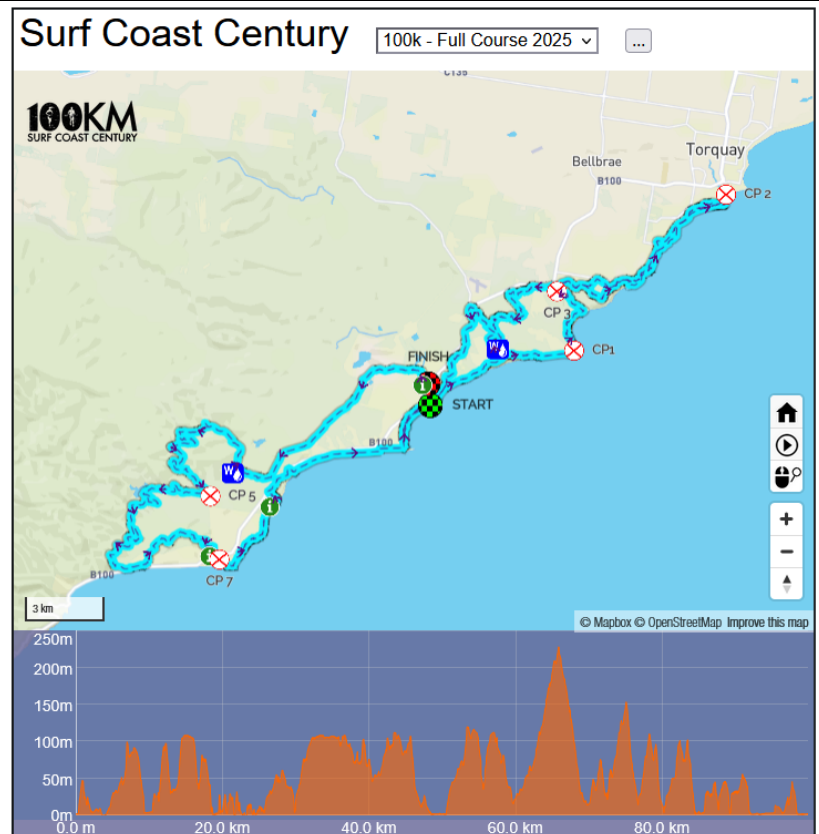


100km Surf Coast Century – DETAILED COURSE DESCRIPTION

MAPS ON YOUR PHONE: To load the course map on your phone for off-line usage, simply scan or tap the QR code to install the Avenza mapping app (if not already installed) and download the course map to your phone. The map will work when you have no phone reception and your position will be identified with a blue triangle. URL link:

<https://link.avenza.com/mNvB4>



Great Ocean Road Holidays Leg 1 : 0km – 24km

Distance: 24.5km **Elevation gain / loss:** 625m/625m

Leg 1 (only) GPX file: [CLICK HERE](#)

Terrain style: A mixture of wide gravel path (Surf Coast Walk), hard sandy beach and inter tidal zone with some technical terrain over reefs and rocks.

Leg start point: Race Start (Anglesea Main Beach)

Leg finish point: CP2 at Torquay Surf Beach (Rotary Rotunda - behind the Torquay SLSC)

Cut off - all 100km runners must depart CP2 by: Published Start time + 4h45min

Leg 1 video link: <https://youtu.be/uMs8KVcWxBA>

All 100km individual and team runners in the Surf Coast Century commence on the sweeping arc of the Anglesea Main Beach, at the mouth of the Anglesea River. The race commences up the hill beside the Anglesea Surf Life Saving Club and along the Surf Coast Walk to Point Roadknight and then back along the beach past the start line at the 4km mark.

Cross the Anglesea River and soon after you turn left up the boat ramp and follow the Surf Coast Walk and clifftop track over a few hills and hinterland terrain to Pt Addis Back Beach where you will rejoin the sand at 'Red Rocks' – a small rocky headland before joining the slightly steeper and softer Red Rocks Beach. The next headland is Point Addis where you go up a flight of stairs to the Intermediary Race Kitchen at CP1 at the 10km point at the end of Point Addis Rd. After CP1 follow the sealed Point Addis Rd approx. 500m and then turn right to descend down some stairs and onto Point Addis/Koori Culture Walk. NOTE, the 2026 course does NOT go along the beach between Pt Addis and Southside.

