

# EVENT BRIEFING

## Brisbane Valley Rail Trail

2-Day Trek: Sat 29 & Sun 30 Aug 2026

1-Day Trek: Sun 30 August 2026



 @TOOWOOMBA\_HOSPITAL\_FOUNDATION

 TOOWOOMBAHOSPITALFOUNDATION





# Thank you



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## GOLD SPONSOR

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## BRONZE SPONSORS

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Laura Ryan  
Celebrant



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## PARTNERS

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# BVRT Code of Conduct



**The Brisbane Valley Rail Trail (BVRT) is suitable for cyclists, walkers and horse riders.**

When using the trail, please respect other users, the natural environment, and the privacy of adjoining landowners. Please observe the following:

## **WALKERS**

- **Keep left and give way to horses.**

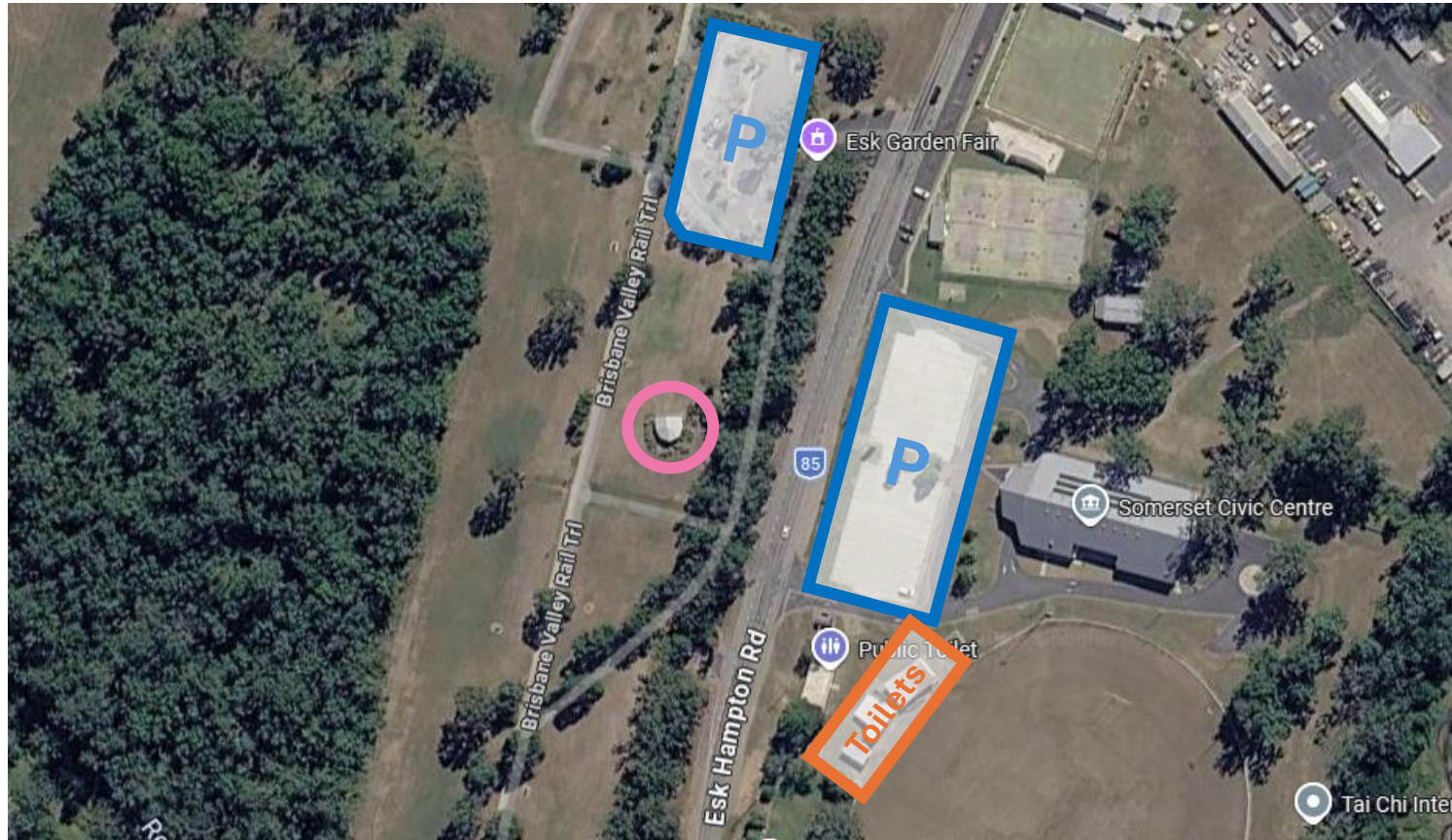
## **ALL TRAIL USERS**

- **Keep on the rail trail**
- **Leave gates as you find them**
- **Do not approach pets or livestock in adjacent properties**
- **Fires are prohibited on the trail**
- **Camp in designated areas only**
- **Take your rubbish home**
- **Do not interfere with native plants or animals.**
- **Observe all signs and local regulations**
- **Be prepared for changes in weather and trail conditions**
- **Carry drinking water and light snacks**
- **Carry a first-aid kit in case of emergencies**
- **Beware of swooping magpies in springtime**
- **Where possible, don't travel by yourself and carry a mobile phone**

