

ATHLETE HANDBOOK 2026

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Thought Sports
ALPINE SHIRE COUNCIL
skratch
Nightingale Bros. Alpine Produce

LA SPORTIVA PRODIGIO 2

A versatile all-rounder ready for anything from easy-going trail runs to gruelling endurance races, the Prodigio 2 trail running shoe delivers sure-footed, powerful performance on all kinds of terrain.

One step after another, one trail after the next. The mountain changes, and we change with it.
Prodigio 2 is the shoe that keeps up with the group's rhythm: stable when needed, responsive when the pace picks up, and comfortable when the terrain stretche sout. Your all-terrain ally for every outing.
Because sometimes, going further just takes one more step.

Shoe Specs

- Weight: 9.8 oz | 278 g
- Heel Stack: 33 mm
- Forefoot Stack: 27 mm
- Heel-Toe Offset: 6 mm



Photo credit: **Phillip Sage**
*La Sportiva Mountain Runner: **Matt Crehan** Photo: **Phillip Sage***

Registration

Participants can register at the Alpine Fitness Centre from 4.30-6.30pm on Friday 30 October. It would be appreciated if you could register on Friday to reduce workload on the morning of Day 1.

Alpine Fitness Centre - 20 Hawthorn Ln, Bright VIC 3741

Emergency Number

Please put this phone number in your phone prior to the event: 0403296516.

Timing

We have electronic timing for this event. This system is also used for safety (so we know you're on the race course) and we ask you wear your bib on the front of your person with no straps across it, and be easily readable and not covered up.

For competitors completing more than one day, **the same race bib will be used each day**. If you lose, or forget your race bib, then please report to the registration tent to receive a replacement.

Results

Results will be listed every day on the 4 Peaks website.

Merchandise

Pre-ordered shirts can be collected at registration. A limited number of shirts will be available for purchase at the event but if don't want to miss out you can purchase shirts, caps and soft flasks at the event shop here: http://www.eventplus.net/pr26/shop

Course Marking

All 4 days will be marked with signs, and streamers. Please take care to look for markers when you reach an intersection. Most of the courses are on established walking trails and when there is not intersection there will be markers approximately every 500m.

Transport

Day 1 Mt Buffalo and Day 3 Mt Hotham are both road accessible to the top. There will be shuttle buses transporting participants back to the start/carpark.

These buses will depart when they are full and return until all competitors are off the mountain. Please be patient if you need to wait for a bus and ensure you have some warm clothing to put on while you wait.

Bus tickets do not need to be booked and are complimentary for participants.

Day 2 Mt Feathertop finishes at the top, and runners and walkers then backtrack down the way they came along Bungalow Spur to Harrietville.

Day 4 Mystic Hill finishes back where it starts- you run back to your car.

Bag drop

Transport of bags to the finish of Day 1 and 3 is available for participants who are utilising the shuttle bus service. Look for the drop off location and leave your bag prior to starting. Please keep bag to change of clothes, food, shoes and leave the kitchen sink at home.

Competitor Safety

- Each runner is responsible for their own wellbeing and basic first aid and should carry their own blisterpads/band-aids, body lubricant, sunscreen, and strapping tape.
- Please be aware of the effects of dehydration, hypothermia, and fatigue.
- If you pass an injured runner, please stop to assist them. Record how long you stopped to assist and notify the Race Director at the finish line and they will organise to adjust your time accordingly.
- Participants are responsible for any costs incurred as a result of a medical incident. The Ambulance service is not a free service in Victoria. It's your responsibility to check your health cover and ensure you are covered for ambulance cover in the case of an emergency. To arrange cover with Ambulance Victoria, visit http://www.ambulance.vic.gov.au/
- Sweepers will be deployed onto the course with the aim of ensuring there's no one left on the course unaccounted for. If you leave the trail at any time, please leave your pack in the middle of the trail so the sweeper doesn't go past you.

Mandatory Safety Gear

This gear is mandatory on Day 1,2,3. YES! And mandatory means mandatory.

