

## TTS Social Running Group Schedule Dec 24 - Dec 25

Date	Meeting Point	Run Name	Description	Longer/Shorter	Length	Coffee/breakfast at
07-Dec-24	Forde Shops, Forde	Yerabi Ponds - Mulligans Flat	Starting at the shops we follow the Main Mulligan Trail, then the Pipeline track to the private farm fence. Once at the fence turn left and follow it for a few km and find the Link Track. Turn left on to At the end of the Pipeline Track go through the gate to the fence line(NSW Border) turn left and keep teh fence on your right till the LINK track , about 3 km or so. The Link track rejoins the main trail. Turn right and make your way back to the shops	Lap of the Yerrabi Ponds is about 4km which can be added.	14km.	Frankies at Forde shops
14-Dec-24	Carpark near Water Police, off Beissel St	Lake Ginninderra loop	Two laps of Lake Ginninderra on the bike paths. Don't go under any bridges. One in each direction	Shorter - rather than a second lap turn do an out and back from John Knight Park. Longer - Add an out and back to Barry Drive (3km)	14km	Stellas by the lake
17-Dec-24	The Jetty café and bar		TTS Xmas function 5:30pm onwards. Order own food and drinks via the several providers at the Jetty. Please register for the event here			

## TTS Social Running Group Schedule Dec 24 - Dec 25

21-Dec-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.</p> <p>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>	turn around at any point for a shorter run	14.5	UC café and bakery about 200m from start location
25-Dec-24	Lennox Gardens, Yarralumla	Xmas Day canter	<p>Christmas Day run. It is a Wednesday, so as tradition dictates it's a 6:30 start for 40 mins. Bring a small plate to share. Wear your Xmas decorations</p>		40 mins or so	
28-Dec-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	TBA café, as EQ is likely closed. Maybe a coffee van at the dog park or Yarralumla
04-Jan-25	Mawson Shops (Southlands) main carpark	Mawson - Torrens-Farrer - Isaacs Loop	<p>The route includes Athllon drive bike path then along Beasley St , Basedow, Gouger St in Torrens before joining the fire trail. After crossing Athllon Drive stay adjacent to Farrer houses on fire trail and then under Erindale Drive into Isaacs. Follow the fire trail through the pine forest until into O'Malley. Circumnavigate O'Malley or not. Make your way to the pedestrian bridge and return</p>	Shorter - out and back route. Longer - Return from Isaacs via Hindmarsh Drive and Athllon Drive	14km	Lil Milk Bar , if open. Should be at least one café open in the shopping centre

## TTS Social Running Group Schedule Dec 24 - Dec 25

11-Jan-25	Stepping Stone Straithnairn café. McClymont Drive	Shepherds Lookout run	Starting from McClymount Way at Ginninderry, and weave your way through forests, native grassland areas and different landscapes (I didn't write this, it comes fro an ACT GOVERNMENT website). Stop to take in the view of the Brindabellas at the newly installed lookout en route. You can do two laps or continue into Giniderry for an out and back urban run.		8km for the lookout and return	Café Stepping Sone
18-Jan-25	Anzac West carpark Constitution Ave. Note you must be travelling west to access the car park	Anzac West - Mt Ainslie loop	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 (subject to construction) and then head up Mt Ainslie 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 proceed down Anzac Parade and home.	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	Catbird café, Constitution Ave, Campbell right next to the car park
25-Jan-25	Cook shops	Arboretum from Cook	Starting point from Cook, which involves running through Cook and Aranda and then to Glenloch Interchange. Take the tunnel under William Hovell Drive to the Arboretum. The Arboretum provides some wonderful running terrain and views. Top of Dairy Farmers Hill is a must for the magnificent views over the lake. Alternatively do a loop of the Arboretum boundary (8km). Return by the same path	14km, as an out and back run	Longer run available by running the arboretum boundary	Little Oink, Cook
01-Feb-25	EQ café Kent St Deakin	Red Hill/ Garran loop	This route is a variant of our previous Red Hill loop. From EQ café head south on Kent St and find the Red hill fire trail. The trail will take us over Red Hill Rd and parallel to Mugga way an a long ascent towards Hindmarsh Drive. Continue on the fire tril now parellel with Hindmarsh drive aail immediately nd ascend into Garran. Continue on the fire trail until we reach a compound (diplomatic residence) with a significant fence, From here we turn left and enter the golf course skirting the course on the left hand side. emerging on to Kitchener St. Turn right and fllow Kitchener St to Kent St and return to EQ cafe.	Shorter as an out and back.	13.8 km approx	EQ Café, Deakin

