

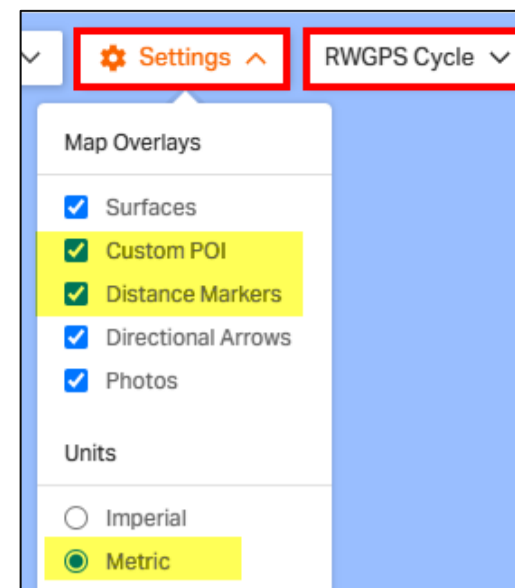
APLNG Curtis Island Trail Run - 6km, 14km and 22km Course Maps

Below is a course overview, followed by maps for each distance.

Under each map is a link and QR code to view the interactive maps online.

The maps are best viewed on a computer as some functions are missing when viewed in a browser on a phone, such as [Distance Markers](#), ability to set units to [Metric](#), and the [Elevation tool](#). The maps can also be viewed with the [Ride with GPS](#) phone app.

When using a computer, select 'Settings' and turn on 'Distance Markers' and set Units to 'Metric' as shown. Click on the 'Points Of Interest' buttons on the maps to see directions. Use the 'RWGPS Cycle' dropdown list to select the map type.



Course Overview

All runners are running the same trail for the first 4.5km until you arrive at the Eastern beach.

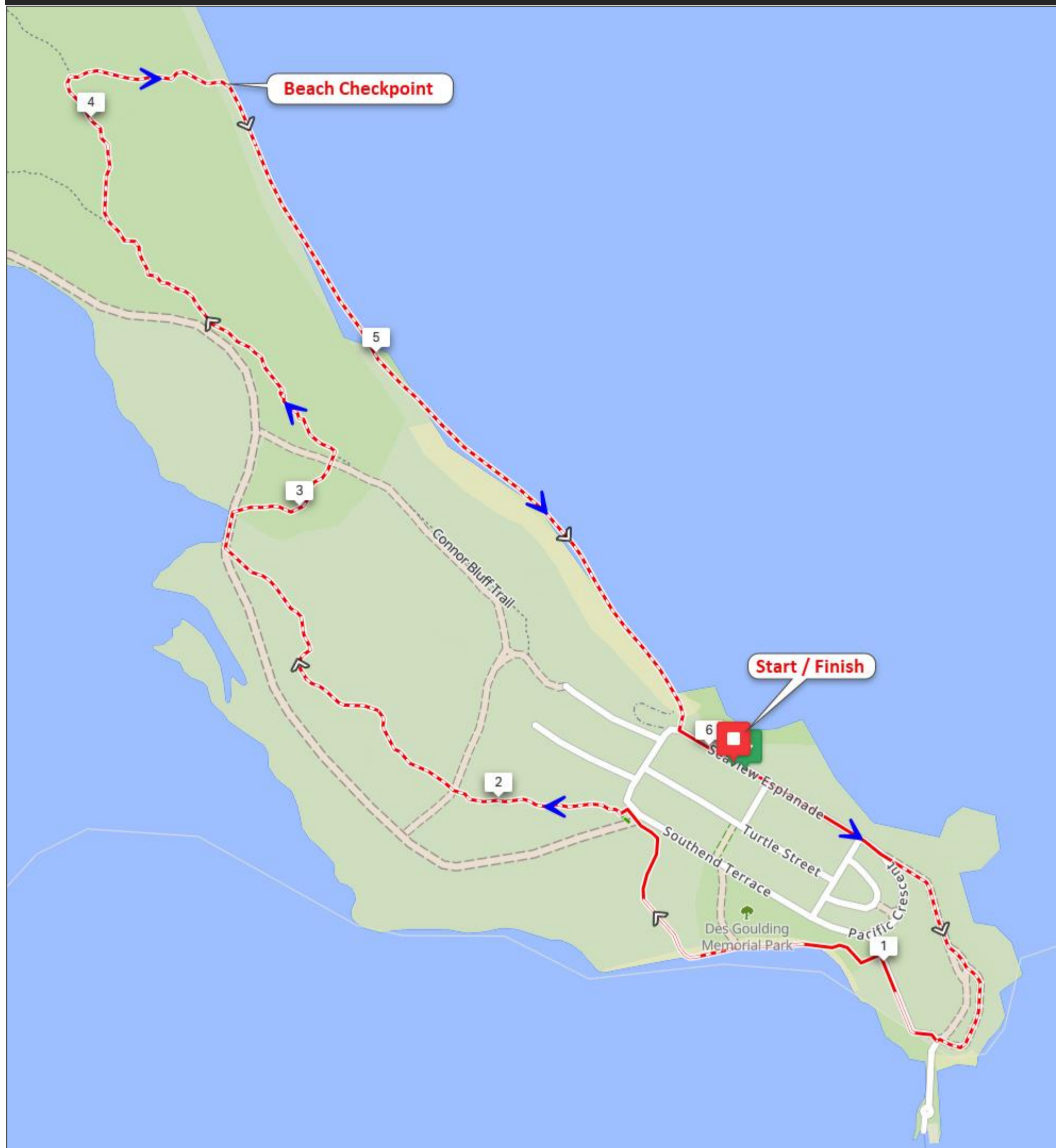
Starting at the Capricorn Lodge (Race Precinct), all runners will proceed down the road and follow the signs on the left that take you to the first section of single trail. Follow the signs and the ribbons around the Southern headland and across the bitumen road, near where you arrived on the barge. Continue along the single trail before dropping down on to the beach for your first taste of the beach running. Once you pass the boat ramp you will be directed to the right, up into the single trail once again. Continue on this trail, following the arrows and the ribbons until you cross the bitumen road opposite the houses. At this point you will run alongside the GRC works depot and through the golf course area. Once you exit this section of trail you will briefly run along the main dirt road, over the causeway heading North up the island, before turning right into the bush and back along the single trail. Follow this section of trail until you're clear of the bush and arrive at the soft sand section which leads to the first small sand dune. Follow the orange flags through this section and you will see the area where you cross the sand dunes. Drop on to the beach where you will be required to run through a small chute to allow your race number to be registered. At this checkpoint on the beach, ensure your race bib number is clearly visible so we can keep track of all runners. If you are doing the **6km** run, turn right and follow the main beach all the way back towards the starting point, and on to the stairs up to the Esplanade. Run through the park and along the road and through the Finish chute.