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# Start Timings/Locations – ESK



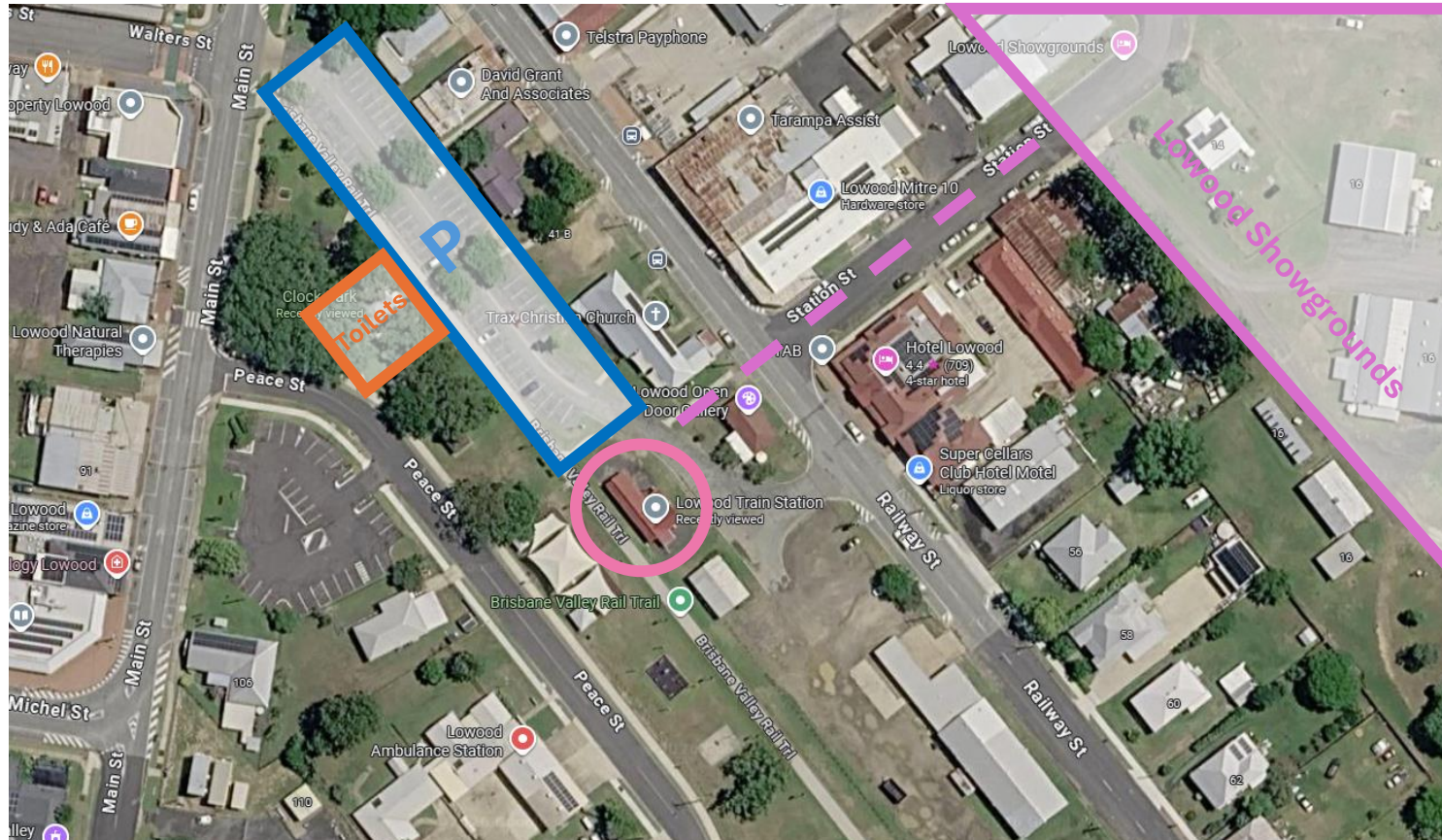
**SAT 29 AUGUST**

**Where:** Pillar of Strength  
Rotunda (Pipeliners Park)  
**Site Open/Check In:** 6am  
**Briefing:** 6:30am

**START LINE: 6:45am**

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# Start Timings/Locations – LOWWOOD