Continue uphill on the Koori Walk through the ironbark trees, soon the track turns right and descends down into 'Tiger Snake Gully' and then turns left to run along the valley bottom for a steepening climb to the Surf Coast Walk at Ironbak Basin. Turn right and follow the Walk flat along the Basin and then down to Jarosite Mine and and continue past the PC foot wash station and ultimately to the Southside car park. Turn right and descend the concrete footpath to the beach to resume the 'normal' route.

You then run along the famed Bells Beach at the 18km mark with some of the world's best curling waves peeling off on your right. At the Northern end of Bells Beach all runners must climb the stairs and run 100m along the concrete path and then descend the Winkipop stairs back to the intertidal zone (this is to avoid getting wet around 'The Button/The Point') and then continue along the coast.

From Bells onward, the terrain gets a lot more technical as the soft beach sand of Bells is replaced by sections of coastal rock and reef platforms spotted by rock pools. This can be a very technical and slow section as you scamper over sharp rocks and step over rock pools and wet stones for ~3km. Go past the "Steps/Boobs" stairs ** and continue along the intertidal zone around the large rock pool at Bird Rock and continue along Jan Juc Beach with the technical section behind you. There is a short section of sandy trail over the Rocky Point Headland and up the ramp just past the Torquay SLSC and the end of Leg 1 at CP2 the Rotary Rotunda and the first 'Race Kitchen' at the 24km point.

The CP and interchange point will be on the grassy area behind the Torquay Surf Life Saving Club at the Rotary Rotunda (past the public toilet block).

** Runners reaching the Steps stairs closer to cut off and when the tide is higher will be directed onto the high tide detour that leads you away from the waters edge and along the Surf Coast Walk to CP2.

NOTE: If you are training on the course and wanting to run leg one here are some guidelines for when to run around the tides:

- *DO NOT go under the cliffs beyond Anglesea. This section of beach is now closed due to the danger of cliff collapse and rockfall.*
- *To time your run so you have low tide for Torquay end of the run you should to set off from Anglesea no earlier than 2hrs before a low tide and no later than 1hr after low tide.*
- *It is best if the low tide is no higher than 0.40m on the Port Phillip Heads gauge.*

Finally, always take caution when running below any Cliffs as they are still active and sometimes collapse in chunks. Always avoid them after wet weather and at high tide, minimise the time you are below them (do not stop!), do not get closer to the cliff base than 15m and use common sense and run with a friend.

Skratch Leg 2 : 24km – 49km

Distance: 24.5km **Elevation gain / loss:** 455m / 455m

Leg 2 (only) GPX file: [CLICK HERE](#)

Terrain style: A mixture of gravel footpaths and narrow single track through the bush. Whilst not exactly hilly, this section is best described as undulating.

Leg start point: CP2 at Torquay Rotary Park

Leg finish point: CP4 at Anglesea Green, Great Ocean Road

Cut off - all 100km runners must depart CP4 by: Published Start time + 9h

Leg 2 video link: https://youtu.be/zT2Wxg_qCOU?si=coOOkzF7leFcB4ub

Leg 2 basically follows a mixture of the Surf Coast Walk and other walking tracks and trails from Torquay back to Anglesea. Competitors will set off from CP2 behind the Torquay Surf Life Saving Club, across a short car park and then across Spring Creek via the board walk. Continue along the gravel path beside the Torquay Golf Course and then through the lower car park at Jan Juc Beach and keep going along this popular section of pathway (please be aware of other track users and dog walkers).

The gravel path continues along the cliff top providing extensive views in all directions, and continues all the way to the Bells Beach Car Park at the 30km point. Run straight through the car park and then descend the stairs at the southern end onto the beach and across the sand for 10m before continuing along the gravel path on the other side, running through the Southside car park and then onto Jarosite Rd for 200m before turning left into the Jarosite Trail. 500m after leaving the road all runners must stop and wash the soles of your shoes to help prevent the spread of Dieback.

Runners remain on the high route around the old Jarosite mine and run around the Ironbark Basin and its magnificent views down to Point Addis until you reach the Hydration Station at CP3 at the 35km point in the Ironbark Basin Picnic Area on Point Addis Rd.