## TTS Social Running Group Schedule Dec 24 - Dec 25

08-Feb-25	Meating Place, Cooleman Court, Southern carpark opposite McDonalds	Chapman Ridge, Mcquoids hill loop and return	<p>From Cooleman Court head through Stirling adjacent to and then under Streeton Drive. The path will also go under Perry Drive. Continue on the path past Chapman Primary and then up the steps and single track to Cooleman Ridge. Turn left for about 300m then take the track signposted with "9" to the right. At post "7" make a left and follow the trail over the saddle to a locked gate with a yellow chain. The gate is publicly accesible and turn right for another 400m till another gate which will take us to the horse paddocks carpark. At the end of road is a trail to the left of the farm gate and another 800m will take you to a more acceible part of the fence. (marked with pink fabric). The trail to Mcquoids will be on your left and is very steep. Enjoy the view from the top and then take the descent on the eastern side of the hill towards Kambah Pool Road. Turn left on the trial adjacent to the road then left again to find the trail behind the houses. Continue on this trail for about 2km and then turn left to join the Namatjira gates trail. Follow Namatjira Drive back to the shops .</p>	<p>Shorter - turn back earlier. Longer - come back along the length of Cooleman ridge to Kathner St and Hindmarsh Drive will add 5 km.</p>	13. km long - 18 kms approx	Meating Place, Cooleman Court
15-Feb-25	Melba Shops	Melba Meander	<p>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. 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 shops

## TTS Social Running Group Schedule Dec 24 - Dec 25

22-Feb-25	Stromlo Forest Park car park	Stromlo to Molonglo/Zoo and return	<p>Starting at the Stromlo car park, go past the bush fire memorial. Head through a series of parks and along Ulysses Ctt through Wright to the Cotter Road. Take the underpass and then veering right on the bike path follow and Coombs to the river. The path roughly follows Terry Connolly Drive and Harold White Av. At the end of HW ave find the fire trail to the river. Crossing the river and enjoy the fire trail along the Molonglo, turning back at Scrivener Dam (zoo) or somewhere earlier.</p>	Plenty of options	14	Onsite cafe, Handlebar
01-Mar-25	Tuggeranong Bunnings carark	Banks, Gordon, Point Hutt, Pine Island	<p>The highlight of this run is the river trail between Pine Island and Point Hutt Road and the fire trail behind Gordon. Start at Bunnings carpark and head to Pine Island via the bike path and tunnel under Athllon Drive. Turn left over the cattle grate into Pine Island East car park. From here its about 2.2km 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>	<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</p>	16km	Two before Ten, Tuggeranong or Café Beetroot

## TTS Social Running Group Schedule Dec 24 - Dec 25

08-Mar-25	Denman Prospect (DP)shops	Namarag Park	<p>Its is on fire trails from the DP shops. There is a construction in the area and our route is on public accessible paths on the edge of the site. 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 indigenious focus and has been open for a few years. 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>	<p>Not a lot of shade on this course. Turn at any point. Suggest turn at Kama Nature park about 6.5km. Its 3km to start of Namarag Park.</p>	6 - 13km	Two before Ten, Denman Prospect shops
15-Mar-25	Forde Shops	Forde shops to Mulligans Flat Nature Park	<p>Note the starting location at Forde Shops. Wewill follow the bike path and then trurn right onto the fire trail to the main gate. We will follow the main for a loop in the reserve along the Main Mulligan Trail, Old Coach track (turn right at the main gate)and the Pipeline track and finally the Link Track which rejoins the main trail. When on the Pipeline track go through the Bettong Gate and at the fence line turn left. Follow this fence line for 3-4 kms until the Link track.</p>	<p>Lap of the Yerrabi Ponds, about 500m from the start is about 4km. For a 9km run turn around at the start of the Pipeline track.</p>	14km.	<a href="mailto:Frankies@Forde">Frankies@Forde</a>
22-Mar-25	Bungendore Showground	Bungendore Showground to Lake George via Lake Road	<p>We have long had an active Bugendore Faction. This run is a "nod" to their long time support of TTS. Starting at the Showground we will run to the edge of Lake George along Lake Road and return.</p>	<p>Lake Road is about 7.5km long. Continue past the showground for more!</p>	0 -15km	TBA Bungendore café

