



RUNNER INFORMATION GUIDE



GARMIN



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PLEASE NOTE THIS DOCUMENT MAY HAVE DATES REFERRING TO PREVIOUS YEARS EVENTS. WHILE THINGS CAN CHANGE YEAR TO YEAR, WE GENERALLY EXPECT THAT THIS INFORMATION IS ACCURATE. DEPENDING ON WEATHER AND PERMIT CONDITIONS THERE MAY BE SOME LATE CHANGES TO COURSES AND DISTANCES.



Welcome

Welcome to the **5th edition of Run the Lighthouse at Wilsons Prom 2026!**

Trailsplus events vary year to year, and this year we're offering **75km, 50km, 42.2km, 21.1km & 6km distances**. As always, courses may be a little longer than advertised, especially as trail sections open and close depending on **weather conditions and maintenance schedules**. With the tidal river bridge reopened, the **75km course returns for 2026**.

We hope you are injury-free, healthy, and ready for the **challenge ahead**. Thank you for supporting this event! 

All Trailsplus events support **young people living with cancer**, through contributions from Trailsplus and voluntary donations you can make at registration. Your participation makes a difference.



Field & Accommodation

For 2026, we have a **medium field size**, with **135 runners across 5 distances** (75km, 50km, 42.2km, 21.1km & 6km).

Accommodation is limited and **camping spots are reduced**. If you're looking for space, let us know, we may be able to assist in our **allocated sites**. No guarantees, but possibilities may exist!

This will be a **fun and supportive weekend**, in an amazing location, conducted in a relaxed, low-key way.



Most Important

Unlike most Trailsplus events, **this race has almost no course markings**, except in the **campground**.

- The course mainly follows the **main tracks in a figure-8 shape** around the southern peninsula of the Prom.
- Some small tracks may appear occasionally. Campgrounds often have **two or three exit paths**, so ensure you know the course **direction and flow**.
- **6km & 21km runners** have a more straightforward route, but still require focus.

Wilsons Prom Terrain & Weather

Wilsons Prom is a stunning part of **Victoria's coastline**, with **small mountain ranges rising to 550m** from the ocean.

- Weather can **change quickly**, so be prepared with layers, waterproofs, and sun protection.
- Bring a **printed map and instructions**. Higher quality images will be available on the website closer to the event:
www.trailsplus.com.au/lighthouse → **Maps tab**

What is Run the Lighthouse?

Run the Lighthouse was created to **complement the Trailsplus suite of trail runs** and give access to one of Victoria's **most spectacular coastlines**.

It's designed for:

- **Adventure runners** seeking scenic trails
- **Families & friends** wanting a fun weekend getaway

Join us for a **relaxing, adventurous weekend**, and stick around to **celebrate fellow runners at the finish line**.

Event Details

When: Saturday, 21st February 2026, check the schedule for race starts and number collection.

Where:

- **Tidal River Campground, Main Rd, Tidal River VIC 3960**
- **Schools Camp Area, near Norman Bay Carpark – sites 281–287**

Getting There

Wilsons Promontory is located **less than 3 hours** from **Melbourne**. Enjoy a relaxing and historic drive through quaint towns including **Korumburra, Coal Creek, Leongatha, Koonwarra, Meeniyan, Fish Creek, and Yanakie**.

Car Parking

If you are **not booked into a campsite**, you will need to park in **visitor carparking**. There is **no parking at the start line hub**, but we are located near **Norman Bay Car Park**. Please check signage or instructions on arrival.

Early Starts

Available by arrangement **for** 70km, 50km, and 42km runners only, you must email at least 3 days prior to see if possible, to have an early start for slower runners only.

Volunteers

Trailsplus events have the **best volunteers** who make your day awesome, please take a moment to thank them! Volunteering is a fantastic way to:

- Support your running community when not racing
- Earn credits for future events or raise funds for your club
- Volunteer purely for the love of it, **all options are welcome and encouraged**

If you would like to volunteer, use our **volunteer link** or send us a message to join the Trailsplus team. You can also chat with us on race day.

Personal Belongings

If you bring valuables, please **lock them in your car and out of sight**. This is a highly public area, and we **cannot guarantee security** for personal items.

