



RUNNER INFORMATION GUIDE

2025



GARMIN.



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Welcome

Welcome to the 4rd edition of Run the Lighthouse - at Wilsons Prom 2025.

Trailsplus Run the lighthouse distances vary year to year, this years event, offers 70km, 50km, 42.2km, 21.1km & 6km distances. As always you can expect the courses to be a little longer in the Trailsplus tradition, especially as trails open and close based on weather conditions and maintenance schedules. With the bridge closed the 75km event has been changed to 70km for 2025.

I hope you are all injury free healthy and looking forward to the weekend and challenge ahead. Thank you to all runners who are supporting this event. As always events that Trailsplus host, support young people living with cancer. This is done by contributions by Trailsplus and voluntary donations runners can make at time of registration.

2025 see's us with a small field limit size, At the time of writing this document we have 110 runners spread over the 5 distances, 70km, 50k, 42.2k, 21k, 6km.

This year the limit of sites to camp and stay have reduced those who would like to be a part of the event. If you are looking for space we may have some in our allocated site, let us know if we can assist, no guarantees, just possibilities.

For those of us attending, this will be a fun and supportive event in an awesome location conducted in a very low key way. However, and

Most Important

Unlike almost all of our other events this one will have almost no course markings, the only exception being in the camp ground. While the general flow of the course is on the main tracks that create a fig 8 shape on the southern peninsula of the Prom. There are small tracks that may appear from time to time, plus some of the campgrounds often have two or three paths to exit and continue, so it's important you have a clear understanding of the course and the general direction it flows, so you enjoy your adventure. For 6km and 21km its straight forward, then a little more focus is required.

Wilsons Prom is a beautiful part of Victoria's Coastline, it contains small mountain ranges that rise from the ocean to heights of 550M very quickly.

Don't forget this is Victoria, weather is subject to change very quickly, come prepared!

PLEASE SPEND SOME TIME GETTING FAMILIAR WITH THE FOLLOWING INFORMATION

WHAT YOU MUST DO IS PRINT YOUR MAP AND YOUR INSTRUCTIONS

HIGHER QUALITY IMAGES WILL BE AVAILABLE ON WEBSITE Closer to the EVENT

www.trailsplus.com.au/lighthouse go to maps tab

Most of All come and have a safe and enjoyable night/day/night.

What is Run the lighthouse – Wilsons Prom

Run the lighthouse was created to compliment the Trailsplus suite of trail runs and provide access to one of Victoria's most spectacular coastlines. It was also intended to be an opportunity for families and friends to make it a weekend away to enjoy everything about the location. Join us for a fun relaxing adventurous weekend.

Get to know your fellow runners

Once you have finished, we'd love for you to stick around and be part of the fun atmosphere at finish lines as we welcome your fellow runners across the line

Thanks again for supporting the event and our charity partner CanTeen.org.au

Brett Saxon

Trailsplus - Race Director

When

Saturday February 22nd 2025, please check the schedule for race starts and race number collection.

Where

Tidal River Campground, Main Rd, Tidal River VIC 3960

Schools Camp Area, near Norman Bay Carpark – sites 281,282, 283, 286, 287.

Wilsons Promontory National Park
Tidal River

Lighthouse Trail Run 2025

Healthy Parks Healthy People
VICTORIA

MAIN COURSE

MARATHON EXTRA 2KM COURSE

WHERE TO FIND US Check in Start Finish

Norman Bay Carpark
Visitor Centre Carpark
Overnight Hikers Carpark

Wilderness Retreats
Terrace Block
Hill Block
Newcastle Block
East Block
West Block
Tidal Block

Norman Beach Carpark
Emergency Assembly Area

Units
Cabins
Huts

Shower
BBQ - Gas
Accommodation
Toilets
Disabled toilets

Open air cinema
Shuttle bus
Education centre/ Yrulk Warmaan Keeping Place
Cafe

Sealed road
Unsealed road
Walking track

Directional arrow
Gate
Emergency assembly area

Wilsons Promontory National Park
Camping area
Accommodation area
Parks Victoria staff only

www.parks.vic.gov.au
Disclaimer: Parks Victoria does not guarantee that this data is without flaw of any kind and therefore disclaims all liability which may arise from you relying on this information. Cartography by Parks Victoria June 2017.
For mobile App search for Avenza PDF Maps

Getting There

Wilson's Promontory is located less than 3hrs from Melbourne. A relaxing and historic drive through quaint towns, Korumburra, Coal Creek, Leongatha, Koonwarra, Meeniyan, Fish Creek and Yanakie.

Early starts by arrangement

Applies to 70km, 50km, 42km Only

Volunteers

Trailsplus events have the best volunteers that assist to make your day and awesome one, please be sure to thank them for being there to help you. Volunteering is a great way to support your running community when you are not running yourself and you can earn credits for an event or raise funds for your club, or you might like to just volunteer for the love and support of it, all options are welcome and encouraged.

If you would ever like to volunteer, use our volunteer link or send us a message to find out about being a part of the Trailsplus team, or have a chat with us on race day.

Car Parking

If you are not booked into a camp site you generally need to park in visitor carparking, there is no parking at the start line hub, however we are located near Norman Bay car park, please check instructions or signage relating to parking.

Personal belongings

If you intend to have valuables, please consider locking them in your car and out of sight. As this is a highly publicly accessible area and we cannot guarantee the security of your personal effects.

Race Start Times

Saturday Feb 22nd

08:00 - 70km Start Race

09:00 - 50km Start Race

09:00 - 42.2km Start Race

10:00 - 21km Start Race

11:00 - 6km Start Race

Gear Check

Friday Feb 21st

15:00 - 20:00 Pre Race Gear Check in and Bib Collection at event hub, site 281 If you are staying in the park, there is no need for special trip to check in if staying out of park. You can do it race morning as per schedule.

