



**NOOSA**  
ULTRA-TRAIL

**2026**

# Noosa Ultra-Trail



**ATHLETE INFORMATION GUIDE**

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# MINISTER'S MESSAGE

## **Message from the Minister for Environment and Tourism and the Minister for Science and Innovation, the Honourable Andrew Powell MP**

It's a pleasure to welcome you to the 2026 Noosa Ultra-Trail, an event that truly captures the character and charm of the Sunshine Coast's hinterland region.

Supported by the Queensland Government through Round 1 of Tourism and Events Queensland's Destination Events Program, this event showcases the unique connection between our state's vibrant communities and the diverse regions they call home.

Events like the Noosa Ultra-Trail bring people together, celebrate local culture and contribute significantly to the community's pride and economy.

While you're here, I encourage you to explore all that the Sunshine Coast Region has to offer—whether it's its scenic beauty, local flavours, or the warm hospitality that makes this part of Queensland so special.

A big congratulations to the organisers and everyone who worked hard to bring this wonderful event to life. Thank you for being part of the thriving Queensland Destination Events Program.

### **Thr Hon. Andrew Powell MP**

Minister for Tourism



# WELCOME

## **INTRODUCTION**

On behalf of our Trail Team we'd like to welcome you to the 5th staging of the Noosa Ultra-Trail. This year's event will once again be based at the Noosa District Sports Complex – off Butler Street, in Tewantin. We have 2,000 athletes representing 12 nations and from all over Australia competing in 6 different distances.

## **STAKEHOLDERS**

We would like to thank all stakeholders including Tourism & Events Queensland, Queensland Parks & Wildlife Service, Noosa Council, Queensland Police Service, Department of Transport & Main Roads and Tourism Noosa. We would also like to recognise the interest shown from passionate local running groups such as the NUTRs, Noosa Road Runners, Tewantin Runners and Park Run.

## **UTMB® (Ultra-Trail du Mont- Blanc)**

We are pleased to have been warmly welcomed into the UTMB® 'family' as a INDEX level event. In recognition of this global status, this year's event will have an "International" theme with 20 international flags flying at the venue representing those countries which host UTMB events as well as recognising the origins of our participants.

## **SPONSORS & SUPPLIERS**

Our sponsors and suppliers have been amazing and we'd like to thank Hinternoosa Real Estate, Peppers Noosa Resort & Villas, Noosa Ferry & Cruise Company, Tailwind Nutrition, Noosa Hinterland Brewing Co, Noosa Beverages, First Batch Coffee Roasters, Headskinz, Queensland Athletics, CLIF, Express Recycling and other partners and suppliers who have helped support the event.

## **ACKNOWLEDGEMENT & THANK YOU**

Noosa Ultra-Trail acknowledges the Gubbi Gubbi people as the Traditional Owners of the land where the event takes place. We would like to pay respects to the Elders past and present and extend that respect to other Aboriginal and Torres Strait Islander peoples.

In closing we thank you for your support and trust in us to be able to deliver an amazing event experience for you. We hope we meet and exceed your expectations.

**Nick Stewart**  
Noosa Ultra-Trail  
Event Director

# EVENT SCHEDULE

Thursday 19 March	Activity	Location
1pm – 5pm	Registration / Check In	Noosa District Sports Complex
All Day	Noosa Lifestyle Activities	Various Locations
Friday 20 March	Activity	Location
9am – 7pm	Registration / Check In	Noosa District Sports Complex
12pm – 2pm	Luncheon	Peppers Noosa Resort & Villas
All Day	Noosa Lifestyle Activities	Various Locations
Saturday 21 March	Activity	Location
4.30am	Bus Shuttle Service Begins	From Noosa Heads to Noosa District Sports Complex
5.00am	Venue Open including Information & Gear tent	Noosa District Sports Complex
6.30am – 11.30am	Registrations / Check in open for Forest 15 and Pomona Sundowner 30	Noosa District Sports Complex
6.00am	Race Start – Ultra-Trail 100	Noosa District Sports Complex
6.00am	Race Start – Hinterland Traverse 80	Noosa District Sports Complex
6.15am – 6.50am	Courtesy Bus transfers to Twin Hill Views	Noosa District Sports Complex
7.30am – 7.50am	Lookout for Cross Country 25	
7.00am	Race Start – Out’N’Back 50	Noosa District Sports Complex
7.30am	Race Start – Forest 15	Noosa District Sports Complex
7.45am	Race Start – Cross Country 25 (Early)	Twin Hill Views lookout
8.45am	Race Start – Cross Country 25 (Late)	Twin Hill Views lookout
10.00am – 5pm	Presentations	Noosa District Sports Complex
12.00pm – 12.30pm	Courtesy Bus transfers to Pomona for Pomona Sundowner 30	Noosa District Sports Complex
1.30pm	Race Start – Pomona Sundowner 30	Stan Topper Park, Pomona
6.30pm (Dusk)	Cut off for Out’N’Back 50	
9.00pm	Cut off at Check Point 5 for Hinterland Traverse 80 and Ultra-Trail 100	Lake MacDonald
10.00pm	Playing Fields Lights turned off at Main Venue. Supplementary Lights at Finish Line activated.	Noosa District Sports Complex
10.00pm	Last Shuttle Bus departs for Noosaville (finishers after 10pm provided with personalised transport)	Noosa District Sports Complex
Midnight	Last finisher expected	Noosa District Sports Complex
Sunday 22 March	Activity	Location
9.00am – 12pm	Lost Property & collection of Drop Bags	Noosa District Sports Complex
All Day	Lifestyle Activities	Various Locations

