

TTS Social Running Group Summer Schedule 23/24

Date	Meeting Point	Run Name	Description	Longer/Shorter	Length	Coffee/breakfast at
02-Dec-23	Mawson Shops (Southlands)	Mawson - Torrens-Farrer - Isaacs Loop	<p>The route includes Athllon drive bike path then along Beasley St , Basedow, Gouger in Torrens before joining the fire trail and head east . After crossing Athllon Drive stady adjacent to Farrer houses on fire trial and then under Erindale Drive into Isaacs. Find the fire trail up the hill. Follow the fire trial through the pine forest until into O'Malley Run the edge of the suburb(circumnavigate) or head for Yamba Dr and across using the pedestrian bridge. Alternatively make your way down to Hindmarsh and return via Hindmarsh Drive and Athllon Drive</p>	Shorter - out and back route. Longer - Return from Isaacs via Hindmarsh Drive and Athllon Drive	14km	Lil Milk bar (formerly Just a Bite) Mawson shops
09-Dec-23	Denman Prospect (DP)shops	Namarag Park	<p>This run starts on fire trails from the DP shops.It is about 3kms to Butters Bridge, an amazing pedestrian bridge over the Molonglo. Once over the bridge explore the new, unusual and interesting Namarag Park . It is a park with an indigenous focus and has only recently opened. After a good look around, continue north on Namrag Trail to the Molonglo River Reserve, past the suspended pipeline and to the giant grey chminey which is about 6km. You can travel further on to Kama Nature Park (there is a gate and a sign) or continue onto the acess road towards Belconnen turning at your leisure. Retrace your steps to the start of the Molonglo River Reserver (after the pipeline) and turn right to take the path closest to the river. This trail wll loop around to the bridge and return path to DP shops.</p>	Turn at any point. Suggest turn at Kama Nature park about 6.5km. Its 3km to start of Namarag Park.	6 - 13km	Morning Dew, Denman Prospect shops
16-Dec-23	Anzac West carpark Constitution Ave. Note you must be travelling west to access the car park	Anzac East - Mt Ainslie loop	<p>From the car park which is adjacent to the ANZAC West office complex on Constitution Ave we head east along the footpath to ANZAC parade. We then proceed right down the middle of ANZAC parade to the war memorial. We skirt the edge of the memorial and then head up the hill to the fire trial. Turn left (west) and follow the trial around the Mountain. Keep the mountain on your right! After completing a loop of the mountain to our stating point proceed down Anzac parade and home.</p>	Longer - add a loop from the carpark to Regatta Point and back - 1.5km Shorter - the loop around the mountain is just under 9km so the only shorter option is an out and back.	13.5km	Pedlar café, Constitution Ave, Campbell, about 500m from start

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23-Dec-23	Casuarina Sands BBQ area	Casuarina Sands towards Kambah Pool and return	<p>This run is dependent on the state of the trail. Alternate route is below. From the BBQ area follow the river and turn around at 6km or thereabouts. The trail is a bit of everything, fire trail, rocky, sandy, but it's a beautiful run. The run is signposted with the small grey posts.</p>	Shorter - out and back route.	12km or thereabouts	Meating Room at Coleman Court (15 min drive from CS)
23-Dec-23	Tuggeranong Bunnings carark	Banks, Gordon, Point Hutt, Pine Island	<p>Alternate route for CS run The highlight of this run is the river trail between Pine Island and Point Hut Crossing Road and the fire trail behind Gordon. Start at South.Point carpark on Reed St North and Athllon Drive and head to Pine Island. From Pine Island East car park we will take the trail to Point Hutt. On reaching Point Hutt head up the road and turn right into Jim Pyke Ave before taking the fire trail on your right (behind the first lot of houses) that runs around the back of Gordon. There is a bit of a hill to start with! Turn round at 8km.</p>	It's about 8.5 km to Knoke Ave Gordon. The return portion via the road (Tharwa Dr/Drakeford Dr) is a little shorter	16km	Two before Ten or Café Beetroot
25-Dec-23	Lennox Gardens, 6:30am	Xmas Run	<p>For those without early morning responsibilities, join us for an hour run and some nibbles and bubbles after</p>			BYO food and drink and chair
30-Dec-23	Acton Park, Barrine Drive, Acton near Parkes Way overpass	Aboretum and Zoo	<p>From Acton Park to the top of Dairy Farmers Hill is a must for the magnificent views over the lake. Past Black Mountain Peninsula then through Glenloch interchange, the corkwoods before joining the main road to DFH. There are now walking trails to weave in and amongst the trees. Several return routes are available including via western and southern side of the Zoo before rejoining the bike path at Scrivener Dam. Main road and bike path is the shortest return route. Construction in the car park s likely to continue for months, so we will meet as close to the pedestrian overpass as possible.</p>	Its about 5.8km to the top of DFH from the BMP. Turn around at any time for a shorter option.	16.5, 18.5km via zoo perimeter	Anywhere that's open. Maybe Regatta Point if not New Acton