Saturday Feb 22nd

Gear check should be at least 60minutes before race start

7:45 - 70km Roll Call-Race brief update

08:00 - 70km Start Race

8:45 - 50km Roll Call-Race brief update

09:00 - 50km Start Race

8:45 – 42.2km Roll Call-Race brief update

09:00 – 42.2km Start Race

09:45 - 21km Roll Call-Race brief update

10:00 - 21km Start Race

10:45 - 6km Roll Call-Race brief update

11:00 - 6km Start Race

Roll call is compulsory, if not checked off at roll call you cannot start the event and are deemed a DNS and will not be considered a person of interest on course for safety and evacuation purposes.

Roll call forms part of our pre-race briefing, while the briefing will be abbreviated it will be highlighting some specific and significant aspects of the race safety requirements, course notes and conduct of participants. Race brief attendance is compulsory as part of Roll Call.

Bibs and pre-ordered items will be collected at Friday or Saturday Check in.

Uncollected items will be posted and a postage fee will be charged.

Race Numbers are not posted

All participants must register their attendance on the day and collect your race number, race numbers must be visible at all times as this allows the timing people to record that you have been through the finish and check the electronic system has recorded you, it is important that your number is not obscured or even covered by your own arms, stop your watch well after the finish line.

Mandatory Gear

	70km	50km & 42.2km	21km	6km
	THE MANDATORY LIGHT KIT THAT MUST BE CARRIED WITHOUT FAIL			
1	Smart Phone	Smart Phone	Smart Phone	Recommend Phone
2	Portable battery + lead	Portable battery + lead	n/a	
3	1.5l water capacity	1.5l water capacity	500ml water capacity	
4	Sealed Seam Weather proof jacket with hood	Sealed Seam Weather proof jacket with hood	Sealed Seam Weather proof jacket with hood	
5	Space Blanket	Space Blanket	Space Blanket	
6	Snake Bandage	Snake Bandage	Snake Bandage	
7	Map for your distance	Map for your distance	Map for your distance	
8	Course instructions	Course instructions	Course instructions	
9	Zip lock Bag for MAP	Zip lock Bag for MAP	Zip lock Bag for MAP	
10	1000Kj Food	1000Kj Food	500Kj Food	
11	Main Head Torch	Main Head Torch	n/a	
12	Spare Head Torch	Spare Head Torch	n/a	
13	Whistle	Whistle	Whistle	
14	Extra Food Emergency	Extra Food Emergency	n/a	
15				
	THE MANDATORY HEAVY KIT THAT MUST BE AVAILABLE ONSITE FOR CHECKING IF NEEDED			
16	Waterproof Pants	Waterproof Pants	Waterproof Pants	
17	Thermal Top	Thermal Top	Thermal Top	
18	Beanie + Gloves	Beanie + Gloves	Beanie + Gloves	
19				
20				

You must have a suitable torch for nighttime running, otherwise there is no enforced mandatory gear or equipment, however it is highly recommended that you have appropriate clothing available onsite to suit forecast weather conditions for the weekend. Please note that even on warm days, the nights can get very cold, please cover all possibilities being having suitable clothing on site.

Parks Victoria

We are extremely grateful for the wonderful work Parks Victoria does in keeping our parks in great condition for us to enjoy. We appreciate the opportunity to stage a trail running event out of Tidal River at Wilsons prom.

Aid Station

Aid Stations Open Times

Check Point 2 might be the first aid station visited by 42km, and 70km runners @17-19km. This check point is expected to operate between 9:30am and 11:30am, it does mean that you will not have access to the telegraph aid station at 11/13km as it is due to be setup later for your return visit.

Check Point 1 is the turnaround point for the 21.1km and a major junction reference point for 42.2km, 50km and 70km. This check point is expected to operate from approximately 9:00am to 4:00pm, however runners should not be relying on this check point for the first passing as it is based on volunteer access and availability.

You should also ensure you can be self-sufficient after passing the telegraph junction aid station on your way to the lighthouse as this aid station may not be operating on your return.

Types of food and drinks you might find at our aid stations.

The Aid Stations will be stocked with a small amount of, lollies, Chocolate, Fruit Cake, Chips, plenty of water and when available sports drinks and on for special needs some Coke. Sometime Aid stations will also record your number and if possible, and the time you came through so please ensure your number is always clear. If you believe you are the last runner or close to last let the aid station know.

Cup Free Event

Our events are cup free, if you intend to drink from our aid station you must have your own cup or bottle. We encourage you to bring your own reusable cup or bottle. You can purchase our reusable, collapsible cups for \$5 on the day. Please avoid bringing single use plastic bottles to our events.



Race Bibs Timing Chips

Our race bibs are customised to each race and include two timing chips in pouches on the rear of the bibs. These chips belong to Trailsplus and must be returned at the end of the race, do not remove chips from race bib until assisted by volunteer post-race. Please ensure your race bib is always worn on your front and visible, do not place on back or leg. DO NOT FOLD OR ALTER BIBS.

Race bibs are ALWAYS collected at check-in, we do not post out race bibs before the event.

In the event of VERY LATE entries, you may receive a plain black and white bib.



Your race number also makes a great souvenir of the event as it contains your name “if entered early” and a race relevant design. MOST IMPORTANT however, please wear bib lower front and centre, centre because sometimes we have timing devices on one side of the trail that reads the bibs and if you wear on a side or one leg it may not read, so please keep front and centre.

Keeping them visible always will also help your fellow runners encourage you by name and you will get to know them better, after all that’s what these events in part are about getting out and running with likeminded folks, so you might as well get to know their names while taking in the sights of this beautiful location.

Live Tracking

Applies to 70km, 50km, 42km, 21km runner for your safety and for watching your progress it is mandatory to have the TRACTALIS or GPSWOX tracking app on your phone, please ensure you have accessed the tracker App instructions that are available on the Run the lighthouse website. If you haven't been able to access the tracker instructions please contact us ASAP.