# CHECK IN & TRANSPORT

## CHECK IN - NOOSA DISTRICTS SPORT COMPLEX

We strongly encourage you to check in early. As an incentive you get to choose your t shirt colour, if you have ordered one (It is "first in best dressed" literally). If you can avoid it do not leave check in until Friday afternoon. Please be patient and give your self plenty of time.

**Check In times for all runners:** Thursday 1pm – 5pm | Friday 9am – 7pm

Only those in the Forest 15 or Pomona Sundowner 30 can check in on Saturday at the venue from 6.30am – 11.30am. Runners in the LATE start times for the Cross Country 25 can check in with prior approval.

## MERCHANDISE

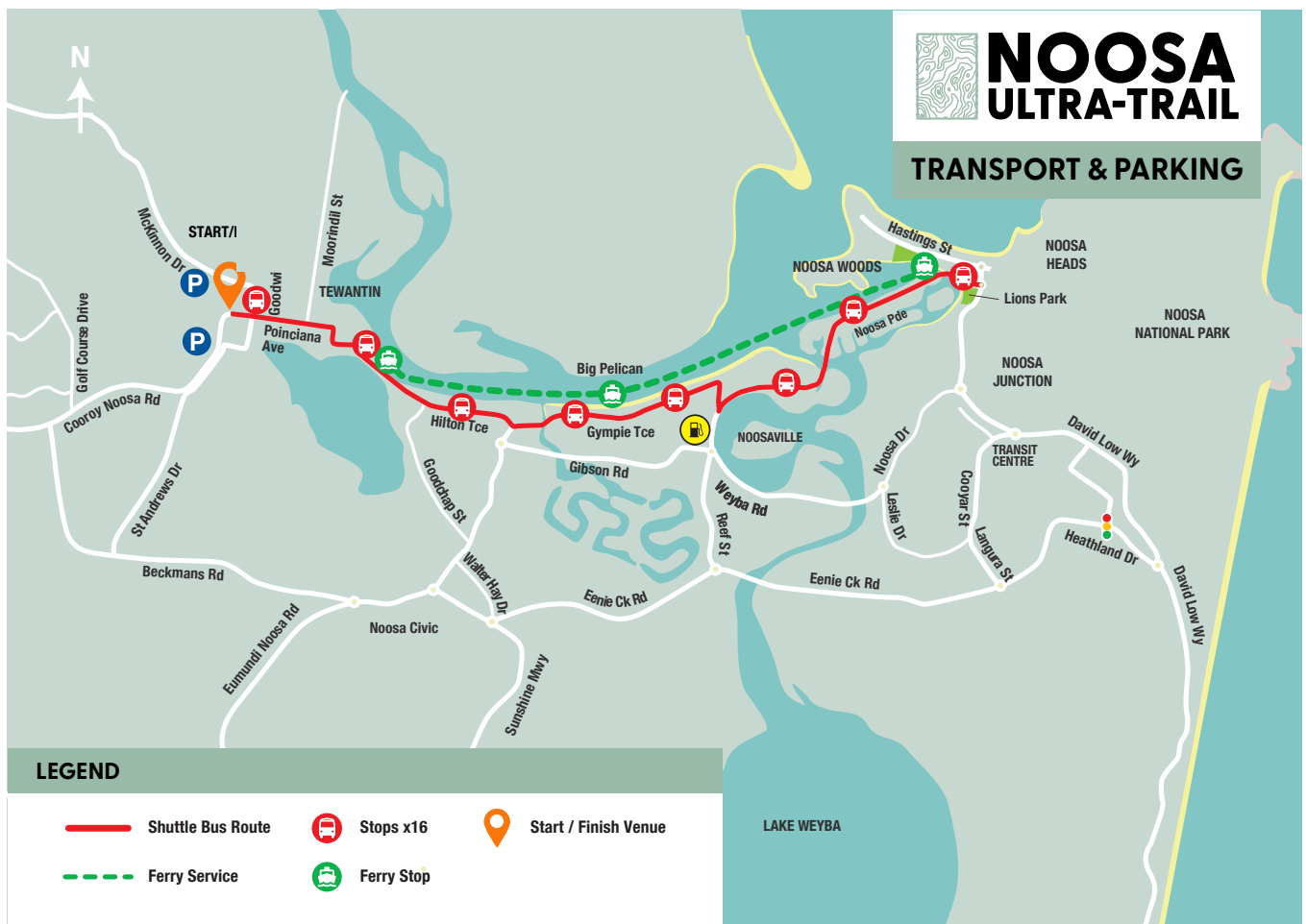
There will be a limited range of merchandise for sale this year. As the event grows we will look to expand the range to include leisure wear as well as athletic apparel.