### TTS Social Running Group Schedule Dec 24 - Dec 25

29-Mar-25	Hall shops	One Tree Hill	Out and back course from Hall shops , corner of Gladestone St and Victoria Street. The summit of One Tree Hill is an optional extra but offers amazing views over Canberra. The path is rocky in places and is very undulating with the first four kilometers largely uphill. Turn around at any point, suggestion is at 6 km.	out and back course	12	Daughters @ Hall café, Victoria St
05-Apr-25	Acton Park, Barrine Drive, Acton near Parkes Way overpass	Aboretum and Zoo	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.	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	New Acton café over the pedestrian bridge
05-Apr-25	Tuross Heads	South Coast walk	TTS Class Excursion. South Coast walking trail. 20-22km of ytrail. Either walk or run. Function on the Friday night and Saturday night		21km or shorter if deired	Moruya Heads picnic afterwards

## TTS Social Running Group Schedule Dec 24 - Dec 25

12-Apr-25	University of Canberra, Bruce Park and ride carpark, College St	Rachel's Romp 2.0 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 to join our usual bike path. [From here it is the same route as normal] Follow this down the hill (turn left) until you reach the roundabout at the intersection with Dryandra St.</p> <p>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. Stay under the power lines and the track for 3-4 kms to its end (at a gate).</p> <p>At the gate, we turn right (almost a U turn) 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</p>	<p>turn around at any point for a shorter run. Longer - at the gate at Caswell drive turn left and take longer route under Caswell and Bindubi Street</p>	14.5	Coffee Grounds & Oscar's Bakery, about 200m from start location
12-13 Apr 25	Canberra Marathon festival					
19-Apr-25	Anzac West/CIT carpark Constitution Ave	Anzac West - Mt Ainslie loop	<p>From the car park which is adjacent to the ANZAC West , we head 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 trail around the mountain. Keep the mountain on your right! After completing a loop of the mountain and we return to our stating point proceed down Anzac parade and home.</p>	<p>Longer - add loop from the carpark to Regatta Point - 1.5km Shorter - the loop around the mountain is just under 9km so the only shorter option is an out and back.</p>	13.5km	Catbird café, Constitution Ave, Campbell right next to the car park
26-Apr-25	Black Mountain Peninsula	Canberra Runners 10 Miler. Note 7:30AM start	<p style="color: red;">A club event. Follow the bike path around West Basin ignoring the peninsuls in a clock wise direction. Free to club members. Perfect tune up for Club half marathon in late May</p>	<p style="color: red;">event for 16km.</p>	16km	Sosta Café, new cafe at BMP



### TTS Social Running Group Schedule Dec 24 - Dec 25

03-May-25	EQ café Kent St Deakin	Curtin Deakin loop	<p>The route will start and finish at the EQ cafe on Kent St in Deakin. Over the blue bridge on Kent St and then through the green space to Dunrossil Drive. Take DD until the bike path and then turn left. Follow the path up and over the hill, and turn left again after the tunnel, towards Curtin. After the Cotter underpass follow the houses and enjoy a lengthy uphill. Take a left turn to avoid going into Lyons and follow the green space back to Melrose Drive. Return via Carrthurs St bridge or continue to the Cotter Road and retrace your steps.</p>	<p>For a longer run tack on some extra kms along the path adjacent to Lady Denman Drive</p>	13km approx	EQ Café
10-May-25	Hawker Shops car park, southern side	Run to Mt Painter	<p>Starting at Hawker shops head along Belconnen Way footpath till the intersection with William Hovell Drive. Follow the line of houses and then the Equestrian Trail. At around 5.5km go through a gate to the east and head across t Coulter Drive to Mt Painter, Its a steep ascent to the top but the view is amazing. Return is much shorter via Springvale Drive</p>	<p>It's a hilly run. for a shorter run return via Coulter Drive and Springvale Dr</p>	13km	Rocksalt at Hawker
17-May-25	Tuggeranong Bunnings capark	Murrumbidgee Discovery trail towards Kambah Pool	<p>From Tuggeranong Bunnings carpark head to Pine Island's western most carpark. Just before the locked gate there is the Discovery path (its signposted) to the left. This path will meander along the river. Further on, and before crossing Tuggeranong Creek, the track passes an historic dry stone wall, built in the 1860s to mark the boundary between two early rural properties. Cross the creek at one of two points ; a rocky crossing and a bridge about 200m upstream. The Discovery Track passes through native forest and farmland and takes you above Red Rocks Gorge, one of the most spectacular gorges along the whole Murrumbidgee River. A lookout provides views down the gorge. Its about 7km from Pine Island to Kambah pool but there is a short cut coming back which is left turn after crossing the Tuggeranong Creek. The short cut will take you to Athllon Drive and a shorter run back to the car park</p>	<p>Its about 10km from the car park to Kambah Pool , with the return leg at about 7.5</p>	16km	Two before Ten or Café Beetroot

