2026 Training Runs

Kunanyi Mountain Run

Well done on jumping on board a leg or two of our training runs for 2026 – our 5th year!

This doc should provide all the info you need to be prepared for it.
If you still have questions, reach out to hello@kunanyimountain.run or call Lincoln on 0428963249 if urgent

What we provide:

- A very comfortable relaxed pace – we won't leave anyone behind!
- Small groups – up to 18
- Experienced coaches full of great trail tips, stories, and stoke!
    - Salomon athlete Simone Brick - https://www.stillwerise.com.au/
    - KMR founder and Run Director, Lincoln Quilliam -https://linktr.ee/lincolnquilliam
- Transport to/from Cascade Brewery to/from the start/end of your leg
- Aid station refreshments at the end of your leg (see list below)
- Access to private property and secret trails not normally available outside of KMR
- First aid kit, first aiders, and emergency comms and response procedures
- Trail chats to cover the topics we'd like to share, answer your questions, and share stories of the mountain

What to bring:

- Trail running shoes and clothing suitable for the weather conditions on the day. Check: http://www.bom.gov.au/tas/forecasts/mtwellington.shtml
- The KMR mandatory gear for your run – don't stress if your gear isn't 100% compliant yet https://www.kunanyimountain.run/media/kMR_Mandatory_Gear.pdf?v=2025.2 and the Avenza digital map can be replaced by the Strava maps available through our website
- Your own hydration and nutrition for the run
- Your personal allergy or other required medication
- A drop bag with any change of clothes/shoes or anything else you need for the bus back to Cascade
- A stack of questions on any trail running related topic for our coaches!

Aid Station refreshments:

- Hammer Gels
- Just Jam sandwiches
- Lollies
- Muesli bars
- Tim tams
- Potato crisps
- Hammer HEED
- Coca cola
- Water
- Apples
- Oranges
- Bananas

Schedule

Cascade brewery carpark pin: https://maps.app.goo.gl/txK1fGRFRwZBVUe88

Time	Saturday 24 Jan	
	Leg 1 (aka Mountain Run uphill)	Mountain Run downhill
7:45AM		
8:00AM	Meet Cascade Brewery Carpark	
8:30AM	Run Leg 1 to Pinnacle - allow 4hrs inc trail chats	
9:00AM		
9:30AM		
10:00AM		
10:30AM		
11:00AM		
11:30AM		Meet Cascade Brewery Carpark
12:00PM		Bus to Pinnacle
12:30PM	meet bus / aid station at Pinnacle	Run downhill to Cascade Brewery - allow 3.5hrs inc trail chats
1:00PM	bus back to Brewery carpark	
1:30PM		
2:00PM		
2:30PM		
3:00PM		
3:30PM		Finish and meet bus / aid station at Brewery carpark
4:00PM		
4:30PM		
5:00PM		

Time	Sunday 25 Jan	
	Leg 2	Leg 3
7:45AM		
8:00AM		
8:30AM	Meet Cascade Brewery Carpark	
9:00AM	Bus to Pinnacle	
9:30AM	Run Leg 2 to Myrtle Forest - allow 3hrs inc trail chats	
10:00AM		
10:30AM		
11:00AM		
11:30AM		Meet Cascade Brewery Carpark
12:00PM		Bus to Myrtle Forest
12:30PM	meet bus / aid station at Myrtle Forest	Run Leg 3 to Mountain River - allow 3.5hrs inc trail chats
1:00PM	bus back to Brewery carpark	
1:30PM		
2:00PM		
2:30PM		
3:00PM		
3:30PM		
4:00PM		meet bus / aid station at Mountain River
4:30PM		Bus back to Cascade Brewery
5:00PM		

Time	Monday 26 Jan	
	Leg 4	Leg 5
7:45AM	Meet Cascade Brewery Carpark	
8:00AM	Bus to Mountain River	
8:30AM	Run Leg 4 to Cathedral - allow 4.5hrs inc trail chats	
9:00AM		
9:30AM		
10:00AM		
10:30AM		
11:00AM		
11:30AM		
12:00PM		Meet Cascade Brewery Carpark
12:30PM		Bus to Cathedral
1:00PM	meet bus / aid station at Cathedral	Run Leg 5 to Cascade Brewery via Fern Tree - allow 4.5hrs inc trail chats
1:30PM	bus back to Brewery carpark	
2:00PM		
2:30PM		
3:00PM		
3:30PM		meet bus / aid station at Fern Tree
4:00PM		keep running!
4:30PM		
5:00PM		Finish and meet bus / aid station at Brewery carpark