

Coolleman Ridge 5km/12km Trail Run – course instructions



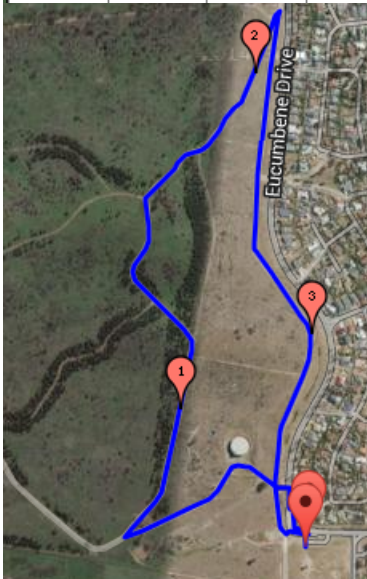
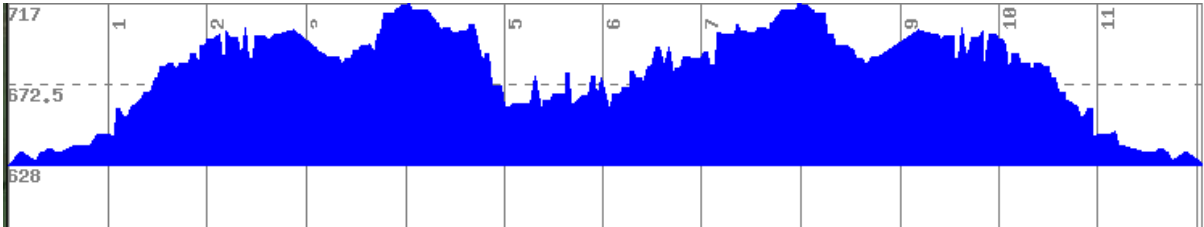
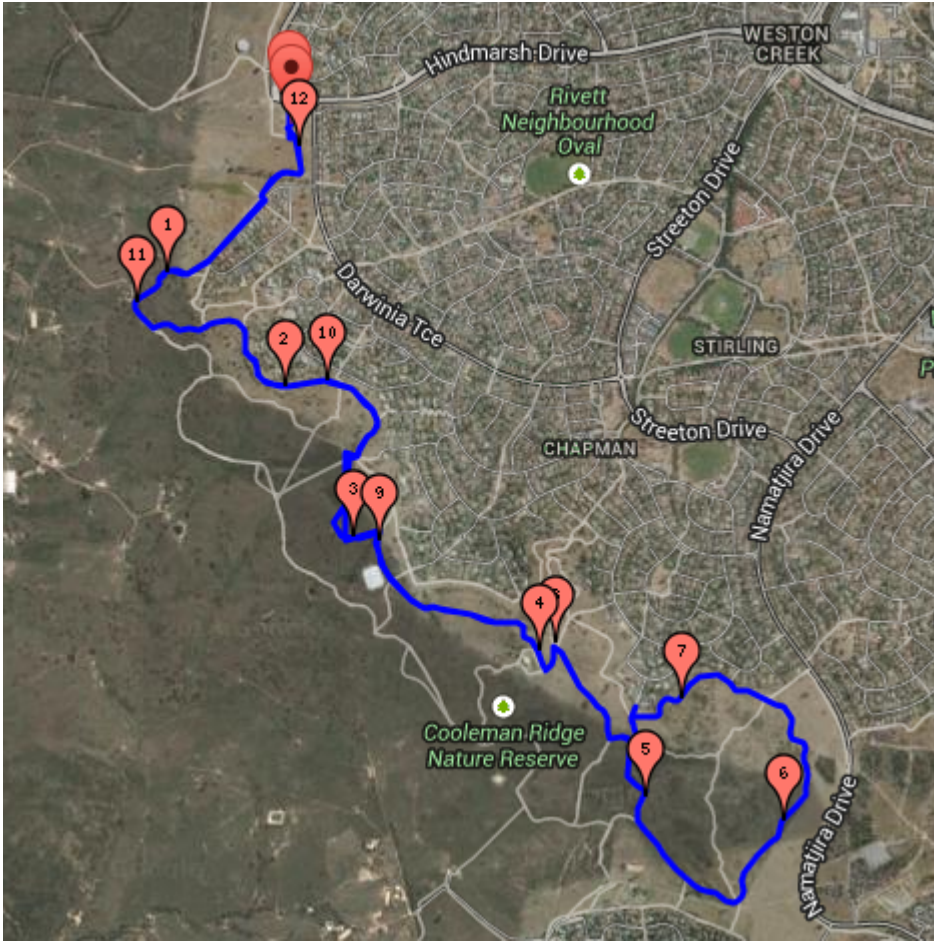
This course is run almost entirely on a section of the Canberra Centenary Trail. Most turns are marked with small signs using the Centenary Trail symbol.

1. The course starts at the corner of Hindmarsh Drive and Eucumbene Drive. Follow the Canberra Centenary Trail next to Darwinia Terrace and then next to Kathner Street before entering Coolleman Ridge Nature Park, crossing some horse poles.
2. Continue to follow the Centenary Trail up the hill, turning left just after 1 km to join the main Coolleman Ridge fire trail, where you turn left again. Stay on the main trail as it curves to the right and then runs behind the houses in Chapman.
3. At 2.5 km the course leaves the main fire trail and turns right up a saddle. **This is the turnaround point for the 5km run.**
4. For the long course go through a gate (it is unlocked and you can also climb through) and immediately turn left along a narrow track. Continue along the track and admire the stunning views to the west and south, before curving to the right to join a minor fire trail past a water tank.
5. Then go through an open gate and continue straight ahead. Go up a steep climb and past another water tank before curving left onto a more major track and then turn right about 100 m later (about 4 km).
6. Follow the main trail along the ridge before reaching the point where the Centenary Trail branches into different tracks for bikes and walkers (about 4.5 km).
7. Follow the bike option straight ahead with leads to some narrower winding trails before joining in the fire trail which loops around the south of Mt Arawang.
8. Continue around Mt Arawang until the Centenary Trail turns right towards Namatjira Drive (about 6.5 km). Stay on the main fire trail circuiting Mt Arawang which shortly rejoins the Centenary Trail walking track route heading west.
9. At about 7.5 km leave the main track and follow the Centenary Trail left up a ramp and then some steps towards Mt Arawang . Turn right at the track junction at the top of the ridge (or go left if you want to add the summit of Mt Arawang to the run) and then take the right fork at the next junction, to rejoin the bike trail (see Step 6 above). From here head back along the ridge and return along the outward route.

Options

For a slightly shorter/easier run stay on the main track at Step 9 instead of turning left, and continue on the main fire trail at the back of Chapman, rejoining the course at the 5 km turnaround (Step 3).

To extend the run, continue past the start/finish area and follow the Centenary Trail alongside Eucumbene Drive until it reaches Cotter Road and then return (approx. 4 km additional) or run to the top of Narrabundah Hill and then return along the Centenary Trail next to Eucumbene Drive (approx. 3.5 km additional – see map over).



Narrabundah Hill extension

