

Training runs

Route D - Gilbert St heathland. 21km, 400m elevation gain / loss

From the Anglesea Rivermouth, run beside the river, over cross to the Great Ocean Road (GOR) and continue to the Pirate Ship playground at 1.5km pt. Turn left to pick up the single track running behind the houses and then above the golf course. Turn left onto gravel road at 3km pt and then up Heartbreak Hill to turn right onto 'Gilbert St' at the top. Follow this long, straight road down into Hut Gully at 6.5km pt and then up the other side, continuing until a major cross road with a sealed section

of road (Boundary Rd) at 10.7km and turn left. Cross over the Great Ocean Road and run to the car park at the end at 11.5km pt and then follow the Surf Coast Walk (SCW) all the way back to Anglesea.

Route E - Currawong Falls Circuit. 11.5km 290 elevation gain / loss (or twice for 23km)

Drive to the Distillery Creek Picnic Area on Bamba Rd [turn right just before the 'bottom shops' at Aireys Inlet and follow the signs to the car park]. The loop is clearly marked with few, if any turns off and is a beautiful loop run, up all the way to the trig pt at half way, cross straight over the road and then downhill the second half.

Route F - Lighthouse and cliff top walk. 12km, 70m elevation gain / loss

Park at the skate park / playground opposite the bottom shops in Aireys Inlet. Follow the Surf Coast Walk (SCW) east beside the river and then up to the Lighthouse. Continue along the marked SCW as it winds along the cliff top and down to Sunnymead Beach at 3.7km pt. 100m after hitting the beach turn left and follow the SCW signs as it goes up some steps away from the sand and through the heath and then pleasant bushland, and

ultimately down to Urquhart's Beach at the 6.3km pt. If it is low tide then come back along the beach below the cliffs all the way back to the Aireys Inlet river mouth. There are 3 different exit points up stairs away from the beach if the tide is too high.

Route G - Moggs Ck and Old Coach Rd. 16km, 360m elevation gain / loss.

From Distillery Ck Picnic Area (see Route E for directions.). Park next to the toilet block and set off by following the single track beside the toilets, 800mm later turn left onto gravel road, below reservoir wall at 3km pt and then uphill on the dirt 4WD track on the other side. Cross straight over the

steep 4WD track at the top and then down the double track and into Moggs Creek Picnic Area at 7km pt. Pick up the single track at the far end of the car park signed Eastern View Lookout and follow the trail to the (spectacular) lookout. Turn left onto the single track immediately before the lookout and follow it downhill into the Moggs Ck houses at 9.7km. Follow the main street through the houses, over foot bridge at eastern end and then onto street then right then left onto Old Coach Rd (OCR), the main dirt road as it climbs through the houses. Follow OCR uphill and then down until it hits sealed Bamba Rd, turn left and run 600m back to the car at Distillery Creek.

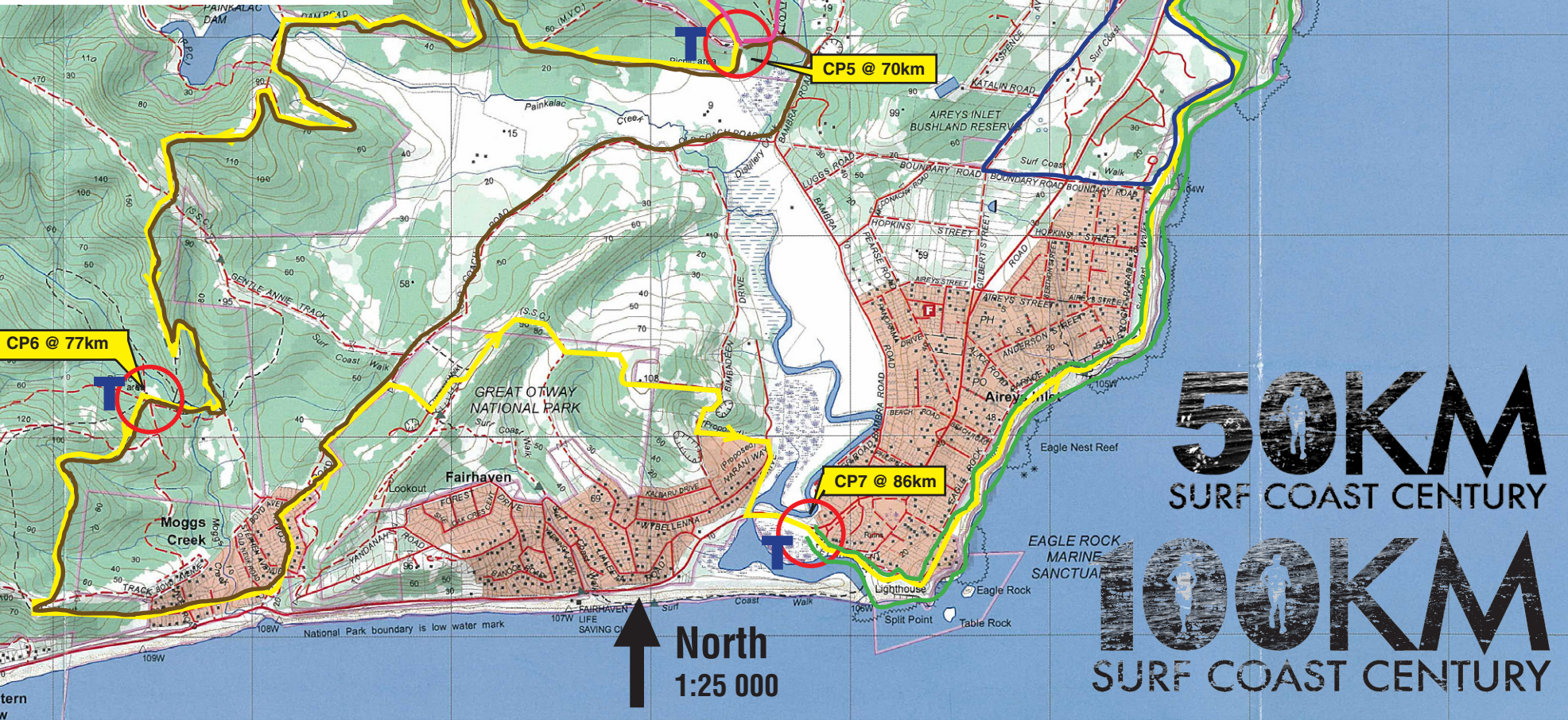
Historical and environmental info

4 ANGLESEA HEATH

The dense Anglesea Heath that you are passing through now is the richest and most diverse vegetation community in Victoria. You can find around one quarter of Victoria's plant species here including more than 80 orchids. Winter and spring are best times to appreciate this vibrant wildflower display. Next time you visit slow down and stop to take a closer look, or join ANGAIIR (the local conservation group) on one of their working bees or nature walks.

5 LOCAL NIGHTLIFE

Many of Australia's mammals are most active at night making them difficult to spot. Close to the coast live Southern Brown Bandicoots, Swamp Rats, Black Wallabies, Swamp Antechinus, various micro-bats and Grey Kangaroos. Generally smaller mammals are becoming increasingly uncommon as their habitat has been cleared or fragmented by tracks and roads, and off-lead dogs interrupt their behaviour patterns.



TRAINING MAP LEGEND

- 100km RACE COURSE
- ROUTE D - 21km
- ROUTE E - 11.5km
- ROUTE F - 12km
- ROUTE G - 16km
- TOILETS

50KM - 100KM RACE COURSE AND TRAINING ROUTE MAP

100KM RACE COURSE ELEVATION PROFILES (TO SCALE)