Race Start Times

Saturday 21st February 2026

Time Distance

08:00 75km

09:00 50km

09:00 42.2km

10:00 21km

11:00 6km



Gear Check

Friday, 20th February 2026

- 15:00 – 20:00: **Pre-Race Gear Check & Bib Collection** at event hub, **site 281** for those already at tidal river
- If you are not staying in the park, there is **no need to check in early Friday**, you can do it race morning, just be sure to allow time.

Saturday, 21st February 2026

Gear check should be completed **at least 60 minutes before race start**.

Roll Call Time Race Start Distance

07:45	08:00	75km
08:45	09:00	50km
08:45	09:00	42.2km
09:45	10:00	21km
10:45	11:00	6km

Important: Roll call is **compulsory**. If you are not checked off, you **cannot start the race** and will be marked DNS. Roll call includes **pre-race briefing**, highlighting **safety, course notes, and conduct requirements**.

Bibs & Pre-Ordered Items

- Collect at Friday or Saturday check-in
- Uncollected items will be **posted**, with postage fees applied
- **Race numbers are not poste**, you must collect your number on the day
- Numbers must be **visible at all times** to ensure accurate timing and course tracking



Parks Victoria

We are extremely grateful to **Parks Victoria**  for their ongoing work in keeping our parks in excellent condition. We appreciate the opportunity to stage a trail running event out of **Tidal River at Wilsons Promontory** .



Mandatory Gear

	75km	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				



Nighttime Running and Gear

You must have a **suitable torch** for nighttime running . Also **mandatory gear must be carried as per the list**, it is **highly recommended** that you bring appropriate clothing to suit the forecast weather conditions for the weekend. Please note that even on warm days, nights can get very cold , so plan for all possibilities and ensure you have suitable clothing on site .



Aid Stations



Aid Station Open Times

- **Check Point 2**

This may be the first aid station visited by 42km and 70km runners, located around 17–19km.

- Expected operating time: **9:30am – 11:30am** .

Note: The telegraph aid station at 11/13km will be set up later for your return visit.

- **Check Point 1**

Turnaround point for 21.1km and major junction for 42.2km, 50km, and 75km. Expected operating time: **9:00am – 45:00pm** .

Runners should **not rely** on this check point for first passing; it depends on volunteer availability .

- After passing the telegraph junction aid station on your way to the lighthouse , ensure you are **self-sufficient** , as this station may not operate on your return.



Food and Drink

Aid stations are stocked with:

- Lollies , chocolate , fruit cake , chips
- Water and, when available, sports drinks
- Special needs: Coke

Some aid stations may record your **runner number** and **time of passing** , so ensure your number is always visible. If you are among the last runners , please inform the aid station.

🚫 Cup-Free Event

Our events are **cup-free** ✗. Bring your own cup or bottle 🥤 to drink at aid stations. Reusable, collapsible cups are available for **\$5 on the day** ✅. Please avoid single-use plastic bottles ✗.



🏃 Race Bibs & Timing Chips

Our race bibs are **customised for each event** and come with **two timing chips** in pouches on the back. ⚠ These chips **belong to Trailsplus** and **must be returned** at the finish. Do **not remove chips** until assisted by a volunteer post-race.

📌 Important Bib Rules:

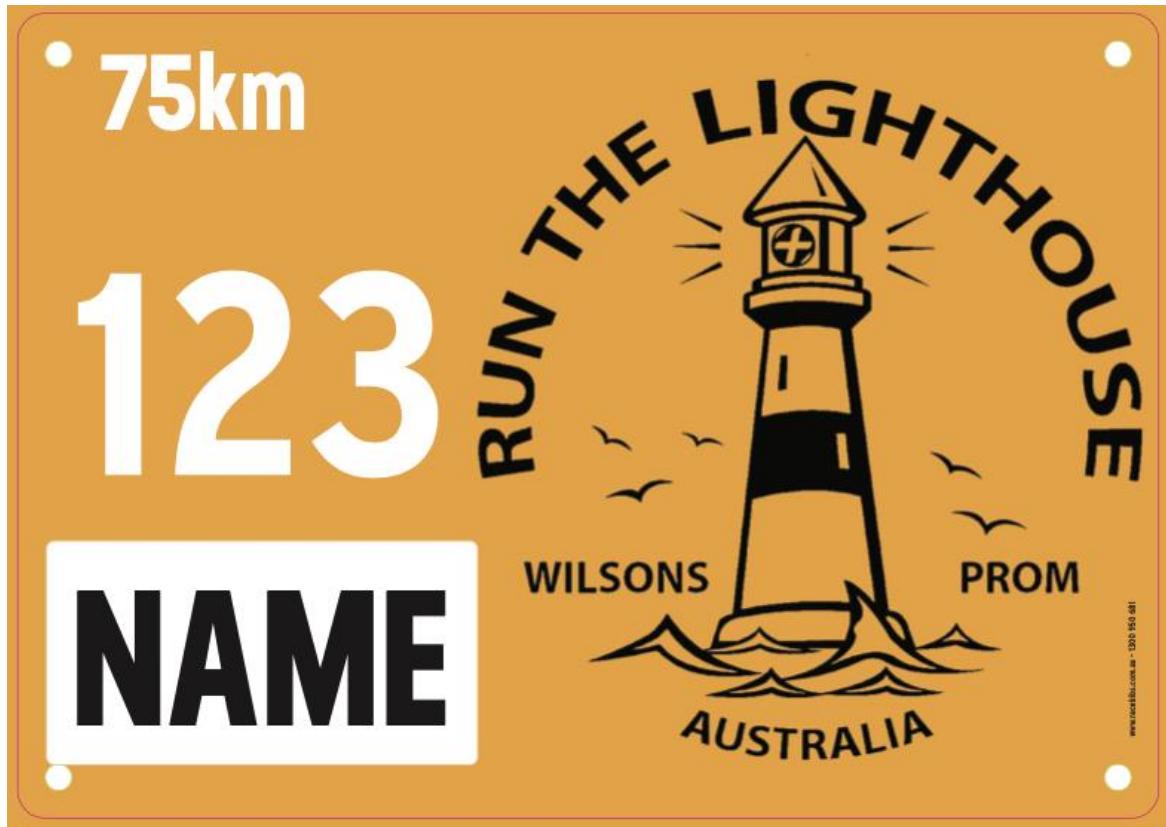
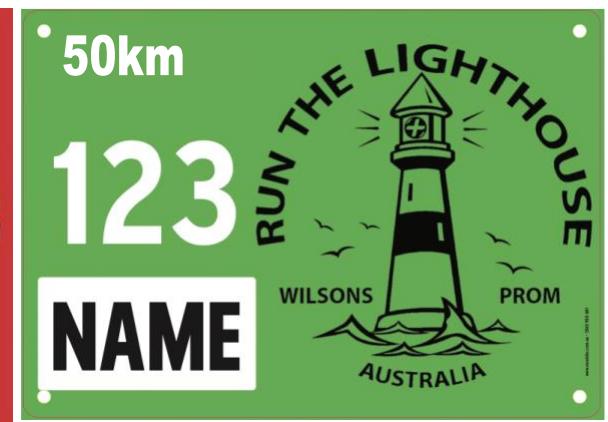
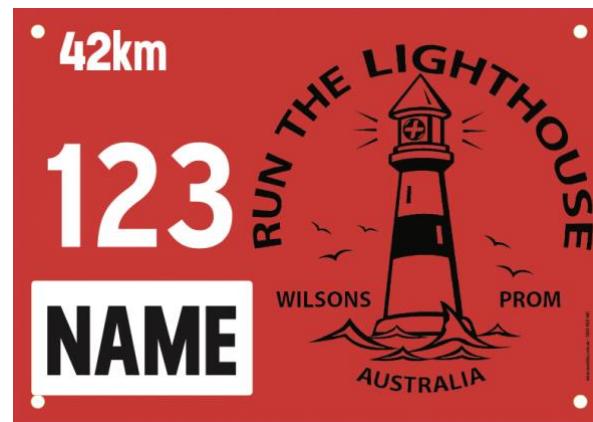
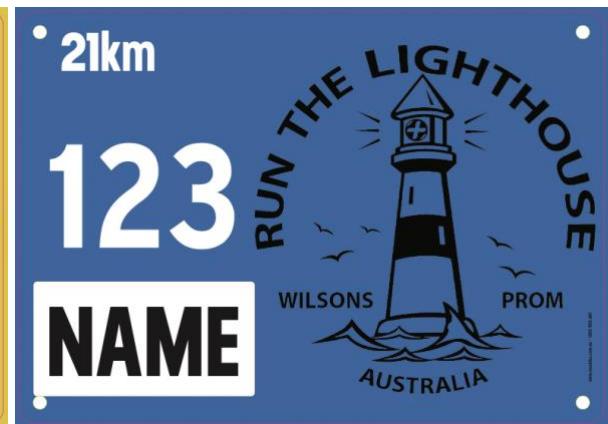
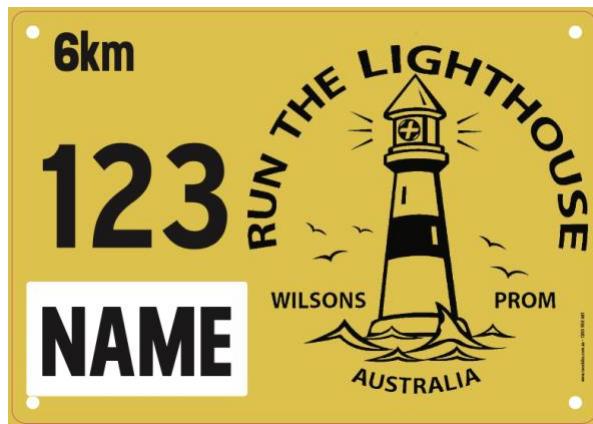
- Always wear your bib on your **front and visible** ✅
- Do **not** place it on your back or leg ✗
- Do **not fold or alter** your bib ✗

