

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 holiday combines pristine beaches, rugged headlands, rainforest-clad mountains, and some of the most scenic coastal trails on the NSW South Coast.

We also welcome non runners or fast walkers on this trip.

Why Murramarang?

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

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

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 filtered views across the coastline, forests, and distant ranges. It's the ideal combination of challenge, climb, descent and adventure.

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 holiday
- 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
- The weekend also caters for “fast walkers” and “non runners”

Weekend Highlights

- ✓ Beach-to-mountain trail running
- ✓ Spectacular ocean views
- ✓ Technical and runnable terrain
- ✓ Wildlife encounters
- ✓ Beachfront accommodation
- ✓ 40+ 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 - Depot Beach to Resort

Approx. 8 km - Group departs for run approx 4pm

The opening run follows the coastline south through Murramarang National Park to your accommodation. We start with a vehicle transfer north and start the run from the small village of Depot beach. Runners start with a heart pumping single track ascent over Pt

upright through towering gums and ancient cycads. A quick detour gives runners an amazing coastal view of the village, beach and lake. The trail then descends through forest and rocky viewpoints before reaching a calm corner at Nth Durras. Runners follow the beach and end at the resort with quick refreshments and a shower. 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

After a wash and rest, we regroup for dinner, get to know each other and make plans for day 2 of the adventure.

Day 2

AM run - Pebbly Beach to Pretty Beach

Approx. 8 km departure approximately 830am

Wake with fresh coffee and light breakfast and get ready for 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

Our team will have a delicious meal and refreshments ready to go at the trail end point. We then relax, welcome the last runners / walkers and enjoy an optional beach dip or just soak up the sun at Pretty beach.

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

Approx 8km

After a rest we share the options:

1. 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. The ascent is steep and the descent equally.
2. Choose the Lake discovery trail at zero gradient that showcases lakeside beauty and birdlife.

Or simply enjoy time at your villa.

Afternoon - Massages, recovery, swim immersions

Group dinner and celebration as the sun sets we chat about the days highlights and plan our longest daily run and how we can tailor the distances for the group.

Day 3

Maloneys Beach to South Durras with options to shorten

Approx. 16 km

Wake with fresh coffee and light breakfast and get ready for our final run along the diverse coast! Today we arrange a late checkout so you can get your run done and wash up prior to heading home.

The final day begins at Maloneys Beach before following the coastline north toward your accommodation. We transfer the group to the start point and enjoy the diverse sections and vistas along the way. This section combines flowing trails with stunning beach running and offers a fitting finale to the weekend.

Celebrate Success!

We finish back at South Durras for a celebration including:

- Photo snap board
- Late check out
- Well-earned lunch
- Swim or recovery session
- Check out and head home!

Weekend Totals

Distance: Approximately 40 km - can be shortened or lengthened to suit participants' desires. We also cater for "fast walkers" and "non runners" on this program.

What to Bring

Running Gear

- Trail running shoes with good grip, consider second pair for wet trails
- Running pack or hydration vest
- Soft flasks or hydration bladder
- Running poles (optional)
- Hat or visor
- Sunglasses
- Lightweight waterproof jacket
- Spare running socks
- Bug Spray, sunscreen, head torch (for afternoon runs)
- Snake bandage
- Space blanket
- Trail snacks

Nutrition & Hydration

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

Recovery & Comfort around the resort

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

Safety Essentials - you will be asked to run with the below items

- Fully charged phone
- GPX route loaded onto watch or phone (we will supply prior to the run)
- Basic first aid kit (snake bite and space blanket)
- Emergency contact information

What's included

- All meals from evening entre day 1 to Lunch day 3
- Run guides with trial knowledge
- 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

The accommodation

We sleep in villas at Murramarang resort, the villas include: 2 bedrooms, 1 bathroom, all linen including towels, kitchen equipped with stove top and microwave. Although we provide all food you are welcome to BYO. The villas are a great space for non-walkers to enjoy some down time.

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. Our trail run guides will run at the back of the group ensuring no one is left behind. The fast runners will need to rely on their navigation and follow instructions to the end points.

We 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!

Non runners

Not a runner? **No problem!** Run Wild is about much more than running. While the runners head out onto the incredible trails of Murramarang National Park, there's plenty for everyone else to enjoy — from enjoying the resort pool and restaurant to exploring the coastline and beaches, swimming, relaxing and spotting wildlife to simply enjoying the peace of your villa. You can make the most of the national park at your own pace, with plenty of time to unwind and enjoy the experience while your runners get their kilometres in.

Run Program table

Trail Name	Approx Distance	Terrain	Tailorable
Resort to Depot beach	8km	Road, Beach, forest trail	Yes
Pebbly beach to Pretty beach	8km	Beach, rock platform, boulder, forest trail	No
Pretty Beach to Pebbly Beach via Durras Mtn	8km	Forest trail, steep ascent, steep descent	No
Resort to Maloneys	16km	Forest trail, beach	Yes

beach			
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