

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.

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

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

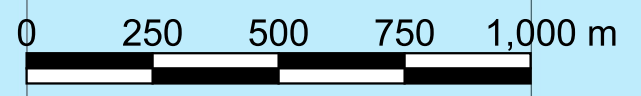
Aid Station 1
Banksia Street
 25k turnaround. Major Aid station with Water, Pre-mixed FIXX nutrition, FIXX nutrition Gels, Crampfix and a selection of snacks. Toilets available. Medical support available.

Turnaround
Bombala Street

THE COASTAL ASCENT

TRAIL RUN

25km

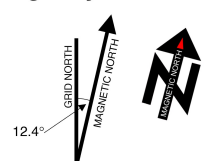


1:15,000 at A3

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.

DISCLAIMER:
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DATA SOURCES
 Base Map: Topographic Data © OpenStreetMap contributors
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 Publication Date: June 2025