Continue along and then cross the sealed Point Addis Road, along the single track beside the main Anglesea Rd and then across the dirt Hurst Road and then you're in the single track network of Eumeralla at the 36km point. There is a myriad of trails in this area and the course follows a twisting route through the bushland out to the coastal cliff tops and back again. The majority of the course is on single track with some short sections on 2WD and 4WD tracks to break things up. Due to the complexity of the course in this area all runners are encouraged to remain **ESPECIALLY ALERT FOR COURSE MARKINGS** to ensure you do not lose the trail and go the wrong way. If it is especially hot on race day we will incorporate an unmanned water point at approximately the 40km point so runners can top up in the middle of this leg.

The course ultimately crosses the dirt road leading into the Eumeralla Scout Camp, past a good lookout over Anglesea and then descends past the football ground, around the back of the caravan park, and onto Anglesea Main Beach.

All runners leave the beach beside the river with 100km runners going right past the finish line to enter CP4 where another 'Race Kitchen' will be set up to provide plenty of food and drinks to give you the calories to keep going.

La Sportiva Leg 3: 49km – 76km

Distance: 27km **Elevation gain / loss:** 715m / 690m

Leg 3 (only) GPX file: [CLICK HERE](#)

Terrain style: A mixture of 2WD, 4WD and single tracks through more remote sections of the coastal bushland (with extensive wildflowers all around). This is the hilliest leg of the race and the crux of the course.

Leg start point: CP4 at Anglesea Lions Park, Great Ocean Road

Leg finish point: CP6 at Moggs Creek Picnic Ground, Boyd Ave, Moggs Creek

Cut off (all 100km runners must depart CP6 by): Published Start time + 14h15min

Leg 6 video link: <https://youtu.be/65HXHYxgfkE?si=vB5LLzymwTeAvle3>

**Note sunset is 6:15pm. Head torches must be worn once dark.*

Leg 3 commences with runners heading along the path beside the Lions Park towards the bridge. Runners **DO NOT** cross the road surface but to clamber **UNDERNEATH THE BRIDGE** at water level to get under the road. It is relatively easy to go under the bridge but it will involve crawling on hands and knees in sections to get to the other side!

Once past the bridge the course continues along Bingley Pde for 500m and then turns left across a couple of foot bridges through Coogoorah Park and then along the single track and then a gravel 2WD road uphill. This is the one of first big climbs of the course as you tackle a lung busting climb up 'Heartbreak Hill' to the top of Mt. Ingoldsby at the 55km point.

Turn right at the top and continue along 'Gilbert Street', a red clay 4WD track that provides seemingly endless views inland across the Anglesea Heath to the north. Descend down the clay 4WD track (very slippery if wet) to Hutt Gully and then tackle the next decent climb of the day out the other side for another rather epic hill.

Conquer the hill and you veer right onto 'Teds Ridge' track at the 59/60km point where you will start to notice the profusion of wild flowers out in spring blossom all around you. The track descends to cross Distillery Creek Road after which runners turn onto what is arguably the best trail running loop in the Otways – a flowing single track that climbs gradually up the valley past Currawong Falls to a trig point on the ridge at the 68km point on Love's Track and then descends down into Ironbark Gorge on the other side. Finish the single track and cross the dirt Bambra Road and you arrive at CP5 at the 71km point at the Distillery Creek Picnic Ground and the 'intermediary race kitchen' for some nourishment. Note, this is **NOT** a designated change over point for teams.

Continuing through the picnic area on single track and then turn left on the 2WD dirt road for 2km and then cross the Painkalac Reservoir wall after which the course turns skyward for the final ascent of the leg as you wind your way up a dirt 4WD track to cross Gentle Annie Rd at the 76km mark and then enjoy a long descent down a similar

4WD track to the end of Leg 3 at CP6 at Moggs Creek Picnic Ground, and full 'Race Kitchen' as a very welcome landmark.

The Leg 3 is undoubtedly the toughest leg of the course but includes some very scenic trail running through some simply beautiful sections of bush. The coast will seem miles away as you head inland but with the wildflowers in full bloom it should make for some lovely running.

