

4 AWESOME AUSTRALIA

Australia does walkabout and the outback properly. You can get lost – literally for days – in the wonders of bush, mountains or horizon-filling desert.

The Blue Mountains are a favourite for runners to follow the Ultra-Trail Australia course (part of the World Ultra-Trail series). Ali Pottinger, head of operations for SQUADRUN, lived in the region briefly and rates National Pass, Wentworth Falls as a top trot. "Running along the middle of the cliff face gives you the most amazing views of Mount Solitary, the waterfalls and the beautiful blue haze of the Blue Mountains. I loved running along Narrowneck to the Tarros ladders and climbing down them and back up. I also loved running the Ultra-Trail Australia 22 course as you get a solid downhill on Kedumba of eight kilometres.

"The Otford to Bundeena Coastal Track is absolutely stunning – stop off for a mid-run dip at Wattamolla beach. There are amazing views from Mt Banks, near Bilpin, which was a lovely rolling run."



Pottinger continues: "The Red Hands loop in Glenbrook National Park is also really good: there is some really neat single track and you can see aboriginal stencil art on the cave walls."

Finding accommodation is easy in any one of the cute towns in the Mountains. Pottinger liked Leura, Glenbrook, in the lower mountains; Wentworth Falls or Katoomba. If staying in the city, you can catch a train to the Blue Mountains from Sydney to Glenbrook.

RUNNING ALONG THE MIDDLE OF THE CLIFF FACE GIVES YOU THE MOST AMAZING VIEWS OF MOUNT SOLITARY, THE WATERFALLS AND THE BEAUTIFUL BLUE HAZE OF THE BLUE MOUNTAINS.



Do your research

- 1 Check local dress customs before venturing out bare-chested or in skimpy clothing
- 2 Familiarise yourself with things that may chase or bite and the appropriate remedial action
- 3 Check for any natural hazards such as river levels that are prone to flooding and avalanche-prone areas
- 4 Avoid running through areas of religious or cultural significance, or where military operations exist
- 5 Learn the phone number for emergency services in the country you are visiting

