Scotties Camp Hut to Stanleyvale (via The Racecourse) – 5 hours - Medium

The 'Racecourse' is a flat oval basin high above the ridge on the true right of the Edwards River, above Scotties Camp. It is a high route to the other end of St James, which avoids having to cross the Waiau River.

Follow the vehicle track that zig-zags up to Charlies Saddle. A sign posted poled route leaves the top of Charlies Saddle towards the western (Waiau River) end of the track, which sidles around Charlies Saddle. Note: This track is narrow in places with quite a steep drop off. You may prefer to dismount and lead some sections. This part of the route is not recommended in wet or icy conditions.

(An alternative route would be to turn left and steeply climb the ridge, which leaves the top-most point of the saddle above at the top of the Zig-Zag above Scotties Camp. Follow the ridge until you see a lone beech tree, which marks an old watercourse, which is easy to follow down onto the racecourse where you can re-join the track.)

Follow the poled route to drop down to the Stanley River above its confluence with the Waiau River.

Caution: Stay on the track because there are many deep bogs around springs on the Racecourse, which are disguised as lovely green lawns around a delightful pool of water – enticing on a hot day!

Follow the poled route up the Stanley River to Stanleyvale Hut.

In late summer and autumn, the rowan trees in the upper Stanley attract many bell-birds, which sound fabulous in the late afternoon and early mornings.