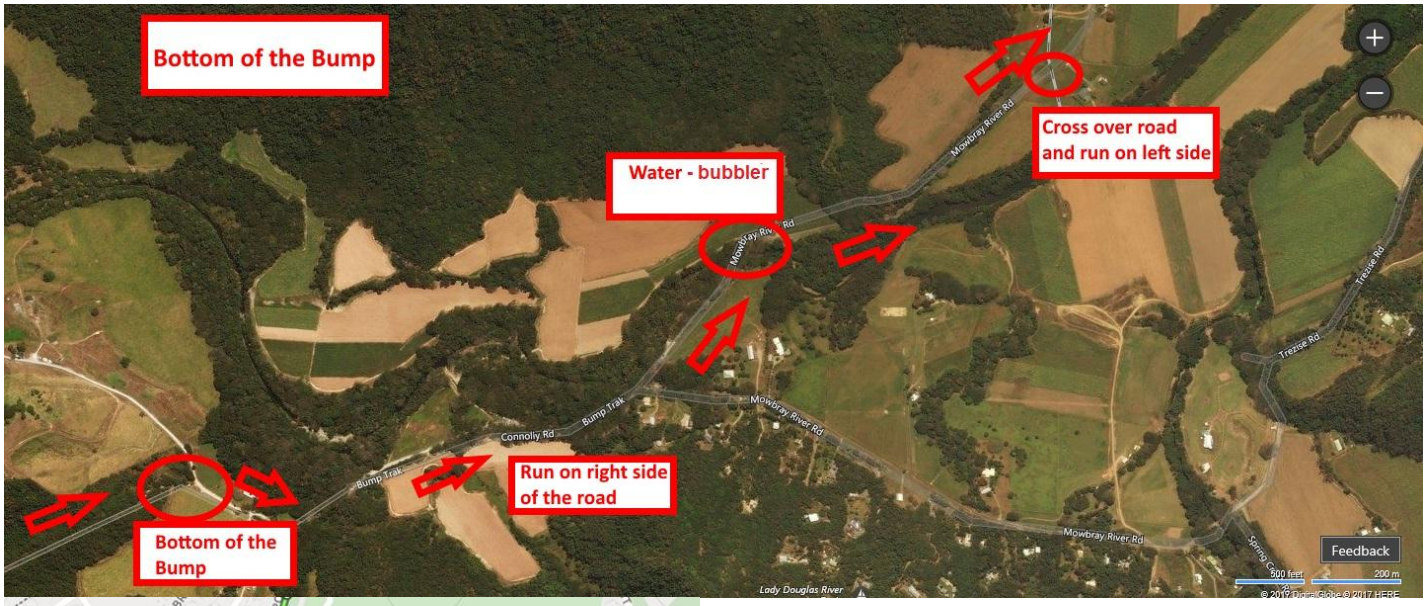
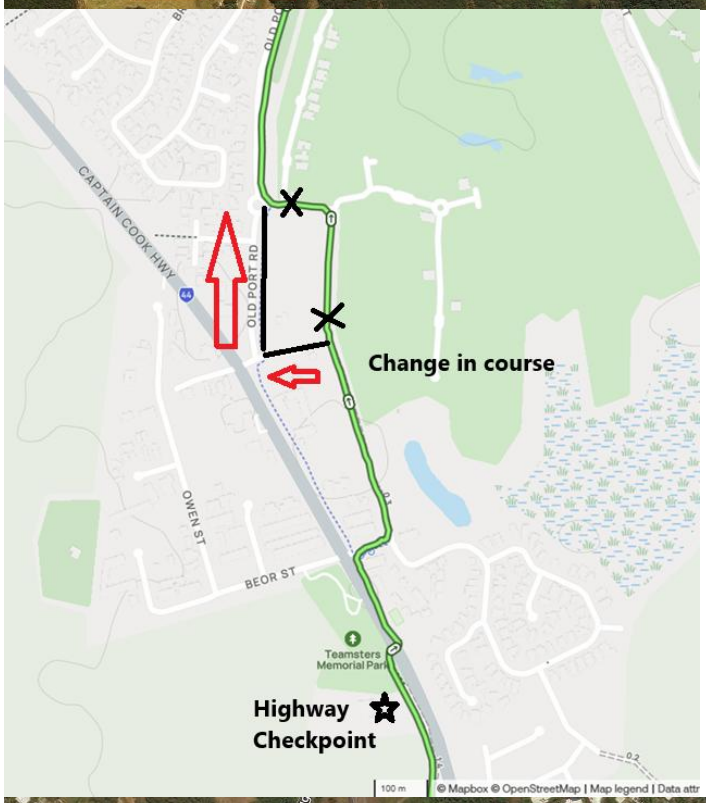
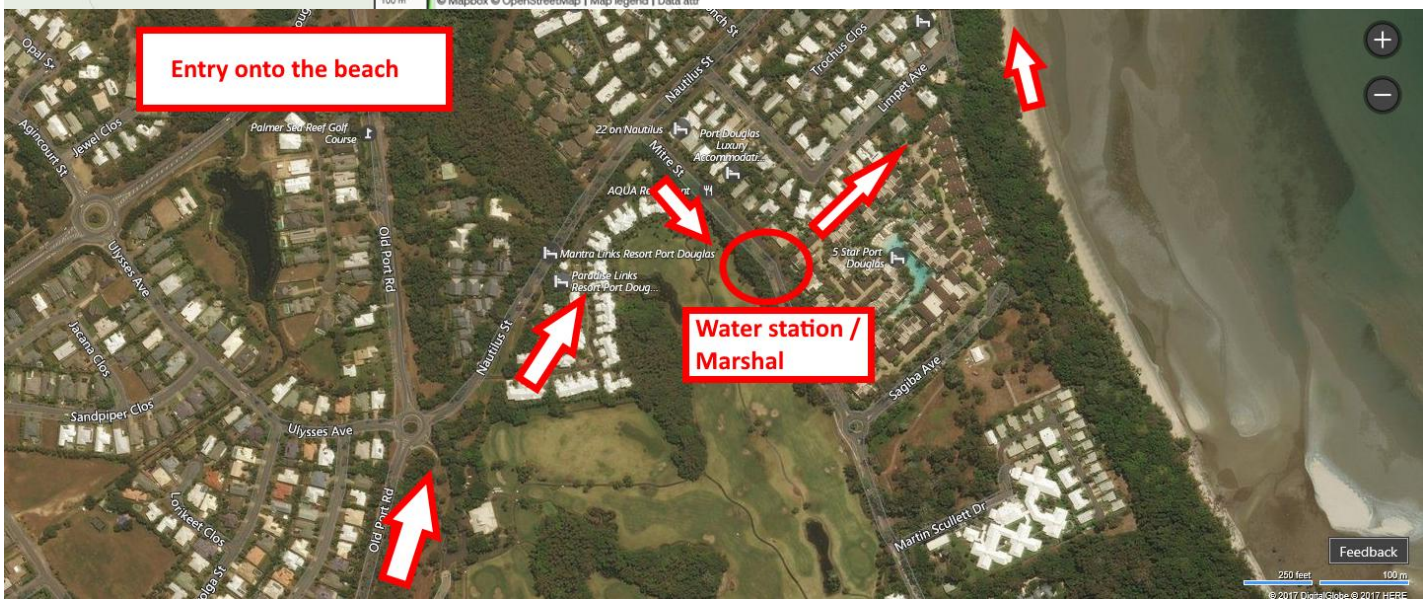
2026 K2PD – Bottom of Bump to Port Douglas







