



venture
events • expeditions • adventures

Running in Australia

Spectacular cliffs and coasts of western Victoria



The diverse continent of Australia offers a multitude of unique running opportunities.

The shipwreck coast on the South East of the continent not only has stunning scenery but also some of the best running trails in the world.

Start planning your trip now!



Indicative Package Options:

1. When

- The best time to run along this part of Australia's coast is in March and April or October and November, but it is accessible throughout the year.
- If you wanted to combine it with some swimming activity then a trip could be undertaken during the Australian summer (December – February)
- Timing can be tailored to suit your requirements – we recommend five days to make the most of this adventure.

2. Where

- Arrive and depart from Melbourne
- We'll explore the spectacular coast along the Great Ocean Road – Torquay, Anglesea, Lorne, Apollo Bay, and Port Campbell.

3. What

- This trip can be tailored to suit the running levels of the group – as a guide we classify this as Moderate to Challenging.
- Kayaking, hiking, cycling, seal encounters, and whale watching can all be included.

Welcome to Venture :

Venture specialises in small group travel – designing activities and itineraries tailored to ensure that you get the most out of your trip.

Whether you are a running club looking for a bespoke experience or you're wanting to join other like-minded runners on the adventure of a lifetime, get set with Venture!



Running in Australia

Spectacular cliffs and coasts of western Victoria



At a glance:

Trip duration: 5 days

Grade: Moderate to Challenging

Accommodation: Cabin and Hotel accommodation

Accommodation

- 4 nights
- Cabin and Hotel accommodation
- Please keep in mind that accommodation as shown in the itinerary is subject to availability at time of booking. The closest available alternative will be substituted if our first choice accommodation is not available. Deductions or supplements may be applied to the trip price as a result.

Meals

- While travelling with us you will experience the vast array of wonderful food available in this area. Generally, to give you maximum flexibility in deciding where and what to eat, not all meals are included in the trip price. This also gives you more budgeting flexibility.

Meal Inclusions

- All breakfasts and lunches plus 4 dinners

Transport

- Bus; Walking.

What's Included:

- Accommodation on a twin share/double basis, usually with private bathrooms
- All breakfasts and lunches plus 4 dinners
- Fully supported vehicle transfers
- Two running guides (where numbers are applicable)
- Informal workshops and discussion groups
- Option to be driven from and back to Melbourne pre and post tour
- Aus Goods and Service Tax (GST)

This is a list of included activities on this trip. If you choose not to participate in the included activities on this itinerary, the cost will not be refunded.

Welcome to Venture :

Venture specialises in small group travel – designing activities and itineraries tailored to ensure that you get the most out of your trip.

Whether you are a running club looking for a bespoke experience or you're wanting to join other like-minded runners on the adventure of a lifetime, get set with Venture!



venture
events • expeditions • adventures

Running in Australia

Spectacular cliffs and coasts of western Victoria

Detailed Itinerary:

Day 1

- Arrive into Melbourne and transfer to Apollo Bay
- Check into accommodation
- Optional beach run
- Dinner at a local restaurant

Day 2

- After breakfast we run from Apollo Bay to Shelly Beach (9km)
- After a BBQ lunch on the beach we run from Shelly Beach to Cape Otway (24km)
- Check into accommodation and dinner at local pub

Day 3

- After breakfast we run from Cape Otway to Johanna Beach (24km)
- After a BBQ lunch on the beach we run from Johanna Beach to Ryans Den (15km)
- Check into accommodation and a bush picnic for dinner

Day 4

- After breakfast we run from Ryans Den to Wreck Beach (14km)
- After a BBQ lunch on the beach we run from Wreck Beach to The Twelve Apostles (17km).
- Check into accommodation, explore the local area, and dinner with the local surf lifesaving club

Day 5

- Breakfast followed by an optional beach run.
- Transfer back to Melbourne and depart.

Fast facts

Grade:

Moderate to Challenging

Private Groups:

Private group options are available for this trip

Singles:

A single supplement is available for this trip*

Leader:

Expert local leader

*Ask our staff for more information

Trip dates. 2013

TBC

Trip cost

TBC

Options & supplements

TBC

Important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

Welcome to Venture :

Venture specialises in small group travel – designing activities and itineraries tailored to ensure that you get the most out of your trip.

Whether you are a running club looking for a bespoke experience or you're wanting to join other like-minded runners on the adventure of a lifetime, get set with Venture!





venture
events • expeditions • adventures

Running in Australia

Spectacular cliffs and coasts of western Victoria

A key factor in setting the price for your Australian running adventure is the accommodation that you choose.

We can tailor the accommodation to your budget. Whether you are happy with something basic or would like a bit of luxury, we have all bases covered.



Accommodation Options:

3-Star

- The Great Ocean Road region offers a range of standard hotel accommodation.
- Camping is also an option with some fantastic camp sites that allow you to experience the beauty of the Otway Ranges

4-Star

- For group travel it works well to rent a house that can be shared.
- Alternatively, resort-style hotel accommodation provides all the comforts that you require

5-Star

- The shipwreck coast boasts some fantastic boutique accommodation options
- If you like your luxury then there are spectacular views and top drawer facilities for you to enjoy.



Welcome to Venture :

Venture specialises in small group travel – designing activities and itineraries tailored to ensure that you get the most out of your trip.

Whether you are a running club looking for a bespoke experience or you're wanting to join other like-minded runners on the adventure of a lifetime, get set with Venture!



venture
events • expeditions • adventures

Running in Australia

Spectacular cliffs and coasts of western Victoria



We recommend that you allocate 5 days for your shipwreck coast running adventure.

You can tailor your trip to suit your time available, your interests, and your budget.

Start planning your trip now!



Options to include in your trip:

- Explore the city of Melbourne
- Train with a surf-life saving club
- Cycling along the Great Ocean Road
- Trail running through the Otway Ranges
- Specialist open water swimming coaching with world-leading coach [John Van Wisse](#)
- Kayaking adventures
- Seal Encounters
- Whale watching
- Depart from Sydney to enable you to experience this vibrant party town

Other Venture trip options:

- New Zealand
- Bali
- Indonesia
- Malaysia
- Thailand
- Japan
- China



Welcome to Venture :

Venture specialises in small group travel – designing activities and itineraries tailored to ensure that you get the most out of your trip.

Whether you are a running club looking for a bespoke experience or you're wanting to join other like-minded runners on the adventure of a lifetime, get set with Venture!