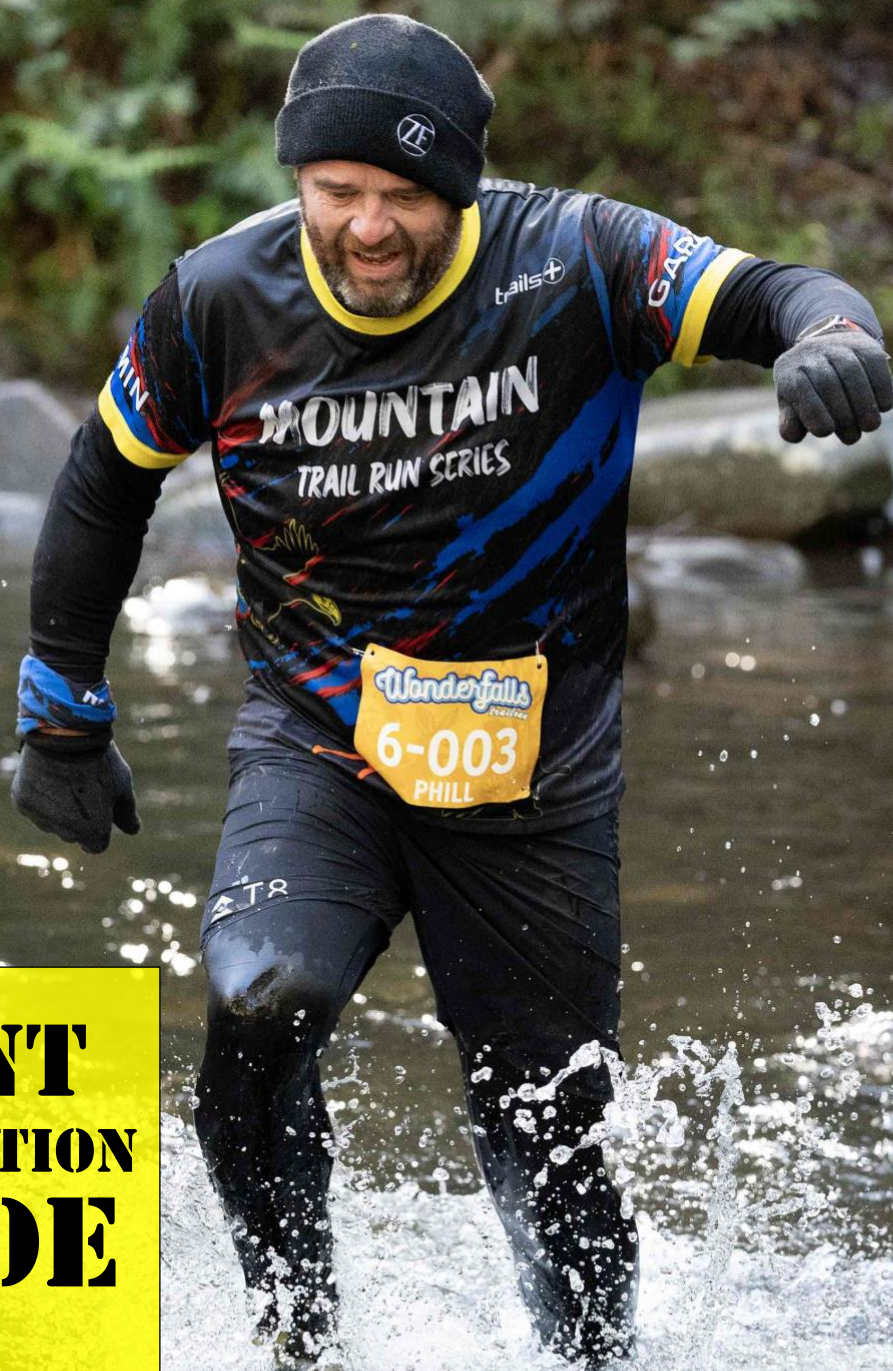




EVENT INFORMATION GUIDE



GARMIN



GARMIN



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Welcome

 Welcome to the 12th Wonderfalls Trail Run!

(Previously held as “Hell Run” from 2015–2017)

We're excited to welcome you to the **12th edition** of the Wonderfalls Trail Run, a true celebration of trail running, community, and natural beauty on the Surf Coast.

As with all Trailsplus events, this run continues to support **young people living with cancer**. We're proud to partner with **CanTeen**, donating a portion of every entry fee to help make a difference. Thanks to your support, we've now contributed over **\$95,000**, an incredible effort powered by our amazing running community and volunteers.

Our Mission

At Trailsplus, our goal is to provide a **safe, friendly, and inclusive experience** for everyone, whether you're a first-timer or seasoned trail veteran. We want to connect people with:

- Trail running
- The great outdoors
- Our incredible local parks, trails, and mountain ranges

No matter where you are in your running journey, we see you, and we celebrate your choice to challenge yourself.

Participants can choose from a variety of distances to suit their fitness and goals:
6km, 14km, 25km, 42.2km, 50km, or 75km.

Achieving a 6km finish can be just as rewarding and challenging as completing the full 75km, every step counts, and every runner matters.

Course Notes & Conditions

Due to the dynamic nature of trail running, course distances and route details may vary depending on:

- **Weather conditions**
- **Track accessibility**
- **Safety requirements**

 Your **GPS watch** will likely record a longer distance than stated. While our official distances are 6–14–25–42–50–75km, actual distances may vary **by up to 3km**.

Why Wonderfalls is Special

We believe Wonderfalls is one of the **most spectacular trail runs** in Australia. Here's why:

- Up to **10 waterfalls** on course (depending on your chosen distance)
- **20+ river crossings** for ultra runners
- Towering mountain ash forests and fern-lined valleys
- Ocean outlooks and remote ridgelines
- Rugged singletrack and flowing bush trails

We're deeply thankful to **Parks Victoria** and the **Great Ocean Road Coast and Parks Authority** for allowing us to run through such a stunning landscape, and we ask all runners to respect this privilege by staying on track and leaving no trace.

On Course Etiquette

You'll be sharing the trails with **members of the public** during the event. Please:

- Be respectful and patient, especially where walkers are in groups
- Give a polite "excuse me" and pass safely when needed
- Represent the trail running community with pride

Logistics & Arrival

The **key to a great day** at Wonderfalls?

 **Arrive early.**

Catching the earlier bus or giving yourself plenty of time to settle in at the start line will ensure your day starts smooth and stress-free.

Thank You

Thank you for choosing to run with us and support this special event. Whether you're running 6km or 75km, you are part of something meaningful, for yourself, and for others.

Let's make it a safe, unforgettable day out on the trails.

WELCOME TO



Brett and the Trailsplus Team

Trailsplus - Race Director

Important information please read

Important Race Notes, Wonderfalls Trail Run

These notes are **essential reading** to help ensure you have a **safe, smooth, and memorable day** on the trails at Wonderfalls.

Know Your Course, Avoid Common Errors

With **5 different races** taking place across the day and lots of trails in the area, it's well marked and easy to follow if you read the signs for your **specific event route**. Please take the time to:

- Check your **course map**
- Save or print the map for quick reference
- Study **GPX files** and load them into your **Garmin, phone app, or watch**

GPX download files are available on the Trailsplus website. You can also use the **AllTrails app** or similar GPS tools to help stay on track.

Save a map to your phone

 We do not provide printed maps, be self-sufficient

 Use GPS navigation tools if you're unsure

Let's Make this year an Error-Free Run for All

- Most errors occur from **not concentrating** or **following someone in a different event**.
- The trails are clearly marked **per event**, but not painted like a road, this is trail running, not road racing!
- You are expected to know your approximate distance progress and **watch for signage**.
- **Do not assume others are going the same way**, many people are doing different courses at the same time.

For Fast & Front Runners, Know Your Course

If you're racing for a top finish, make sure you've done your homework.

Taking the wrong course results in disqualification (DSQ), regardless of your distance run or finishing order.

We give you all the tools:

- Maps
- Elevation profiles
- Directional signage
- GPX files

 It's your responsibility to study them and stay alert.

Shuttle & Weekend Logistics

This information sheet includes details for:

-  **Saturday's event schedule**
-  **Shuttle bus service (\$10 fee)**
-  **General weekend logistics and support**

You may see some details repeated, this is intentional to ensure you don't miss anything.

Emergency Contacts

In case of emergency or for urgent assistance on race weekend:

- **Race Director – Brett Saxon**
 0418 557 052
- **Event Logistics – Chris Ackerman**
 0414 273 518
- **Timing Official – Robyn Saxon**
 0419 533 018
- **Emergency Services – Police, Ambulance, Fire**
 000 or **112** from a mobile



Why Trail Running with Trailsplus is Unique

At **Trailsplus**, our mission is to take you into **nature's wild beauty**, away from the hard, flat city paths and into **adventurous, scenic terrain** that stirs the soul, creating adventures and memories to last a life time.

But with the **reward of adventure** comes **responsibility**.

You'll be running and walking on **natural, uneven surfaces**, and it's essential to be prepared for the unique challenges of trail running.

What to Expect on the Trails:

-  River crossings
-  Sticks, roots, and rocks
-  Wet feet & washed-out trails
-  Soft sand and slippery mud
-  Wildlife encounters, kangaroos, birds, echidnas, lizards & sunbaking snakes in warmer weather

 Be Prepared. Be Safe.

Your safety and enjoyment depend on your readiness. Please consider:

-  Wearing appropriate **trail footwear**
-  Dressing for the **weather conditions**
-  Carrying your own **nutrition and hydration**
-  Knowing the course and understanding the terrain

Trail running is about **freedom, adventure, and resilience**, and every step off the beaten path brings a story. Embrace it fully by arriving prepared.

Where Is Wonderfalls Start

 Event Access & Parking Information

 **Otways National Park, Lorne, Victoria**

 **Start/Finish: Cumberland River Holiday Park**

2680 Great Ocean Road, Lorne VIC 3232

Please note the following important access details:

✗ No Event Parking at Start/Finish (Unless you booked a site and are Staying On-Site)

Unless you are **staying at Cumberland River Holiday Park**, there is **no event participant parking available** at the Start/Finish area.

 Shuttle Bus Service, Mandatory for ALL Participants that are not Cumberland River Holiday Park Guests

75km runners are generally assumed staying in the Park, if not you need to make arrangements to be dropped off at the Start.

To manage access and protect the natural environment, we provide a **shuttle bus service** with **three convenient pick-up locations** around Lorne.

If you're **not staying** at the Cumberland River Holiday Park, you **must use the shuttle** to get to and from the event site. Runner Pays \$10, Family and Friends Free, Runner seats priority to ensure timely arrival.

Further details on shuttle times and pick-up points will be provided in the runner guide and email update.

What Day is Race Day

 **Event Day , It's a SATURDAY, don't get caught knapping**

From 5:00am-75km, then 8am-11am, Cumberland River Holiday Park

Make sure you're ready for a smooth start!

 **Check the Event Schedule**

Find your **race distance start time** and **check-in time** in the event schedule.

 **Shuttle Bus Reminder**

If you're not staying at Cumberland River Holiday Park, **you must catch the shuttle bus from Lorne**.

 Allow extra time to catch the bus, arrive early, relax, and soak up the atmosphere!

 **Race Bib Collection**

Race bibs are available for collection on **Saturday morning at the event site**, no need to collect in advance.