- Waterproof Jacket with hood
- Thermal top
- Water - 1L minimum (at least 2L recommended)
- Phone
- Whistle
- Space blanket/bag/bivvy bag (bag preferred)
- Snakebite bandage
- Personal Medications (eg: Epipen and Asthma)
- Race bib (with any medical conditions written to back of bib)

Day 4 - Mystic Hill

Waterproof Jacket with hood, Water, Phone, Whistle, Snakebite bandage, Personal Medications, Race bib

In previous years, a few runners have turned up and insisted that we were being unreasonable with these gear requirements because they had run the route before and needed no gear. We sincerely hope you do not need the gear however we also have enough experience to know that if you do - it may save your life.

We ask you to respect the rules of this event and come prepared. Having this gear is mandatory for us to be given permission to operate the event.

On the day entries

If you haven't entered yet, or have curious friends, entries can still be taken on the day. Please turn up at least 30 mins before the start of your event. You will still be asked to enter using your phone or computer and use credit card to pay. Cash and paper will only be used as a last resort.

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skratch LABS

hydration
SPORT DRINK MIX

Hydrates faster than water
- drink when thirsty
-dont drink when not thirsty

lemon + lime
90% of electrolytes in sweat is sodium

real athletes. real food.
always

We use science to inform what will help your body perform its best. We use nature to make it taste as good as possible so you'll enjoy it. Nobody knows your body better than you. But nobody knows sports nutrition better than us. The human body is complex but the solutions to help it perform aren't. We follow this rule when we create products that solve problems and simple ingredients that each have a purpose !

w: skratchlabs.com.au - p: 02 9417 5755

Day 1- Saturday 1st November, Mt Buffalo

Distance: 10.6km
Elevation Gain: 1340m
Maps: COURSE MAP is HERE (2mb pdf)
GPX FILE: Download HERE
Where to start: At Eurobin Creek Picnic Area, Mt Buffalo Rd, Mt Buffalo.
On the day Registration: opens 6.15am

Car Parking:

We offer free buses for competitors from Porepunkah. There will be no buses from Bright this year so please make your way to Porepunkah.

Participants with family/friends driving to the event will be able to be dropped off at the start, however cars will then need to proceed to the finish, or find another location to spectate. This is important to allow the buses room to turn around and continue to pick up later participants.

IMPORTANT:

There is a high police presence in the region, particularly on Mt Buffalo Road and therefore parking on road edge is risky. Please take the bus, or drop off your friends at the start and then return to Porepunkah for the bus.

DOGS: National Parks do NOT allow dogs. We have been informed that enforcement officers will be onsite and fines given to any dogs found within national park boundaries.

Bus Transport

Buses are available to transport athletes from Porepunkah to the start at Eurobin Picnic Ground.
Porepunkah Rec Reserve/Hall google map link
Please follow the instructions of bus attendants and queue in an orderly manner.
Please be respectful of local residents when you are parking and don't park in any no parking areas. There is plenty of space down at the park near the river.

Toilets:

Public toilet in the picnic ground and Portaloos.

Start Time: 8am

8am –Runners first, Walkers second. Competitive runners should be ready to start at 8am.
All other runners and walkers will start over the next 30mins until 8.30am. Times will be calculated based on CHIP TIME, which means your time will start as you cross the timing mat. Please listen to race announcer as we allow starters in waves of about 100 competitors.

The Course:

Starting at the Eurobin Creek Picnic Area – runners depart the lower end of the picnic area onto The Big Walk. The Big Walk winds its way up Mt Buffalo and finishes at the Old Mt Buffalo Chalet. Take a camera – the views and landscapes are amazing.

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Trekking Poles

While we support the use of trekking poles, for Day 1 Mt Buffalo we will restrict the use of trekking poles until after the first road crossing. The course is steep and congested during the first 3km so please wait to use your poles.

Road Crossings:

There are 4 road crossings where the Big Walk crosses Mt Buffalo Road. Please take care to look for cars and follow instructions of any officials manning these crossings. The road has speed limits, but is NOT CLOSED for the event so look both ways before crossing.

Aid along the way:

There is a water stop only for the Mt Buffalo Event. This is at Mackies Lookout which is approximately 8km into the stage.

Expected Performance for Walkers:

Walkers need to reach to summit by 12.30pm. This gives slow walkers 4 hours.
You need to set out with the intention of being self-sufficient for the duration of time you will be out on the course. Any walkers not able to reach the summit by 12.30pm may be asked to stop at Mackies Lookout Aid Station and given a lift to the finish.