For those running **14km** and **22km**, once you are on the beach at the checkpoint, you will be heading left and will have a 3.5km beach run ahead of you. As you reach the end of the beach at the Bluff, follow the flags up the headland and the rock stairs to the top of the Bluff where there will be another checkpoint. Ensure you have your race bib number clearly visible so we can keep track of all runners.

- **14km** runners: You will turn left and head for home via the beach checkpoint for the second time.
- **22km** runners: You will head right along the single trail for a 4km out and back section (8km in total). Make sure you take in the views along this section. Most importantly, **stick to the left on the way out** and give way to the runners returning along this same section of trail. Once you arrive back at the checkpoint ensure to have your number marked off once again.

Both **14km** and **22km** runners have a downhill run from the Bluff along a single trail where there is an abundance of orange ribbons and markers in the trees. Once you get to the bottom of this section you will come out into an opening. Head out and around the fence post before following the single trail across the flats and on to the back of the lagoon. This section of trail will lead you to the point where all participants previously turned right to head towards the beach checkpoint. Head up over the dunes once again and on to the beach at the checkpoint, where you will have your number recorded. Turn right and follow the main beach all the way back towards the starting point, and on to the stairs up to the Esplanade. Run through the park and along the road and through the Finish chute.

6 km course

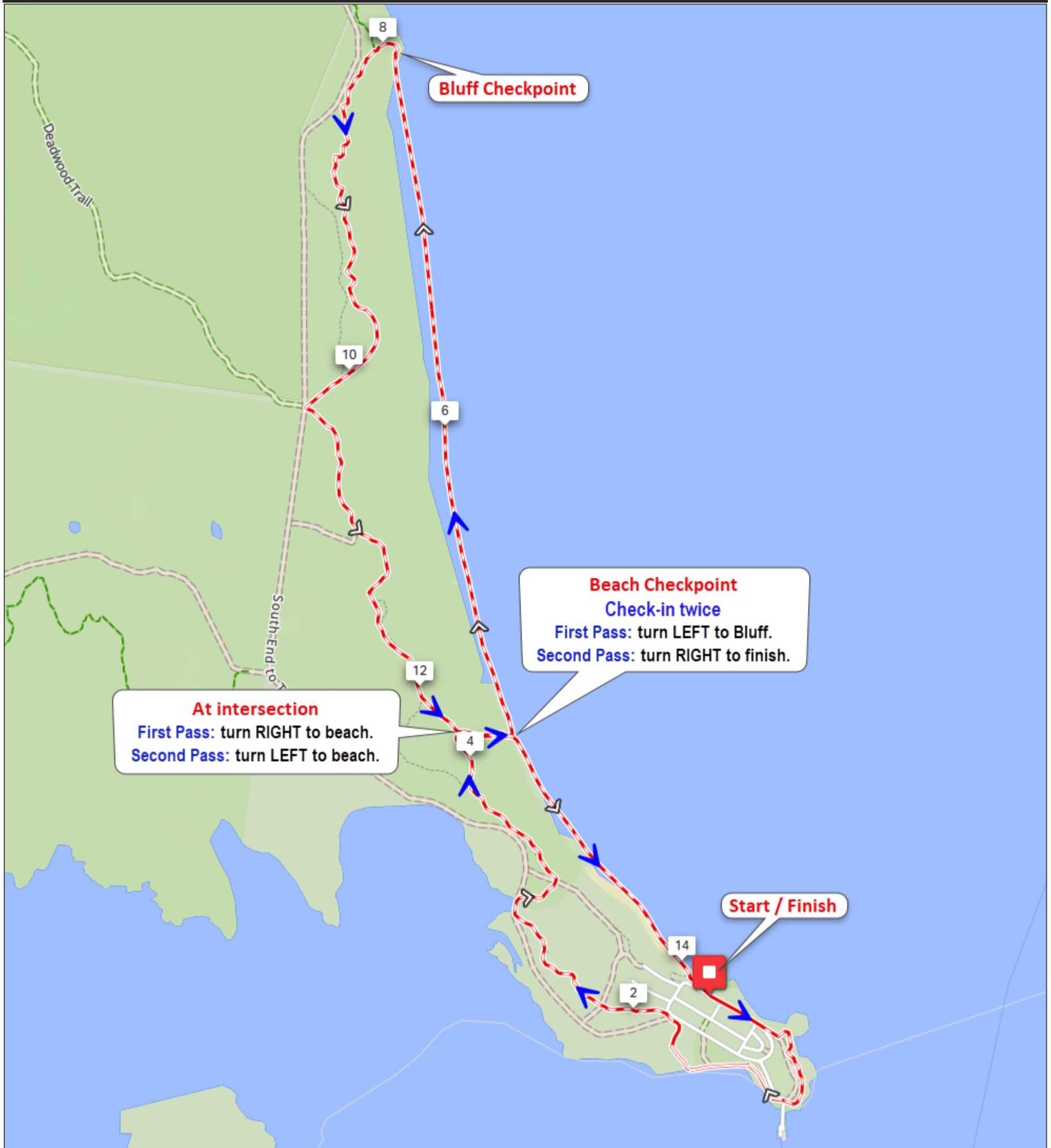


- From the Start/Finish line, run clockwise around the bottom of the island.
- After the 4km marker shown on the map, turn right and go to the Beach checkpoint.
- Turn right and head back to the Start/Finish line.

URL and QR code to the **6km** interactive course map:
<https://ridewithgps.com/routes/50962531>