### TTS Social Running Group Schedule Dec 24 - Dec 25

24-May-25	Entrance to Weston Park, Dog park car park, Yarralumla	Arboretum and return	<p>Couple of possible routes available -- Up to the top of Dairy Farmers Hill or the loop of the Arboretum boundary along the fire trail. The loop of the arboretum is around 8.3km from the Arboretum entry. Its about 5.5km from Weston Park . The DFH option is shorter but has more of a climb. We will join the boundary run from the end of Himalayan Circuit where we turn left onto the signposted Boundary Rd. Follow the fence line (on you left). Return is via the bike path from the traffic lights.</p>	Shorter to the top of DFH. Out and back is always an option.	Longer - 18km with the boundary fence run otherwise 16km	EQ Café Kent St Deakin
25-May-25	Lennox Gardens, Yarralumla	Canberra Runners Half Marathon	Race day		10km, 21.1km, kids race, 5km`	
31-May-25	Forde Shops	Yerabi Ponds - Mulligans Flat	Starting on the bike path at Frankies its a short run to the entry of the Mulligans Flat Nature Reserve. We will follow the walking paths for a loop in the reserve along the Main Mulligan Trail, the Pipeline track and then the Link Track.	Lap of the Yerrabi Ponds is about 4km which can be added.	12.2	Frankie's at Forde
07-Jun-25	Woden plaza car park, corner Melrose Dr and Hindmarsh Drive	Mt Taylor Loop	From the Woden Plaza cross Melrose Drive, run adjacent to Hindmarsh Drive taking the footpath under Hindmarsh then onto Eggleston Cres (past the "Y") then McFarland. Climb up McFarland Cres until reaching the fire trail heading east and south around Mt T until you hit Athllon Drive, then turn right onto Sulwood until opposite Manheim St then head back into Nature park onto higher fire trail, continuing to loop around Mt Taylor. Follow the power lines and/or road and bike path back to Hindmarsh drive and then back to the Plaza.	Shorter - an out and back run or start and end from Chifley Longer - include Mt Arawang or an ascent of Mt Taylor (18km)	14 km	The Shed, Woden Plaza

### TTS Social Running Group Schedule Dec 24 - Dec 25

14-Jun-25	Stromlo Forest Park car park	Stromlo to Molonglo/Zoo and return	Starting at the Stromlo car park, go past the bush fire memorial. Head through a series of parks and along Ulysses Ctt through Wright to the Cotter Road. Take the underpass and then veering right on the bike path follow and Coombs to the river. The path roughly follows Terry Connolly Drive and Harold White Av. At the end of HW ave, negotiate any construction work and find the fire trail to the river. Crossing the river and enjoy the fire trail along the Molonglo, turning back at Scrivener Dam (zoo) or somewhere earlier. Short drive to café	Plenty of options	14	Onsite cafe, Handlebar
21-Jun-25	Stepping Stone Straithnairn café. McClymont Drive	Shepherds Lookout run	Starting from McClymount Way at Ginninderry, and weave your way through forests, native grassland areas and different landscapes (I didn't write this, it comes fro an ACT GOVERNMENT website). Stop to take in the view of the Brindabellas at the newly installed lookout en route. You can do two laps or continue into Giniderry for an out and back urban run.		8km for the lookout and return	Café Stepping Sone
23-Jun-25	Near Manuka Oval	Winter Solstice Run VII	Night run to celebrate the shortest day of the year. 6:15pm start. Lap of central basin . Dress up in your best hiViz and best headtorch.	None, its dark	9.75km	Kingston Hotel @7:15
28-Jun-25	Cook shops	Arboretum from Cook	Starting point from Cook, which involves running through Cook and Aranda and then to Glenloch Interchange. Take the tunnel under William Hovell Drive to the Arboretum.The Arboretum provides some wonderful running terrain and views. Top of Dairy Farmers Hill is a must for the magnificent views over the lake. Alternatively do a loop of the Arboretum boundary (8km). Return by the same path	14km, as an out and back run, longer ia via the boundary	14km	Little Oink, Cook