Finish

The finish time is taken at the top of the steps at Buffalo Chalet. Water and fruit are provided.

Shuttle Bus

We provide a free shuttle bus from the finish line at Mt Buffalo Chalet back to Porepunkah township.
Please note, this is a 60 minute round trip minimum and while we will have several buses in service please wait patiently if no bus is immediately available.

Where possible, please car pool and offer rides back down to anybody in need to ensure everybody gets home as promptly and safely as possible.

BUFFALO VK

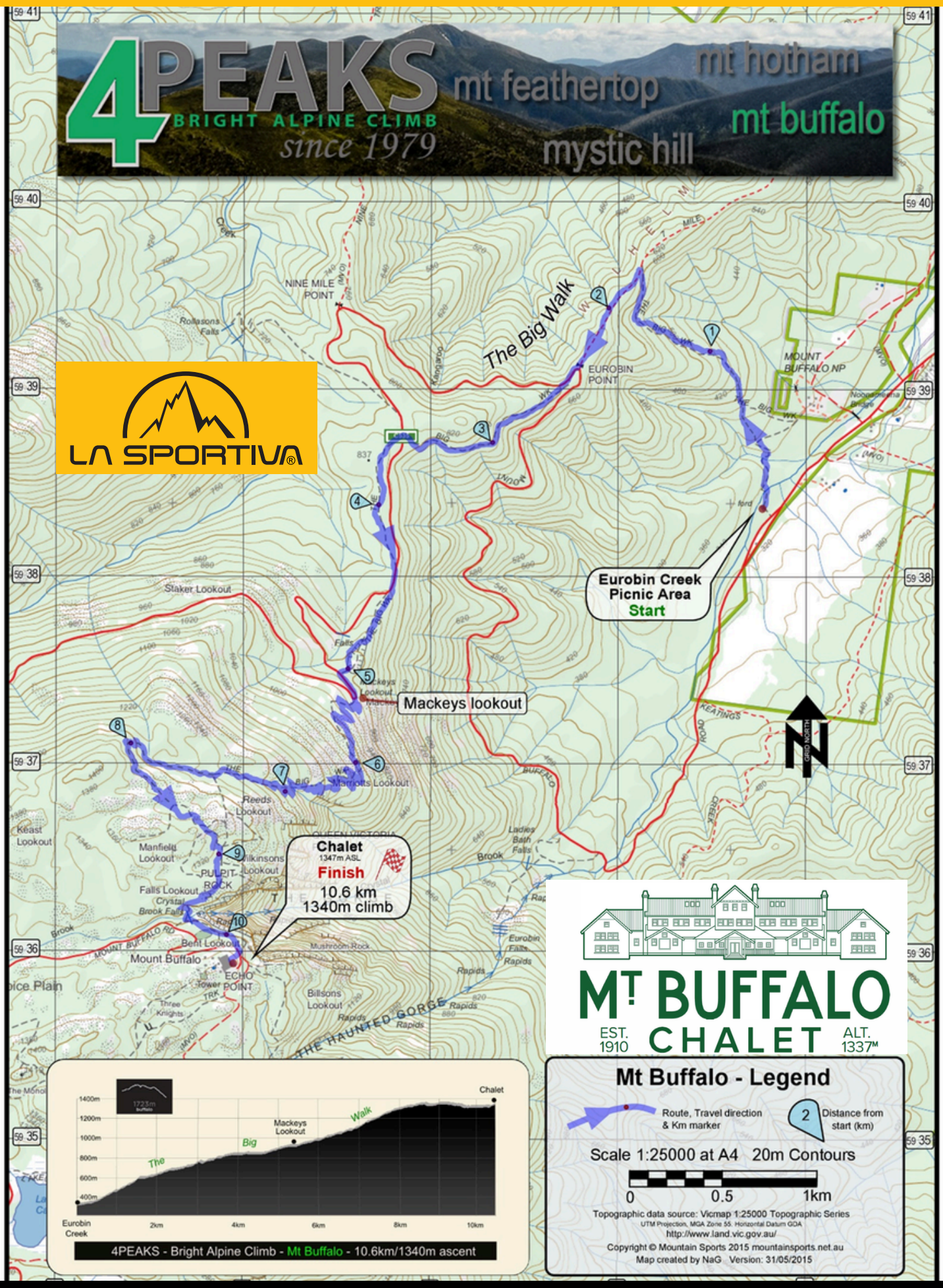
We will include an intermediate timing point where the course reaches 1000m elevation gain- that is 1 Vertical Kilometer- hence the name. This is 8.11km into the race.