## TRANSPORTATION – SHUTTLE SERVICE

Our transport partner is Kangaroo Bus lines. If you need a Shuttle Pass for event day you can purchase one on line by going into your PROFILE. You can also purchase a Shuttle Pass when you check in (Thursday and Friday). For the duration of event day shuttle buses will depart approximately every 60 minutes from Noosa Heads and Tewantin.

First bus is 4.30am and the last bus departs Noosa Districts Sports Complex at 10.00pm. Runners finishing after 10pm will be provided personalised transport if required.

You will need to PRE PURCHASE a SHUTTLE BUS wristband (\$10) via the website or at CHECK IN to get on the bus.



# CHECK IN & TRANSPORT CONT'D

## COURTESY COACHES

For all athletes in the Cross Country 25 you must take a coach from the Noosa District Sports Complex to the start of the event. There is no access except event vehicles to Twin Hills View Lookout. The first coach leaves at 6.15am, and last coach is 7.45am. DO NOT MISS THE BUS. The cost to this is included in your entry fee.

There are also courtesy coaches to Pomona for those in the afternoon run – the Pomona Sundowner 30. These depart from Noosa District Sports Complex from 12.00pm. The cost to this is also included in your entry fee. If you like you can get dropped off at Pomona by friends or family.

## PARKING / CREW SUPPORT

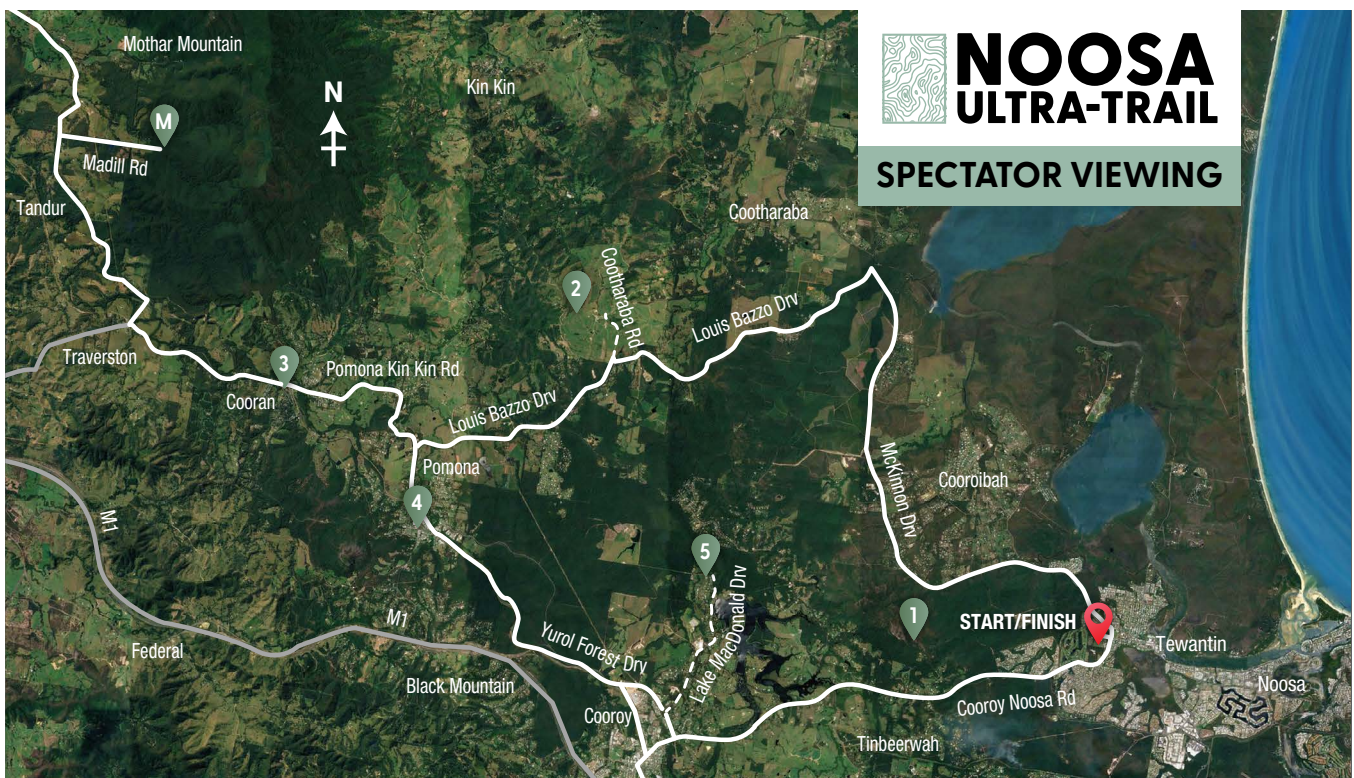
Try to leave the car at home or better still give it to your supporters so they can see the sights of the Noosa Hinterland.