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06-Jan-24	Meating Place, Cooleman Court, Southern carpark opposite McDonalds	Cooleman Ridge and McQuoids Hill	<p>We run adjacent to Streeton Drive past Chapman Primary under Streeton Drive and then Perry Drive . Up the stairs and single track to the fire ytrail. Turn left and at about 250m turn right up the hill . At the '7' marker turn left and follow the trail over the ridge to the gate with the yellow chain. to Turn right and then left at 500m through the gate towards the "horse paddocks" which are visible at the bootom on the hill. Continue south and then onto McQuoids Hill from the western side. Return is trail behind Allchin Cres houses and then the fire trail to Namatjira Drive and follow it to return the Coleman Court</p>	16, lots of paths for additional km or continue to Namatajira Drive or an 11km loop	13. km long - 17 kms approx	whatever is open, there are a number of cafes in the main shopping centre
13-Jan-24	Forde Shops, Forde	Yerabi Ponds - Mulligans Flat	<p>Starting at the shops we follow the Main Mulligan Trail, The Pipeline track , Link Track which rejoins the main trail to complete the loop. Note that there are maps on each of the gates to check progress. At the end of the Pipeline Track go through the gate to the fence line(NSW Border) turn left and keep th fence on your right till the LINK track , about 3 km or so.</p>	Lap of the Yerrabi Ponds is about 4km which can be added.	14km.	Frankies at Forde shops if open
20-Jan-24	Melba Shops	Melba Meander	<p>Starting from the beautiful and leafy Melba shops, we travel downhill for about 1km through suburban Melba until we reach the bike path that hugs Ginninderra Creek. With green space on our left and the shady creek gurgling on our right, we follow this quiet and sheltered route for about 2km until the path meets Lake Ginninderra.</p> <p>At this point runners can choose if they'd like to do a clockwise or anti-clockwise lap of the Lake, before returning to the Creek path and returning along the banks of the Creek, back to breakfast.</p>	out and back course	14	Mame, Melba café

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27-Jan-24	EQ Café, Deakin	Red Hill Loop	<p>Starting at EQ cafe run south on Kent st and then find the Red hill trail on our left. We stay on the fire trail across Red Hill Rd and parrallel to Mugga way towards Hindmarsh Drive(couple of K). With Hindmarsh drive in sight turn right and take a steep descent to the back of Garran. Continue along the fire track, behind the houses until we run out of houses. There is a fenced compoud when we turn left and down the hill. At about 100 metres go through the Golf Club gates. Stick to the track closest to the houses (dont get hit by golf balls) and about a km will arrive at the Scout Hall. Turn right onto n Kitchener St, and back eventually onto Kent St to return to the cafe.</p>	<p>Uphill challenge (to the top of Red Hill) is available from the Eastern car park of Mugga Way.</p>	12.5km	EQ Café
03-Feb-24	UC carpark, College St (park and Ride)	Rachel's Romp Aranda-Bruce-Oconnor-Black Mtn-Aranda	<p>From the carpark, follow College St to Haydon Drive. Cross Haydon drive and turn left. At Ginninderra drive, turn right and follow bike path around the back of the AIS and under Gungahlin Drive Follow the bike path until you reach the roundabout at the intersection with Dryandra St. From the roundabout, follow the Centenary Trail signs to the power station at the base of Black Mountain. Here, take a sharp right and follow the fire trail under the power lines. Turn left when you get to (I've forgotten the name of the fire trail, but the same one we usually turn left at) and follow this to its end. We would normally turn left here and not go through the gate. Instead, we turn right to reach the crossing over Caswell Drive. Turn right at the fire trail and follow it along the back of Aranda. At the end, turn left and go around (or over) Aranda oval. At the bike path, turn right and follow it to cross the Belconnen Way overpass. Turn right and follow the bike path to Haydon Drive and then on to College St, where you turn left to get back to the carpark.</p>	<p>turn around at any point for a shorter run</p>	14.5	UC café and bakery about 200m from start location

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10-Feb-24	Tuggeranong Bunnings car park (northern part).	Pine Island and Murrumbidgee river towards Kambah pool and return	Starting at the Bunnings carpark we will make our way to Pine Island. Head to the most westerly car park and at the gate the river trail is on the left. The trail follows the river with 7kms from Pine Island to Kambah Pool. Suggested turnaround at 5km along the river trail, making around 15.5km. If you get to Red Rocks lookout it is quite spectacular view. The trail is well marked, there are quite a few gates to climb over/through and is rocky and undulating. Trail maybe in poor state, depending on recent weather and river levels	Turn around at any point for a shorter run. Short cut from the bridge to turn left to Athloon Drive, which will shorten the run by several km	approx 15.5km	Two Before Ten or Café Beetroot. Whatever opens
17-Feb-24	Entrance to Weston Park, corner of Brown and Banks St, near the dog park	West Basin lap	Lap of West Basin on the bike path	Longer - add in the Weston Park loop and/or BMP	Short: 15.6km Long: 19km	EQ Café, Deakin
24-Feb-24	Bus Depot Markets car park	Wetlands and Central basin	A lap of Central basin and East basin clockwise, via Bowen Park, Commonwealth Ave Bridge, regatta point, under Kings Ave, Hospice, Dairy Flat bridge returning to the Kingston foreshore	Add a loop of Lennox Garden, 1.3km. Shorter - just a Central basin returning to Kingston via Kings Ave bridge.	13km	pretentious Kingston Foreshore café, tbc
<p>RULES, Well sort of</p> <p align="center">All runs commence at 7am (3 minute rule applies) rain (if heavy 0 minute rule overrides 3 minute), hail or shine. Be mindful of valuables left in vehicles Due to the size of the group dogs on a lead please Its generally warm so all runners must take their own water, few routes, if any have taps or bubblers Leave your music/podcast at home and have a chat with your fellow runners Run at your own comfortable pace Events in Red Stay for coffee/breakfast afterwards if you can on Saturdays</p> <p>Tuesday/Thursday</p> <p align="center">Meet 6:30 (0 minute rule applies) at Lennox Garden, behind the Hyatt hotel. Its very busy at Lennox on Tuesdays. 50- 55min Most Tuesdays - hill effort runs at Parliament House or Regatta Point or Treasury Gardens</p> <p>Canberra Runners events</p> <p align="center">First Sunday every month is the jogalong for Women and Girls at Weston Park Saturday and Tuesday regular club events see www.canberrarunner.org.au</p>						