Fenix Headlamps Leg 4: 76km – 100km

Distance: 24km **Elevation gain / loss:** 490m / 515m

Leg 4 (only) GPX file: [CLICK HERE](#)

Terrain style: Another mixture of 2WD, 4WD tracks and single track that returns you to the beach for a stint along the sand to the finish. This has a hilly start but a flat finish.

Leg start point: CP6 at Moggs Creek Picnic Groud

Leg finish point: The finish line at Anglesea Green, Great Ocean Road

Cut off: There are three cut off times incrementally along leg 4 (designed to give you a target to keep moving to). These cut off times are as follows:

- you must depart CP7 at the Aireys Inlet Skate Park (86km mark) by published start time + 16h
- you must depart Urqharts Bluff Beach carpark (92km mark) by published start time + 17h
- you must depart Cnr Melba Pde and 12th Ave (96km mark) by published start time + 18h

Please see "[Rules and cut offs](#)" page of website for further details.

Leg 4 video link: <https://youtu.be/PaXTPItVaWg?si=4ZELjsRKsbinIpnI>

**Note sunset is 6:19pm. Head torches must be worn once dark.*

After leaving the comforts of CP6 at Moggs Creek runners will follow yet more single track through tall timber forest to emerge at the best look out on the coast (in the Event Manager's opinion anyway) on Ocean Views Ridge above Moggs Creek at the 80km point. This spectacular lookout sees you about 100m above the water with panoramic views to Lorne in the south west and the Aireys Inlet Lighthouse and beyond to the north east. This lookout is also a turning point of the course for it is here that you will (finally) turn towards Anglesea and start heading for the finish.

Run down the single track descending from the lookout and along Robyn Rd in the Moggs Creek village to cross the quaint footbridge over Moggs Creek at the 81km mark and then turn left then immediately right onto the wide, dirt Old Coach Road which is followed for 1.5km until you turn right to climb up a sandy double track onto another ridgeline offering extensive views.

Follow the undulating 4WD track as it passes some large water tanks and then descends down a steep sealed driveway and then down to the double track beside the Painkalac Creek at Fairhaven. Turn right and follow the creek 500m towards the coast until the Great Ocean Road bridge where all runners once again go under the bridge and then curve up and around to the right to the footpath beside the road and across the bridge towards the Aireys Inlet township (this bridge is significantly higher than the bridge at Anglesea and will be far easier to go under!). Follow the gravel footpath - The Surf Coast Walking Track – for 400m beside the Great Ocean Road and you arrive at CP7 and the 'intermediary race kitchen' at the Aireys Inlet Skate Park and the 86km point. There is a cut off time at CP7 and at the finish line - so keep running! Please see above for details

Keep following the gravel footpath out of CP7 and it soon winds up hill to the majestic Aireys Inlet Lighthouse - which for many solo runners passing this location at night will be a cool experience. After the lighthouse, runners follow the short sealed road and then the gravel single track along the cliff tops on what is one of the most beautiful sections of the Surf Coast Walk as this 2.7km section winds its way above secluded beaches and rocky pinnacles providing extensive views out to sea and beyond. Descend the stairs in the track at the 90km point down to Sunnymead Beach and continue along the beach for just 150m and then turn left to climb up a set of stairs and follow the trail as it winds through the bushland, eventually descending with some stairs to the car park at Urqharts Beach.

Cross through the car park and then turn left to run along Urquhart Beach for the next 3.4km to the outskirts of Anglesea. Due to the spread of runners across this section, some runners will encounter this beach at high tide (which will have soft sand and be challenging) and some at low tide (which will have hard sand and be easy). Either

way, all runners must remain on the beach until you get to the first set of large timber stairs and the course signage indicating where you must leave the beach.

Go up the stairs and continue along Melba Parade and then rejoin the gravel Surf Coast Walk at Point Roadknight as it climbs up to a lookout and then descends to the Anglesea Surf Life Saving Club. Descend the roadway onto Anglesea Main Beach and then curve left up the river mouth and ACROSS THE FINISH LINE!!! in the parkland adjacent to the river.

Congratulations, you have just completed the Surf Coast Century 54km course and stepped into history as a finisher of this incredible race!