❤️ Race bibs are **collected at check-in**—we do **not** post them before the event.

⚠ **Late entries** may get a plain black-and-white bib.

🎁 Your race number is also a **great keepsake**, showing your name (if entered early) and a race-themed design.

💡 **Tip:** Wear your bib **lower front and center**. Some timing devices read from one side, so side or leg placement may not register. This also helps fellow runners cheer you by name! 😊





Live Tracking

Applies to **75km, 50km, 42km & some 21km runners (depending on field size)**. For your safety and to let friends/family track your progress, it's **mandatory** to use the **GPSWOX track my phone** app if advised.

⚠ Setup Tips:

- Install and activate the tracker **ASAP**
- Keep your phone **awake**, allowing app to **ALWAYS** be on in background.
- Test it by **going for a short walk** before the race

Your Tracker ID: "see format below"

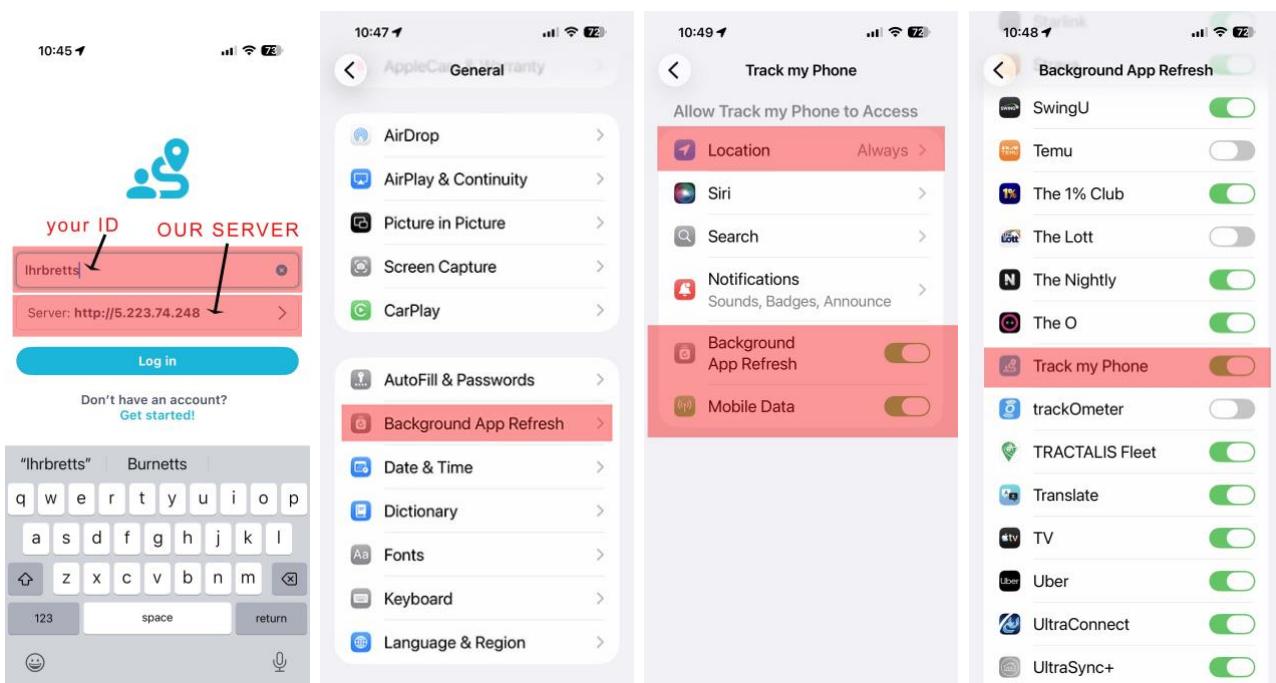
Your Tracker SERVER: select Custom, enter <http://5.223.74.248>