The tracking App we use MUST have the correct settings and the biggest issue is people's phones when put away in pocket or backpack it goes to sleep and the App stops working, To ensure the tracking App is working ok, it is best to load it ASAP, activate it and leave it on. Don't worry it's not a big battery user. The biggest problem we have is people turn up just before the event, turn on the App and it isn't functioning correctly, and a lot of time is wasted, and stress caused trying to get it working before the race starts. Please help us make it a smooth process, being an unmarked course having the trackers means we can keep you safe and on track or find you if needed. It's for your safety.

IMPORTANT NOTE ABOUT TRACKER ID YOU WILL USE.

YOUR ID WILL BE (LHRyourfullname)

Example for me my ID would be **LHRbrettsaxon**, do not use spaces all one word.

iPhone users tend to have no issues, ANDROIDS can be more temperamental.

Tractalis / GPSWOX Basic Setup instructions

As a result of App updates we are no longer able to track Android phones via Tractalis

Therefore, we are running two tracking systems

Androids will be monitored on GPSWOX and in some cases where capacity permits, we will relocate iPhones to GPSWOX.

These are abbreviated instructions, please call BRETT if you need help 0418557052

The full instructions all be it slightly changed for Androids can be found in the tracker information documents on the website.

Search and find the App

Use these links or search for (Mobile Phone GPS Tracker)

Android

<https://play.google.com/store/apps/details?id=org.mobilegpstracker.client>

Apple

<https://apps.apple.com/us/app/mobile-phone-gps-tracker/id961000900>

The only difference is the server that is selected when you sign in

if iPhone user select CUSTOM SERVER and input this URL

<https://fleet.tractalis.com>

We may move some iPhone users to the ASIA server also

if Android User

simply select ASIA server

Enter your ID

Your ID format is

LHR(lastname)(first firstname)

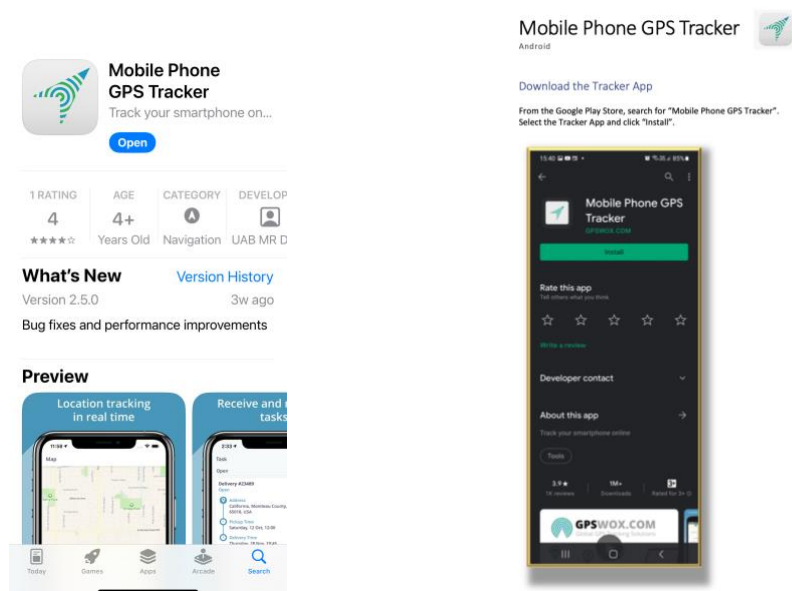
example if name is Brett Saxon

ID=LHRbrettsaxon

Once logged in I need to see it has activated and need you to go outside for a walk,

Before you do, please set the frequency to 30

Androids may not allow a change and default to 600, if you can change it please do change but I am advised android minimum is 180, but can't test it as I am iPhone user



The separate tracker instructions refer to the ID to use as your BIB number, however as mentioned your tracker ID will be in the following format

LHRyourfullname,

Example:**LHRbrettsaxon**

Please also note that if you get incorrect credentials, it means I may not have set up your ID in the system as yet, so shoot me a message.

DROP BAGS

70km/50km/42.2km Runners will be able to leave personal drop bags to be taken to check point #1 & 2. These must be presented prior to our CP#1 Crew leaving. Please note this drop bag will arrive when the crew arrive and as per aid station operating schedule and maybe on your second passing (50m diversion to access maybe required pending final setup location) as the telegraph junction is not an exact cross roads point, it is slightly offset.

All dropbags need to be in early to ensure they get to aid stations, safest option is to have them to us Friday night if you are in camp ground or no later than 7:45am Saturday before race start.

DROP BAGS must be no bigger than a typical shopping bag. Your Drop bag must be named and clearly identifiable. Any drop bags or equipment not collected on race day or day after or within 14 days will be sent to charity op shop or equivalent, unless items fit me then I will keep them 😊.

IMPORTANT – drop bags will arrive back to the start finish area when the aid stations are packed up, this may be long after you want to leave. Therefore you need to arrange collection from Trailsplus within 14 days.

Electronic Timing

We use electronic chip timing for our start/finish and at various locations on course. Results are available live on race day go to www.trailsplus.com.au/results

Your race bib carries your electronic timing chips on the back, once you finish your race, we will present you a medal and cut the timing chip from the pouch on the back of your bib. Please do not leave the event with your timing chips, we must get these back. If you accidentally leave with it, you must send it to us or a fee of \$20 is payable. P.O.Box 119 Keilor Vic 3036

Dogs

Wilson's Prom is a national park, Dogs are not permitted unless they are assistance dogs



Presentation Schedule

We acknowledge all participants with a finishers medal as they finish event with an informal presentation.

Each distance 1st, 2nd, 3rd Male and Female will receive a trophy acknowledging their achievement, depending availability sometimes we have prizes from our sponsors to go with your trophy

Toilets

There are toilet blocks at various locations on course including at the light house and at the start finish campground and on course locations, a toilet is available approx. 8km in just as you exit Oberon beach, it is located off the trail to the right, you will also pass this same toilet block with 8km to go. There is also a toilet at the telegraph saddle carpark for the 42km and 70km runners. Please ensure you use correct bush toilet techniques all other times.