 **Arrive early, breathe it in, and get ready to hit the trails! Enjoy a coffee and Fireside chat.**

Car Parking

🚫 No Parking at Cumberland River Holiday Park

Important Transport Information for All Attendees

There is **no event personnel parking** available at the **Cumberland River Holiday Park**

(Start/Finish location).

🚌 **All family, friends, and supporters must use the shuttle bus service** provided from Lorne.

🔑 Refer to the **Shuttle Bus Information** section for pick-up locations and schedule.

💰 **Note:** A **\$10 shuttle fee applies to runners only**.

Supporters ride free, but must still use the shuttle service, please ensure runner priority if bus is full.

Help us keep the event safe, smooth, and environmentally friendly by following this requirement.

Shuttle Bus Information

The **event shuttle service** will operate on **Saturday** to transport all runners and supporters from Lorne to the start/finish area at **Cumberland River Holiday Park**.

🚌 **Morning Service Starts: 6:15am**

- 75km runners – there is no early bus, its assumed you will stay in park or make other arrangements.
- First priority: **50km runners**
- The shuttle will **circulate continuously** until the **6km event begins**.
- After a short break during race times, the shuttle will **resume in the afternoon** to return runners and supporters to their cars or accommodation in Lorne.

🕒 **Trip Duration:** Approx. 15 minutes (one way)

🔄 **Service Frequency:** Continuous loop during morning hours, **but allow extra time** in case of queues.

⚠️ **Please allow at least 1 hour** before your race check-in time to ensure a smooth arrival.

💰 **Cost:** \$10 per runner, **cash payable to the driver**

(Family, friends & supporters ride free, but must still use the shuttle)

👉 **Important:** If you're not staying at Cumberland River, **you MUST use the shuttle service**. No parking is available at the event site.

💖 **Don't stress** if you're cutting it close to your race start, we'll do our best to accommodate you. But please **don't use this as a reason to be late** 😊

The journey to your Lorne adventure

There are two main driving routes to Lorne, both taking approximately **2 hours from the Westgate Bridge in Melbourne**:

- **Coastal Route:**

Travel via **Geelong and Anglesea**, then follow the iconic **Great Ocean Road** to Lorne. This scenic route offers stunning coastal views but may take longer during busy periods.

- **Inland Route:**

Head through **Winchelsea and Deans Marsh** for a more direct and often quicker drive with less traffic and fewer bends.

Choose the route that best suits your travel preferences. Either way, allow extra time and enjoy the journey to the beautiful Otways region!



Friday Pre-Race Dinner at the Lorne Pub

Join us for a relaxed pre-race gathering at the **Lorne Hotel (Pub)** on **Friday evening**!

The **Trailsplus team plans to be there from 6:30pm to 8:30pm** (assuming event setup goes to plan), and we'd love to see as many of you there as possible. While it's not an official or formal dinner, it's always a great opportunity to connect, share trail stories, and soak up the pre-race vibe with fellow runners.

We usually reserve a few tables, but it's best if you **make your own booking**, and try to mention you're part of the **Trailsplus Wonderfalls Run** so they can seat us together where possible. Sometimes we get the back room all for ourselves.

Keep an eye out for fellow runners, say hello, and enjoy a great meal before the big day!



Post-Race Saturday Evening at the Lorne Pub

There's nothing better than sharing the stories of the day with friends, family, and fellow runners.

Like Friday night, the **Trailsplus team will gather at the Lorne Pub on Saturday evening**, roughly between **6:30pm and 8:30pm**, depending on when our final runners cross the line. (*We might be running a little late – literally!*)

It's a casual get-together, no formal bookings, just a great chance to relax, unwind, and celebrate your achievements over a meal or drink.

We'd love to see you there!



Course Navigation – Keep It Simple, Stay on Track

The Wonderfalls course is very easy to follow, as long as you stay alert and follow a few key rules:

- **Follow the arrows**, they are your best friend on course
- **Follow only the signs for your distance**, ignore all others
- **Don't blindly follow another runner**, they may not be in your event
- **Listen to event staff**, whether at HQ, aid stations, or marshal points, our team is here to help

Stick to these simple tips and you'll stay on course and enjoy every step of the journey!



Course Changes – New Year, New Adventures!

In 2024, storm damage and track repairs meant some exciting changes to the Wonderfalls course. For 2025, nature did it again! 2026 didn't want to break the system and as is well documented January floods created havoc, so yet again we will be making a few more tweaks to the routes. We will update courses as needed closer to the race day

But don't worry, the core trails you know and love are still there, and some of the 2024 detours are now back open. The result? **Even more awesome trails to explore!**

👉 **Be sure to check the updated course maps**, and remember, if we experience heavy rain, further changes may be made for safety. We have Plan B covered also.

Let's embrace the adventure!



Race Bib Collection – Quick, Simple, On the Day!

Trailsplus does not mail out race bibs prior to the event.

All bibs must be collected **on race morning** at the event hub.

✓ **Wait times** are typically under 5 minutes, but please allow extra time to:

- Check in at the race marquee
- Collect any pre-ordered merchandise
- Be ready at the **race briefing 15 minutes before your start time**

Plan ahead and arrive early, it'll make your morning relaxed and enjoyable.



Cup-Free Event – BYO Drinking Vessel

As part of our commitment to protecting the environment, **Trailsplus events are 100% cup-free.**

This means:

- **No disposable cups** are provided at aid stations
- **Runners must carry their own reusable drinking vessel**

💧 Whether it's a soft flask, collapsible cup, or hydration pack, be prepared if you plan to drink on course.

🚫 Please avoid single-use plastics, every little bit helps.

👜 Don't have a suitable cup? **Reusable Trailsplus cups** are available for purchase, perfect for race day, training runs, or even family picnics!





Wet Feet – River Crossing Advisory

The **Cumberland River** is a seasonal flow river, and **you will be crossing it** during the event.

Depending on recent rainfall, conditions may vary:

- **At low flow:** it's a shallow trickle, and you can rock hop and keep feet dry.
- **At full flow:** it can span up to **30 metres wide** and reach depths of **up to 1 metre**.

We will:

- Closely **monitor water levels and flow** leading up to the event.
- **Modify Courses or cancel** the event if conditions are unsafe.
- Where necessary, install **ropes** across key crossing points to assist with balance.



Regardless of depth:

- Use **extreme care** when crossing.
- A **sturdy stick** or **walking pole** may assist with balance on rocky surfaces, **your choice**.

💧 Expect water up to **ankle to knee deep**, but keep in mind: **heavy rain can change this quickly**.

👣 Prepare your footwear, and embrace the adventure!



Cumberland River Flooded?

No Worries – We Have Plan B!

If the **Cumberland River** rises to a level deemed **unsafe to cross**, we **will use an alternate course**, we'll activate **Plan B**.



What's Plan B?

We switch to an alternate course that **avoids the river crossings** but still delivers the magic of the **coastal mountain trails**. While we may **miss the waterfalls**, you'll still experience a challenging and scenic adventure through the **awesome Otways forests**.

- ✓ Safe
- ✓ Scenic
- ✓ Still epic

We know you'd rather be out running trails than facing a cancellation, Thanks for your flexibility and understanding when these situations present.



EVENT SCHEDULE – Wonderfalls Trail Run

 Friday Night – Pre-Race Dinner

6:30pm – 8:30pm

Join the **Trailsplus team** and fellow runners at the **Lorne Pub** for a casual, pre-race dinner.

Note: This is an **informal gathering** and a great way to meet others before the big day.

Booking your own table is recommended.



Saturday – Race Day

75km

- **4:45am** – Quiet arrival at **Cumberland River Holiday Park** (no shuttle bus, self-arranged)
- **5:00am** – Race Start

50km & 42km

- **6:15am** – Shuttle bus service begins from **Lorne Information Centre**
(See shuttle bus guide for full details)
- **6:45am** – Check-in opens
- **7:45am** – Race briefing
- **8:00am** – Race start

25km

- **8:45am** – Check-in opens
- **9:45am** – Race briefing
- **10:00am** – Race start

14km

- **9:30am** – Check-in opens
- **10:45am** – Race briefing
- **11:00am** – Race start

6km

- **10:30am** – Check-in opens
- **11:45am** – Race briefing
- **12:00pm** – Race start



Shuttle Bus (Return Service)

- **1:30pm** – Shuttle resumes from finish back to Lorne
- **4:00pm** – Shuttle concludes
(Later finishers – Trailsplus will help arrange transport)



Event Wrap-Up

- **5:00pm** – Last runner expected to finish



Saturday Night – Post-Race Dinner

6:30pm – 8:30pm

Back to the **Lorne Pub** to celebrate your trail achievements with the Trailsplus crew and fellow runners.

This is a **casual meet-up**, come as you are and share your stories.

Please book your own table to ensure seating even though we are hoping to have group booking.

THE BEST WAY TO ENJOY YOUR DAY IS BY ARRIVING EARLY

Race Bib Visibility Very Important!

All runners **must wear their race bib on the front of their body**, clearly visible at all times during the event.

- Do **not** place your bib on your leg, side, or backpack.
- Proper bib placement ensures:
 - Accurate use of **course timing systems**
 - Easier **runner identification** by our team and course marshals
 - Better **tracking and safety** for all participants



Let's work together to keep the event running smoothly and safely!

Runner and Supporter Conduct

Respect Everyone

We're here to enjoy the trails, support one another, and create a positive and respectful atmosphere for everyone involved.

Zero Tolerance Policy

Any abuse, aggression, bullying, or disrespect directed toward Race Officials or Volunteers — by either runners or their support crew, will result in immediate disqualification.

Follow Official Directions

Failure to comply with instructions from Event Officials may result in additional event sanctions.

Remember Why We're Here

Our team of volunteers and officials are here to help, and like you, they share a passion for trail running.

Create a Positive Experience

Let's work together to make this a safe, fun, supportive, and welcoming adventure for everyone.

Rubbish – Leave No Trace Policy

Leave No Trace

At Trailsplus events, we proudly operate under a Leave No Trace policy.

Take It In, Take It Out

Everything you bring onto the course should leave with you. Please take all rubbish with you and leave nothing behind.

No Littering

Please do not discard gel wrappers, tear-offs, or any other rubbish on the trails.

Use Aid Station Bins

Aid stations are equipped with rubbish bins. Carry your waste with you and dispose of it responsibly at the next aid station.

Respect the Environment

Together, we can help protect these beautiful places and keep our trails clean for everyone to enjoy.

Withdrawing During the Race

Withdraw at an Aid Station

If you need to withdraw from the race, you must do so at one of the designated aid stations.

Report to Event Staff

Please ensure you notify aid station staff so your withdrawal can be officially recorded.

Do Not Leave Without Telling Us

Even if you are being collected by your support crew, you must advise event officials before leaving the course.

Avoid an Unnecessary Search

If you leave the course without notifying us and cannot be accounted for, a search may be initiated, and you may be liable for any associated costs.

Your Safety Comes First

Your safety is our highest priority. Help us keep track of every runner by following this important procedure.

Timing Chips - IMPORTANT

Your Bib Contains Timing Chips

Your race bib includes two timing chips attached to the back. These chips remain the property of Trailsplus.

Chips Will Be Removed at the Finish

A member of our team will remove the timing chips after you finish your race.

Please Do Not Leave the Finish Area

Do not leave the finish area until your chips have been collected.

If You Accidentally Take Them Home

Please contact us via email within 3 days and return the chips by post.