At checkpoints we ask that family and friends be respectful of the local communities.

Support Crews can access their runners at CPM, CP3, CP4 and CP5.

There is no access to CP1 or CP2. If support crew require access to CP2 for medical reasons (i.e. provision of medication, special needs) this will be granted within reason. Parking is limited.

Support Crew can see runners in the 100km along the course at various road crossings, but cannot offer any outside assistance in line with standard Ultra regulations.



**NOOSA ULTRA-TRAIL**  
SPECTATOR VIEWING

— MAIN ROAD    - - - - - VIEWING AREA ACCESS    1 CHECKPOINTS

\*No access to checkpoint 1

\*\*No vehicle access to checkpoint 2.  
Access is available to view 50km & 100km athletes  
1km from checkpoint 2.

# THE VENUE

## MAIN VENUE - NOOSA DISTRICT SPORTS COMPLEX

The Main Venue is open from 5am – Midnight. Council regulations require main playing field lights to be turned off at 10pm. After this there will be supplementary lighting provided.

## CHECK IN

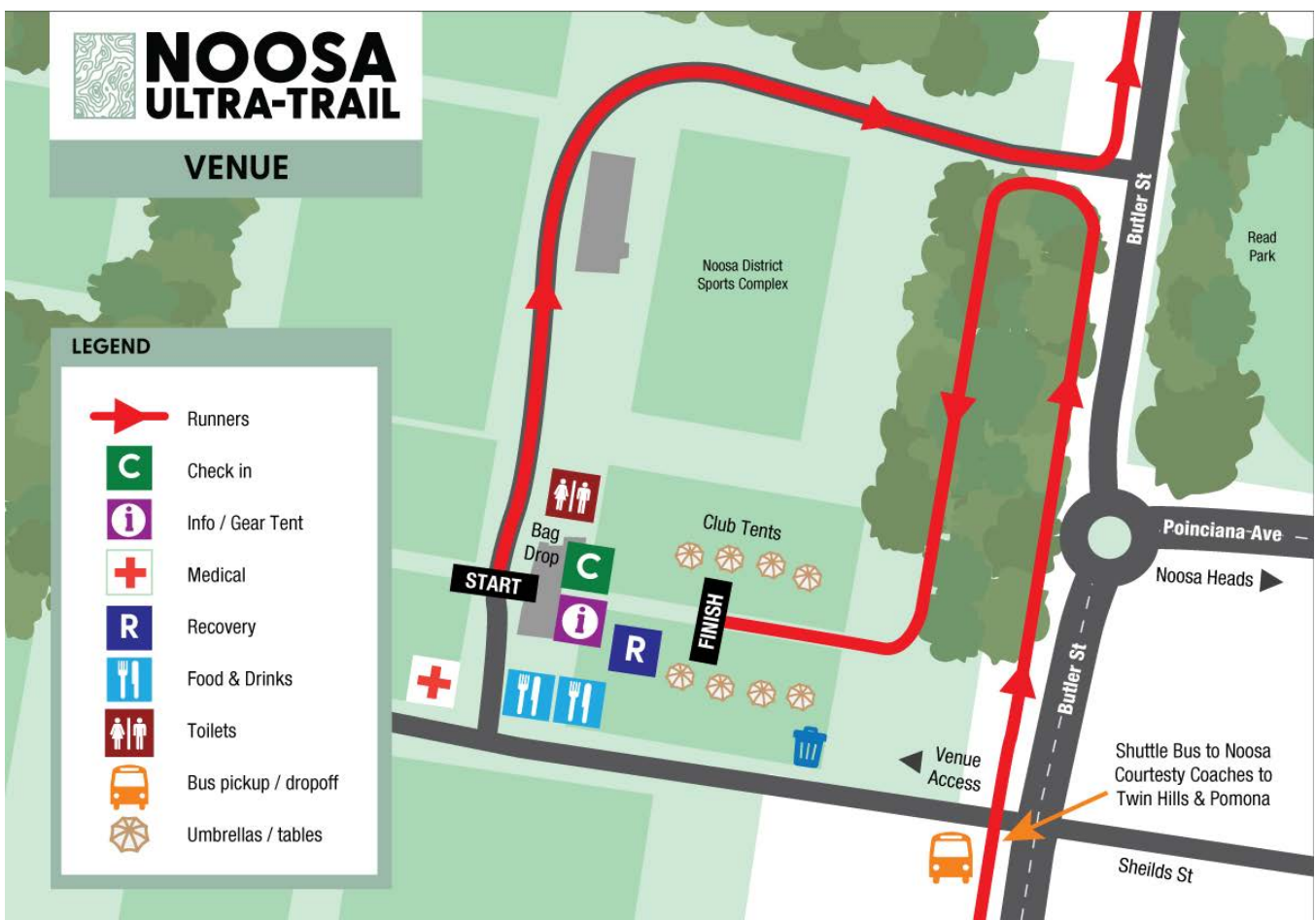
Will be open from 6.30am – 11.30am for runners in the Forest 15 and Pomona Sundowner 15 and for LATE starters in the Cross Country 25 with prior approval.