Environment

Leave no trace - Do Not Leave any sign of rubbish behind, it is very important that we don't drop rubbish or let rubbish get away from us at the aid station. Your Gel packets and tear off tabs, please don't drop them on the track, carry them with you to the aid station or drop in the bins provided. We are proud and have had great success and positive feedback by eliminating paper cups and making silicone cups available to buy along with several other environmentally friendly initiatives, please bring yours if you already have one, or bring your own reusable drink bottle.

Helping runners in need

If you come across a runner in need, please do what you can to help and contact the event team so they can render additional assistance.

First Aid

We will have Medical staff on site to assist if needed. We hope they have a boring day and don't need to help anyone, but if you need help please ask, even if you had a fall and just need to be cleaned up. Getting medical help on course is time consuming, so please relax and don't panic and if we are called to get to you, we will make our way as soon as we can, remember phone reception is patchy at the Prom.

What if I go off course

Please prepare yourself to have an enjoyable and safe journey on the correct course, STUDY THE MAP it's highly recommended. By knowing the course, you limit the risk of going wrong, however if this occurs.

HERE ARE OUR TIPS AND RULES

- REFER TO MAP IN PLASTIC BAG
- CARRY MAP AS REQUIRED IN MADATORY GEAR LIST
- LISTEN AND FOLLOW INSTRUCTIONS WHEN GIVEN
- DON'T JUST FOLLOW THE PERSON IN FRONT*
- *THE PERSON IN FRONT MIGHT BE IN A DIFFERENT RACE
- IF IN DOUBT ASK OR REFER TO YOUR MAP YOU PRINTED!
- THERE ARE NO TRAILSPLUS MARKINGS AT THIS EVENT
- WHEN ON A MAIN TRAIL STAY ON IT UNLESS THE MAP AND NOTES ADVISE OTHERWISE. THE PROM HAS WELL DEFINED TRAILS.
- REFER TO PRINTED INSTRUCTIONS IF NEEDED
- **IF YOU GO OF COURSE KNOWINGLY OR NOT**
- FIRSTLY, GO BACK TO CORRECT COURSE AND CONTINUE
- IF YOU CAN'T, YOU WILL BE DISQUALIFIED
- IF YOU ARE FAST AND EXPECT TO PODIUM **
- **"KNOW THE COURSE"
- WE WILL NOT ACCEPT MAKE UP DISTANCES OFF COURSE
- MOST IMPORTANTLY – TAKE TIME TO STUDY MAPS, IT REALLY HELPS

Transferring or giving your entry away

You are NOT permitted to sell or give away your ticket. We have a strict policy that all participants running must acknowledge all entry conditions. Under exceptional circumstances you can contact us to discuss options, however there will be an admin fee on any permissible ticket transfers. Random ID checks will be made at bib collection.

Insurance

The event insurance policy does not extend to personal injury; it is highly recommended that you have personal insurance cover or at least ambulance cover in time for the event. Remote parts of the Prom are inaccessible except by helicopter, membership is cheap and very worthwhile for any outdoor enthusiast.

TO AMBULANCE VICTORIA – [BECOME A MEMBER](#)

Winners Trophy

Our 1st, 2nd, 3rd, Male and Female in all distances will receive a custom trophy mug to commemorate their amazing result and performance.



Finishers Medals

Every participant will receive a custom designed finishers medal to commemorate their adventure.



Refund Policy

We have a refund policy that is agreed to during your ticket purchase process and available online in our terms and conditions. The basics are, partial refunds are available up to 30 days prior to the event, no refunds within 30 days. This also applies to transfers to next year or other events.

Boonwurrung, Bunurong, and Gunaikurnai People

Our event is being held on the lands of the Boonwurrung, Bunurong, and Gunaikurnai People, and we acknowledge them as Traditional Owners of the land we are meeting on for this event in Gippsland.

Protecting the future event options

Trailsplus work very hard with various authorities to gain access to amazing locations to create running events that we hope create great memories and result in individuals achieving personal goals. To ensure continued access it is very important we all respect the environment, animals, and people at this location.

Other Park Users

The park and trails remain open to the public during the event, do not startle people by charging up behind them, let them know you are coming, don't yell loudly, be respectful and pass by safely or take a wide birth. Ensure trail running maintains its reputation as a respectful caring sport. Having a chat with bush walkers goes a long way to cementing our reputation.

Environment

Do not leave any rubbish at all on the trail. It is very important that we don't drop rubbish or let rubbish get away from us at the aid station, particularly our Gel packets and tear off tabs. Please don't drop anything on the track, carry them with you to the aid station or drop in the bins provided.

Grass Roots Event

Please note this is a low key grass roots event, not too many bells and whistles, It's all about the scenery and enjoyment of the journey.

Course Measurement

Trailsplus always try to ensure courses are equal to or longer than advertised, however, on occasions due to track closures or last minute changes, course may end up shorter than planned.

Check Point – Aid Stations

Please note that this event is predominantly self supported.

We will have the following this year.

We have nominated two Check Point locations for this event based on volunteer availability.

Check Point/Aid 1 – Telegraph Track Junction

Check point 1 – may not be setup for 70km runners on first passing at 14km.

Check point 1 is scheduled to close by 4pm, this should see all runners past by this time and heading toward tidal river via Oberon Bay. If you arrive after 4pm it might be closed and there will be no aid available.

Check Point 2 - based on volunteer availability, located at Telegraph saddle carpark

This will provide 70km and 42.2km runners access before and after the climb, pending volunteer availability.

Approximate distances are noted in chart below.

Lighthouse Run - 2024	Telegraph Junction	Telegraph Saddle C/P	Mt Oberon Summit	Telegraph Saddle C/P	Telegraph Junction	Waterloo Bay	Lighthouse	Roaring Meg	South Point	Roaring Meg	Telegraph Junction	Tidal River
21km	11km	-	-	-	-	-	-	-	-	-	-	21.1km
42.2km	13km	19km	22km	25km	31km	-	-	-	-	-	-	42.2km
50km	13km	-	-	-	-	15km	25km	30km	33km	36km	42km	52km
70km	11km	17km	20km	23km	29km	33km	43km	48km	51km	54km	60km	70km

yes we know the distances are not exact, these are a guide to various landmark points only and generally re within 1km of actual distance

Personal Belongings

An area will be provided for personal belongings however the race director takes no responsibility for the safe keeping, if you intend to have valuables, please consider locking them in your car out of view.