**SUN 30 AUGUST**

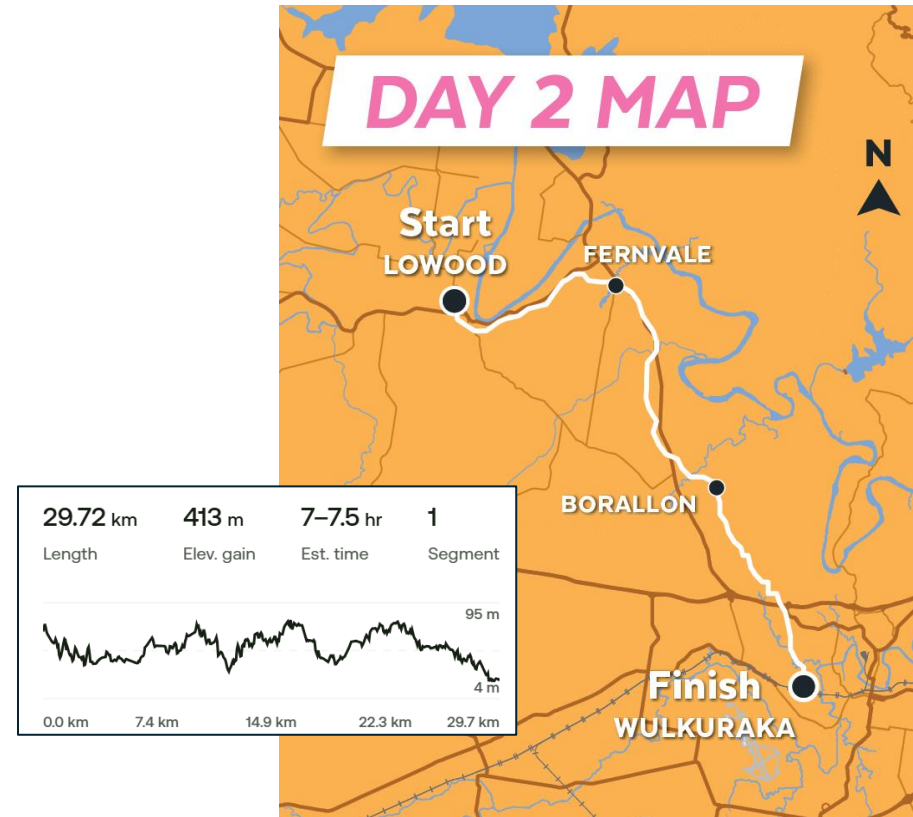
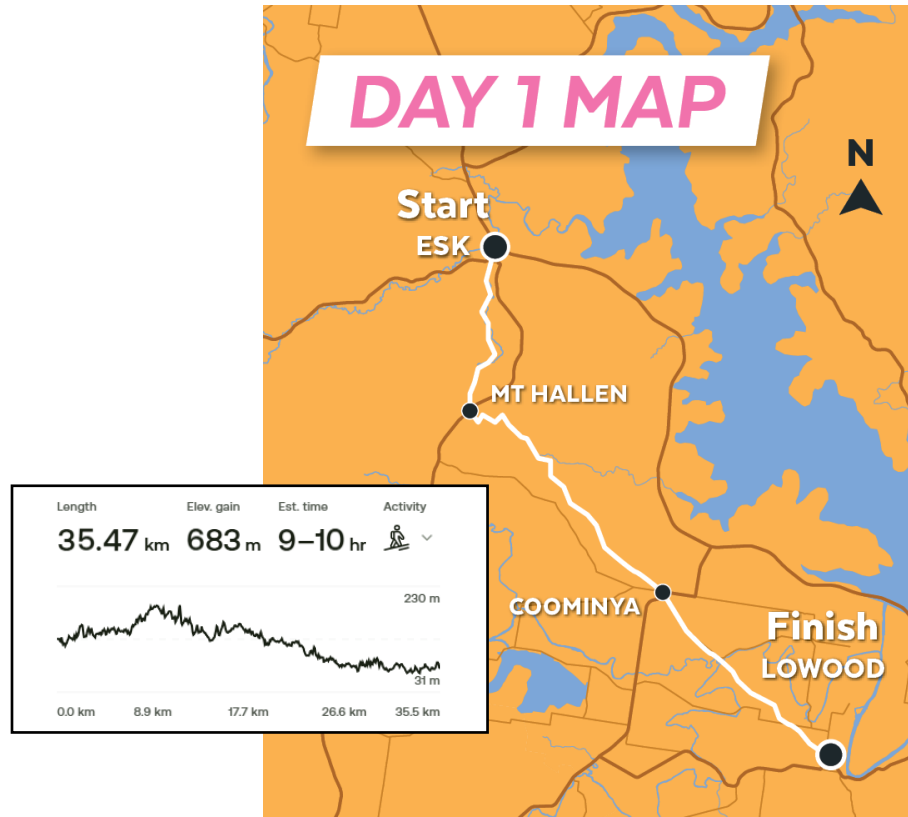
**Where:** Lowwood Train Station (Clock Park)  
**Site Open/Check In:** 6am  
**Briefing:** 6:30am

