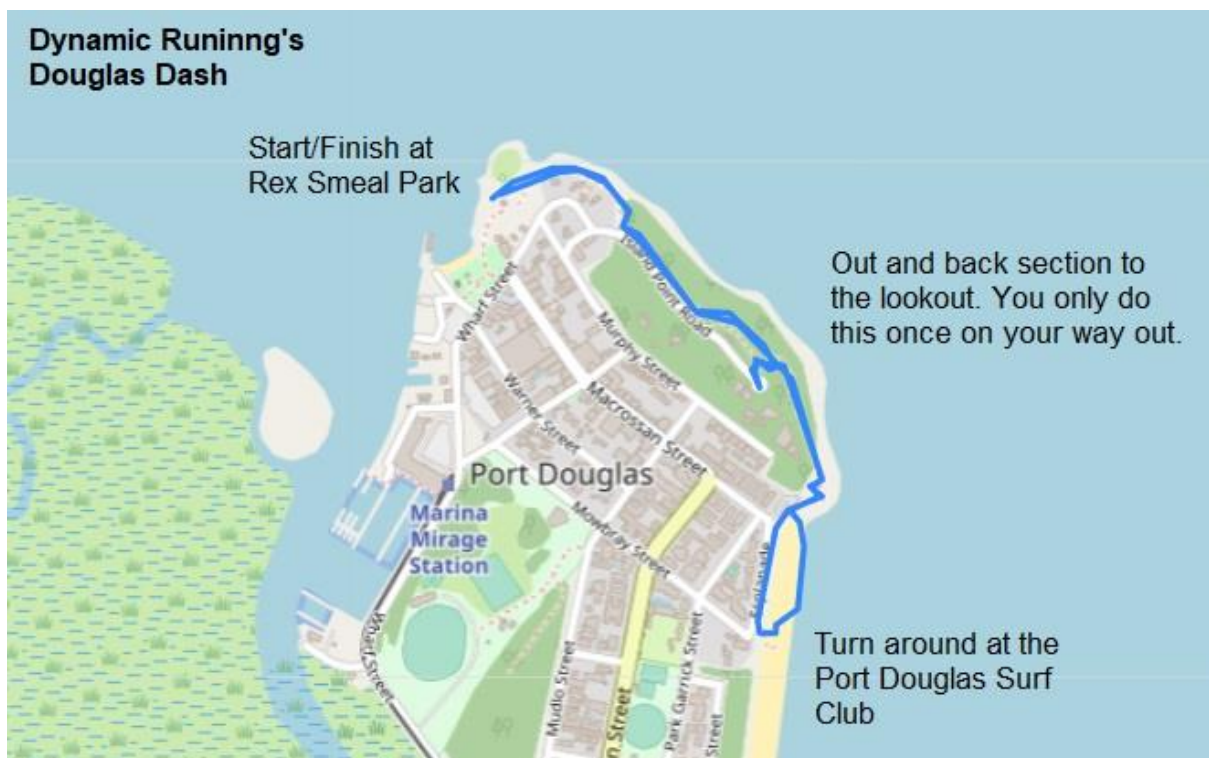


Dynamic Running Douglas Dash course map



Start at Rex Smeal Park. Run out and back to the clock tower in Anzac Park and then follow the Flag Staff Hill Walking Track. You must go up to the lookout (you must run around the stone pillar – see photo below) and back before you continue to 4-mile beach. At the base of the stairs at the beach, continue along the footpath and on the grass verge until you get to the Surf Club, return via the beach and back up the stairs. Head straight to the finish line (don't go up to the lookout a second time!).

Watch a video of the course here (does not show the out and back section at the start).

<https://www.relive.cc/view/vXOdBmBEG4q>



Start/finish at Rex Smeal Park

Directions to the start: Take the main turn off into Port Douglas and stay on Port Douglas Road until you hit the main drag of shops. Follow the road along to the left and drive through town city (Macrossan Street). At the T-junction of Macrossan Street and Warf Street, turn right and soon after that take the left turn into Rex Smeal Park (there is a 'toilet' sign, and it's just past the Historical museum on your left).



View from the lookout.

You must turn off and go up to the lookout on your way out.

Run around that stone pillar and then go back down and towards 4-mile beach.



Top of the stairs above 40mile beach.

Go down the stairs and then follow the path, and then run on the grass verge adjacent to the Esplanade towards the Surf Club.



Turn around is just before the Surf Club. Go onto the beach and head back towards the stairs where you came down earlier. Once at the top, go straight back along the track. Don't go up to the lookout a second time.