Music Device

It is our preference you do not use music during your run, get to know your fellow runners and support each other along the journey. It is also extremely important that you hear instructions from officials and warnings from other runners. Remember many runners will be offering you encouragement and so will supporters, so please consider how you may be able to hear and acknowledge the support you will receive. Also, it is extremely important you are aware of your surrounds, and none race users, these may be other public users / hikers. This is a great location, listen and enjoy the natural surrounds of the park.

Cut Off Times

We will always try to help each person finish their event and consider each person on their merit to assist in finishing, while taking into account their safety. These are guides only with flexibility based on weather conditions and how you are progressing, our goal is to always see you finish when it is safe for you to do so, however, we must always consider our volunteers on course. Some have been out there for many hours and we need to look after them too.

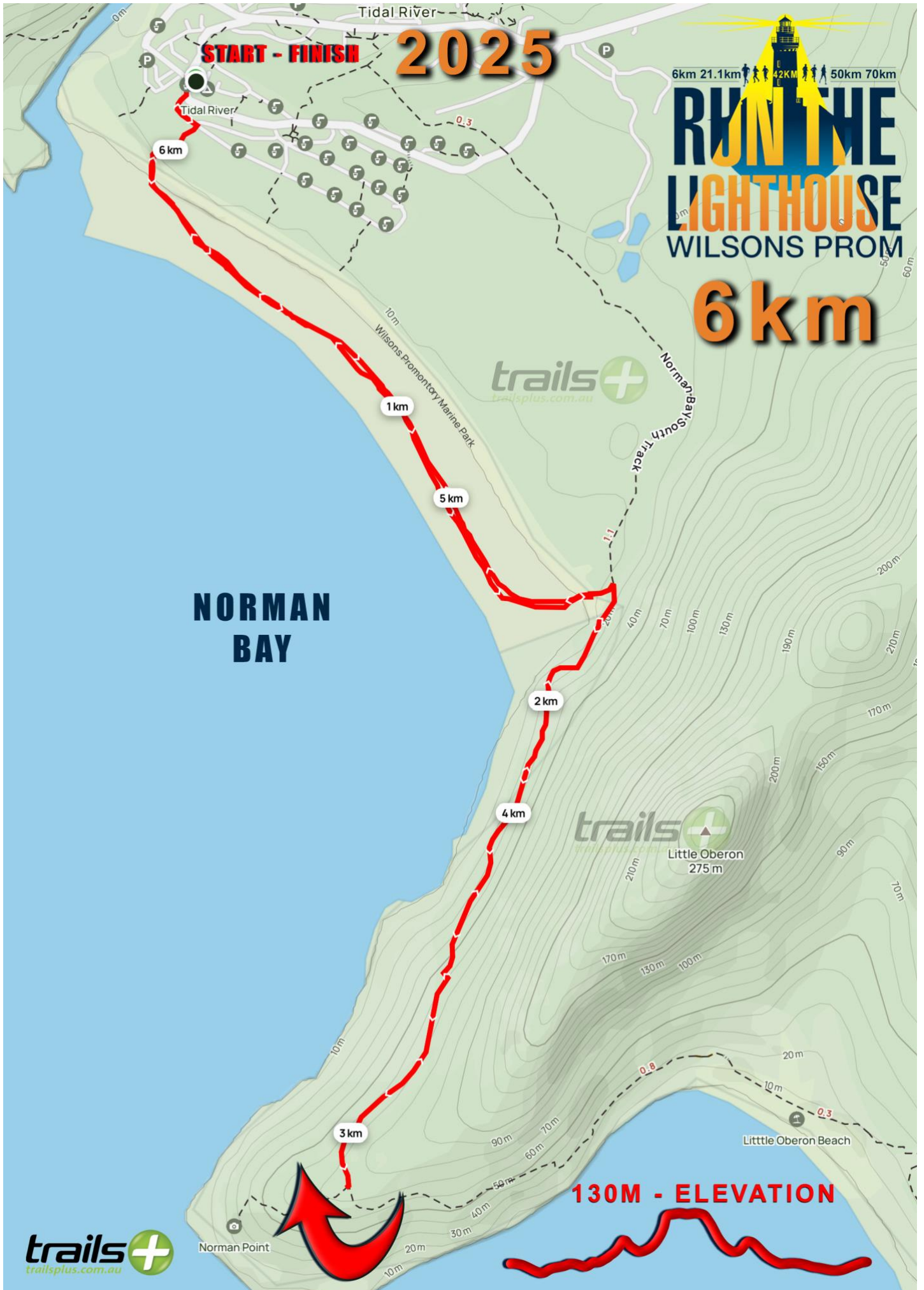
Race cut off times, please note that 6km / 21km events do not have cut off time.

70km, it is expected the slowest runners can complete this course in under 16hrs, Saturday Midnight. However, we may remove you from course at accessible locations if deemed necessary for your health and safety or extremely slow progress. Aid stations may not be available for slower runners allowing volunteers to exit in safe conditions.

50km, it is expected the slowest runner can be back at the Telegraph Junction before 4pm. This is the official cut off time at the 44km mark, allowing you 10hrs, this should see you finished by 9pm at the latest which is our official cut off time, that's less than 4km /hr to do the course.

42.2km, it is expected the slowest runner can be back at the Telegraph Junction before 4pm. This is the official cut off time at the 33km mark, allowing you 10hrs, this should see you finished by 8pm at the latest which is our official cut off time, that's less than 4km /hr to do the course.