Replacement Fee

Failure to return the timing chips may incur a \$20 replacement fee.

Thank You

Thank you for helping us maintain an efficient, reliable, and cost-effective timing system for all runners.

Recording Split Times

Start Timing

All races begin under the main gantry, where your timing chip will activate and record your official start time.

Scheduled Start Time Applies

Chip timing commences from your race's scheduled start time. Any chip reads recorded before the official start time are automatically ignored, unless you have arranged an early start as a slower runner looking to avoid cutoffs.

On-Course Tracking

In addition to your start and finish times, on-course tracking devices will monitor your progress throughout the event.

Multiple Split Points

A minimum of six timing locations will be positioned around the course to record split times and provide accurate progress updates.

Accuracy and Safety

These timing points help ensure reliable results while also providing an additional layer of runner safety and accountability.

Photography

Capturing the Adventure

We love capturing the magic of our events and aim to have photographers positioned around the course and at the finish line. They may be professional photographers, enthusiastic amateurs, or passionate weekend photographers.

See a Camera? Say Cheese!

If you spot a camera, give us a smile and a wave!

Enjoy Your Finish Moment

We especially love capturing your finish-line achievement, so try to save stopping your watch until after you've crossed the line. What's two seconds, right? 😊

Prefer Not to Be Photographed?

If you do not wish to be photographed, please cross your arms in front of your face when near a camera. We will do our best to identify and remove the image from our gallery.

Photography Consent

However, by entering a Trailsplus event, you acknowledge that photography may occur and understand that images may appear in our photo galleries and be used for participant enjoyment and event promotion.

Respecting Your Preference

While we will always do our best to respect individual requests, participation in the event constitutes acceptance of our photography policy.

Changing distance

Distance Changes Are Available

Runners may request to change their race distance, either up or down, prior to the event.

Fees Apply

All distance changes incur an administration fee, along with any applicable difference in entry price, regardless of whether you are moving to a longer or shorter distance.

Contact Us Early

Requests must be submitted via email as early as possible to allow sufficient time for processing.

Series Points

Runners participating in a series should note that changing distance will result in the forfeiture of series points for that event.

Plan Ahead

Please consider your race selection carefully and contact us early if you need to make a change.

Slower Runner, Early Start Option

Concerned About Cut-Off Times?

If you have concerns about how long your chosen distance may take to complete, you may request an early start to alleviate time pressure on the cutoffs.

Discuss It Early

Please speak with the Race Director no later than the Thursday prior to the event to allow sufficient time for planning and approval.

Contact Us

Email: info@trailsplus.com.au

Approval Required

Early starts are considered on a case-by-case basis and are not automatically granted.

No On-the-Day Requests

Early starts must be arranged in advance. Requests made on race day without prior approval will not be permitted.

Helping Everyone Succeed

Our aim is to give every runner the opportunity to enjoy a safe and successful day on the trails.

Low Light Considerations

During winter months, light levels begin to fade from approximately 4:30pm. To ensure runner safety, course cut-offs may be enforced.

Guide to Finish Times

Distance Start Time Latest Finish Time Total Time Allowed

75km	5:00 AM	5:00 PM	12 hours
50km	8:00 AM	5:00 PM	9 hours
42km	8:00 AM	5:00 PM	9 hours
25km	10:00 AM	4:00 PM	6 hours
14km	11:00 AM	4:00 PM	5 hours
6km	12:00 PM	3:00 PM	3 hours

Note:

We aim for all runners to complete their race within the allocated time limit. If you anticipate needing extra time, please contact the **Race Director before Thursday** to discuss a possible **early start**. We prefer to start some runners early to ensure a safer finish time. These are our worst case Maximum times and preference is everyone is off course by 4:30pm including our sweep volunteers.

 Email: info@trailsplus.com.au

Course Elevation Gain

Distance Elevation Gain – Subject to change with course variations

75km	3,000m (<i>new</i>)
50km	2,000m
42.2km	1,750m
25km	1,050m
14km	490m
6km	240m

 Note: Elevation figures are approximate and based on current course mapping.

Presentation Times (approx.)

Due to the spread of finish times, presentation times are **approximate**. If you are in the **top 3**, please make yourself available at the presentation area regardless of the time listed below. It's a good idea to check with the Race Director on the day if you need to leave early.

Time	Category
12:30pm	25km & 14km
1:00pm	6km
1:30pm	42.2km Male
2:30pm	42.2km Female
2:30pm	50km Male
3:30pm	50km Female
3:30pm	75km

Podium presentations are based on previous year's average finish times. They are a guide only.

If you place in your event but need to leave before the presentation, please **collect your trophy from the Race Director** before departing.

Mandatory Gear



Mandatory Gear

You must have the following items in your kit bag at the start of the event, as you may be required to carry them during the race:

- Waterproof hooded jacket
- Gloves
- Beanie or Buff



Recommended Gear

For your safety and comfort, we strongly recommend carrying the following items during the event:

- Mobile phone
- Map or digital course download
- Wide compression bandage
- Handheld water bottle or hydration pack
- Emergency food and snacks



Be Self-Sufficient

Trail running environments can change quickly. Carrying appropriate equipment will help you manage unexpected weather, delays, or minor injuries.



Bag Storage Available

A designated bag storage area will be available at the start/finish zone, allowing you to leave additional gear and access warm, dry clothes after your run.



Prepare for the Conditions

Being properly equipped helps ensure a safer and more enjoyable experience for everyone on the trails.

Drop Bags



Label Your Bag Clearly

All drop bags must be clearly marked with your Name and Race Distance.



Drop Bag Collection

Leave your drop bag at the nominated area during check-in and our team will transport it to the relevant aid station. Remember return of drop bags is after aid station closes. Items will be available at start finish



Returning Your Gear

We will do our best to return all drop bags and personal items to the finish area before you depart. However, this may not always be possible if aid station crews have not yet returned.



Collection Is Your Responsibility

Trailsplus does not post items left behind after the event. Please ensure you collect all personal belongings before leaving. This includes drop bags at aid stations that only return when aid station closes.



Please Pack Thoughtfully

Only include items you genuinely need during the event and clearly identify all personal belongings.

Runner Safety

Participant Safety & Runner Assistance



Safety Is Our Priority

At all Trailsplus events, participant safety is our highest priority.



Help Fellow Runners

If you encounter another runner who requires assistance, you must stop to help or seek assistance immediately.



Emergency Contact Information

Emergency contact numbers, including the Race Director's phone number, are printed on the back of your race bib.



Time Adjustments for Assistance

If you lose time while helping another participant, that time may be deducted from your official finish time. Please notify race officials as soon as possible.



Look After Each Other

Trail running is built on community and mutual support. Together, we help ensure everyone returns safely from their adventure.

Road Section Running



Shared Road Sections

Runners in the 75km, 50km and 42.2km events will encounter short sections of road where vehicles may be present.

Stay Alert

Please remain aware of your surroundings and expect occasional vehicle traffic in these areas.

Keep Left

Always keep to the left-hand side of the road.

Run Single File

Where vehicles may be present, runners should move into single file to minimise their footprint and improve safety for everyone.

Road Locations

- **75km:** Wye Road, approximately 3km each way
- **75km, 50km & 42.2km:** Allenvale / Sharps Road within approximately 250 metres of Sheoak Picnic Ground

Be Courteous

Please show courtesy and consideration to local residents, visitors and motorists using these roads.

Safety First

Your safety is our priority. By remaining alert and following these simple guidelines, we can all enjoy a safe and successful day on the trails.

Dogs Not Permitted

Friendly Reminder: No Dogs Allowed

We Love Dogs Too

As much as we love our furry friends, dogs are not permitted at this event.

Holiday Park Rules

Cumberland River Holiday Park has a strict no-dog policy which all visitors must respect.

National Park Regulations

Sections of the course pass through National Park areas where dogs are prohibited to help protect native wildlife and the environment.

Sharing the trails

Respect Other Trail Users

During the event, you may encounter bushwalkers, hikers, and visitors enjoying the waterfalls and surrounding area.

Give Way at All Times

Please remember that our events operate on shared public trails, and runners must always give way to other trail users.

Communicate Clearly

When approaching walkers or hikers, politely let them know you are coming through.

Pass Safely and Respectfully

Slow down if required, pass with care, and always show courtesy to others enjoying the trails.

Protect Our Relationships

Positive interactions with the public help maintain strong relationships with local communities and land managers.

Look After the Trails We Love

Together, we can help protect access to these beautiful places and ensure everyone enjoys a positive experience in nature.

Aid Station Distances

Aid Station Locations

The following distances are approximate and may vary slightly. Aid stations marked **(W)** are **Water Only** stations.

Distance	Aid Station Locations (km)
75km	6 (W), 9, 18, 27, 31 (W), 37, 41, 45, 50, 56, 66, 72, 75
50km	6 (W), 12, 15, 20, 24, 30, 40, 47, 50
42.2km	4, 7, 12, 17, 22, 33, 39, 42
25km	4, 7, 12, 16, 22, 25
14km	3, 6, 11, 14
6km	3, 6

Water Only Stations

Stations marked **(W)** provide water only and do not offer food or additional supplies.

Plan Your Nutrition

Please familiarise yourself with the aid station spacing and carry sufficient fluids and nutrition between stations.

Distances Are Approximate

Actual aid station locations may vary slightly depending on operational requirements and course conditions.

Look After Yourself

Make use of the aid stations, thank our amazing volunteers, and enjoy the adventure!

Aid Station Offerings

Main Aid Station Supplies

Our major aid stations are stocked to help keep you fuelled and hydrated throughout your adventure.

Food & Snacks

Typical offerings may include:

- Lollies
- Chips
- Chocolate
- Fruit cake
- Fresh fruit

Drinks

Aid stations will generally provide:

- Water
- Electrolyte drinks
- Coke

Offerings May Vary

The exact selection available may differ between aid stations depending on location, accessibility, and volunteer logistics.

Carry Your Own Nutrition

If you have specific dietary requirements or preferred race nutrition, please ensure you carry your own supplies.

Thank Our Volunteers

Our aid station crews are passionate volunteers who love supporting runners. A simple thank you goes a long way!

Runners Aid Station Drop Bags

Personal Nutrition Service

We provide transport of runners' personal nutrition items to nominated aid stations. Bags are delivered by our volunteer teams, provided they are placed in the designated containers during check-in.

Important Cut-Off Time

ALL DROP BAGS MUST BE PLACED IN THE DESIGNATED CONTAINERS BEFORE 8:15am to guarantee delivery to the correct aid station.

Applicable Distances

This service generally applies to runners in the **42.2km, 50km and 75km** events.

Label Your Bags Clearly

Please clearly label all bags with your:

- Name
- Race Distance
- Destination Aid Station (recommended)

Runners Aid Station Locations

Drop Bag Aid Station Locations

Aid Station	Race Distance	Approximate Aid Station Distance
Jamieson Camp Ground	75km	20km
Cumberland	75km / 50km / 42.2km	37km / 12km / 4km
Sheoak Picnic Ground	75km / 50km / 42.2km	50km / 25km / 17km
Phantom Falls	75km / 50km / 42.2km	55km / 30km / 22km
Sharps Track	75km / 50km / 42.2km	65km / 41km / 33km

Plan Ahead

Please prepare and pack your nutrition requirements carefully to ensure your supplies are available when you need them.

Thank Our Volunteers

Our volunteer crews work hard to transport and manage drop bags throughout the day. Please show them your appreciation.

