THE COASTAL ASCENT

TRAIL RUN

25km

Aid Station 2
Corner Easement Trail and Scenic Drive
Standard Aid station and will stock water and Pre-mixed FIXX nutrition. Limited medical supplies.

FINISH
Dixon Park
Major Aid station with Water, Pre-mixed FIXX nutrition, FIXX nutrition Gels, Crampfix and a selection of snacks. Toilets available. Medical support available.

START
Merewether Beach
Directly in front of Dixon Park Surf Club.

Aid Station 1
Reay Park, Dudley
25k turnaround. Major Aid station with Water, Pre-mixed FIXX nutrition, FIXX nutrition Gels, Crampfix and a selection of snacks. Toilets available. Medical support available.

SAFETY INFORMATION

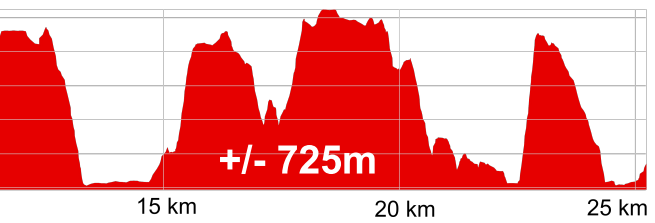
There will be limited mobile phone coverage on high points. In a life-threatening emergency, call 000 first, then call or text the numbers below.

Emergency Coordinator: Vlad Shatrov 0421 003 040

Map Grid references are on GDA2020/MGA Zone 56 – add 000 for actual E & N coordinates.

1:15,000 at A3

0 250 500 750 1,000 m



DISCLAIMER:
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DATA SOURCES
Base Map:Topographic Data © OpenStreetMap contributors
Route: Route data has been derived from runner GPX files.
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