6km Map



6km Course Instructions

Starting from the School campground 281, runners will make their way through the campground and on to Norman Bay beach, via Walk Ramp #3. Once on the beach turn left and head along the beach. At the end of the beach you exit via the soft sand up a short track then turn right and follow the only single track all the way to Norman Point Lookout junction (this is a none descript junction) (Don't forget to turn around).

At the turn around (3km) retrace your footsteps back to the start / finish area. Be sure to enter the beach and not go through the back of the Tidal River campground. You must finish along Norman Bay Beach, making sure you exit via #3 walking track ramp and up to the finish line.

21km Course Instructions

Starting from the School campground site 281, runners will make their way through the campground and on to Norman Bay beach, via Walk Ramp #3. Once on the beach turn left and head along the beach. At the end of the beach you exit via the soft sand up a short track then turn right and follow the only single track, stay on main trail. You will pass the Norman Point lookout @3km, continuing on the only single trail until you reach little Oberon bay @4km. Continue across the beach often in soft sand and navigating some large rocks until you pick up the trail on the other side just before the end of the beach up to your left. Continue on the single trail until Growlers creek water crossing @6km that leads you onto Oberon Beach. Continue along Oberon beach until @7.5km, then exit on to Oberon beach walking track for 3km until you reach the Telegraph track junction @10.5km. This is your turn around point. Check in at the aid station (it maybe just around the corner 50M to your **RIGHT** and not precisely on the junction) grab some refreshments and retrace your steps back to the start finish. Be sure to stay on the beach's, don't enter the back of the campground, you must run along Norman bay beach and exit via ramp #3 just like you entered the beach at the start.

42km Map



42km Course Instructions

The 42km course will start in school camp area site 281, we need to add a 2km loop at the start so runners will head along 23rd ave, to 20th ave, turn right on 20th ave. At the junction of the ring road and 20th ave, take the single track to the left, continue all the way to the toilet block near the general store, cross over the ring road, head toward Loo Errn track by going behind the carpark, continue all the way past the tidal river bridge via the boardwalk until directed on to tidal river sand and head toward Norman Bay beach. Continue the full length of Norman Bay to the end of the beach where you pick up Oberon Bay trail At approx. 4km. Head to Oberon Bay via single track, You will pass the Norman Point lookout @5km, continuing on the only single trail until you reach little Oberon Bay @6km. Continue across the beach often in soft sand and navigating some large rocks until you pick up the trail on the other side just before the end of the beach up to your left. Continue on the single trail until Growlers creek water crossing @8km that leads you onto Oberon Beach. Continue on Oberon beach until @9.5km, then exit on to Oberon beach walking track for 3km until you reach the Telegraph track junction @13km.

At the junction (13km) turn left and head up telegraph track to telegraph saddle and Mt Oberon, this is a 4WD track, generally no vehicles permitted. This is approx. 6km section, when you arrive at telegraph saddle carpark (19km) you head up to the left through the gate and up Mt Oberon this is a 3km climb with amazing views at the top (22km) (please take lots of photos).

This is an out and back course so you reverse what you just did back to the start. Head back down off Mt Oberon to Telegraph saddle carpark (25km) take the telegraph track back to the Aid Station (31km) turn right head for Oberon beach (34km), turn right onto Oberon beach retrace your steps back to Tidal River via Norman Bay beach, (40km) make sure you exit off single track onto the beach, don't go straight into the back of camp ground. Continue all the way along Norman Bay beach to ramp #3, exit up the ramp, then turn left out of single track and make way back to the start line on 23rd Ave. Site 281.

50km Course Instructions

Starting from the School campground site 281, runners will make their way through the campground and on to Norman Bay beach, via Walk Ramp #3. Once on the beach turn left and head along the beach. At the end of the beach you exit via the soft sand up a short track then turn right and follow the only single track, stay on main trail. You will pass the Norman Point lookout @3km, continuing on the only single trail until you reach little Oberon bay @4km. Continue across the beach often in soft sand and navigating some large rocks until you pick up the trail on the other side just before the end of the beach up to your left. Continue on the single trail until Growlers creek water crossing @6km that leads you onto Oberon Beach. Continue along Oberon beach until @7.5km, then exit on to Oberon beach walking track for 3km until you reach the Telegraph track junction @11km. At the junction **(11km)** turn right and then immediately turn left (maybe 50M along) and head to Waterloo bay, this is a 5km flat section, when you arrive at the beach **(16km)** head onto the beach and turn right continue along the beach for 1km look out for the exit, there can be more than one spot to reconnect with the trail, just remember the trail heads up to the left off the beach, but you exit right then turn left **(17km)** this next section is amazing, challenging as you head toward the lighthouse, it's about 7km long, you will arrive at a junction **(24km)** you need to veer left and head to the light house, it's a 1km climb, but rewarding and there is a tap on the fence to get more water (normally available). After taking in the views at the lighthouse, head back down the path for 1km to the junction you were previously at, **(26km)** this time continue toward Roaring Meg, do not head back toward to Waterloo Bay. The trail from the lighthouse to roaring meg briefly connects with a dirt road at approx. **(29km)** the single track joins a road, you turn right here and head away from the coast, you are only on the road for approx. 500M then you turn left onto a single track toward roaring meg. **(30km)** At roaring meg track junction you head down to South Point about a 3km trek to the southern most point of mainland Australia (grab some photos) then head back to roaring meg junction **(34km)** be sure to exit roaring meg via the single track and not the road system, the single track lasts approx. 3km then you join telegraph track road, **(39km)** continue heading down the road left toward telegraph junction past halfway hut **(41km)**. You will arrive at the Aid Station at telegraph junction **(42km)** then turn left and head down the track for 3km toward Oberon Bay. You have just completed the southern loop and are heading to the finish. Turn right on the beach, make your way along Oberon beach, over Growlers creek **(47km)** and onto little Oberon before reconnecting with the single trail back around to Norman Bay beach. Make sure you exit left onto Norman Bay beach **(51km)** don't go straight into the back of camp ground. Continue all the way along Norman Bay beach to ramp #3, exit up the ramp, then turn left out of single track and make way back to the start line on 23rd Ave. Site 281.