Runners Personal Belongings Tent

Start/Finish Bag Storage

A sheltered bag storage area is available at the start/finish line for runners wishing to leave clothing and personal gear during the event.

Bus Runners Welcome

If you are travelling to the start by bus, you are welcome to bring a bag of clothes or equipment to leave at the start/finish area for after your race.

Label Your Bag Clearly

Please clearly identify your bag with your name and avoid bringing unnecessary valuables.

Items Left at Your Own Risk

While the bag storage area is generally safe and monitored throughout the day, all belongings are left entirely at the owner's risk.

Plan for Post-Race Comfort

A change of warm, dry clothes can make a huge difference after your adventure, especially during cooler conditions.

Enjoy Your Day

We hope this service helps make your event experience more comfortable and enjoyable.

Walking Poles

Walking Poles Are Permitted

Walking poles may be used during the event and can be a valuable aid on longer or more challenging sections of the course.

Use Poles Responsibly

Please ensure your use of poles does not obstruct or endanger other runners.

Take Extra Care on Narrow Trails

Be especially mindful on stairs, narrow tracks, and single-track sections where space may be limited.

Show Courtesy to Others

Allow faster runners to pass when appropriate and be considerate of those around you.

Keep Pole Tips Controlled

Always keep pole tips low and under control to avoid accidental contact with other participants.

Share the Trail

Safe and courteous use of walking poles helps ensure an enjoyable experience for everyone on the trails.

Food and Coffee

Refuel and Relax

We're excited to have our fabulous food and coffee team joining us for the weekend, serving great coffee, delicious food, and plenty of smiles!

Celebrate Your Adventure

What better way to recover after your run than relaxing with friends, sharing stories, and cheering fellow runners across the finish line?

Coffee Service

- Available from **7:00am**

Hot Food Service

Including burgers and pizzas:

- **Saturday:** 7:00am – 3:00pm

Subject to Demand

We hope to keep both coffee and food available for as long as possible, however operating times and menu availability depend on demand and stock levels.

Late Finishers Please Note

Late finishers may miss out on some menu items if supplies have sold out earlier in the day. Thank you for your understanding.

Stay and Enjoy the Atmosphere

The finish line is about community, stories, and celebrating everyone's adventure.

Insurance Cover

Event Insurance

The event carries public liability insurance; however, this does **not** provide personal accident or medical expense cover for participants.

Check Your Ambulance Cover

Please ensure your ambulance subscription or private health cover is current and valid prior to race day.

Emergency Transport Can Be Expensive

Ambulance transport, whether by road or air, can be extremely costly, and these expenses remain the responsibility of the participant.

Be Prepared

We strongly recommend all runners verify their level of cover before the event to avoid unexpected costs.

Your Safety Matters

While we hope never to need emergency services, being properly insured provides peace of mind for both you and your family.

Electronic Timing

Electronic Chip Timing

All events use electronic chip timing to record your progress throughout the race.

Multiple Timing Points

Timing is recorded at the start, finish, and at multiple locations around the course to ensure accurate results and runner tracking.

Live Results Available

Live results will be available throughout race day, allowing runners, family, and supporters to follow the action as it unfolds.

Accessing Results

A link to the live results will be provided during race weekend, either via a QR code displayed at the event or directly through the Trailsplus website.

Follow the Adventure

Whether you're racing, supporting, or cheering from afar, live results help everyone share in the excitement of the day.

Race Bibs Timing Chips

Pre-Programmed Race Bibs

All race bibs are pre-programmed for your specific event and contain two timing chips securely enclosed in pouches on the back.

Timing Chips Remain the Property of Trailsplus

The timing chips must be returned at the completion of your race. Please do not remove the chips yourself, a volunteer will assist you at the finish line.

Wear Your Bib on the Front

Your race bib must always be worn on the front of your body and remain clearly visible, not on side or rear.

Avoid Incorrect Placement

Please do not wear your bib on your back, leg, hydration pack, or any other location, as this may affect timing accuracy and runner identification.

Bib Collection

Race bibs are available for collection at event check-in only. Trailsplus does not mail race bibs under any circumstances.

Late Entries

Runners entering close to race day may receive a plain black and white bib rather than a customised event bib.

Help Us Keep Things Running Smoothly

Correct bib placement and chip return help ensure accurate timing and an efficient race experience for everyone.

Medic Service

Qualified Medical Personnel

Trailsplus engages qualified medical personnel at all events to help ensure the safety and wellbeing of our participants.

Report Injuries Early

If you sustain an injury, no matter how minor, please check in with our medical team. They are there to help and are always happy to assist.

Not Feeling 100%? Speak Up

Even if you are simply feeling unwell, unusually fatigued, or "not quite right", we strongly encourage you to speak with our medics.

Expert Advice

Our medical team can provide guidance regarding your ongoing participation, treatment options, or help support your safe recovery.

Your Health Comes First

No race result is more important than your wellbeing. Please don't hesitate to seek assistance whenever you need it. If unwell or injured please do not participate and cause yourself harm or risk volunteer safety.

Running with Music Devices

Enjoy Nature's Soundtrack

We know music can be a great running companion, but at Wonderfalls we invite you to press pause, unplug, and immerse yourself in the natural beauty around you.

Listen to the Experience

Let the waterfalls, birdsong, footsteps, and encouraging cheers from volunteers and fellow runners become your soundtrack for the day.

Stay Connected

Don't miss the smiles, high-fives, and words of encouragement that make trail running such a special community experience.

Using Earbuds? Please Stay Aware

If you choose to listen to music, please remove your earbuds when approaching:

- Marshals
- Aid Stations
- Start/Finish Areas

Important Safety Messages

We've had runners miss important instructions because they couldn't hear event staff. Staying aware helps keep everyone safe and ensures you don't miss critical information.

Stay Present

Stay aware. Stay connected. Stay in the moment.

 Enjoy the trails and let nature do the talking.

Presentations

Podium Presentations

We celebrate the **1st, 2nd and 3rd place Male and Female finishers** in all distances with a podium presentation.

Prizes

Podium finishers receive a commemorative trophy item and, when available, additional prizes from our supporters and sponsors.

Stay and Celebrate

We encourage all participants to stay for the presentations, support your fellow runners, and enjoy the wonderful community spirit that makes trail running so special.

Unable to Collect Your Trophy?

If you cannot attend the presentation, your trophy can be collected at a future Trailsplus event.

Postage Available

We can also arrange postage of awards; however, a small shipping fee will apply.

Celebrate Every Achievement

Whether you're standing on the podium or cheering from the sidelines, every runner's journey deserves recognition and applause.



Finishers Medals

Wonderfalls Finisher Medals

Earn Your Medal

Every runner who completes the distance they started will receive an exclusive, custom-designed **Wonderfalls Finisher Medal**.

A Symbol of Your Achievement

Your medal represents the grit, determination, and trail-running spirit required to conquer the trails of Wonderfalls.

More Than Just a Medal

It's more than a piece of metal — it's a memory, a milestone, and a lasting reminder of your adventure.

Celebrate Your Journey

No matter your pace, every finisher has a story worth celebrating, and your medal is a well-earned piece of trail running pride.

Finish Strong

Cross the line, soak up the atmosphere, and wear your Wonderfalls medal with pride!



Finishing your race under the clock

Finish Line Etiquette

Keep the Finish Line Clear

Help us capture everyone's special finish by moving through the finish line promptly after you cross.

Capture Your Finish Moment

Our photographers will be waiting to capture your achievement, so keep running through the finish arch before slowing down.

Collect Your Medal

After crossing the line, please continue to the medal collection area located just beyond the finish arch.

A Little Pro Tip

Wait a few steps before stopping your watch. Looking up, smiling, or raising your arms in celebration makes for a much more memorable finish photo than looking down at your Garmin!

Celebrate Your Achievement

Take in the applause, enjoy the moment, and be proud of what you've accomplished—you've earned it!

Help Everyone Enjoy Their Finish

Keeping the finish area moving allows every runner to experience the same unforgettable finish-line moment.

Phone Coverage

Phone Coverage on Course

Mobile Reception

Mobile reception across the course is generally fair, but coverage can vary significantly depending on your location. Sometimes, moving just a few metres can be enough to regain signal.

Limited Coverage Areas

Please be aware that mobile reception is particularly poor at:

- Cumberland River Start/Finish Area
- Sheoak Picnic Ground

Plan Ahead

Let your family and supporters know that you may be out of mobile range for periods of time during your adventure.

Disconnect and Enjoy

Take the opportunity to unplug, immerse yourself in the spectacular surroundings, and enjoy everything Wonderfalls has to offer.

Stay Prepared

If you need to contact event officials in an emergency, try moving to higher ground or along the trail where reception may improve.

Respect All Park Visitors

Trail Etiquette

Share the Trails

We share these beautiful trails with bushwalkers, families, photographers, and other nature lovers. Let's be great trail citizens and ambassadors for our sport.

Announce Your Approach

Please don't surprise other trail users by approaching silently from behind. A friendly call of **"Runner coming through!"** or **"Passing on your right!"** gives people time to move safely.

Slow Down When Passing

Always reduce your speed when passing other trail users, whether approaching from behind or meeting them coming the other way.

Be Friendly and Courteous

A smile, a thank you, or a quick greeting helps create positive interactions and leaves a lasting impression of the trail running community.

Protect Our Access

Respectful behaviour helps maintain great relationships with other park users and land managers, ensuring we can continue enjoying these incredible trails for years to come.

Kindness Is Part of Trail Running

Let's keep the trails safe, friendly, and welcoming for everyone.   

Refund Policy

Trailsplus Refund Policy – The Friendly Fine Print

We totally get that plans can change, that's why we have a **clear and simple refund policy**, which you'll agree to during your registration and can always find in our **online Terms & Conditions**.

Here's the short and sweet version:

 **Partial refunds** are available **up to 30 days before event day**.

 **No refunds** within 30 days of the event, we've already committed to bringing the experience to life for you!

We do our best to be fair while also ensuring the event runs smoothly for everyone. Thanks for understanding and being part of the Trailsplus family!

Transferring or giving your entry away

No Bib Swapping Policy

No Bib Swapping

For safety, insurance, and event management reasons, race entries and bibs must not be sold, shared, or given to another person.

Why This Matters

Every participant is required to personally acknowledge the event conditions during registration. This ensures all runners are correctly identified, insured where applicable, and accounted for throughout the event.

Need to Transfer Your Entry?

In exceptional circumstances, please contact us to discuss a possible entry transfer. If approved, an administration fee will apply depending on the timing of the request.

Photo ID Checks

Random identification checks will be conducted during bib collection. Please ensure the name on your registration matches your photo ID.

Helping Keep Everyone Safe

These measures help us protect all participants and ensure our events remain safe, fair, and enjoyable for everyone. Thank you for your understanding and cooperation.

Gudabunad People

We Acknowledge Country

Trailsplus proudly acknowledges the **Gadubanud People** as the Traditional Owners and Custodians of the land on which the Wonderfalls Trail Run takes place.

Paying Our Respects

We pay our respects to their Elders past and present, and recognise their enduring connection to Country, culture, and community.

Respecting Country

As we enjoy these spectacular trails, we encourage all participants to help protect and respect this beautiful landscape for future generations.