14 km course



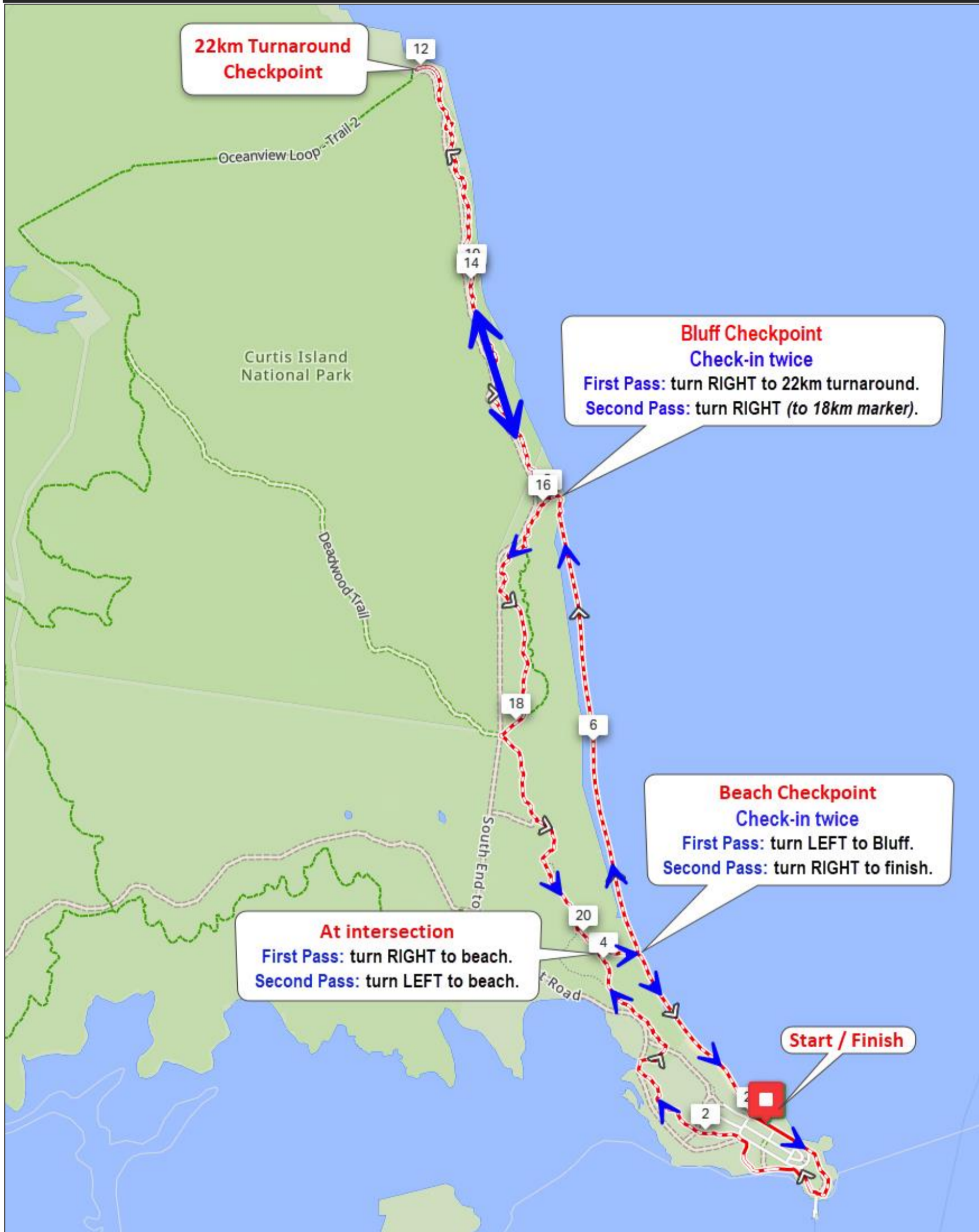
- From the Start/Finish line, run clockwise around the bottom of the island.
- After the 4km marker shown on the map, turn right and go to the Beach checkpoint.
- Turn left and run up the island to the Bluff checkpoint which is up on the headland.
- Run down the island past the 10km and 12km markers.
- Turn left (before the 4km marker) and return to the Beach checkpoint.
- Turn right and head back to the Start/Finish line.

URL and QR code to the **14km** interactive course map:

<https://ridewithgps.com/routes/50962712>



22 km course



- From the Start/Finish line, run clockwise around the bottom of the island.
- After the 4km marker shown on the map, turn right and go to the Beach checkpoint.
- Turn left and run up the island to the Bluff checkpoint which is up on the headland.
- Go up to the 22km turnaround and return the same way to the Bluff checkpoint.
- Turn right and run down the island past the 18km and 20km markers.
- Turn left (before the 4km marker) and return to the Beach checkpoint.
- Turn right and head back to the Start/Finish line.

URL and QR code to the **22km** interactive course map:

<https://ridewithgps.com/routes/50964502>