70km Course Instructions

Starting from the School campground site 281, runners will make their way through the campground and on to Norman Bay beach, via Walk Ramp #3. Once on the beach turn left and head along the beach. At the end of the beach you exit via the soft sand up a short track then turn right and follow the only single track, stay on main trail. You will pass the Norman Point lookout @3km, continuing on the only single trail until you reach little Oberon bay @4km. Continue across the beach often in soft sand and navigating some large rocks until you pick up the trail on the other side just before the end of the beach up to your left. Continue on the single trail until Growlers creek water crossing @6km that leads you onto Oberon Beach. Continue along Oberon beach until @7.5km, then exit on to Oberon beach walking track for 3km until you reach the Telegraph track junction @11km.

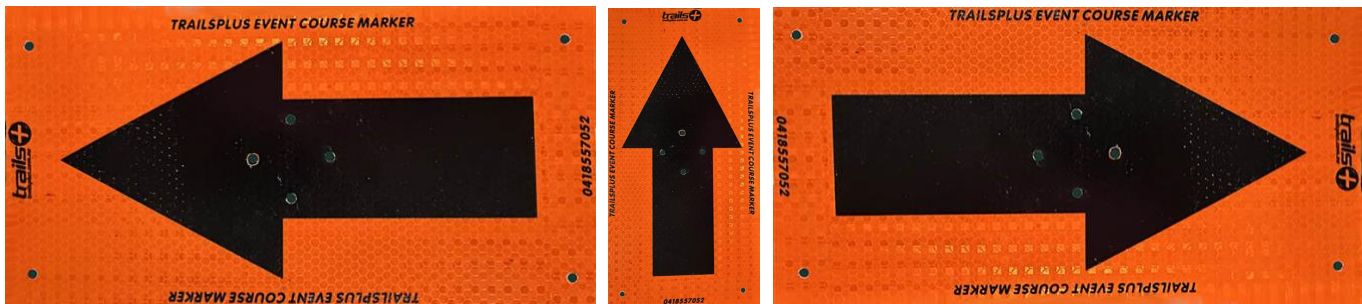
At the junction (11km) turn left and head up telegraph track to telegraph saddle and Mt Oberon, this is a 4WD track, generally no vehicles permitted. This is approx. 6km section, when you arrive at telegraph saddle carpark (17km) you head up to the left through the gate and up Mt Oberon this is a 3km climb with amazing views at the top (20km) (please take lots of photos).

This is an out and back course so you reverse what you just did back to the start. Head back down off Mt Oberon to Telegraph saddle carpark (23km) take the telegraph track back to the Aid Station (29km) turn left just after and head to Waterloo bay, this is a 5km flat section, when you arrive at the beach **(33.5km)** head onto the beach and turn right continue along the beach for 1km look out for the exit, there can be more than one spot to reconnect with the trail, just remember the trail heads up to the left off the beach, but you exit right then turn left **(34.5km)** this next section is amazing, challenging as you head toward the lighthouse, it's about 7km long, you will arrive at a junction **(42km)** you need to veer left and head to the light house, it's a 1km climb, but rewarding and there is a tap on the fence to get more water (normally available). After taking in the views at the lighthouse, head back down the path for 1km to the junction you were previously at, **(44km)** this time continue toward Roaring Meg, do not head back toward to Waterloo Bay. The trail from the lighthouse to roaring meg briefly connects with a dirt road at approx. **(45.5km)** the single track joins a road, you turn right here and head away from the coast, you are only on the road for approx. 500M then you turn left onto a single track toward roaring meg. **(47.5km)** At roaring meg track junction you head down to South Point about a 3km trek to the southern most point of mainland Australia (grab some photos) then head back to roaring meg junction **(54km)** be sure to exit roaring meg via the single track and not the road system, the single track lasts approx. 3km then you join telegraph track road, **(56.5km)** continue heading down the road left toward telegraph junction past halfway hut **(58km)**. You will arrive at the Aid Station at telegraph junction **(60km)** then turn left and head down the track for 3km toward Oberon Bay. You have just completed the southern loop and are heading to the finish. Turn right on the beach, make your way along Oberon beach, over Growlers creek **(64km)** and onto little Oberon before reconnecting with the single trail back around to Norman Bay beach. Make sure you exit left onto Norman Bay beach **(68.5km)** don't go straight into the back of camp ground. Continue all the way along Norman Bay beach to ramp #3, exit up the ramp, then turn left out of single track and make way back to the start line on 23rd Ave. Site 281.

Signs and Markings

The lighthouse run is a non marked course, runners need to study and have an understanding of the course. Wilsons prom trails are generally quite easy to follow, but knowledge of where you are going and having a GPS file or map is required to keep you on track.

We may use some course marking to assist you at the start and finish of the event, to get you out of the camp grounds and on and off the beach, these markers look like the following.



Weather Forecast

Wilsons Prom can produce every imaginable weather condition

Therefore, it is very important that the listed mandatory gear as specified for each distance is available on race day or carried as advised, no exceptions on race directors final decision.