TTS Social Running Group Schedule Dec 24 - Dec 25

<p>05-Jul-25</p>	<p>Park and Ride carpark at Uni Canberra opposite Radford</p>	<p>Rachel's Romp UC - Bruce-Oconnor-Black Mtn-Aranda</p>	<p>From the Park and ride UC carpark turn left to Hyaden Drive and then left again. Turn right at Southern Cross Drive and follow the bike path until a right turn takes us through the AIS. Go through the tunnel under Gungahlin Dr, keep left and stay on the bike path until you get to a roundabout (4.7 km@ Belco Way). Here you'll see a sign for the C Trail. Follow the centenary trail signs across the road and onto a dirt track that is between Dryandra St and Barry Dr (single track), then under Barry Dr. Turn right when you get to the fire trail under the "serious looking" power lines (a power substation on your left). Follow this 'powerline' track for about 2 km, where the track splits and there take 'Orchid track' at the sign. Take the left fork, and follow the fire trail until you get to the end of trail ( gate). Turn right here and make your way to the bridge over the GDE into Aranda. Follow the houses till Belconnen Way and find the Pedestrian bridge. Either cut through Brice back to UC and turn right and follow the path to Hayden Dr and back to UC.</p>	<p>turn around at any point for a shorter run</p>	<p>13.5</p>	<p>Oscar Baker about 200m from start location</p>
<p>12-Jul-25</p>	<p>Mawson Shops (Southlands)</p>	<p>Mawson - Torrens-Farrer - Isaacs Loop</p>	<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 stay adjacent to Farrer houses on fire trail and then under Erindale Drive into Isaacs. Find the fire trail up the hill. Follow the fire trail 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>	<p>Shorter - out and back route. Longer - Return from Isaacs via Hindmarsh Drive and Athllon Drive</p>	<p>14km</p>	<p>Lil Milk bar Mawson shops</p>

## TTS Social Running Group Schedule Dec 24 - Dec 25

19-Jul-25	<p>Denman Prospect (DP)shops</p> <p style="text-align: center;">Namarag Park</p>	<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 chimney which is about 6km. You can travel further on to Kama Nature Park (there is a gate and a sign) or continue onto the access road towards Belconnen turning at your leisure. Retrace your steps to the start of the Molonglo River Reserve (after the pipeline) and turn right to take the path closest to the river. This trail will loop around to the bridge and return path to DP shops.</p>	<p>Turn at any point. Suggest turn at Kama Nature park about 6.5km. Its 3km to start of Namarag Park.</p>	<p>6 - 13km</p>	<p>Two before Ten, Denman Prospect shops</p>
26-Jul-25	<p>Anzac West carpark Constitution Ave. Note you must be travelling west to access the car park</p> <p style="text-align: center;">Anzac west- Mt Ainslie loop</p>	<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 trail. Turn left (west) and follow the trail around the Mountain. Keep the mountain on your right! After completing a loop of the mountain to our starting point proceed down Anzac parade and home.</p>	<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.</p>	<p>13.5km</p>	<p>Catbird café, Constitution Ave, Campbell right next to the car park</p>
02-Aug-25	<p>Bungendore Showground</p> <p style="text-align: center;">Bungendore Showground to Lake George via Lake Road</p>	<p>We have long had an active Bungendore Faction. This run is a "nod" to their long time support of TTS. Starting at the Showground we will run to the edge of Lake George along Lake Road and return.</p>	<p>Lake Road is about 7.5km long. Continue past the showground for more!</p>	<p>0 -15km</p>	<p>TBA Bungendore café</p>