LHR+firstname+first letter of surname

Example: LHR26bretts for Brett Saxon

- No spaces, all one word, can be lowercase
- iPhone → CUSTOM SERVER: **http://5.223.74.248**
- Android → same but I don't know where and how to setup androids

Some screenshots from iPhone for log in and setting background refresh and location services



🔋 Don't worry, it **doesn't use much battery**. Its poor phone signal that uses battery. You should carry battery pack if in 75-50-42km events.

📞 Need help? Call **Brett: 0418 557 052**

For more information refer to separate tracking document on Website

App Links:

- Android: [GPS Tracker](#)
- Apple: [GPS Tracker](#)



Track My Phone
GPSWOX



Drop Bags

For **75km, 50km, 42.2km runners** only.

- Leave **personal drop bags** at Checkpoint #1 & #2
- Must be **presented before CP#1 crew departs** ⏱
- Bags **max size**: typical shopping bag 🛍
- Clearly **label your bag with your name** 📜
- Drop off **Friday night** if camping, or by **7:45am Saturday**
- Bags **return after aid stations pack up**, sometimes later in the day
- **Uncollected items** within 14 days go to charity 😊

⌚ Electronic Timing

- Your bib carries **electronic timing chips** on the back
- **Finish → medal presentation → chip removed by volunteers** 🏅
- **Do not leave** the event with chips ⚠
- If you forget to give them at the finish, mail to:

Trailsplus P.O.Box, 119 Keilor Vic 3036

Dogs

Wilsons Prom is a **National Park**. No dogs allowed, **except assistance dogs.** 



Presentation & Awards

- **Finishers Medal:** Every participant receives a **custom medal** as they finish 
- **Trophies & Prizes:**
 - 1st, 2nd, 3rd **Male & Female** per distance receive a **custom trophy mug** 
 - Sometimes **sponsor prizes** are included 

Toilets

- Available at **start/finish campground & lighthouse**
- On-course locations:
 - ~8km past Oberon Beach (right off the trail), and again **8km from finish**
 - **Telegraph Saddle Carpark** for 42km & 75km runners
- Always use **correct bush toilet techniques** 

Environment – Leave No Trace

- **Carry all rubbish** to aid stations or bins 
- **Gel packets & tear-off tabs:** do not drop on track
- **Reusable cups/bottles:** encouraged 
- Trailsplus is committed to **eco-friendly events**, thanks for helping us maintain this! 

Helping Fellow Runners

- If you see a runner in need, **assist if safe** and **contact the event team** for further help 

First Aid

- Medical staff **on site**
- Phone reception may be patchy 
- If you need help, **stay calm**, and we'll reach you as soon as possible

If You Go Off Course

- **Study your map!** 
- Carry map in **mandatory gear**
- **Follow instructions**, not just the runner in front
- Trails are **well-defined**, but no Trailsplus markings 
- Off-course rules:
 - Return to correct course
 - Disqualification if off-course
 - **Podium hopefuls**: know your course!  

