



LAKE

HAYES

6

APPROX TIME: 1hr **GRADE:** Easy

ARROW RIVER TRAIL

DISTANCE: 3.5km loop **APPROX TIME:** 1hr **GRADE:** Easy

LAKE HAYES WALKWAY

DISTANCE: 8km circuit (16km from

Millbrook Reception)

APPROX TIME: 3-4hrs

GRADE: Medium Fitness

TOBIN'S TRACK

DISTANCE: 4.5km each way (from

Arrowtown)

APPROX TIME: 1hr

GRADE: Medium Fitness

SAWPIT GULLY TRAIL

DISTANCE: 7.2km loop (from Arrowtown)

APPROX TIME: 2-3hrs

GRADE: Medium-High Fitness

MILLBROOK TO LAKE HAYES

DISTANCE: 5.4km each way

APPROX TIME: 1hr
GRADE: Medium Fitness

MILLBROOK TO ARROWTOWN

DISTANCE: 1km **APPROX TIME:** 10mins

GRADE: Easy