You must be on the road verge AT ALL TIMES. That is, you are NOT ALLOWED to run on the road, but must be on a footpath or on the grass verge next to the road. There is one short section at the bottom of the Bump where you are required to run in live traffic as no road verge is available. Take extreme care. Actively look and listen for vehicles. Run in single file if you are with other runners.

The course is marked with pink arrows. Marshals will be placed where runners cross roads, but only until 2.00pm. Use the map and follow the written instructions.

At the bottom of the bump **turn right** and follow the dirt road for 100m or so. **Turn left**, off the road at the blue RRR sign that takes you over the foot bridge. Once back on the road, watch for traffic as you will be running in live traffic. **Turn left** onto Mowbray River Road.

Run along Mowbray River Road towards the highway. Watch for traffic as you will be running in live traffic. Take extra care when you cross over the bridge. **Keep left** and stay on the left side of the barriers on the bridge, away from any traffic. Once over the bridge, **cross the road** when if it safe. Watch for traffic as you will be running in live traffic. As soon as possible, get onto the grass verge (you will notice this as there is a horse paddock in this area) and run up to rural post # 101. **Cross the road** here and run past the Big 4 Caravan Park. Watch for traffic here as it's a busy intersection. Veer off **to the left** once you pass the Big 4 driveway and run next to the railway line towards the highway. DO NOT CROSS OVER THE HIGHWAY.

BEFORE you reach the highway (i.e. about 50m from the highway), **turn left** and follow the dirt path for about 100m. Watch for traffic and continue straight over the intersection onto the dirt road adjacent to the cane paddock. Follow the telegraph poles. Continue running along this section, with the cane paddocks on your left and the highway on your right, until you run into a bushy area. Stop at the Highway Checkpoint Marshal and get your name ticked off.

Follow the path that goes **UNDER the highway**. Once you have crossed under the highway, **turn left** immediately and run on the grass verge next to the highway. Take the first **right** onto Beor Street, then **left** into 'Downing Street'. **Follow the flagging tap – you will not run on a road along this section.** It is a bush track that takes you to **Dickson Street**. **Turn left**. Follow the flagging tape that directs you onto Old Port Road. **Turn right** onto the footpath adjacent to Old Port Road. Watch for cars.

STAY on the footpath at all time. Watch for cars when you need to cross over a road. At the Nautilus Street roundabout, run down Nautilus Street. Watch for cars as you cross over driveways.

Turn right into Mitre Street and follow the footpath for about 100m. Cross over the road. **Look out for the blue water barrel – it is the entrance to the small footpath that** leads you directly on to the beach.

Once you reach the beach, **turn left.** There is another 4km to go on the beach. Continue until you get right to the end of Four Mile beach at the Port Douglas Surf Lifesaving club. **Look out for the Dynamic Running flags** on the beach for the finish.