Entry Transfers

- **Not allowed** to sell or give away tickets 
- Exceptions: contact Trailsplus; **admin fee applies**
- Random ID checks at **bib collection** 

Insurance

- Event insurance **does not cover personal injury**
- **Recommended**: personal insurance or ambulance cover 
- Remote areas may only be accessible by **helicopter** 



Winners & Finishers

Custom trophy mugs: 1st, 2nd, 3rd Male & Female



Finishers Medals

Finishers medals: for every participant



Refund Policy

- Partial refunds **up to 30 days** before event
- **No refunds** within 30 days
- Policy also applies to **transfers to next year/other events**



Acknowledgement of Country

- Event held on lands of the **Boonwurrung, Bunurong, and Gunaikurnai People**
- We **acknowledge Traditional Owners** of the land in Gippsland

Protecting Future Event Options

- Respect the **environment, animals & people** 
- Trailsplus works hard to **gain access** to amazing locations
- Your cooperation ensures **future events remain possible** 

Other Park Users

- Trails are open to the public
- **Alert hikers** you're passing
- **Respect & safety** maintain running's reputation 

Cut Off Times

- 6km / 21km: **no cut off** 
- 75km: slowest expected <16hrs, Saturday Midnight 
- 50km: must reach Telegraph Junction <4pm, finish ~9pm 
- 42.2km: must reach Telegraph Junction <4pm, finish ~8pm 
- Slower runners may be removed for **safety & volunteer welfare** 

Music Devices

- We **prefer runners do not use music** during the event  
- Benefits of running without music:
 - **Hear instructions** from officials 
 - **Notice warnings** from fellow runners 
 - **Receive encouragement** from other participants and supporters 
 - **Stay aware of** surroundings, including other park users/hikers 
- Enjoy the **natural sounds and beauty** of the park 



Check Points – Aid Stations

- **Self-supported event**
- **Check Point 1:** Telegraph Track Junction (~14km)
 - 70km runners: may not be open on first pass
 - Closes **4pm**
- **Check Point 2:** Telegraph Saddle Carpark
 - Access for 42.2km & 70km runners, pending volunteers
- **Distances:** approximate only

Lighthouse Run	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	Tidal Overlook
6km													
21km	11km	-	-	-	-	-	-	-	-	-	-	21.1km	
42.2km	13km	19km	22km	25km	31km	-	-	-	-	-	-	42.2km	
50km	11km	-	-	-	-	17km	26km	31km	34km	37km	43km	55km	
75km	11km	17km	20km	23km	29km	34km	43km	48km	51km	54km	60km	70km	73km

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



Personal Belongings

- Area provided, **but not secure**
- Consider **locking valuables in car**



Cut Off Times & Safety

- Trailsplus aims to help **everyone finish safely**, considering each runner's progress, weather, and volunteer welfare
- **6km / 21km:** no cut off time
- **75km:** slowest expected finish <16hrs (Saturday Midnight)
 - Volunteers may need to **exit for safety**; aid stations might **close for slower runners**
- **50km:** must reach **Telegraph Junction <4pm** (44km mark)
 - Finish expected by **9pm latest** (~4km/hr pace)
- **42.2km:** must reach **Telegraph Junction <4pm** (33km mark)
 - Finish expected by **8pm latest** (~4km/hr pace)
- Safety first: **slow progress may result in removal** from course for health and volunteer safety

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 right and head along the beach to where tidal river flows to the ocean follow around and up the river, depending tide you can exit on the walking trail or stay on tide line to the bridge (1km) cross the bridge and turn right toward Lilly Pilly gully, head along trail and turn up tidal overlook track (1.8km), if you miss the turn you hit the main road, stop and go back, you climb up and over tidal overlook and do an anticlockwise loop back to the bridge – do not go to pillar point lookout, turn left at intersection (3.9km) arrive back at bridge (4.8km) cross the bridge and turn right, follow tidal river back to the ocean, turn left on beach and take ramp #3, (5.7km) exit up the ramp, then turn left out of single track and make way back to the start line on 23rd Ave. Site 281.

