



THE LONG RUN TO INCLUSION

Date	Stage	KM	Elev Gain/Loss	Terrain	Possible Activations	Map	
Sun 8/3/2026	Stage 1 - Hotel Etico Mount Victoria to Leura Gardens Resort	25.7km	446m/547m	Road and Fire Trail	Hydro Majestic Scenic World Lovel Street Blue Mountains City Council Leura Gardens	<a href="https://www.strava.com/routes/3344094205822627038">https://www.strava.com/routes/3344094205822627038</a>	<a href="#">Stage 1 video</a>
Mon 9/3/2026	Stage 2 - Leura Gardens to Pullman Penrith	45.5km	663m/1596m	Road, Fire Trail, Single Track	Fairmont Resort Conservation Hut Ben's Cafe 2773 Pullman Penrith Penrith City Council	<a href="https://www.strava.com/routes/3344095029134951646">https://www.strava.com/routes/3344095029134951646</a>	<a href="#">Stage 2 video</a>
Tue 10/3/2026	Stage 3 - Pullman Penrith to Western Sydney Airport	17.3km	143m/74m	Road, Fire Trail, Single Track	Western Sydney Airport	<a href="https://www.strava.com/routes/3344101768303173854">https://www.strava.com/routes/3344101768303173854</a>	<a href="#">Stage 3 video</a>
Wed 11/3/2026	Stage 4 - Western Sydney Airport to Camden Valley Inn	29.2km	227m/229m	Road	Pullman Penrith Western Sydney Airport	<a href="https://www.strava.com/routes/3392318721268412380">https://www.strava.com/routes/3392318721268412380</a>	<a href="#">Stage 4 video</a>
Thu 12/3/2026	Stage 5 - Camden Valley Inn to Tahmoor	24.8km	448m/278m	Road, Fire Trail, Single Track	Camden Valley Inn Picton Public School	<a href="https://www.strava.com/routes/3344113137160306910">https://www.strava.com/routes/3344113137160306910</a>	<a href="#">Stage 5 video</a>
Fri 13/3/2026	REST						
Sat 14/3/2026	Stage 6 - Tahmoor to Bowral	38.3km	615m/209m	Road, Fire Trail, single Track	Bargo Bakery Mittagong Bowral	<a href="https://www.strava.com/routes/3344117968408666264">https://www.strava.com/routes/3344117968408666264</a>	<a href="#">Stage 6 video</a>
Sun 15/3/2026	Stage 7 - Bowral to Bundanoon	27.4km	304m/303m	Road, Fire Trail, single Track	Bowral Bundanoon	<a href="https://www.strava.com/routes/3344121161419933506">https://www.strava.com/routes/3344121161419933506</a>	<a href="#">Stage 7 video</a>
Mon 16/3/2026	Stage 8 - Bundanoon to Marulan	31.2km	246m/283m	Road, Fire Trail, Single Track	Bundanoon Marulan	<a href="https://www.strava.com/routes/3344123384253614232">https://www.strava.com/routes/3344123384253614232</a>	<a href="#">Stage 8 video</a>
Tue 17/3//2026	Stage 9 - Marulan to Goulburn	44.5km	711m/700m	Road, Fire Trail, Single Track	Marulan Mercure Goulbourn	<a href="https://www.strava.com/routes/3344127785350167362">https://www.strava.com/routes/3344127785350167362</a>	<a href="#">Stage 9 video</a>
Wed 18/3/2026	Stage 10 - Goulburn to Tarago	39.2km	259m/205m	Road	Mercure Goulburn Tarago	<a href="https://www.strava.com/routes/3344129351344194728">https://www.strava.com/routes/3344129351344194728</a>	<a href="#">Stage 10 video</a>
Thu 19/3/2026	Stage 11 - Tarago to Bungendore	31.0km	316m/304m	Road	Tarago Bungendore	<a href="https://www.strava.com/routes/3344504425508425174">https://www.strava.com/routes/3344504425508425174</a>	<a href="#">Stage 11 video</a>
Fri 20/3/2026	Stage 12 - Bungendore to Queanbeyan	24.9km	296m/414m	Road	Bungendore Queanbeyan	<a href="https://www.strava.com/routes/3344505696030298536">https://www.strava.com/routes/3344505696030298536</a>	<a href="#">Stage 12 video</a>
Sat 21/3/2026	Stage 13 - Queanbeyan to Parliament House and Mercure Canberra	18.1km	162m/158m	Road	Queanbeyan Parliament House Mercure Canberra	<a href="https://www.strava.com/routes/3344507611041679804">https://www.strava.com/routes/3344507611041679804</a>	<a href="#">Stage 13 video</a>