After passing the timing point (marked by La Sportiva banners) please continue on to the finish to receive your full time, which will count to your Day 1 and 4 Peaks results.

MT BUFFALO CHALET CAFE IS OPEN!!

After over 20 years of being closed, the Mt Buffalo Chalet has officially opened. This includes a brand new cafe that is excited to be welcoming all our competitors and families to come and experience the chalet and buy a coffee and lunch following your run. What a perfect way to enjoy the serenity and help your recovery for following days.





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EVENT RETAIL PARTNER: BOGONG EQUIPMENT

We are proud to have Bogong Equipment sponsor the Bright Alpine Climb- 4 Peaks.

Bogong is your one stop trail running shop for shoes, clothing, hydration, sport nutrition and more.

Bogong store founder Neil Blundy has a lifetime of bushwalking and outdoor experience and also a recent trail running convert. Two Bogong sponsored athletes competing - Matt Crehan and Nicole Paton.

Now is the time to be purchasing any new gear you need, like La Sportiva shoes and Skratch Labs nutrition.

Use the discount code BGB4P2026 in-store or online for 10% OFF trail running gear.

Promotion ends December 24 so why not buy the family some adventure gear for Christmas too!
https://www.bogong.com.au/trail-running.html



Day 2 – Sunday 2nd November 2026 – Mt Feathertop

Distance: 12km
Elevation Gain: 1652m
Maps: COURSE MAP is HERE
GPX FILE: Download HERE
Where to start: At Tavare Park, Harrietville.
On the day Registration: opens 6.15am

Car Parking:

It has been requested by the Harrietville locals to ensure there is no parking in Pioneer Park (next to the Great Alpine Road), which is adjacent to Tavare Park.

Toilets:

Public toilet on otherside of footbridge, Portaloos.

Services:

A coffee van will be open from 6.30am outside Mountain View Retreat across the footbridge from Race HQ.

Start Time:

Day 2 Mt Feathertop is a staggered start. This is due to both the nature of the trails being run and the diversity of speed that participants travel.

Participants can self-select start time from 6.30am- 8am.
Please note if you are a very competitive athlete, and want to be eligible overall titles, you must start in the final 8am start. Each year we have runners starting early- if you reach the summit before our safety and timing staff- you will not have a time recorded.

Start Period 1: 6.30-7.30am – "Walkers" (yes we are allowing early starters compared to previous years)
Start Period 2: 7.30-8am – "Runners"

Timing at Finish

Timing will not start at the summit finish until 9am. If you are a fast runner and start too early you might reach the summit before the staff. Please wait until 7.30am to start if you class yourself as a runner.

The Course:

Starting at the Tavare Park in Harrietville – runners make their way up via Bungalow Spur Track to the summit of Mt Feathertop passing Federation Hut on the way.

Bad Weather options

In case of bad weather, the course will be shortened to finish at Federation Hut at 10km mark. Any participants being disrespectful of staff on course will be disqualified and removed from the event. We would love everyone to experience a summit finish, but participant and staff safety is paramount and we will shorten the race if required.

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Expected Performance for Walkers:

Walkers need to aim to the summit by 11am. This gives slow walkers 4.5 hours. A minimum pace of approx 25 – 30 mins/km.

Cut-off

All participants need to pass Federation Hut by 10.30am to proceed to the summit.

Aid along the way:

There is no provided water or food on the course for the Mt Feathertop event. Water can be accessed from the Federation Hut tank but is untreated and used with caution. You need to set out with the intention of being self-sufficient for the duration of time you will be out on the course. For slow walkers, this could be in excess of 7-8 hours. Please manage your nutrition and hydration closely.