Parks Victoria

Thank You, Parks Victoria

Our Appreciation

Trailsplus extends its sincere thanks to **Parks Victoria** for their ongoing support and for the opportunity to host the Wonderfalls Trail Run in one of Victoria's most iconic and breathtaking natural landscapes.

Protecting Our Natural Places

Their dedication to preserving and managing these incredible environments allows thousands of people to experience the beauty of nature through trail running.

Do Your Part

Please help us protect this special place by respecting the environment, following event guidelines, and leaving no trace during your adventure.

Together We Make It Possible

Without the support of Parks Victoria and the care shown by every participant, events like Wonderfalls simply wouldn't be possible. Thank you for helping us preserve these beautiful trails for future generations.

Great Ocean Road Coast & Parks Authority

 **A Huge Thank You to the Great Ocean Road Coast and Parks Authority**

Our Appreciation

Trailsplus extends its sincere thanks to the **Great Ocean Road Coast and Parks Authority (GORCAPA)** for their support and for the opportunity to continue bringing the Wonderfalls Trail Run to one of Victoria's most iconic and breathtaking landscapes.

Working Together

As the new land manager working alongside Parks Victoria, GORCAPA plays an important role in protecting this remarkable coastline and ensuring people can continue to experience its natural beauty for generations to come.

Protecting Our Natural Places

Please help us care for this special environment by respecting the park, following event guidelines, and leaving no trace as you enjoy your adventure.

Together We Make It Possible

Events like Wonderfalls are only possible through the support of GORCAPA, Parks Victoria, and the respect shown by every participant. Thank you for helping us preserve these incredible trails for future generations.

Toilets

Toilets on Course

Toilet Locations

Permanent toilet facilities are available at the following locations throughout the event:

 **Start/Finish Area** – Cumberland River Holiday Park

 **Sheoak Picnic Ground** – Permanent facilities

 **Jamieson Camp Ground** – Permanent facilities

Plan Ahead

Please familiarise yourself with these locations and plan your pit stops accordingly, particularly on the longer distances.

Respect the Environment

Please use the provided facilities whenever possible and help keep our beautiful trails and surrounding environment clean for everyone to enjoy.

Thank You

Your consideration for fellow runners, volunteers, and other park visitors helps ensure a positive experience for all.

Preserving the future event options

 **Respect the Trails, Protect the Privilege**

 **Access Is a Privilege**

At Trailsplus, we work closely with land managers and authorities to bring you access to some of Australia's most spectacular trail running locations.

 **Help Us Protect These Places**

Please respect the environment, wildlife, fellow runners, and other park visitors throughout your adventure.

 **Leave No Trace**

Take all rubbish with you, stay on marked trails, and help leave these beautiful places in the same, or better condition than you found them.

 **Respect Wildlife**

Observe native wildlife from a distance and avoid disturbing the animals that call these parks home.

 **Protect the Future of Trail Running**

Every runner plays an important role in preserving access to these incredible locations. By showing respect for the trails and those who manage them, we help ensure future generations can enjoy the same unforgettable adventures.

 **Leave Nothing but Footprints. Take Nothing but Memories.**

Environment

 **Proudly Supporting a Greener Future**

Trailsplus are proud members of the **Sports Environment Alliance**, and we're committed to **minimising our impact** on the beautiful environments we run through.

We ask all participants to help us by **leaving no rubbish** on the trails—**not even a gel tab**. That includes anything that might slip away at an aid station.

Please:

- **Carry your waste** to the next aid station or bin
- **Use the correct bins** for general waste and recyclables
- **Respect the trails** as much as you love running them

Together, we can keep our trails clean and wild for everyone.  

Signs and Markings

Course Navigation

Follow the Markers

The Wonderfalls course is clearly marked, making navigation straightforward. Stay alert and simply follow the course markers throughout your race.

Stay Aware

Trail running events rarely have marshals positioned throughout the course, so it is each runner's responsibility to follow the marked route.

Course Markers Include

-  White chalk arrows on the ground
-  Large orange directional arrows
-  Orange ribbons tied to trees and bushes
-  Distance-specific signs (follow only those matching your race distance)
-  **Red STOP signs** Do not continue past these markers.

No Distance Sign?

If there isn't a sign specifically for your distance, continue following the main arrows and orange course markers.

Missed a Marker?

If you haven't seen a course marker for some time, stop and check your route before continuing. It is much easier to retrace a few metres than several kilometres.

Enjoy the Adventure

Trust the markings, stay observant, and enjoy every step of your Wonderfalls adventure!



Courses (alt Course)

Map 6km

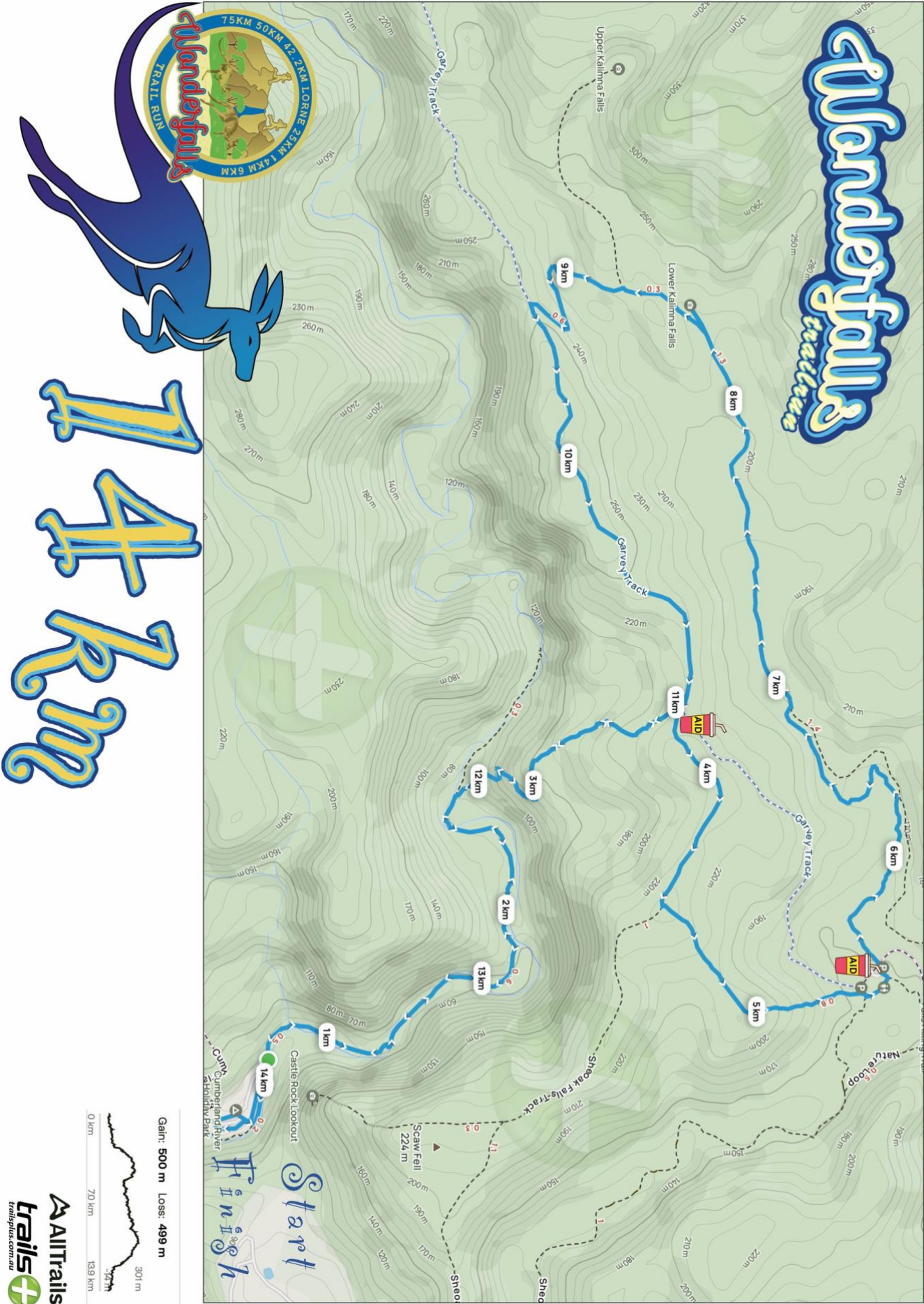


6km

Gain: 252 m Loss: 247 m



AllTrails
trails+
trailsplus.com.au







Gain: 1756 m Loss: 1751 m



42.2km



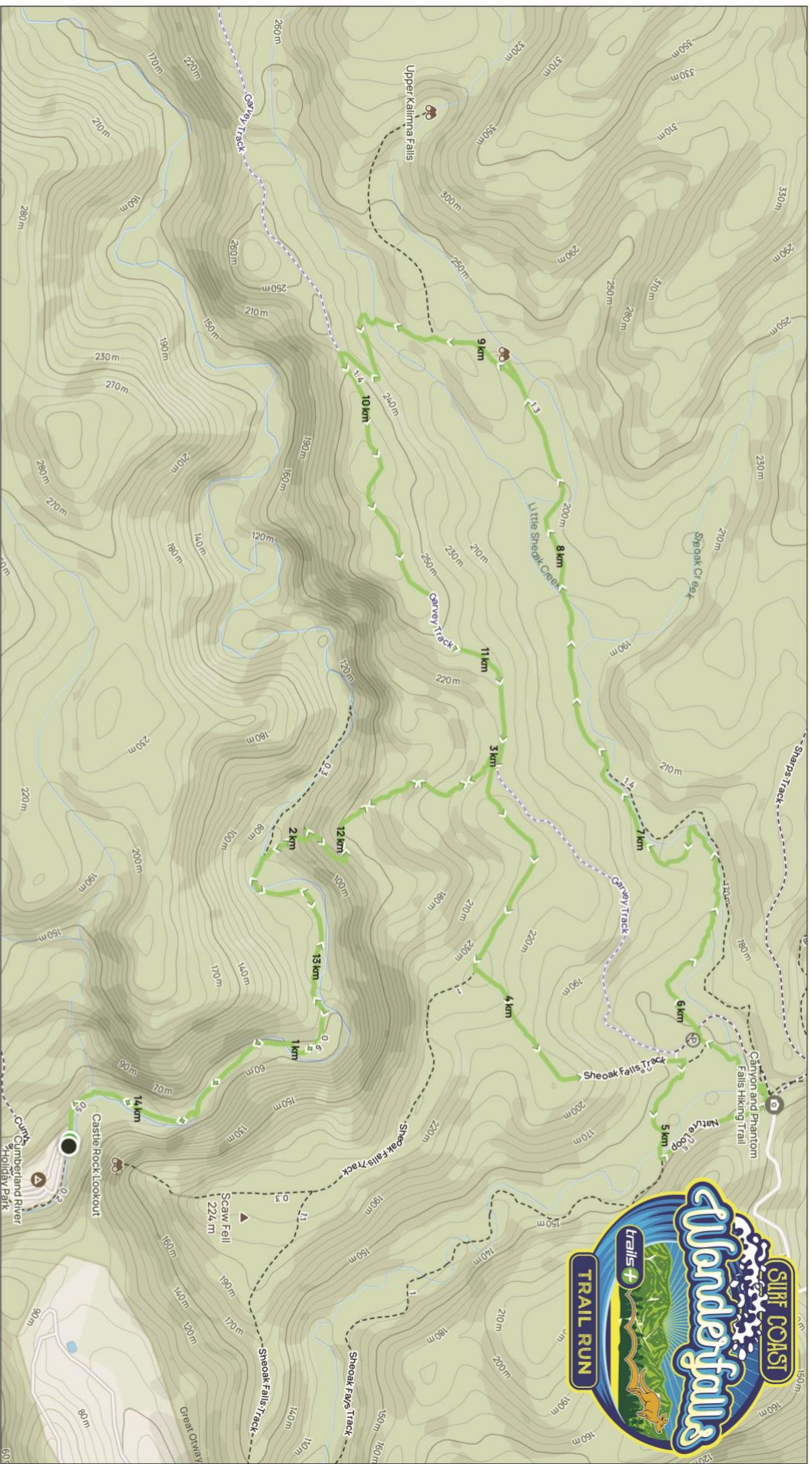




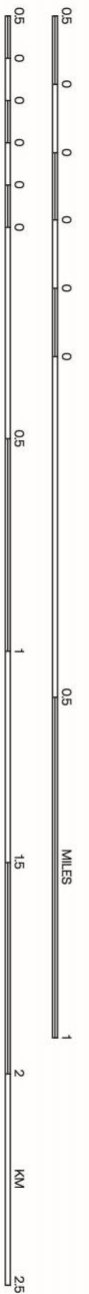
Alternative Courses

Due to mother nature sometimes we are required to reroute our courses. For 2026 we have submitted some alternative courses due to the trail closures and will confirm once everything has been confirmed and approved.