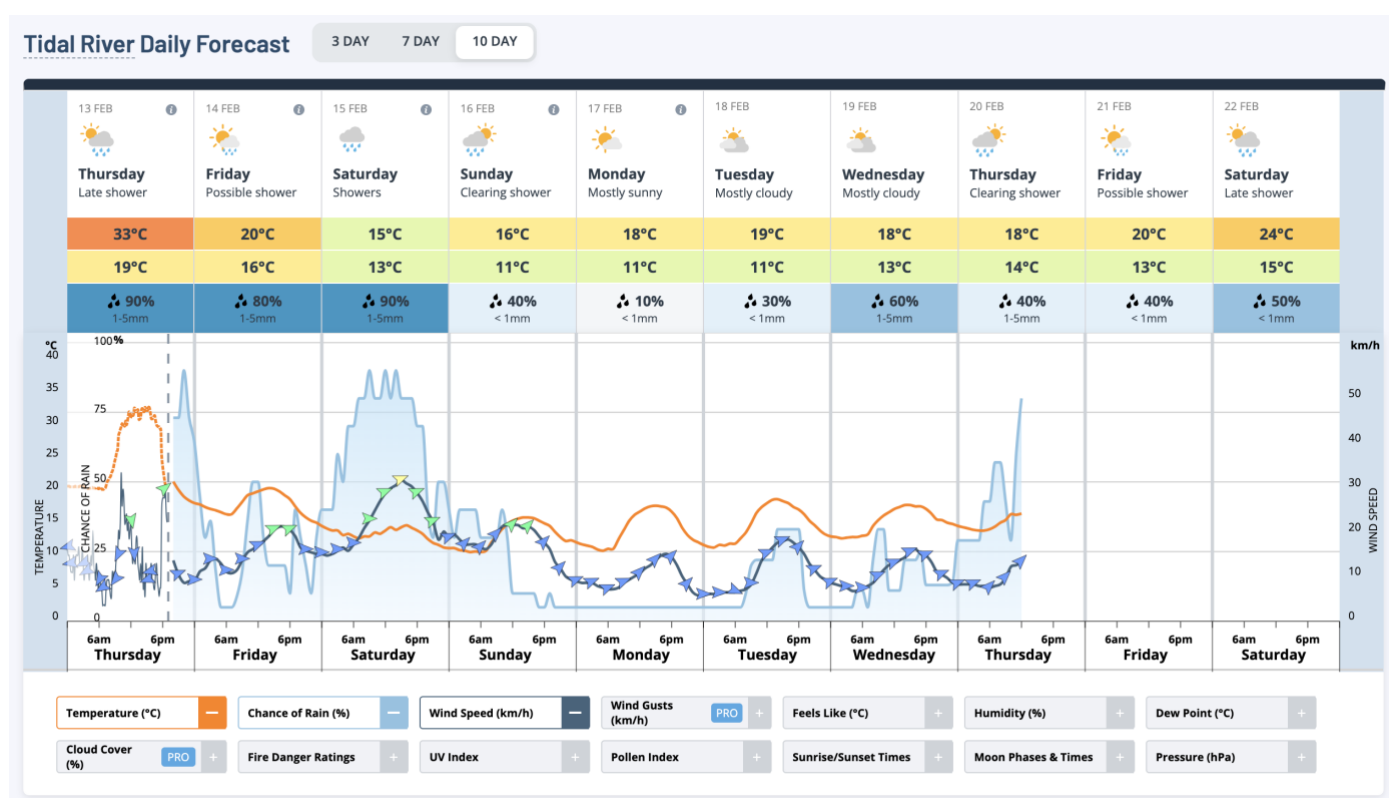
A side note on mandatory gear, as race organisers we often get questioned, why do I need to carry all of that gear. The simple answer is for your safety, we care, so should you. We are runners too, and we understand that in hindsight we carry a lot of gear that wasn't needed during the event, but we think that is a great outcome, because if you needed it then there was possibly a worse outcome for you the runner during the event, so please except and understand, mandatory gear is mandatory, stay safe

We generally have two levels of mandatory gear, in the form of light and heavy kit.

Basically this means that the required full kit (or heavy kit) maybe reduced by a few items on race day, for example if deemed safe, you may not be required to carry over pants and thermal under garments.

In addition to mandatory we have recommended lists sometimes, our mandatory list generally represents the minimum requirement, you can always add more items.

This is the current 10 day forecast, we always try to remind you of latest close to event.



Trailplus events proudly supported by the following amazing companies and products.



GARMIN



Other Events to plan for

Trailplus conduct between 12-18 events in various locations around Victoria

<p>Open</p> <p>Australia's rooftop run, where the strong and determined are rewarded.</p> <p>18 Jan 2025</p>	<p>Open</p> <p>"Last One Standing" format, where everyone is tied for first place every hour.</p> <p>31 Jan 2025</p>	<p>Open</p> <p>A trail running treat to challenge and wow you. You'll see the light at the Prom.</p> <p>22 Feb 2025</p>	<p>Open</p> <p>Nestled on the Maribyrnong River, a community focused event for all ages and abilities.</p> <p>23 Mar 2025</p>	<p>Permit Pending</p> <p>Get ready for an Otago adventure to suit all abilities.</p> <p>TBA</p>	<p>Steeped in history and steep on the trail, where all your senses come to life.</p> <p>20 Apr 2025</p> <p>Mt Series</p>
<p>Escape to the country!! Information on its way.</p> <p>4 May 2025</p>	<p>Run the pleasant, wooded trails under the international flight path and alongside the retired race horses.</p> <p>25 May 2025</p>	<p>Inspired by the Barkley Marathon, something will break, will it be you?</p> <p>TBA</p>	<p>Let your inner beast run wild!! Information on its way.</p> <p>15 Jun 2025</p>	<p>Trailplus birth place and home of the Bunjil, panoramic views.</p> <p>12-13 Jul 2025</p> <p>Mt Series</p>	<p>Home of the little penguin, a unique trail experience taking you places not normally accessible.</p> <p>TBA</p>
<p>Majestic and wonderful, single trail heaven, waterfalls, river crossings ocean views.</p> <p>16 Aug 2025</p> <p>Mt Series</p>	<p>Magical and mystical, through fog, rain and clear skies, truly an adventure.</p> <p>5 Oct 2025</p> <p>Mt Series</p>	<p>Dress up and make this a scary fun night of trail adventures, perfect for the whole family.</p> <p>8-9 Nov 2025</p> <p>Mt Series</p>	<p>A truly special event, born from the community spirit following the Black Saturday bushfires.</p> <p>8-9 Nov 2025</p> <p>Mt Series</p>	<p>Prepare for Christmas with a diminishing time, laps challenge. See how far you can go.</p> <p>14 Dec 2025</p>	<p>Celebrate the new year with us in a fun, relaxing atmosphere with spectacular views of fireworks.</p> <p>31 Dec 2025</p>