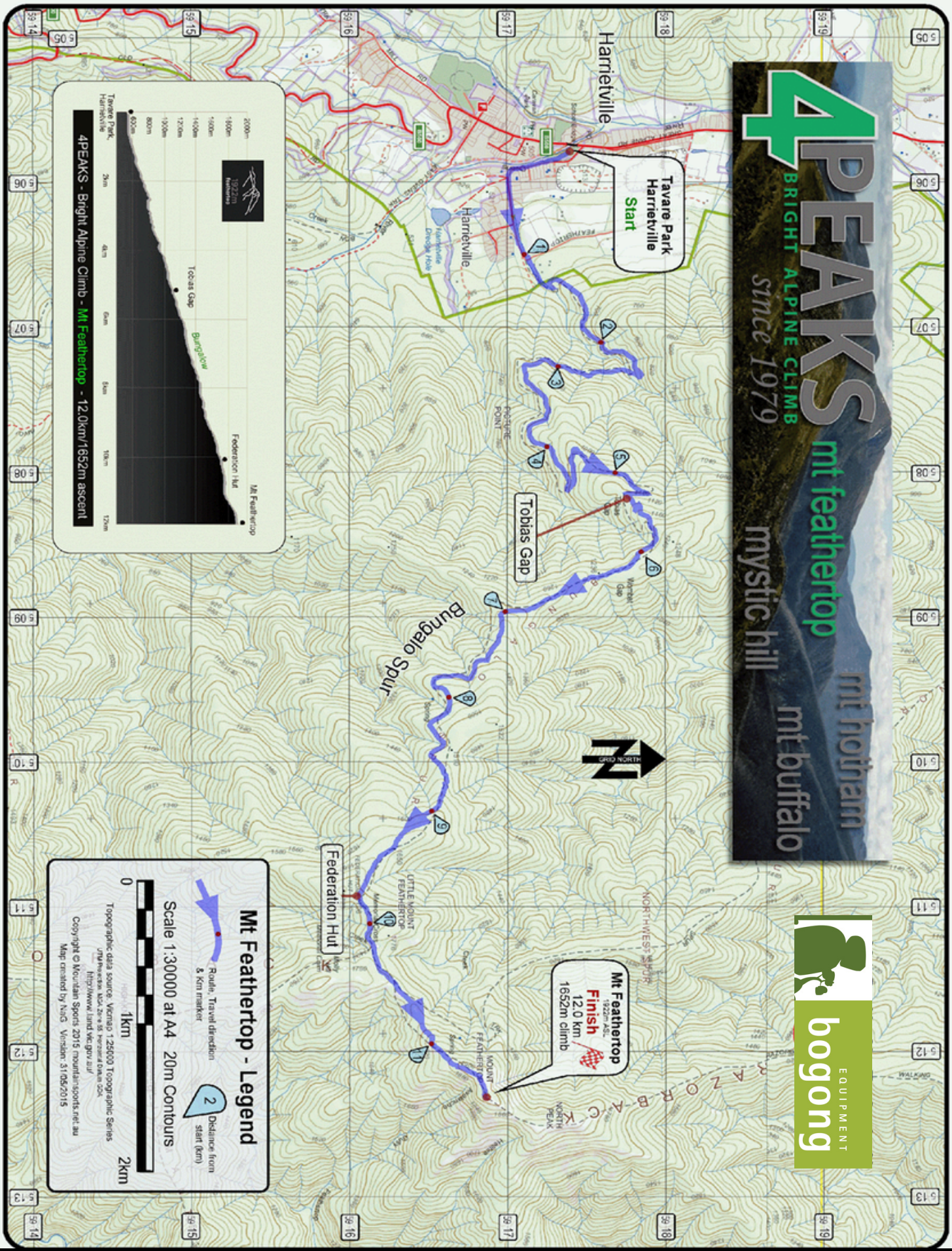
Finish:

Please check-in at the Event start/HQ when you return to Harrietville so we know you are safely off the mountain.

If you intend to descend Mt Feathertop via a different route (NW Spur/Razorback) you must SMS Race Director on 0403296516 to indicate your plans and you will be marked safe by event staff.



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Day 3 – Monday 2nd November 2026 –Mt Hotham

Distance: 15km
Elevation Gain: 1867m
Maps: COURSE MAP is HERE
GPX FILE: Download HERE
Where to start: At Tabare Park, Harrietville.
This is the same start as the Feathertop – Day 2 event.
Parking: Look for parking attendants for instruction.

