

far north queensland
hospital
foundation

Hiker's Guide

BDO
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ARROW
EXPERIENCE

Wangetti Edition

Sponsored by



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Welcome to the BDO Arrow Experience: Wangetti Edition 2026

Event Times

The BDO Arrow Experience starts at 7am and concludes at approximately 11am or once the last walkers return. All participants will arrive at Palm Cove Jetty carpark to sign-in (from 6.30am) at the registration tents. Shuttle buses will take participants from Palm Cove to the start of the Wangetti Trial in Ellis beach. Shuttle buses will run between 7am and 8.30am. All participants MUST sign out at the registration tent.

Carpark

The coffee van will be open when you arrive and food will be available from 8am. The carpark will have spaces sectioned off for volunteers, vendors and buses. A toilet block is located at the start, however there are no toilets on the trail.

Hiker's etiquette

- As the trail is not closed to the public it is possible to encounter mountain bikers moving in either direction. The Wangetti Trail is a multi-use trail and mountain bikes are permitted to be on the trail. Please be aware, stop if necessary and stay to the left of the trail.
- Yield to uphill traffic. It is possible that you will encounter hikers from the opposite direction. Give way to them.
- Leave no trace. Take your rubbish with you and stay on the trails.
- Be aware of your surroundings. Many people will be joining you on the trails so please be courteous (for example when taking photographs and stopping).
- Be friendly and have fun. This is not a race. It's an event to raise funds for the Far North Queensland Hospital Foundation, so please enjoy the experience and have fun with others while taking in the trails together.

Staying safe

Our team will have guides positioned along the course, as well as traffic control to assist with safely crossing the Captain Cook Highway. We encourage all walkers to carry water, stay on the track and follow the instructions of our volunteers. With these measures in place, you can enjoy the stunning scenery knowing you're in safe hands.

Protection

Wear sensible clothes, hat, walking shoes or boots. Wear or bring insect repellent to protect against insect bites. Sunscreen should be applied before and during the walk to protect from sunburn.

Hydration

It is advised that walkers take at least 1.5-2 litres of water or sports drink (per person). Make sure you drink regularly during your walk.

Food

Make sure you bring snack food on the trail. You are likely to spend several hours hiking and expending energy, so it is essential you fuel up as you go. Think of bananas, carbohydrate gels, a sandwich, and maybe even some lollies or electrolytes in your water to keep you going. Food also will be available at the finish line.

Pets

No, pets are not allowed on the Wangetti Trail as it's located within a national park.

Looking after the park and yourself

Stay on the walking tracks at all times – this reduces the risk of injury, prevents disturbance to native vegetation and reduces erosion.

The area that you will be walking in is a National Park. Do not remove plant material or animals. Do not chase, scare or feed animals. Leave the area as you find it and take rubbish with you.

Emergency procedures

In case of a medical Emergency - Call 000

You can download the Emergency Plus app (which will help you give an accurate location for first responders).