**START LINE:** 6:45am

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# Maps and Terrain Overview



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# Food Available

## Energy Stops

- Fresh Fruit
- Protein Bars / Muesli Bars / Granola Bars
- Baked Goods
- Trail Mix / Dried Fruit / Nuts

## Lunch Stops

- Sandwiches
- Wraps
- Poppers
- Trail Mix / Dried Fruit / Nuts
- Popcorn / Shapes / Pretzels

## Dinner – Saturday Night

### Mains

- Beef Lasagna
- Creamy Chicken Pasta Bake
- Roast Veg Pasta

### Sides

- Jacket Potatoes with sides of Sour Cream/ Cheese/ Coleslaw/ Bacon
- Roast Vegetables – Pumpkin & Sweet Potato
- Corn
- Mixed Salad

### Sweets

- Apple Crumble & Custard
- Pavlova & Fruit Salad



## Breakfast

Saturday: Banana Bread

Sunday: Banana Bread or Bacon & Egg Rolls (Campers Only)

**Friends/family can book in for dinner**

Required by Monday 17 Aug



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# Packing List – Day Time

## Must have

- Day pack / backpack
- Sturdy, broken in, waterproof shoes
- Hike socks (merino wool or moisture-wicking socks recommended)
- **Hat**
- Lightweight waterproof jacket / poncho
- **Basic First Aid kit with band aids / pressure bandage / emergency blanket / blister kit (tape, silicone pads, blister wool, etc.)**
- **Any personal medications**
- Panadol / ibuprofen
- **Small sunscreen, insect repellent and hand sanitiser**
- **Water receptacle with 2L capacity**
- **Small torch / head torch**
- Credit card / money for any extra purchases
- **Mobile phone**
- **Trek Guide**

## Good to have

- Walking poles
- Hand wipes and tissues
- Specific snacks you can't hike without
- Rehydration / electrolyte sachets or tablets
- Phone charger / charging bank
- Plastic bag for wet gear
- Favourite playlist and ear pods



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# Packing List – Overnight



## Must have

- Tent / swag or similar
- Sleeping bag or similar
- Toiletries and towel
- Sleepwear and clothing
- Small torch / head torch

## Good to have

- Pillow, roll mat / camp mattress
- Deep Heat / muscle pain relief
- Magnesium spray
- Ear plugs
- Phone charger / charging bank



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# Bibs



## 2 Day Example

**PICK YOUR TRAIL  
MAKE AN IMPACT**

**2026 TREK THE TRAIL**

**TTT26-01**  
Name

**65km**  
● 29 & 30 Aug

Stepping Forward  
for a Stronger Tomorrow

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Centre

In the event of an emergency, including but not limited to a serious or life-threatening injury, bushfire or other immediate danger, **PLEASE CALL 000** and provide your location as identified in the Emergency+ App.

For all other non-life-threatening illnesses or injuries **PLEASE CALL Event Command Centre 0436 456 663**

August Start  
K Pillar of Strength  
Junda (Pilliner Park)  
Site Open - 6am  
Start Line - 6:45am

30 August Start  
Lowood | Lowood Train  
Station (Clock Park)  
Site Open - 6am  
Start Line - 6:45am

TTT26-01

TTT26-01

## 1 Day Example

**PICK YOUR TRAIL  
MAKE AN IMPACT**

**2026 TREK THE TRAIL**

**TTT26-01**  
Name

**29km**  
● 30 August

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TTT26-01

TTT26-01

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# What to do in an Emergency

## Important Information

In the event of an emergency, including but not limited to a serious or life-threatening injury, bushfire or other immediate danger

**PLEASE CALL 000**  
**and provide your location as identified**  
**in the Emergency+ App.**

For all other non-life-threatening illnesses or injuries PLEASE CALL  
**Event Command Centre – 0436 456 663**

## Apps to download

Emergency+



All Trails



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# What we do in an emergency



Facebook



SMS



In-person



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# Forecasts\*



## Saturday 29 August

Esk



Lowood



## Sunday 30 August

Lowood



Wulkuraka



\* Weather forecast subject to change. THF will continue to monitor conditions prior and during the event, providing any necessary updates to participants where relevant.

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# Fundraising

Currently at  
**\$27.6k**

**TALLY DAY**  
**6 September**

All funds to be in  
by midnight.

**For support contact**

[fundraising@toowoombahospitalfoundation.org.au](mailto:fundraising@toowoombahospitalfoundation.org.au)



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# Thank you



**Event Command Centre – Phone 0436 456 663**

## Emergency+



## All Trails



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