On the day Registration opens 6.15am

Toilets:

Public toilet on other side of footbridge, Portaloos.

Services:

A coffee van will be open from 6.30am outside Mountain View Retreat just across the footbridge from the Race HQ.

Start Time:

The Bright Alpine Climb is a staggered start. This is due to both the nature of the trails being run and the diversity of speed that participants travel.
Participants can self-select start time from 7am- 8am.
Please note if you are a very competitive athlete, and want to be eligible overall titles, you will need to start in the final 8am start.
Start Period 1: 7-7.30am – Walkers (unlike day 2- no starts prior to 7am)
Start Period 2: 7.30-8am – Runners

The Course:

Starting in Harrietville, participants leave the Tabare Park cross the Ovens River and proceed up Bon Accord Track, this trail follows the river for 6km and then leaves the river and climbs steeply up Bon Accord Spur to the Bon Accord Hut Ruins. There is another steep climb until you finally pass the treeline and onto the Razorback and then a further undulating kilometre to the finish at just prior to the Alpine Highway at Diamantina Hut.

Bad Weather options:

If the weather at Mt Hotham is determined to be unsafe for runners, the course will be changed to be an out and back course on Bon Accord Track. This will be communicated to participants prior to the start, but if conditions change quickly you may be asked to turn around by race staff after you have started.
Bad weather turn around location will be at 10km mark – near summit of Bon Accord Hill.

Expected Performance for Walkers:

Walkers need to aim to summit by 1pm. This gives slow walkers 6 hours. A minimum pace of 25 – 30mins/km.

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Aid along the way:

There is NO AID on the course for the Mt Hotham event.
You need to set out with the intention of being self-sufficient for the duration of time you will be out on the course.

Finish:

The finish time is taken at southern end of the Razorback spur, prior to reaching the Alpine Highway. Please be careful when crossing the road to the Diamantina Hut, or when meeting your supporters or shuttle bus.

At the Finish:

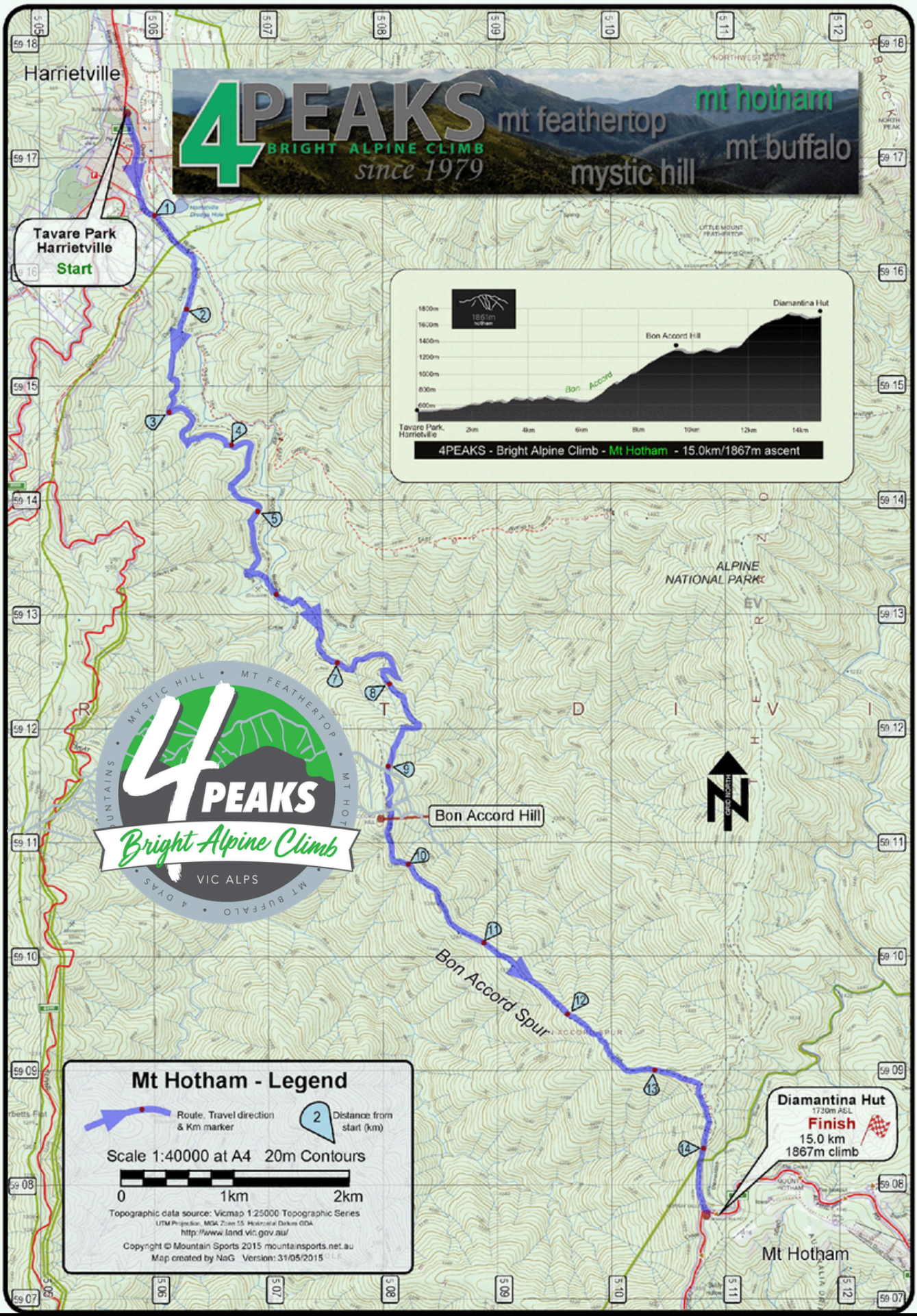
Water and fruit are available at the finish to help your recovery on the return car trip.
A shuttle bus from the finish line at Diamantina Hut back to the starting line at Harrietville.
Please note, this is a 90 minute round trip minimum. Where possible, please car pool and offer rides back down to anybody in need to ensure everybody gets home as promptly and safely as possible.