TTS Social Running Group Schedule Dec 24 - Dec 25

<p>09-Aug-25</p>	<p>Tuggeranong Bunnings carark</p>	<p>Banks, Gordon, Point Hutt, Pine Island</p>	<p>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>	<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</p>	<p>16km</p>	<p>Two before Ten, Tuggeranong or Café Beetroot</p>
<p>16-Aug-25</p>	<p>Acton Park, Barrine Drive, Acton near Parkes Way overpass</p>	<p>Aboretum and Zoo</p>	<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>	<p>Its about 5.8km to the top of DFH from the BMP. Turn around at any time for a shorter option.</p>	<p>16.5, 18.5km via zoo perimeter</p>	<p>Anywhere that's open. Maybe Regatta Point if not New Acton</p>

TTS Social Running Group Schedule Dec 24 - Dec 25

23-Aug-25	Park and Ride carpark at Uni Canberra opposite Radford	Rachel's Romp UC - Bruce-Oconnor-Black Mtn-Aranda	<p>From the Park and ride UC carp[ark carpark turn left to Hyaden Drive and then left again. Turn right at Southern Cross Drive and follow the bike path until a right turn takes us through the AIS.</p> <p>Go through the tunnel under Gungahlin Dr, keep left and stay on the bike path until you get to a roundabout (4.7 km@ Belco Way). Here you'll see a sign for the C Trail. Follow the centenary trail signs across the road and onto a dirt track that is between Dryandra St and Barry Dr (single track), then under Barry Dr. Turn right when you get to the fire trail under the "serious looking" power lines (a power substation on your left). Follow this 'powerline' track for about 2 km, where the track splits and there take 'Orchid track' at the sign. Take the left fork, and follow the fire trail until you get to the end of trail ( gate). Turn right here and make your way to the bridge over the GDE into Aranda. Follow the houses till Belconnen Way and find the Pedestrian bridge. Either cut through Brice back to UC and turn right and ffollow the path to Hayden Dr and back to UC.</p>	turn around at any point for a shorter run	13.5	Oscars Bakery about 200m from start location
29-Aug to 31-Aug 25	Capital to Coast multi-stage event, 9 Capital To Coast stages		See the wesbite <a href="http://www.capitalto coast.com.au">www.capitalto coast.com.au</a> for details. Event is run by Canberra Runners	Solo or in teams of 2, 3 or 4.	up to 100km.	Organise your own accommodation and meals

TTS Social Running Group Schedule Dec 24 - Dec 25

30-Aug-25	Mawson Shops (Southlands)	Oakey Hill via Curtin and return via Torrens	Starting at Mawson east carpark, head north onto the bike path running alongside the storm water drain. Continue along this path all the way until you reach the Cotter road underpass, turn left to stay on the bike path. Follow the bike path until it turn onto a dirt trail onto another bike path (keep the houses to your left and follow it around). Follow this until it forks onto a dirt track, take the track and follow it until you reach an intersection, take the path right towards Devonport St. Cross Devonport St. and into the Oakey Hill reserve, stay right past the power station and climb the hill (it's a long-ish climb!) Reach the reservoir and catch your breath while taking in the view. Press on down the hill until you reach an intersection, take a sharp left onto the track sticking to the back of the houses and follow it under Hindmarsh Dr. Stick to this bike path over Waldock St until it forks slightly right onto a dirt track, follow this behind the houses until you turn onto the Mt.Taylor base track. From here there a number of ways home. Follow this around to the track leading unto the summit, turn left to go downhill on the bike path, eventually past Melrose High school and back to Mawson	Shorter - cut thru Curtin and return via Walock St Chifley (14km) Longer continue on Torrens fire trail to athloon Dr 19km	16.40	Lil Milk bar Mawson shops
06-Sep-25	Carpark near Water Police, off Beissel St	Lake Ginninderra loop	Two laps of Lake Ginninderra on the bike paths. Don't go under any bridges. One in each direction	Shorter - rather than a second lap turn do an out and back from John Knight Park. Longer - Add an out and back to Barry Drive (3km)	14km	Stellas by the lake
13-Sep-25	Cooleman Court carpark, adjacent to McDonalds and the Meating Room café	Cooleman ridge	From Cooleman Court proceed under Streeton drive to Hindmarsh drive and to Chapman Ridge, via Kathner St. Turn around and retrace your steps or for a shorter return take Namitijira Drive back to Cooleman Court	lots of options	10 - 16 km	Meating Room, Cooleman Court