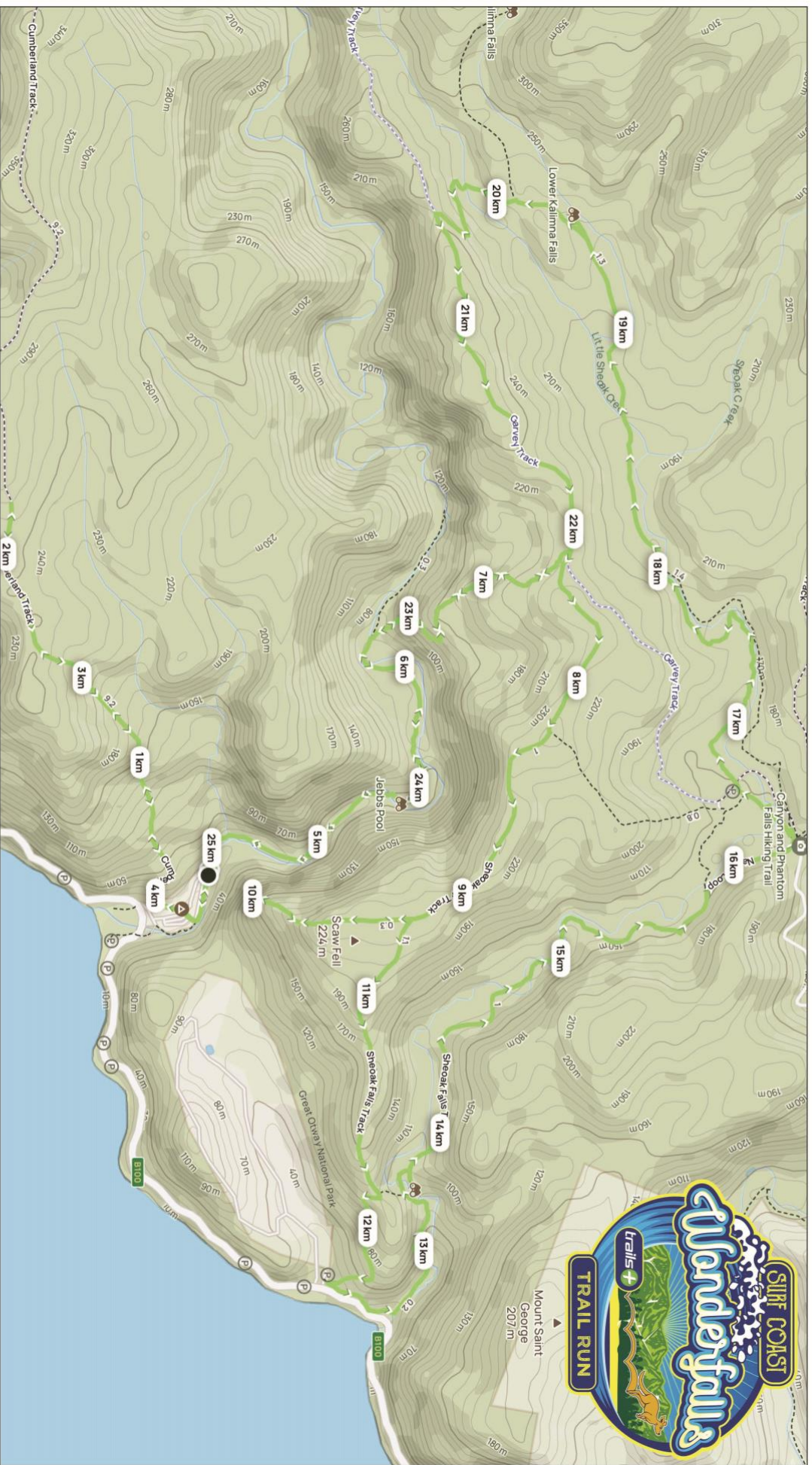


3/21/2026
11:37E

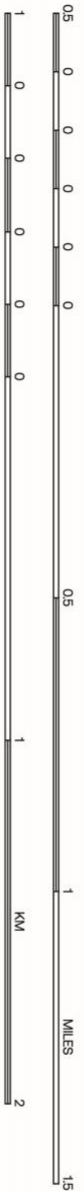


Wonderfalls14km
Lorne, VIC



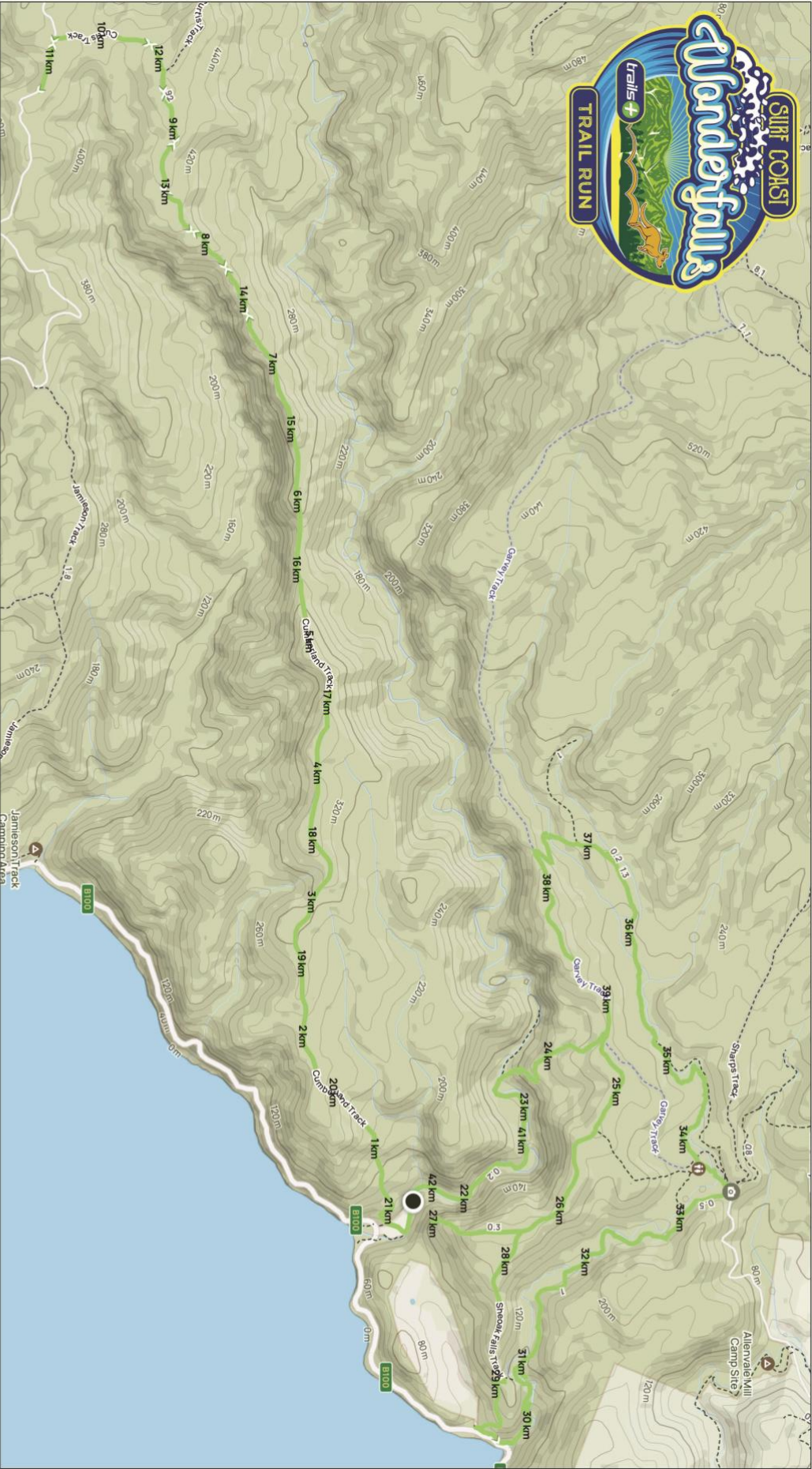


3/21/2026 11:37E

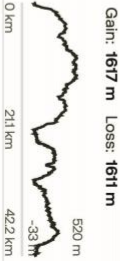
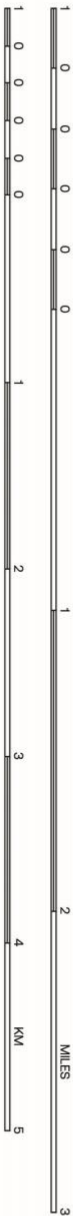