Do not head in land through the caravan park until the last 100M off the beach.

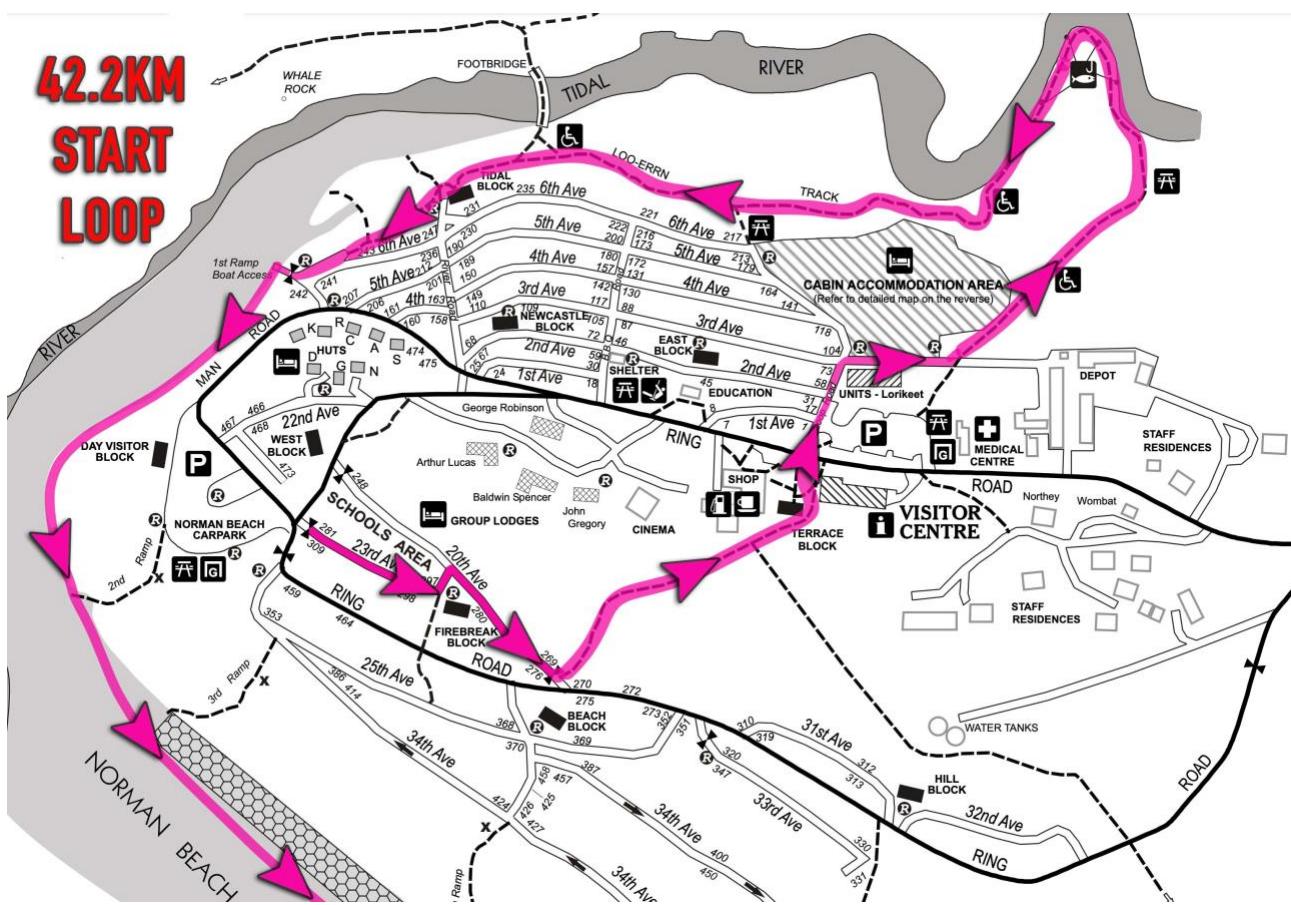
21km Map



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 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.