## TTS Social Running Group Schedule Dec 24 - Dec 25

20-Sep-25	carpark on Amy Ackerman St, Forde near the entrance to Mulligans Flat (same as last years start)	Club Gooyooroo Half marathon	Club Event off Road Half Marathon – 7am start. Free to club members, one day registrations for all others, online registration only. There is parking available at the carpark near Mulligans Flat entry and further along AA St. It's a hilly course.	14km or 21.1km	14km or 21.1km	Frankies @Forde, Forde shops
27-Sep-25	Yarralumla dog park, Brown and Banks St, entrance to Weston Park	West Basin	Follow the LBG bike path . Clockwise .	Various distances, if you add in Lennox extra loop, BMP and Weston Park	15.5 - 18.5	EQ Café, Deakin
04-Oct-25	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, Diary 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	Café Lil Mamma's, Kingston foreshore
11-Oct-25	Hawker Shops car park, southern side	Run to Mt Painter	Starting at Hawker shops head along Belconnen Way footpath till the intersection with William Hovell Drive. Follow the line of houses and then the Equestrian Trail. At around 5.5km go through a gate to the east and head across to Coulter Drive to Mt Painter, Its a steep ascent to the top but the view is amazing. Return is much shorter via Springvale Drive	It's a hilly run. for a shorter run return via Coulter Drive and Springvale Dr	13km	Rocksalt at Hawker
12-Oct-25	Victorian country (Harrietteville/Bright ) class excursion		Harrietteville half marathon. Events for 21.1, 10, 5 km along the beautiful Ovens River. All races are point to point			Register for the race at <a href="https://www.harriettevillehalfmarathon.com/">https://www.harriettevillehalfmarathon.com/</a> . Excursion registration tba. Social events on Sat pm and Sun pm

### TTS Social Running Group Schedule Dec 24 - Dec 25

18-Oct-25	EQ café Kent St Deakin	Curtin Deakin loop	<p>The route will start and finish at the EQ cafe on Kent St in Deakin. The route features a loop around Curtin. Jead to wards the GG house via the new bike path on Dudley St. Turn left the bike path at GG house and then left again once through the tunnel under Lady denman,Follow the trails at the rear of Curtin houses and in between Curtin and Lyons. Follow the bike path adjacent to Melrose drive and then Adelaide Ave.</p>	<p>For a longer run tack on some extra kms along the path adjacent to Lady Denman Drive</p>	13km approx	EQ Café, Deakin
25-Oct-25	ANZAC West car park	Mt Ainslie Loop	<p>From the car park with is adjacent to the ANZAC West office complex, we head 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 and we return to our stating point proceed down Anzac parade and home.</p>	<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.</p>	13.5km	Birdstop café, adjacent to the carpark
01-Nov-25	Woden plaza car park, corner Melrose and Hindmarsh drive	Mt Taylor Loop	<p>From the Woden Plaza cross Melrose Drive, run adjacent to Hindmarsh Drive taking the footpath under Hindmarsh then onto Eggleston Cres (past the "Y") then McFarland. Climb up McFarland Cres until reaching the fire trail heading east and south around Mt T until you hit Athllon Drive, then turn right onto Sulwood until opposite Manheim St then head back into Nature park onto higher fire trail, continuing to loop around Mt Taylor. Follow the power lines and/or road and bike path back to Hindmarsh drive and then back to the Plaza.</p>	<p>Shorter - an out and back run or start and end from Chifley Longer - include Mt Arawang or an ascent of Mt Taylor (18km)</p>	14 km	The Shed, Woden Plaza
02-Nov-25	Rond Terrace, Commonwealth Park	Canberra Times Fun Run	Canberra Times fun run 10km, half marathon and 5km			

