

## 21km Run / Walk

- Stay on the marked track at all times
- There are four aid stations with water & loaded electrolyte sports drink at approx. 4km, 8.5km, 9.5km & 18km
- Please don't litter

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 very 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. Beyond treecovered Mt Lion, the trail descends through spectacular native bush. You will turn left at the Peach Cove Track. This wide gravelled track descends 1.5km down to Ocean Beach Road to an Aid Station. Continue along a short sealed road section into the Ocean Beach carpark and another Aid Station before the big climb (make sure you carry plenty of liquid for this section).

From the Aid Station at Ocean Beach you will begin a very challenging climb to the highest point on the headland at 476m. Take your time and make sure you catch a glimpse of Ocean Beach behind you. From the top, follow the main ridge track out in reverse direction. After a steep descent from Mt Lion (take care on the steps), turn right and head back towards the start area. The last aid station is at Urquhart's bay: from the aid station, 3km of sealed coastal road takes you back to the finish line.

Course terrain breakdown:

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