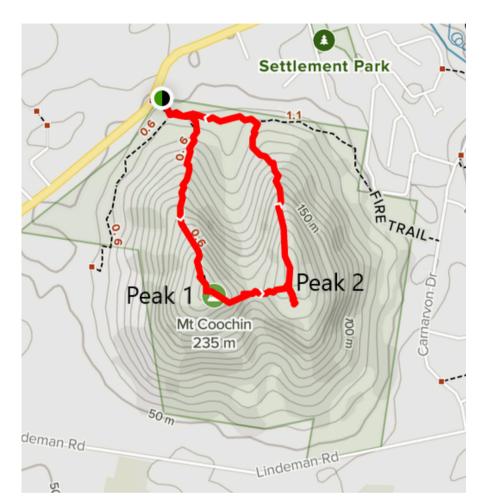


About: •1.6km return •Elevation gain 87m •Elevation above sea level 123m •Concrete path from carpark to fire tower lookout





2. MOUNT COOCHIN (TWIN PEAK)



7.10 Begin Hike: (25min to Peak 1, 20min to Peak 2)

8.30 Hike back to car park (30min)

9.00 Drive to Mt Beerburrum (15min)

*No facilities here! Closest is a 5mins drive north to Beerwah Marketplace and Village- the public toilets are right next to the Woolworths.

Facilities at Mtn #3

ADDRESS: "2672 OLD GYMPIE RD"



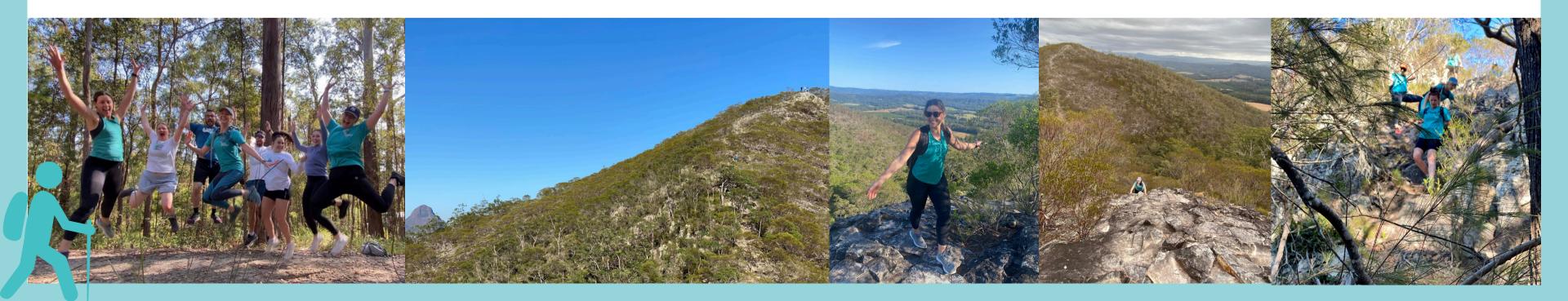
About:

•2.4km loop ascending two summits;

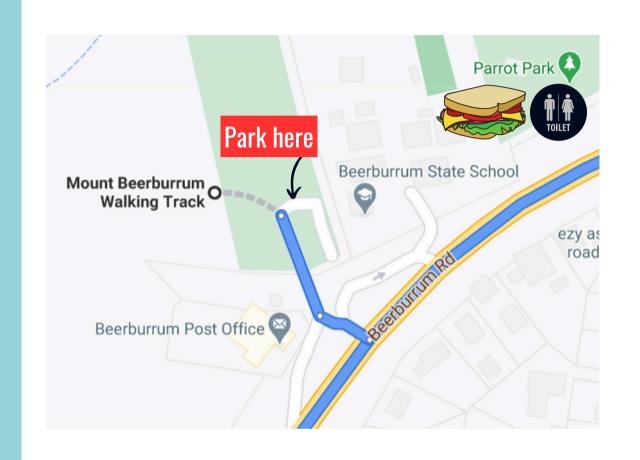
•Elevation gain 205m

•Elevation above sea level 235m;

•Rocky, steep uneven terrain, boulder scrambling.



3. MOUNT BEERBURRUM



9.15 Toilet break 9.30 Begin Hike (35min) 10.15 Hike back to carpark (35min) 11.00 Lunch - Parrot Park 11.45 Drive to Mt Tibberoowuccum (9min)

*Public toilets located in Parrot Park.

ADDRESS: "MOUNT BEERBURRUM WALKING TRACK"

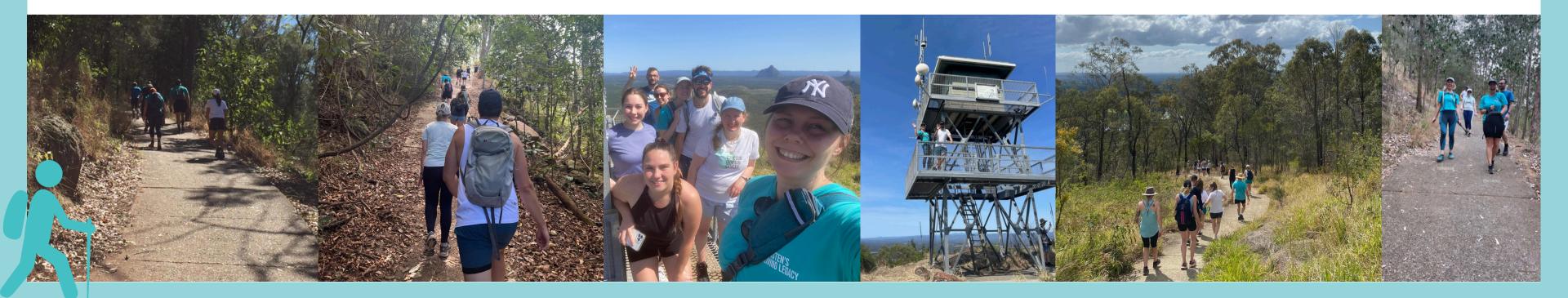
About:

•3.5km return

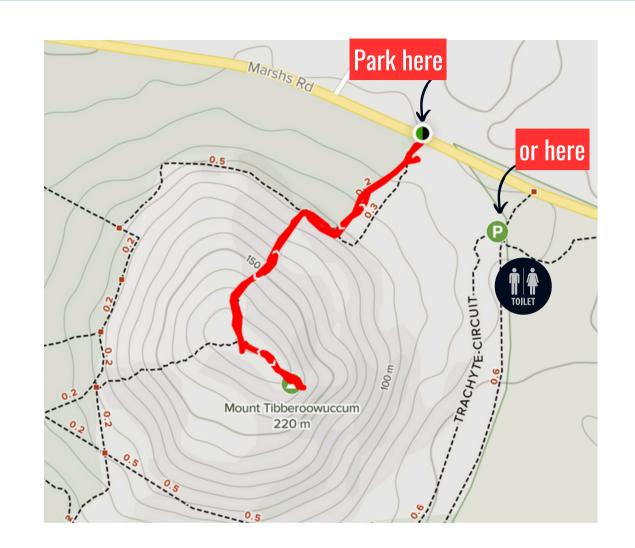
•Elevation gain 153m

•Elevation above sea level 280m

•1km of flat bush trail followed by 750m of paved steep concrete path



4. MOUNT TIBBEROOWUCCUM



12.00 Begin Hike (30min) 12.45 Hike back to carpark (30min) 1.30 Drive to Mt Ngungun (6min)

*Park on side of the road opposite the gate OR further along at the designated Mt Tibrogargan carpark.

*Toilets are located up from the carpark.

ADDRESS: "127 MARSHS RD"



About:

•1.8km return

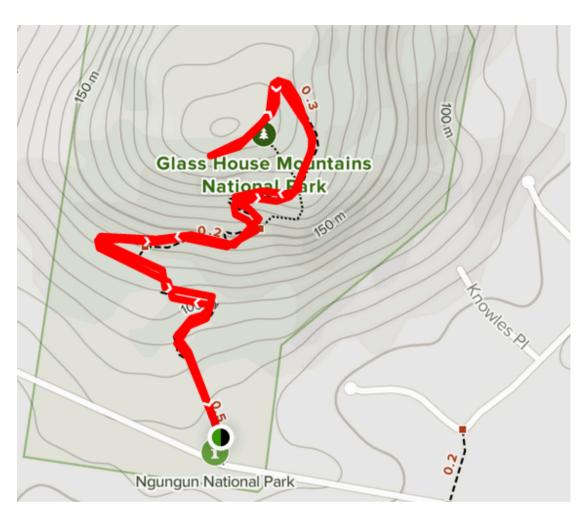
•Elevation gain 142m

•Elevation above sea level 220m

•Rocky uneven terrain, scramble and small climb



5. MOUNT NGUNGUN

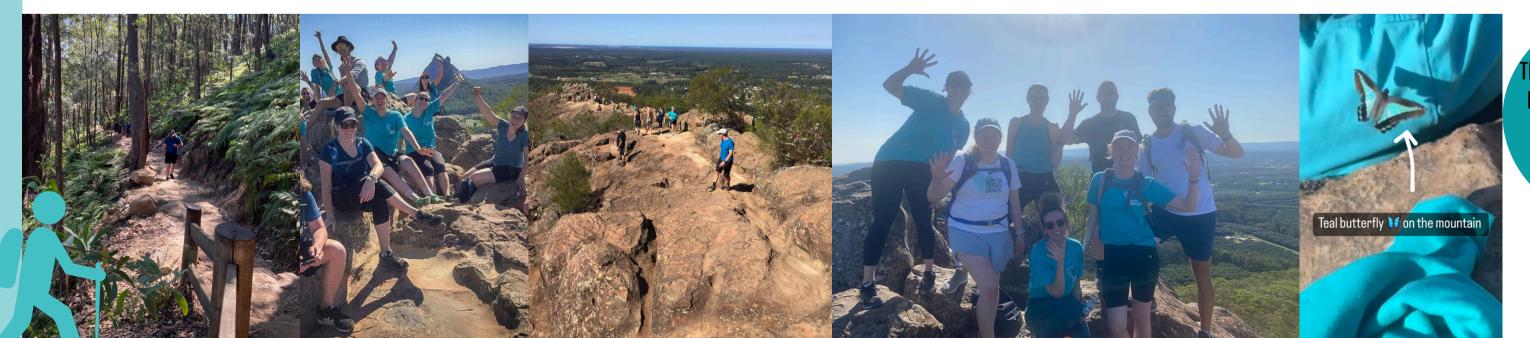


1.40 Begin Hike (25min)2.30 Hike back to carpark (30min)3.00 PEAKS 4 KRISTEN COMPLETE!

ADDRESS: "MOUNT NGUNGUN SUMMIT TRACK CARPARK"



About:
•2.9km return
•Elevation gain 163m
•Elevation above sea level 253m
•Man-made steps and rock trail



Thank you for joining the adventure! Through Peaks 4 Kristen we aim to raise awareness and funds for Ovarian Cancer research. Please share the page with your networks and tell your loved ones about Ovarian Cancer.