Wonderfalls25km
Lorne, VIC



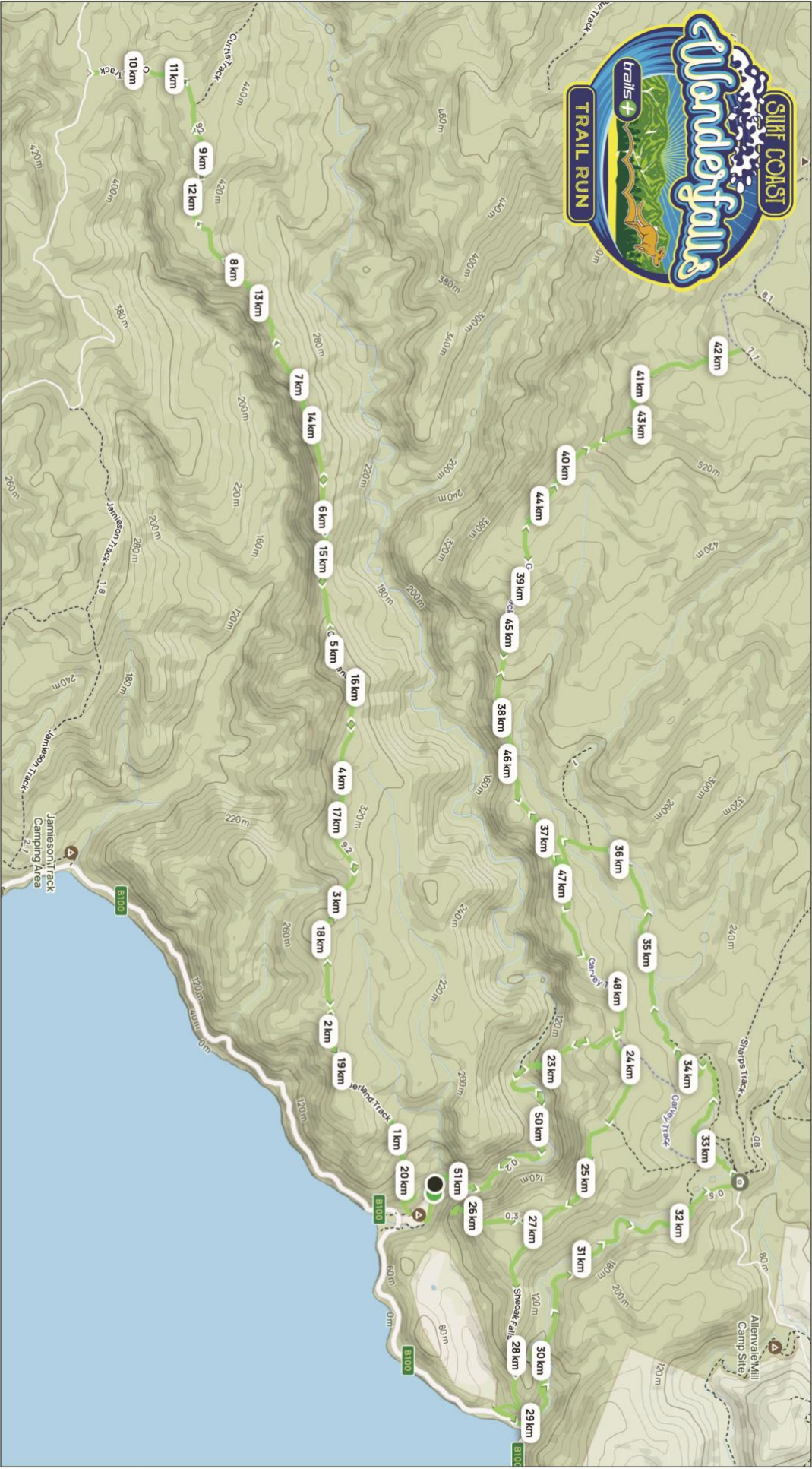


3/21/2026

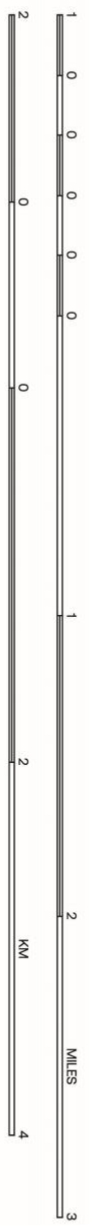


Wanderingfalls42km
Lorne, VIC



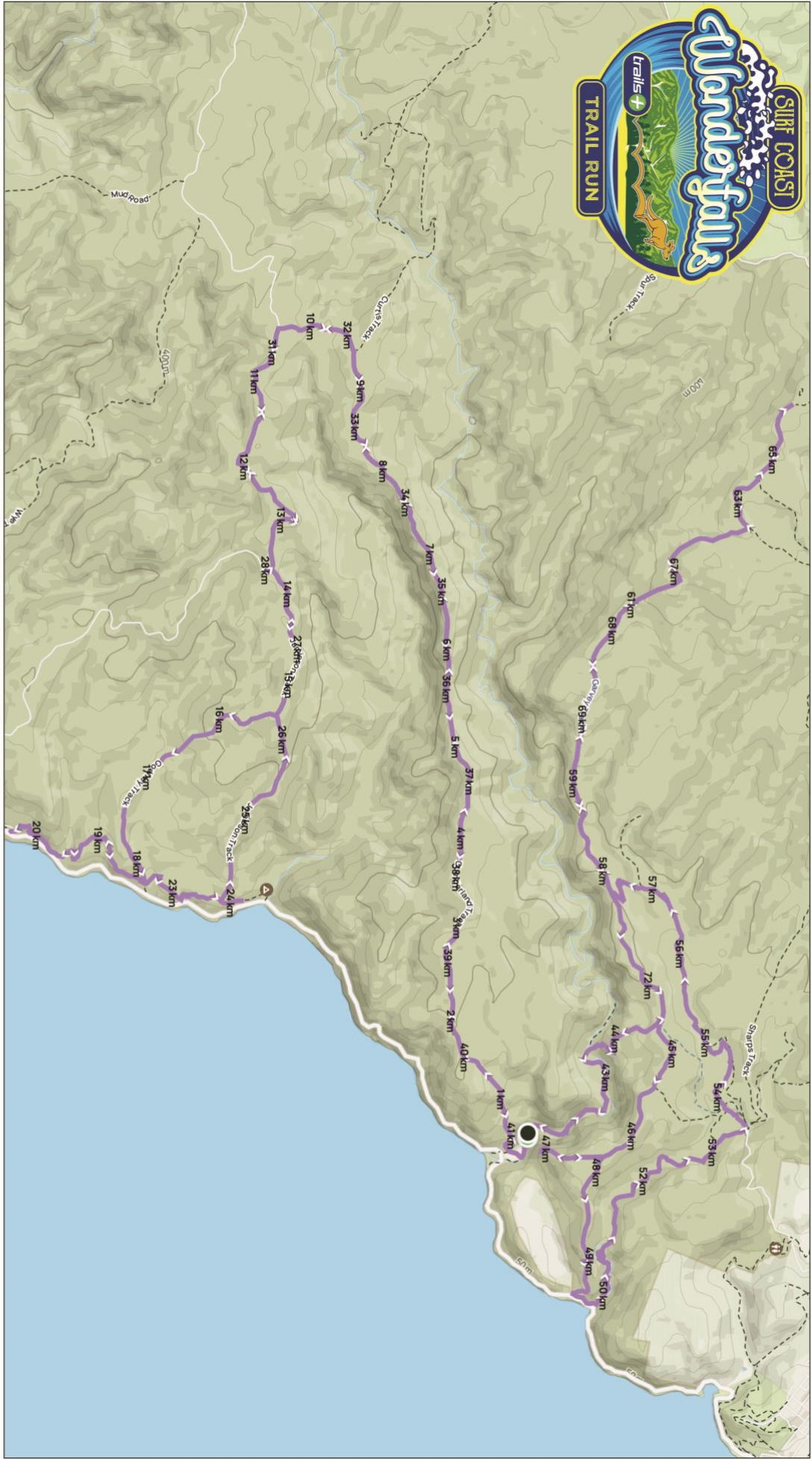


3/21/2026 11:3°E



Wonderfalls50km
Lorne, VIC





3/21/2026 11.3°E



Wonderfalls75k
Lorne, VIC



Merchandise Range

Our range of Merchandise is always being updated, check in with us for the latest designs.



2024 Wonderfalls and Mountain Series Shirts



Some of our Headwear Range pre 2024



Head Wear / Buffs 2024 Mountain Series



FINAL NOTES

Timing Chips MUST be Returned

🏆 Finish Line = Medal + Chip Return

When you cross the finish line, we'll be ready to hand you your **well-earned Finisher Medal**—but before you head off, we need to **collect the timing chips** from the back of your race bib.

🟡 The chip is located on the **foam inside the plastic pouch** on your bib.

👤 A volunteer will assist you, just **flip your bib** to make it easy for them to remove the chips.

🚫 **Please don't leave** the event with your timing chips, they're important and must be returned!

Thanks for helping us keep everything running smoothly!



Weather Forecast

☁️ Trail & Weather Update

🌿 Trail Conditions

Mother nature can change conditions overnight, we will update you close to the event of any trail conditions that need extra care and attention, but as always trail running is slippery, trippy, fun and challenging, so come prepared for a whole new adventure, what ever mother nature whips up for you.

☁️ Weather Outlook

Another unpredictable one and we will share more as the event week approaches, but one thing is certain, there will be weather ☺ Warm, Cold, Wet, Dry, Calm or Windy. Whatever we get its all part of the adventure.

👜 Come Prepared

Mountain and coastal weather can change quickly. We recommend bringing a bag with warm, dry clothing to leave at the start/finish area so you can stay comfortable before and after your run.

👜 Pack for Comfort

A warm jacket, dry shoes, spare socks, and a change of clothes can make all the difference after crossing the finish line.

💖 Ready for Adventure

No matter what Mother Nature has in store, come prepared, embrace the conditions, and enjoy an unforgettable Wonderfalls experience!

Shuttle Bus Information

Shuttle Bus Service

As part of our event permit conditions, **all runners and supporters are required to use the official shuttle bus service** to travel to and from Cumberland River Holiday Park.

Limited Parking at Cumberland River

Cumberland River is an incredible venue, but parking is extremely limited. As part of our permit conditions, **event participants and supporters must not park in the Cumberland River Holiday Park car park.**

No Parking at Cumberland River Holiday Park

Please **do not park at Cumberland River Holiday Park** unless specifically authorised by Trailsplus or if you have a site booked for camping. Unauthorised parking places our event permit at risk.

Protecting the Future of Wonderfalls

Our permission to operate from this spectacular location depends on everyone following these parking requirements. Failure to comply could result in the loss of our approval to hold future events at Cumberland River.

Follow the Event Parking Guide

Please use the designated event parking areas and shuttle bus service to help ensure a smooth and stress-free race weekend for everyone.

Thank You for Your Support

By following these simple requirements, you're helping protect the future of Wonderfalls Trail Run and

Holiday Park Guests

If you are staying at Cumberland River Holiday Park as a registered guest, you may park your vehicle within the holiday park.

Drop-Offs Are Permitted

You may have someone drop you at the start/finish area; however, vehicles **must not be left unattended.**

No Parking or Waiting

Drop-off vehicles must leave immediately after unloading. There is **no parking or waiting** permitted at Cumberland River Holiday Park for event-related vehicles.

Help Protect Wonderfalls

These requirements form part of our approval to hold the event at this spectacular location. By following them, you're helping ensure Wonderfalls can continue to be held here for many years to come.

Thank You

We appreciate your understanding and cooperation. Your support helps us protect our relationship with the venue, local community, and land managers while making race weekend safe and enjoyable for everyone.

Check your start time

Race Start Times

5am 75km	<i>No Bus for 75km</i>
8am 50km	<i>Runners should be in</i>
8am 42km	<i>Cumberland River Holiday Park</i>
10am 25km	<i>1hr before their race distance starts.</i>
11am 14km	<i>We have a 57 Seat Bus it will circulate from 6:15,</i>
12:00pm 6km	<i>requires \$10 fee</i>



Who Must Catch The Bus

⚠ Please Don't Try to Bypass the System

We ask everyone to follow the shuttle bus and parking requirements exactly as outlined. They are in place for the safety of all participants, supporters, local residents, and other park visitors.

❤ Your Cooperation Matters

By working together and following these requirements, you help ensure a safer, smoother event and protect our ability to return to this spectacular location for many years to come.

🚌 Bus Travel Is Mandatory

All runners **must** travel on the official shuttle bus **unless you are staying at Cumberland River Holiday Park as a registered guest.**

💰 Bus Fare

The shuttle bus costs **\$10 per runner.**

To help speed up boarding, please have a **\$10 note ready** to place into the drivers collection bucket.