## GEAR TENT

There will be a Gear Tent - you can leave gear there in your own bag. We will have bag tags to fill out at drop-off. Bring a towel and change of clothes if you want to have a shower afterwards.

## FINISH AREA & VILLAGE GREEN

The main field will be a Village Green setting offering umbrellas and seating for spectators, family and friends as well as a place to relax and have a coffee, lunch or even dinner! CLIF will have a CLIF Recovery Zone at the finish area and Village Green.



# THE VENUE CONT'D

## **PRESENTATION & AGE GROUP PRIZE AREA**

There will be a small area for post event presentations and age group prize collection.

## **SHOWERS**

There are showers in the change rooms of the Noosa Touch Association club rooms so athletes are able to have a shower, put on some clean clothes and enjoy some of the village green atmosphere at the venue.

## **FIRST AID / MASSAGE**

There will be first aid officers at the finish.

Massage will be offered by Glo Personal Training & Massage at \$25 for 15 minutes. It is a great way to simply relax and chill out after a solid run! You can pre book if you know your approximate finish time by emailing [glaux@netspace.net.au](mailto:glaux@netspace.net.au)

## **VENUE – CATERING**

The venue will have a number of different catering options with an international theme showcasing French, Italian and Thai cuisine.

In the morning First Batch Coffee Roasters will be providing their great coffee. Each athlete in the morning events has a 'Happy Spouse, Happy House' voucher which is intended for their supporter whilst you are out on the trails. Athletes in the Pomona Sundowner receive a Beer/Wine voucher as this is commonly know in Noosa as the 'Beer Run'.

### **Vendors include:**

IM IM Street Food – serving a delicious range of authentic Thai style street food

Wood & Fire Pizza – certain to be a favourite to enjoy with a beer or wine

Real Fruit Ice Cream

Plaza Mexicana - Yummy mexican burritos & quesadillas & GF Bowls

Tropicool - Smoothies & Acai Bowls

We're very pleased to welcome the team from the Noosa Hinterland Brewing Co providing a range of their great brews as well as some boutique local wines.

## **SUSTAINABILITY**

**Sustainability is important in the Noosa region.**

**The venue will have a range of rubbish bins as part of our sustainability practices.**

**A portion of runners entry fee goes to Trees for Tourism and we are adopting Plastic Free Noosa policies and utilising biodegradable and recycled products where we can.**

**We have engaged Express Recycling to assist with all recycling and with their Containers for Change program.**

# THE EVENTS

## TRAILS

The 6 events that make up the Noosa Ultra-Trail utilise the the well-established Noosa Trail Network which has recently been rebranded to the Noosa Biosphere Trail. Whilst there are variations to some areas mainly due to deforestation work that has been undertaken over the past 2 years, the trails are well sign posted.

In the event of extended wet weather or elements outside of our control the organisers may be required to modify, shorten or change any of the courses including starting times. All runners will be advised of any changes during the CHECK IN process or via email if after check in.

