

Run Wild: A Trail Running Escape in Murramarang National Park

Imagine waking up to the sound of waves rolling onto the beach, stepping out of your villa, and running straight into one of Australia's most spectacular coastal national parks.

Based at NRMA Murramarang Beachfront Holiday Resort in South Durras, this trail running getaway combines pristine beaches, rugged headlands, rainforest-clad mountains, and some of the most scenic coastal trails on the NSW South Coast.

Why Murramarang?

Murramarang National Park is a hidden gem for trail runners. Unlike crowded mountain destinations, it offers a unique blend of flowing singletrack, technical coastal terrain, ocean panoramas, and abundant wildlife. Kangaroos grazing on the beach, empty stretches of sand, and uninterrupted views of the Pacific create an experience that feels genuinely wild.

The Experience

Coastal Discovery Runs

Stunning runs along Durras Beach to Pretty Beach and Snapper Point. Golden sand, rocky headlands, and ocean breezes provide the perfect introduction to the region.

Summit Challenges: Durras Mountain

Take on the park's signature climb as the trail winds through coastal forest to the summit of Durras Mountain. The reward is a breathtaking panorama stretching across the coastline, forests, and distant ranges. It's the ideal combination of challenge and adventure.

The Ultimate Coastal Adventure

Explore one of the most beautiful sections of the South Coast Walk, linking secluded beaches, coastal forests, rock platforms, and dramatic ocean vistas. This is trail running at its finest—remote, varied, and unforgettable.

Zero gradient by the Lake

When it's time to slow down, enjoy flat trails around Durras Lake, soak up the scenery, and let tired legs recover while still immersing yourself in nature.

Cold Water recovery



When it's time to soak, enjoy ocean dips, swim and soak up the scenery, and let tired legs recover while still immersing yourself in nature.

Stay Beachfront

The NRMA Murramarang Beachfront Holiday Resort offers the perfect basecamp. Comfortable accommodation, direct beach access, and immediate entry to the national park mean less time driving and more time running.

Who Is This For?

- Trail runners seeking a unique coastal adventure
- Running groups and clubs looking for a destination weekend
- Marathon and ultra runners wanting quality training terrain
- Outdoor enthusiasts who love combining comfort with wilderness

Weekend Highlights

- ✓ Beach-to-mountain trail running
- ✓ Spectacular ocean views
- ✓ Technical and runnable terrain
- ✓ Wildlife encounters
- ✓ Beachfront accommodation
- ✓ 30+ km of memorable trails

This isn't just a running weekend. It's an opportunity to disconnect from routine, immerse yourself in nature, and experience one of Australia's most underrated trail-running destinations.

Itinerary

Afternoon 1

Arrive from 2pm to the NRMA resort South Durras, check in, drop the bags and head straight onto the trails.

Run 1 - Resort to Depot Beach

Approx. 8 km depart approx 4pm

The opening run follows the coastline north through Murramarang National Park, weaving between village, beach and lake. The trail then rises steeply over pt Upright through forest and rocky viewpoints before reaching Depot Beach. It's the perfect introduction to the terrain

and a chance to settle into holiday mode while enjoying the late afternoon light across the Pacific.

Highlights:

- Coastal forest singletrack
- Ocean lookouts
- Depot Beach village
- Sunset running opportunities

Day 2

AM run - Depot Beach to Pretty Beach

Approx. 10 km

The signature day of the trip.

This section showcases some of the finest coastal running in New South Wales. Traverse remote beaches, technical headlands and sections of the famous Murramarang coastline while moving through an ever-changing landscape of forest and ocean.

Expect plenty of opportunities to stop for photos, wildlife encounters and panoramic viewpoints.

Highlights:

- Pebbly Beach kangaroos
- Rugged coastal terrain
- Continuous ocean views
- Some of the most scenic running on the South Coast

PM run - Durras Mtn to Pebbly Beach or Lake discover trail

Approx 8km

Take on the summit of the Murramarang range on a trail and winds it way among cabbage palms and rainforest to the summit of Durras Mtn. This trail then follows the range down to sea level at Pebbly Beach.

Choose the Lake discovery trail at zero gradient

Afternoon - Massages, recovery, swim immersions

Day 3

Maloneys Beach to South Durras

Approx. 16 km

The final day begins at Maloneys Beach before following the coastline north toward your accommodation.

This section combines flowing trails with stunning beach running and offers a fitting finale to the weekend. Finish back at South Durras for a well-earned lunch, swim or recovery session before checking out and heading home.

Highlights:

- Long coastal vistas
- Beach and trail combinations
- Fast runnable sections
- Finish directly back at basecamp

Weekend Totals

Distance: Approximately 40 km - can be shortened or lengthened

Perfect for:

- Trail runners
- Marathon and ultra-marathon athletes
- Running clubs
- Adventure seekers
- Anyone wanting a unique active getaway

What to Bring

Running Gear

- Trail running shoes with good grip
- Running pack or hydration vest
- Soft flasks or hydration bladder
- Running poles (optional)
- Hat or visor
- Sunglasses
- Lightweight waterproof jacket
- Spare running socks

Nutrition & Hydration

- Energy gels or bars
- Electrolyte tablets
- Recovery snacks
- Water bottles for post-run recovery

Recovery & Comfort

- Casual clothes and footwear for the resort / evenings may get cold
- Swimmers
- Towel
- Foam roller or massage ball
- Sunscreen
- Insect repellent

Safety Essentials

- Fully charged phone
- GPX route loaded onto watch or phone
- Basic first aid kit
- Emergency contact information

The Takeaway

Three days. Up to Forty plus kilometres of world-class coastal trail. Endless ocean views. Beachfront accommodation. Wildlife encounters. And some of the most underrated trail running in Australia.

Murramarang isn't just a running destination—it's a reminder of why we run trails in the first place.

What's included

- All meals from afternoon tea day 1 to Lunch day 3
- Run guides
- Vehicle support - its not compulsory to run the whole program
- Accommodation at Murramarang resort based on twin, triple or quad share

Not Included

- Your personal trail favorites such as gels, hydration mix, bars

Program Style

Each day you will be cared for by our dynamic team of 2 guides that will share the roles of driver and trail runner. Our trail run guide will have communication back to the driver and will be able to ensure that your run days are supported. The vehicle will be on hand with hydration, extra clothing, food and even to offer a lift for the next section of trail.

We aim to communicate with each runner and ensure that you are running within your limits and provide bespoke support for you - not just for the group or the top runners on the program. Your trip - your style!

Trail Name	Approx Distance	Terrain	Tailorable
Resort to Depot beach	8km	Road, Beach, forest trail	Yes
Depot beach to Pretty beach	10km	Beach, rock platform, boulder, forest trail	Yes
Pretty Beach to Pebbly Beach via Durras Mtn	8km	Forest trail	No
Resort to Maloneys beach	16km	Forest trail, beach	Yes
Lake walking trail Nth Durras to Mt Agony rd exit	4km	Forest trail	No
Pretty Beach to Bawley pt	10km	Forest trail, road, beach	Yes