Marathon 2.2km



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 Map



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 lighthouse, 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 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 Map



75km 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 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 tidal river flows to the ocean (**70km**), follow around and up the river, depending tide you can exit on the walking trail or stay on tide line to the bridge (**71km**) cross the bridge and turn right toward lilly pilly gully, head along trail and turn up tidal overlook track (**72km**), if you miss the turn you hit the main road, stop and go back, you climb up and over tidal overlook and do an anticlockwise loop back to the bridge – do not go to pillar point lookout, turn left at intersection (**74.6km**) arrive back at bridge (**75.5km**) cross the bridge and turn right, follow tidal river back to the ocean, turn left on beach and take ramp #3, (**76.3km**) exit up the ramp, then turn left out of single track and make way back to the start line on 23rd Ave. Site 281. – Congrats, it measure a little longer ☺

► Signs & Course Markings

- The Lighthouse Run is a non-marked course, you must **study and understand the route** 
- **Wilsons Prom trails** are generally easy to follow, but a **GPS file or map** is required to stay on track 
- Some **markers may be used at start/finish, campgrounds, and beach sections** to guide you out and back  





Weather Forecast & Gear

- Wilsons Prom can produce **any weather imaginable** – be prepared!
- **Mandatory gear** must be carried **as listed for your distance**, no exceptions
- Why so much gear?
 - It's for **your safety** – we care, and you should too
 - Some gear may not be used, but if needed it **could save you from serious issues**
- **Two levels of mandatory gear:**
 - **Light Kit** – minimum required
 - **Heavy Kit** – full kit; may include thermal layers, overpants, etc.
- **Recommended gear:** optional, for extra comfort or safety
- **Stay up to date:** check the latest **10-day forecast** before race day
- Its looking absolutely perfect, but you never know at the Prom



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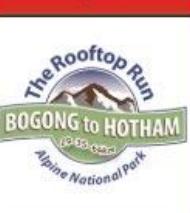
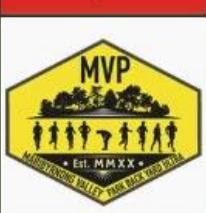
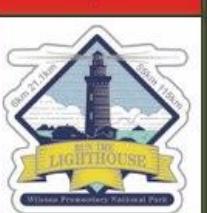
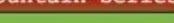
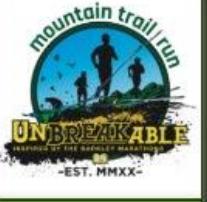
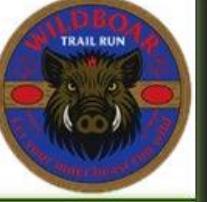
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Fundraising on behalf of
canteen
cancer's different in a
young person's world

Other Events to plan for

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

Open	Open	Open		Permit Pending	
					
Australia's rooftop run, where the strong and determined are rewarded.	"Last One Standing" format, where everyone is tied for first place every hour.	A trail running treat to challenge and wow you. You'll see the light at the Prom.	Nestled on the Maribyrnong River, a community focused event for all ages and abilities.	Get ready for an Otway adventure to suit all abilities.	Steeped in history and steep on the trail, where all your senses come to life.
17 Jan 2026	6 Feb 2026	21 Feb 2026	22 Mar 2026	TBA	19 Apr 2026
					
Escape to the country!! Information on its way.	Run the pleasant, wooded trails under the international flight path and alongside the retired race horses.	Inspired by the Barkley Marathon, something will break, will it be you?	Let your inner beast run wild!! We'll be back in 2026!!	Trailsplus birth place and home of the Bunjil, panoramic views.	Home of the little penguin, a unique trail experience taking you places not normally accessible.
3 May 2026	24 May 2026	TBA	14 Jun 2026	18-19 Jul 2026	TBA
					
Majestic and wonderful, single trail heaven, waterfalls, river crossings, ocean views, a real gem.	Magical and mystical, through fog, rain and clear skies, truly an adventure.	A truly special event, born from the community spirit following the Black Saturday bushfires.	Calling all HEROES and VILLAINS!!	Prepare for Christmas with a diminishing time, laps challenge. See how far you can go.	Celebrate the new year with us in a fun, relaxing atmosphere with spectacular views of fireworks.
15 Aug 2026	4 Oct 2026	7-8 Nov 2026	28 Nov 2026	13 Dec 2026	31 Dec 2026