## QUEENSLAND PARKS & WILDLIFE

The courses traverse three different National Parks. We ask that all runner respect the environment, be mindful of the flora and fauna and also only leave footprints behind.

There is a possibility of some wet areas and runners should take care when in these areas.

All rubbish should be held onto and place in appropriate bins at checkpoints.

## COURSE MARKINGS

There is 100km of trails that will be marked by normal pink tape and reflective tape (for night sections) along the last 25km of the trails from the east side of Yurol Forest Drive to the finish.

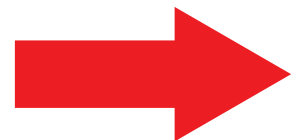


## COURSE SIGNAGE

All courses follow in the most part the Trail Network. The Noosa Ultra-Trail will adopt uniform trail marking with RED arrows, turn around signs and the RED X for wrong way.

There is one turnaround area where runners will be required to collect a 'lap band'.

**50km** – Turnaround is at 24km from the start (part of a 2km loop after CP2).



# THE EVENTS CONT'D

## TIMING MATS

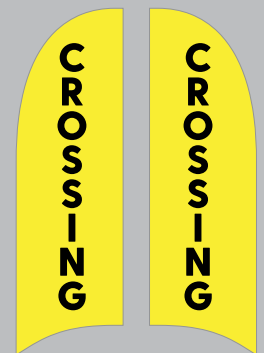
There are timing mats at all 6 checkpoints and 4 water stations.

Family and friends can follow your progress on the Multisport Australia timing platform. Information how to do this will be available at CHECK IN.

## ROAD CROSSINGS

Given the nature of the Noosa Trail Network and the location of the main venue at Tewantin there are road crossing for all runners.

Whilst there are signs warning motorists and road users of the event it is the responsibility of every runner to ensure the roads are clear BEFORE crossing. There will be accredited Traffic Control personnel at State Road crossings and Event Marshalls at busy local council road crossings. There are some unsupervised minor road crossings in residential areas where traffic is slow which will require 'self crossing'. We strongly recommend against the wearing of ear pods as they distract from runners ability to hear any traffic engines or noise.



## CHECKPOINTS & WATER STATIONS

There are 6 checkpoints and 4 water stations.

March is generally warm, humid and sometime wet so proper hydration is imperative.

There will be stationary and roaming medical officers either at Checkpoints or along the courses to ensure they can get to any runners requiring assistance in a timely manner.

All checkpoints will have toilets except CP1 and CPM. There are toilets for runners in the 80km and 100km at the James McKane Lookout Water Station.

See ATHLETE INFORMATION section for more details on Checkpoints

## CUT OFF TIMES FOR 2025

The event has a 18 hour window from 6.00am – Midnight. For 2026 Athlete Safety is our No.1 priority.

For runners in the 80km and 100km there are 2 CUT OFF times that need to be observed.

CP4 – Pomona. No runners will be permitted to leave CP4 after 5.00pm due to safety and the crossing of a State Road.

CP5 – Hamilton Road. Any runner leaving CP5 after 9.00pm will have their bib removed and officially withdrawn from the event. Checkpoint and Medical personnel will assess on a case by case basis whether the participant can continue to the finish under their own steam. We intend to bring all runners home as long as they make these two CUT OFFS.

Runners who drop out at Checkpoints will need to phone their family or friends to make arrangements to be picked up. There will be several Hinterland Support vehicles for emergency situations.

Runners in the Out'N'Back 50 who arrive at CP2 after 11.15am will be directed back down Black Pinch Road and will not do the 2km loop. This is due to the re-opening for normal vehicle traffic on Louis Bazzo Drive at 12pm.

## KML / GPX FILES

Runners can download the course maps from the website to their phone. This can be done using Ride with GPS or with a paid Strava Service.

# ATHLETE INFORMATION

## IDENTIFICATION

All runners will receive a bag with the following items:

Numbered Bib and Coloured Wristband

**Forest 15** – Green Bib and Wristband

**Cross Country 25** – Early Start – Yellow Bib and Wristband

**Cross Country 25** – Late Start – Yellow Bib and Pink Wristband

**Pomona Sundowner 30** – Orange Bib and Wristband

**Out’N’Back 50** – Royal Blue Bib and Wristband

**Hinterland Traverse 80** – Grey Bib and Wristband

**Ultra-Trail 100** – Black Bib and Wristband

Runners in the Cross Country 25 and Pomona Sundowner 30 will need to show their wristbands to get on the courtesy coaches to their respective start locations.

## MANDATORY / COMPULSORY GEAR

The weather is always a factor in any outdoor endurance event. Make sure you have the mandatory gear including your mobile phone and a compression bandage.