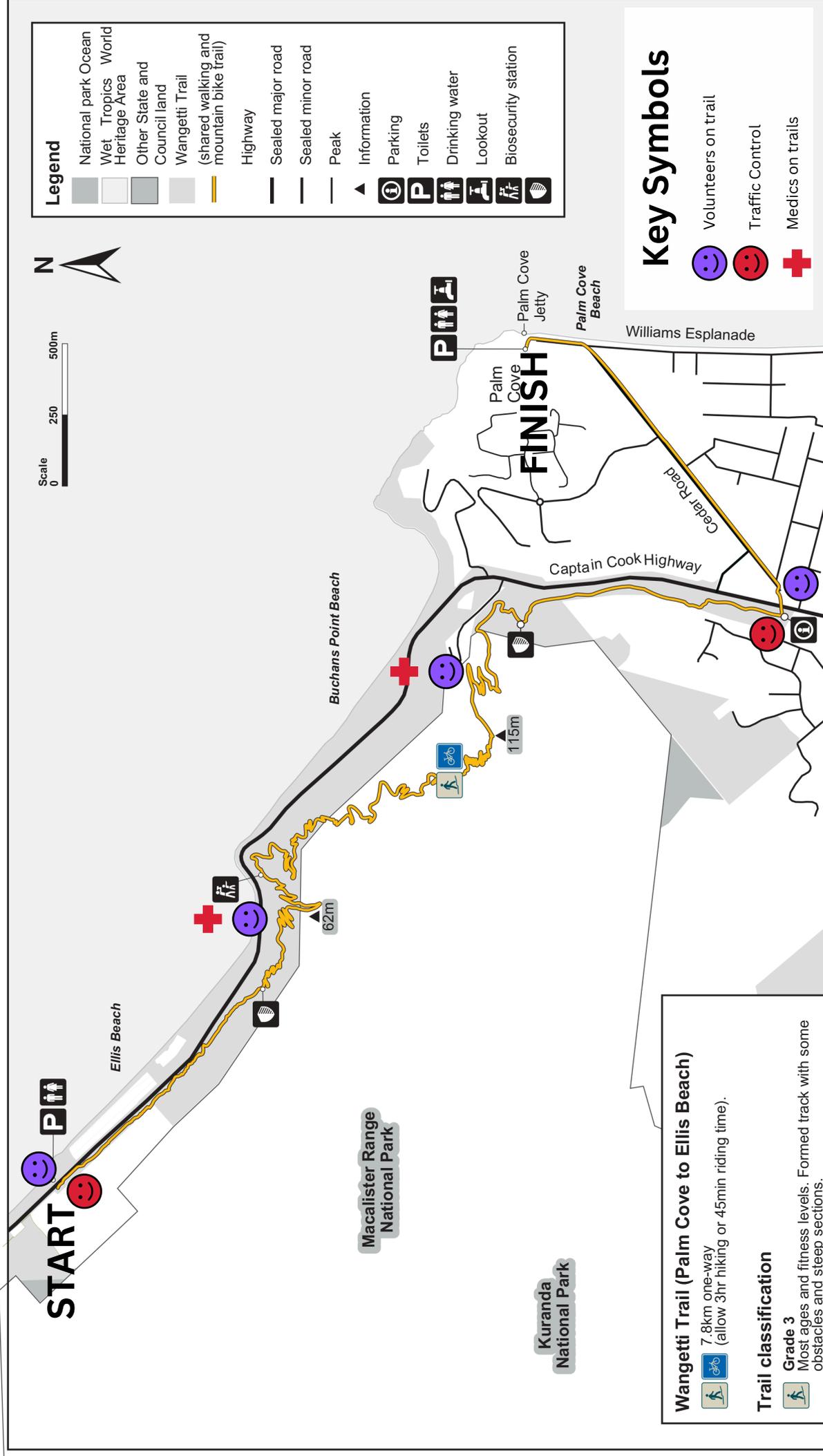
Download on the Apple Store or Play Store.



Emergency Plus ⓘ
National Triple Zero Awareness Work Group
Designed for iPhone
4.9 (10,000)
★★★★★ 100+ Reviews
Free

Wangetti Trail map

Palm Cove to Ellis Beach



Legend

- National park Ocean Wet Tropics World Heritage Area
- Other State and Council land
- Wangetti Trail (shared walking and mountain bike trail)
- Highway
- Sealed major road
- Sealed minor road
- Peak
- Information
- Parking
- Toilets
- Drinking water
- Lookout
- Biosecurity station

Key Symbols

- Volunteers on trail
- Traffic Control
- Medics on trails

Wangetti Trail (Palm Cove to Ellis Beach)

7.8km one-way (allow 3hr hiking or 45min riding time).

Trail classification

Grade 3
Most ages and fitness levels. Formed track with some obstacles and steep sections.

Intermediate
 Skilled cyclists with basic off-road riding skills. Moderate gradient, obstacles and some steep sections.