### TTS Social Running Group Schedule Dec 24 - Dec 25

08-Nov-25	Stromlo Forest Park car park Stromlo to Molonglo/Zoo and return	Starting at the Stromlo car park, go past the bush fire memorial. Head through a series of parks and along Ulysses Ctt through Wright to the Cotter Road. Take the underpass and then veering right on the bike path follow and Coombs to the river. The path roughly follows Terry Connolly Drive and Harold White Av. At the end of HW ave, negotiate any construction work and find the fire trail to the river. Crossing the river and enjoy the fire trail along the Molonglo, turning back at Scrivener Dam (zoo) or somewhere earlier. Short drive to café	Plenty of options	14km	Denman Prospect café (new to us)
15-Nov-25	Meating Place, Cooleman Court, Southern carpark opposite McDonalds Cooleman Ridge and McQuoids Hill	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. 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 the trail behind Allchin Cres houses and then the fire trail to Namatjira Drive and follow it to return to Cooleman Court	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
15 - 16/11/2025	Stromlo Forest Park	Stromlo Running Festival. All sorts of events		10,30,50km and others	
22-Nov-25	Forde Shops, Forde Yerabi Ponds - Mulligans Flat	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.	Lap of the Yerrabi Ponds is about 4km which can be added.	14km.	Frankies at Forde shops if open

**TTS Social Running Group Schedule Dec 24 - Dec 25**

29-Nov-25	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.</p> <p>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>	turn around at any point for a shorter run	14.5	Oscar Baker about 200m from start location
06-Dec-25	Yarralumla dog park, Brown and Banks St, entrance to Weston Park	West Basin	Follow the LBG bike path . Clockwise .	Various distances, if you add in Lennox extra loop, BMP and Weston Park	15.5 - 18.5	EQ Café, Deakin if open
13-Dec-25	Tuggeranong Bunnings car park (northern part).	Pine Island and Murrumbidgee river towards Kambah pool and return	<p>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</p>	Turn around at any point for a shorter run.Short cut from the brdige to turn left to Athloon Drive, which will shorten the run by several km	approx 15.5km	Two Before Ten or Café Beetroot

## TTS Social Running Group Schedule Dec 24 - Dec 25

16-Dec-25	<p>The Jetty café and bar, LBG foreshore. Park at Questacon</p>	<p>TTS Xmas function 5:30pm onwards. Order own food and drinks via the several providers at the Jetty. Please register for the event here</p>	
20-Dec-25	<p>Stepping Stone Straithnairn café. McClymont Drive</p> <p style="text-align: center;">Shepherds Lookout run</p>	<p>Starting from McClymount Way at Ginninderry, and weave your way through forests, native grassland areas and different landscapes (I didn't write this, it comes from an ACT GOVERNMENT website). Stop to take in the view of the Brindabellas at the newly installed lookout en route. You can do two laps or continue into Giniderry for an out and back urban run.</p>	<p>8km for the lookout and return</p> <p style="text-align: right;">Café Stepping Stone, if open</p>
25-Dec-25	<p>Christmas Day run. It is a Thursday, so as tradition dictates it's a 6:30 start for 40 mins.</p>		
27-Dec-25	<p>Acton Park, Barrine Drive, Acton near Parkes Way overpass</p> <p style="text-align: center;">Aboretum and Zoo</p>	<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>	<p>Its about 5.8km to the top of DFH from the BMP. Turn around at any time for a shorter option.</p> <p>16.5, 18.5km via zoo perimeter</p> <p>Anywhere that's open. Maybe Regatta Point if not New Acton</p>
<p>RULES, Well sort of</p> <p>All runs commence at 7am (3 minute rule applies) rain(if heavy 0 minute rule overrides 3 minute), hail or shine.</p> <p>Café venue, is a <b>suggestion only</b>. No bookings will be made except at EQ Café, Pedlar and lil Milk</p> <p>Be mindful of valuables left in vehicles</p> <p>Due to the size of the group dogs on a lead please</p> <p>We encourage <b>all runners to take own water</b> , few route have taps or bubblers</p> <p>Leave your music at home and have a chat with your fellow runners</p> <p>Run at your own comfortable pace</p> <p style="color: red;">Events in Red</p>			

## TTS Social Running Group Schedule Dec 24 - Dec 25

Stay for coffee/breakfast afterwards if you can

Run at your own comfortable pace and for the distance you want to do. You don't have to do the advertised long run

### Tuesday/Thursday

6:30 Tues and Thu (0 minute rule applies) at Lennox Garden. 50- 55min run

Most Tuesdays - hill and or effort runs at Treasury, Parliament House or Regatta Point

### Canberra Runners events

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](http://www.canberrarunner.org.au)