Recommended items include nutrition, fluid, compass, sunscreen and a hat, visor or headskinz.

Due to the fact runners do not run “through” the night (even though they do run “into” the night) and the likelihood of cold weather is minimal there will be no requirement for thermals.

In the event of predicted wet weather athletes should carry a wet weather jacket.

All athletes leaving CP4 at Pomona after 3.00pm who wish to continue to the finish must have a High Vis vest and Headtorch.

We have 6 ‘Trail Markers’ and a ‘Tail End Charlie’ who have approval to disqualify any runner who is running in the dark (after 6pm) WITHOUT a high vis vest and a head torch. Athlete Safety is paramount and this will be strongly enforced with no exceptions.

All athletes must carry a minimum of 600ml of fluid.

We expect all athletes to know what they need to carry in order to complete their particular event in a safe manner.

In an effort to minimize waste we ask that runners use their own ‘keep cup’, Water bottle or try to use ONLY ONE CUP PER PERSON for Water, Electrolyte or Coke.

## CHECKPOINTS - HYDRATION & NUTRITION

All checkpoints have Water and the electrolyte Tailwind as well as Coke.

All checkpoints except Checkpoint 1 have food and nutrition including some fruit, lollies, chips and at CP3 and CP4 there will be some CLIF products for the 80km and 100km runners. There will be potatoes and noodles at CP5 for 80k + 100k runners. Like the majority of ultra trail run events we recommend athletes be as ‘self supported’ as possible.

## WATER STATIONS

Water Stations will have volunteers with 20 litre or 600ml bottled water. ONE BOTTLE PER PERSON – sufficient to supplement your hydration requirements until the next Checkpoint. These are only there to provide water in case of extreme or very hot weather. These may be unsupervised hence Athletes will be required to help themselves. ALL RUNNERS ARE REQUIRED TO CARRY THEIR OWN WATER / ELECTROLYTE.

All items are designed to be recyclable or biodegradable.

# ATHLETE INFORMATION CONT'D

## **DROP BAGS**

You can leave these when you Check In or bring them directly to the main venue at Noosa District Sports Complex on Friday afternoon up to 7pm. These will be packed Friday night into vans ready for transport early Saturday morning. We will not accept any DROP BAGS after 7pm Friday.

Drop bags will be located at either / both Checkpoint 2 at Twin Hills View Lookout and Checkpoint 4 at Pomona.

They need to be clearly labelled with your number and Checkpoint (2 or 4).

You can collect DROP BAGS for CP2 from 3pm Saturday afternoon at the venue and DROP BAGS from CP4 on Sunday between 9am – 12pm from the Venue at Noosa District Sports Complex.



## **INJURY / ILLNESS / WITHDRAWAL FROM EVENT**

Any athlete who has to withdraw from an event due to injury, illness or other causes for whatever reason is required to report to the nearest Checkpoint or Main Venue to advise officials.

For athletes not making CUT OFF times your withdrawal will also need to be communicated to officials.

It is imperative that officials at Checkpoints or any of the 'Trail Markers' be notified if any athlete has to withdraw in between Checkpoints.

## **EXTREME WEATHER**

In the event of extreme weather such as fire, lightning, storms all participants will receive a Text Message / SMS advising them of the actions to be taken. This will be done in consultation with Queensland Police Service, State Emergency Service, Queensland Parks & Wildlife Service, Department of Transport & Main Roads and Noosa Council.

## **IN CASE OF EMERGENCIES**

In case of emergency runners should call the Operations Manager on 0488 344 718.

Athlete should download the Emergency Plus app.

For life threatening emergencies people should call 000.

# SNAPSHOT OF EVENT DETAILS

Race	Start Time	Start Location	Bib Colour	Course Cut Off Times	Additional Information
<b>Ultra-Trail 100</b>	6.00am	Tewantin	Black	5.00pm - Check Point 4 Pomona (66km) 9.00pm – Check Point 5 Hamilton Road (87km)	Midnight Finish Cut Off
<b>Hinterland Traverse 80</b>	6.00am	Tewantin	Grey	5.00pm - Check Point 4 Pomona (53km) 9.00pm – Check Point 5 Hamilton Road (67km)	Midnight Finish Cut Off
<b>Out’N’Back 50</b>	7.00am	Tewantin	Royal Blue	11:15am Check Point 2	
<b>Pomona Sundowner 30</b>	1.30pm – Start Courtesy Coaches to start from 12pm – 12.30pm Option to Check In on Saturday at Venue from 6.30am – 11.30am	Pomona	Orange		Option to Check In on Saturday at the Venue from 6.30am – 11.30am.  Courtesy Coaches to Start run from 12pm departing from the Venue.
<b>Cross Country 25</b>	7.45am – EARLY START Courtesy Coach from 6.15am – 6.50am 8.45am – LATE START Courtesy Coach from 7.30am – 7.45am Late Check IN available for LATE START on Saturday from 6.30am – 7am	Twin Hill View Lookout	Yellow		Courtesy Coaches to Start run from 6.15am – 7.45am departing from the Venue.
<b>Forest 15</b>	7.30 am	Tewantin	Green		Option to Check In on Saturday at the Venue from 6.30am.

