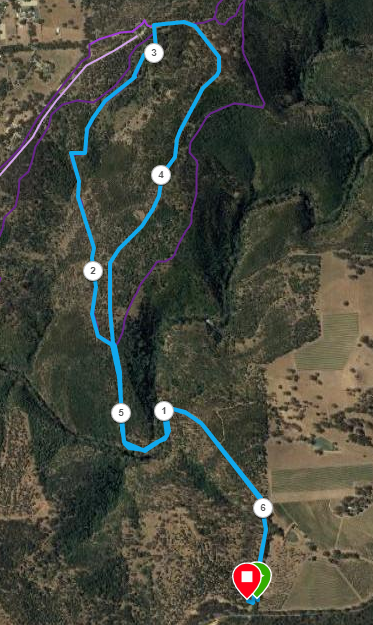
**Onkaparinga National Park Runs – Chapel Hill (Gate 20) start point**

* **6.3km course – Sundews trail**
* https://connect.garmin.com/modern/course/137913340



Directions:

1. From Gate 20 follow Sundews Track (Fire trail) to the River crossing, and continue up the other side
2. Near the top of the hill turn left where Sundews track crosses the first trail and continue until the track joins another wider track
3. Turn left up the hill to near the main park entry
4. Turn right near the sign and join the main road/Fire trail and follow this back down the hill, across the river and back up to the start

**Onkaparinga National Park Runs – Chapel Hill (Gate 20) start point**

* **11.0km course**
* <https://connect.garmin.com/modern/course/3031381>

Map

Description automatically generated

Directions:

1. From Gate 20 follow Sundews Track (Fire trail) to the River crossing, and continue up the other side
2. Near the top of the hill turn left where Sundews track crosses the first trail and continue until the track joins another wider track
3. Turn left up the hill to near the main park entry
4. Turn right near the sign and after 200 metres, turn left onto the Nature trail until you reach the next gate
5. Follow the track to the right and again turn left after 150 metres onto Echidna trail
6. Follow Echidna trail in a clockwise loop, then, turn left onto the Nature trail (signposted but not titled)
7. Follow this track until you pass the lookout trail and continue until you reach the Fire trail and turn left down the hill towards the river
8. Follow this back down the hill, across the river and back up to the start

Directions:

1. Run until Doctors Road – turn left
2. Run to States Rd
3. Cross-over onto track section and continue straight ahead, until you reach Panatalinga road (at the end) - turn left
4. Follow Panatalinga road – cross Wheatsheaf, then Bains (Woodcroft shopping Centre) until Pimpala Rd – turn left
5. Follow Pimpala until Hungry Jacks – Turn left just before it onto Bike track
6. Follow track back to park

**Onkaparinga National Park Runs – Chapel Hill (Gate 20) start point**

* **19.0km course – Chapel Hill Road, Bronzewing track, Sundews, Nature and Echidna trails**
* https://connect.garmin.com/modern/course/137914774

Map

Description automatically generated

1. Turn left up the hill to near the main park entry
2. Turn right near the sign and after 200 metres, turn left onto the Nature trail until you reach the next gate
3. Follow the track to the right and again turn left after 150 metres onto Echidna trail
4. Follow Echidna trail in a clockwise loop, then, turn left onto the Nature trail (signposted but not titled)
5. Follow this track until you pass the lookout trail and continue until you reach the Fire trail and turn left down the hill towards the river
6. Follow this back down the hill, across the river and back up to the start

Directions:

1. Follow Chapel Hill road for 3km, until you reach the entry gate to Onkaparinga NP on the left
2. From the left side of the car park, follow the signs for the River Trail
3. Part way down, at approx.. 4.5km join the narrow trail which heads cross country and joins Bronzewing trail
4. Continue following Bronzewing trail until you reach Sundews track (Fire Trail) and then turn left and follow back to the start point.

**Start of 11km run**

1. From Gate 20 follow Sundews Track (Fire trail) to the River crossing, and continue up the other side
2. Near the top of the hill turn left where Sundews track crosses the first trail and continue until the track joins another wider track
3. Turn left and join Doctors Rd, straight through roundabout until T-Section (Roundabout) at States Rd
4. Cross-over onto track section and continue straight ahead, until you reach Panatalinga road (at the end)
5. Turn left and follow Panatalinga road – cross Wheatsheaf, then Bains (Woodcroft shopping Centre) until Pimpala (opposite Paramount Gym)
6. Turn left and follow Pimpala until Hungry Jacks – Turn left just before it onto Bike track
7. Follow track back to Park