✅ Supporters travel free.

🏃 Runners Always Have Priority

If the bus is close to full:

- **Runners always have priority over supporters.**
- If you're running a later race, please allow runners in earlier events to board first so they can reach the start on time.

🕒 Allow Plenty of Time

The bus journey takes approximately **15-20 minutes**, however we recommend arriving well ahead of your scheduled departure.

Remember, finding a parking space in Lorne can often take **15 minutes or more**, particularly during busy periods.



Parking & Bus Pick-Up Locations

Please refer to the event maps for:

- Shuttle bus timetable
- Pick-up locations
- Recommended parking areas



Park Legally

While we've suggested suitable parking locations, it remains your responsibility to ensure your vehicle is parked legally and complies with any local parking restrictions.



Staying in Lorne?

If you're staying within Lorne, we encourage you to walk to your nearest bus stop where possible. This leaves more parking available for day visitors and helps reduce congestion.



Be Early. Relax. Drive Safe.

A little extra planning helps everyone enjoy a smooth, safe and stress-free start to their Wonderfalls adventure.

AN OVERVIEW OF THE LORNE TOWNSHIP AND BUS PICK UP & DROP OFF LOCATIONS

INFO CENTRE #1 – LORNE HOTEL #2 – GRAND PACIFIC HOTEL #3



Shuttle Bus Procedure & Schedule

Please Read This Carefully

This may sound a little official, but these procedures are in place to ensure everyone has a safe, smooth, and enjoyable Wonderfalls weekend.

Who Must Catch the Bus?

✓ All event participants **must** use the official shuttle bus service (unless you are staying at Cumberland River Holiday Park).

✓ Family members and supporters travelling to the Start/Finish area **must also use the shuttle bus**.

No Event Parking at Cumberland River

Under **no circumstances** should event participants or supporters park at Cumberland River Holiday Park, even "just for 15 minutes."

Runner Drop-Offs

You are welcome to be dropped off at the Start/Finish area, however:

- Do **not** park.
- Do **not** leave your vehicle unattended.
- Ideally, keep the engine running, drop your runner, and depart immediately.

Bus Fare

- **Runners:** \$10 per person
- **Supporters:** Travel free

Please Bring a \$10 Note

To keep buses running on schedule, **please have a single \$10 note ready** to place into the collection bucket when boarding.

Think of it as part of your race gear, just like your shoes, race bib, and nutrition.

Help Keep the Buses Running on Time

Searching for change or processing multiple payments slows boarding and delays everyone. A simple \$10 note helps us keep buses running efficiently and ensures every runner reaches the start on time.

Thank You

Your cooperation helps us protect our event permit, keeps the shuttle service running smoothly, and ensures everyone enjoys a relaxed, stress-free start to their Wonderfalls adventure.

Shuttle Bus Schedule

Please Allow Plenty of Time

Plan to catch a shuttle **60–75 minutes before your scheduled race start**. This allows time for:

-  Bus travel (approximately 15-20 minutes)
-  Walk from the bus to the Start Area (3min)
-  Race bib collection (1-5min)
-  Pre-race briefing (15min before start)
-  Toilet stop and race preparation

Buses May Leave Early

If a bus reaches capacity before its scheduled departure time, **it will leave early**. Please arrive well before departure to avoid missing your preferred bus.

Help Keep the Bus on Schedule

When boarding, please move straight to the rear of the bus so others can board quickly and we can keep departures on time.

Morning Shuttle Schedule – Approx and Variable

Bus Departure (Lorne Info Centre) Drop Off (Cumberland River)

Bus 1 6:15am	6:45am
Bus 2 7:10am	7:40am
Bus 3 8:05am	8:35am
Bus 4 8:55am	9:25am
Bus 5 9:55am	10:25am
Bus 6 10:55am	11:25am

Each departing bus also collects passengers from:

- **Bus Stop #2** – Lorne Hotel
- **Bus Stop #3** – Grand Pacific / Lorne Pier

Priority Buses

Buses 1 and 2 are prioritised for **50km and 42.2km runners**, who should plan to travel on these services.

Buses 3–5 are ideal for **25km, 14km and 6km runners**, allowing plenty of time to arrive, collect race bibs and relax before their start.

Bus 6 Notice

If you travel on **Bus 6**, you will arrive after the scheduled **6km start**. A late start may be permitted; however, **your race clock will already be running**.

Return Shuttle Service

 Return buses will begin operating from **1:30pm**, transporting runners and supporters back to Lorne.

The shuttle will continue cycling until approximately **3:00pm**.

🚩 **Late Finishers**

Trailsplus will ensure that any runners finishing after the final scheduled shuttle are transported back to Lorne. If your heading back to Lorne after the race and happy to give a runner a lift, let us know on the day.

💖 **Arrive Early & Relax**

A little planning goes a long way. Catch an early bus, enjoy the atmosphere, and start your Wonderfalls adventure relaxed and stress free.

SOME IMAGES BELOW TO HELP YOU PLAN. PLEASE NOTE THAT ON A NICE DAY LORNE BECOMES EXTREMELY BUSY, CARPARKING SPOTS FILL UP VERY QUICKLY – WE HIGHLY RECOMMEND EARLY ARRIVAL.

CAR PARKING OPTION ONLY - LOCATED DIRECTLY OPPOSITE THE SHELL PETROL STATION

BUS WILL NOT STOP HERE, WALK TO INFO CENTRE OR LORNE PUB



ABOVE DIRT CARPARK CHECK PARKING RESTRICTIONS, WALK TO BUS AT INFO CENTRE OR LORNE PUB



ABOVE A VIEW OF THE DIRT CARPARK OPPOSITE THE SHELL PETROL STATION, CHECK RESTRICTIONS

#1 LOCATION

BUS STOPS ARE **NOT** MANNED BY VOLUNTEERS THERE ARE NO SIGNS



Above info centre on left, bus will collect on road to left.



Above overview of Info Centre bus collection point, none of the parking here is all day.

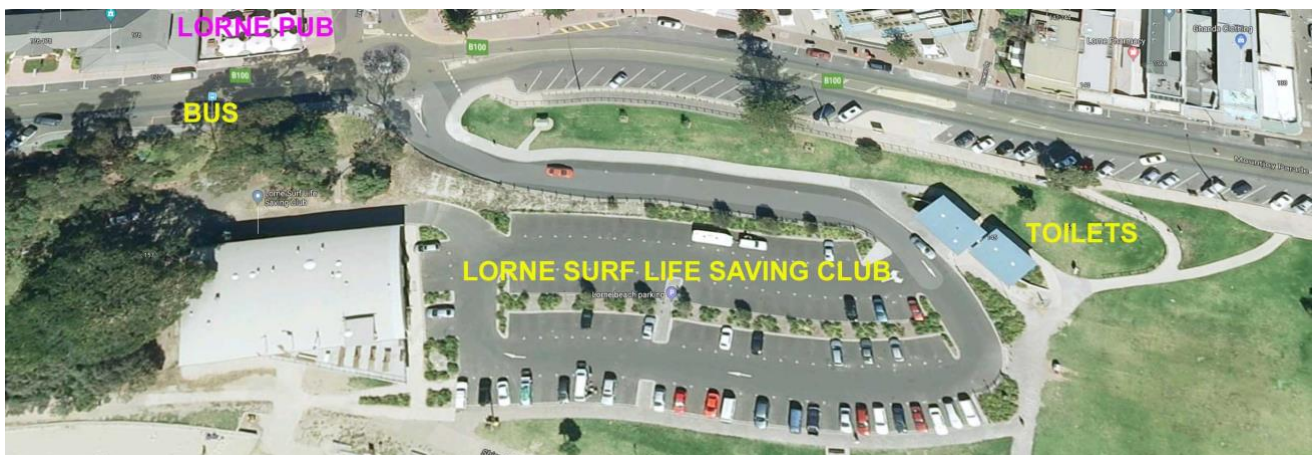


Above the bus shown is where you will get on and off

BUS PICK UP AND DROP OFF #2 LOCATION – LORNE PUB / SURF LIFE SAVING CLUB
PLEASE CHECK CAR PARKING RESTRICTIONS, PARK AND WALK SAFELY TO THE BUS STOP
BUS STOPS ARE NOT MANNED BY VOLUNTEERS



ABOVE VIEW OF SURF LIFE SAVING CLUB CARPARK CAPABLE OF OVER 100 CARS, BUT IT FILLS EARLY



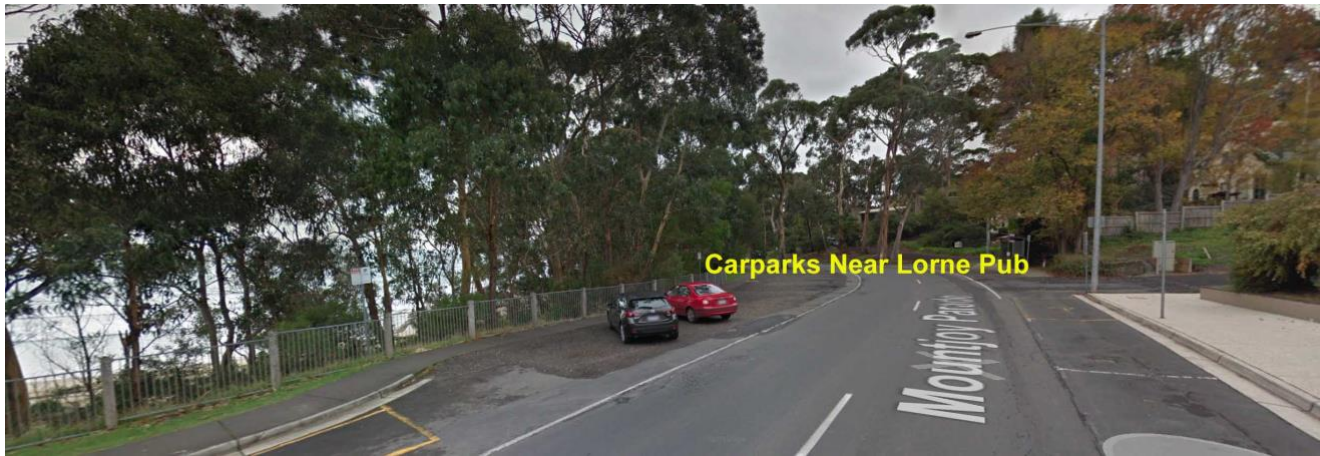
ABOVE AN OVERVIEW OF SLSC SHOWING TOILETS, BUS STOP, PUB



ABOVE OVERVIEW OF THE SLSC AND PUB CAR PARKING OPTIONS



ABOVE VIEW OF THE LORNE PUB AND BUS STOP #2



ABOVE VIEW OF ADDITONAL CARPARKS AFTER THE LORNE PUB

BUS PICK UP AND DROP OFF #3 LOCATION – GRAND PACIFIC HOTEL / LORNE PIER
PLEASE CHECK CAR PARKING RESTRICTIONS, PARK AND WALK SAFELY TO THE BUS STOP
WHERE POSSIBLE PARK ON GRASS AREA, CHECK IF DRY FIRST
BUS STOPS ARE NOT MANNED BY VOLUNTEERS



ABOVE AN OVERVIEW OF THE GRAND PACIFIC HOTEL AND CARPARKING AT THE PIER AND BEYOND

OUR SUPPORTERS and SPONSORS

We would like to express our appreciation to our sponsors for supporting this event

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