# POST RACE

## FRESHEN UP

Unlike many trail run events where you are in the forests, after this event we are encouraging runners to take a shower and relax and enjoy the Village Green at the venue, and the CLIF Recovery Zone.

With a range of food trucks and a bar opening from 11am it will be a great location to relax, wait for other friends to finish or simply chill out!

## RESULTS

We're pleased to announce that Multisport Australia are our timing partner, once again and arguably the best in the country. We encourage people to see how they went via the Results Page on the website.

Download the Sportsplits tracker app for this race: <https://rtrt.me/ulink/SSPLA/SSPL-NOOSAULTRA-TRAIL>.

Or for those using PC's or a laptop access the results via Multisport Australia's website:

<https://www.multisportaustralia.com.au/races/noosa-ultra-trail-2026>

## TROPHIES & MEDALS

To symbolise the fact the event is part of the UTMB® family, we will be awarding Crystal Globe trophies to 1st, 2nd and 3rd Male and Females for all events.

All finishers will receive a medal which has been crafted with the silhouette of Mt. Tinbeerwah as its design feature. Significantly to recognise the efforts of age group athletes we will be awarding prizes to age groups finishers.

These will be engraved Wheel & Barrow wine glasses of different sizes which pay tribute to Noosa's reputation as one of Australia's leading culinary destinations and also respects the alliance with the French based UTMB® (Ultra-Trail du Mont-Blanc) and their population's love of wine. For those not partial to wine we will have a limited number of beer glasses if people wish to 'swap out' for a beer glass instead.

If you do not collect your trophy or wine glass on Saturday you can collect it from the Venue at Noosa District Sports Complex from 9am – 12pm on Sunday morning.



**Because the trophies are crystal and glass we will not be mailing wine glasses or Crystal Trophies for those who achieve 'podium' status.**

## LIFESTYLE ACTIVITIES

Whilst this is not a traditional festival within one area, we are encouraging all participants to get involved in these activities.

Noosa is a location which offers so many natural attractions - so get out and enjoy some of these active lifestyle pursuits.

Have a look at the website to view all activities.

Further Information on times and locations will be available at CHECK IN.



# HINTERLAND TOWNS, RESIDENTS & COMMUNITY

Whilst mountain bike riders, horses and hikers have traversed the Noosa Trail Network for years, many of the residents who live along the trail network will never have experienced the numbers of runners (or walkers) that will impact their daily lives on this event day.

Hence we ask that you show respect, be courteous and respectful of their region and in some cases their land on which we traverse.



# GENERAL INFORMATION

## **SAFETY & ENJOYMENT**

The philosophy of the Noosa Ultra-Trail is to provide an immersive event experience for all athletes from the time you arrive in Noosa to when you depart. We endeavour to balance athlete safety particularly along dirt roads and at major road crossings with the desire to allow runners the freedom of expression that trail running offers along the trails in a pure and unencumbered manner.

Hence we will have sufficient directional signage, road marshalling, medical support and event safety measures but ultimately we expect people to take responsibility for their own actions and decisions.

## **NEW EVENT LEARNINGS**

We are extremely fortunate and some may say privileged to be able to run, walk or hike through 3 National Parks, in the Noosa and Gympie Shires.

With any event we ask that you show some tolerance and patience to some operational elements of this relatively new event and use old fashion common sense to find your way around Noosa and navigate your way along the trails.

**Please be respectful of your fellow athletes, officials, road marshals, volunteers and importantly the beautiful hinterland countryside that all of us in Noosa call home. We will have a short post event survey and we welcome constructive feedback from all of you so that we may improve the event every year.**

# SPONSORS



SUNSHINE BEACH

# NOOSA IS CALLING

Queensland's most incredible holiday destinations are ready to welcome you. There are so many places to explore on the Sunshine Coast, so say hello to new adventures.

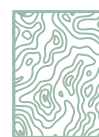


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Queensland  
AUSTRALIA

**2026**

# **Noosa Ultra-Trail**



**NOOSA**  
ULTRA-TRAIL