

15km Run / Walk

- Stay on the marked track at all times
- There are three aid stations with water & loaded electrolyte sports drink at approx. 4km, 8.5km & 12km
- Please don't litter
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After a short bus ride from the parking location or event base at Taurikura Bay to Urquharts Bay, you line up on a grassy, open trail above Home Point. Make your way around the headland and past an old war-time gun emplacement. Head through a gateway and you will find yourself on a narrow gravel trail surrounded by native bush with glimpses of Bream Bay and the outer islands. After approximately 1.3km, start a short, sharp climb along a gravelled switch-back track. Continue winding your way along the trail and then descend into Smugglers Bay.

Drop down to sea level, admiring the beauty of Smugglers Bay. Note the high feature and ridge line in front of you: that is where you are heading! After a short climb to the crest, take a hard right turn and begin the steep and challenging climb up to Mt Lion and along the ridge line. Take care as there are a number of steps and tree roots to navigate. Past tree-covered Mt Lion, the trail descends through spectacular native bush (Note: here you may encounter some 21km runners coming towards you, so please keep to the left). Approximately 8km from the start, turn left onto Peach Cove Track. This wide gravelled track descends 1.5km down to Ocean Beach Road. Rehydrate at the aid station at the bottom before the last 6km stretch of open road back to the finish.

Course terrain breakdown:

- Grass/dirt trail
- Gravelled track
- Open public sealed road