Parking:

If you are being met by family or friends at the Day 3 finish near Diamantina Hut, we request drivers travel past the finish and turn around at the Mt Lock Carpark before heading back downhill and parking on the South side of the road. Conducting a U-turn directly at the Diamantina Hut site is dangerous and not worth attempting just to save a few minutes driving.
Please obey the parking signs and be courteous of any other public using this area.



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Day 4 –Tuesday 3rd November 2026 – Mystic Hill from Nightingales

Distance: 15km

Elevation Gain: 800m

Maps: COURSE MAP is HERE

GPX FILE: Download HERE

Where to start: At Nightingale Bros Alpine Produce, 675 Morses Rd, Wandiligong.

Parking:

Please follow the parking attendants' instructions to park near Nightingale Bros Alpine Produce- You may be required to park on a road edge so please move off the road as far as possible and look out for other cars when walking to the event centre.

Registration

On the day Registration opens 6.15am

Start Time: Staggered start from 7am.

Day 4 is a staggered start. This is due to both the nature of the trails being run and the diversity of speed that participants travel.

Participants can self-select start time from 7am- 8am at 5min intervals.

Start Period 1: 7-7.30am – Walkers

Start Period 2: 7.30-8am – Runners

Participants are required to check in at the start line and will have their number recorded as they start.

The Course:

Starting within the lush green lawn of Nightingale Bros Alpine Produce, the course does a lap within apple orchard before heading into the pine plantations. The next 4 km is undulating on fire roads before taking a steep turn uphill. The climb to Water Reserve track has the same start as previous events, but then continues straight up to the top of the ridge. The descent is steep and slippery- probably the hardest section of the whole event. The course then returns back on the same route to the orchard back gate and then a shorter loop to the finish.

Expected Performance for Walkers:

Walkers need to aim to be finished by 11am. This gives walkers 4 hours.

Aid along the way:

No aid stations are provided for Day 4.

Finish:

In the same place you started for the Mystic Hill event (no shuttle bus required).

At the finish there is Fruit, Water. And lots of apples 😊Food and coffee for sale inside the Alpine Produce Store.

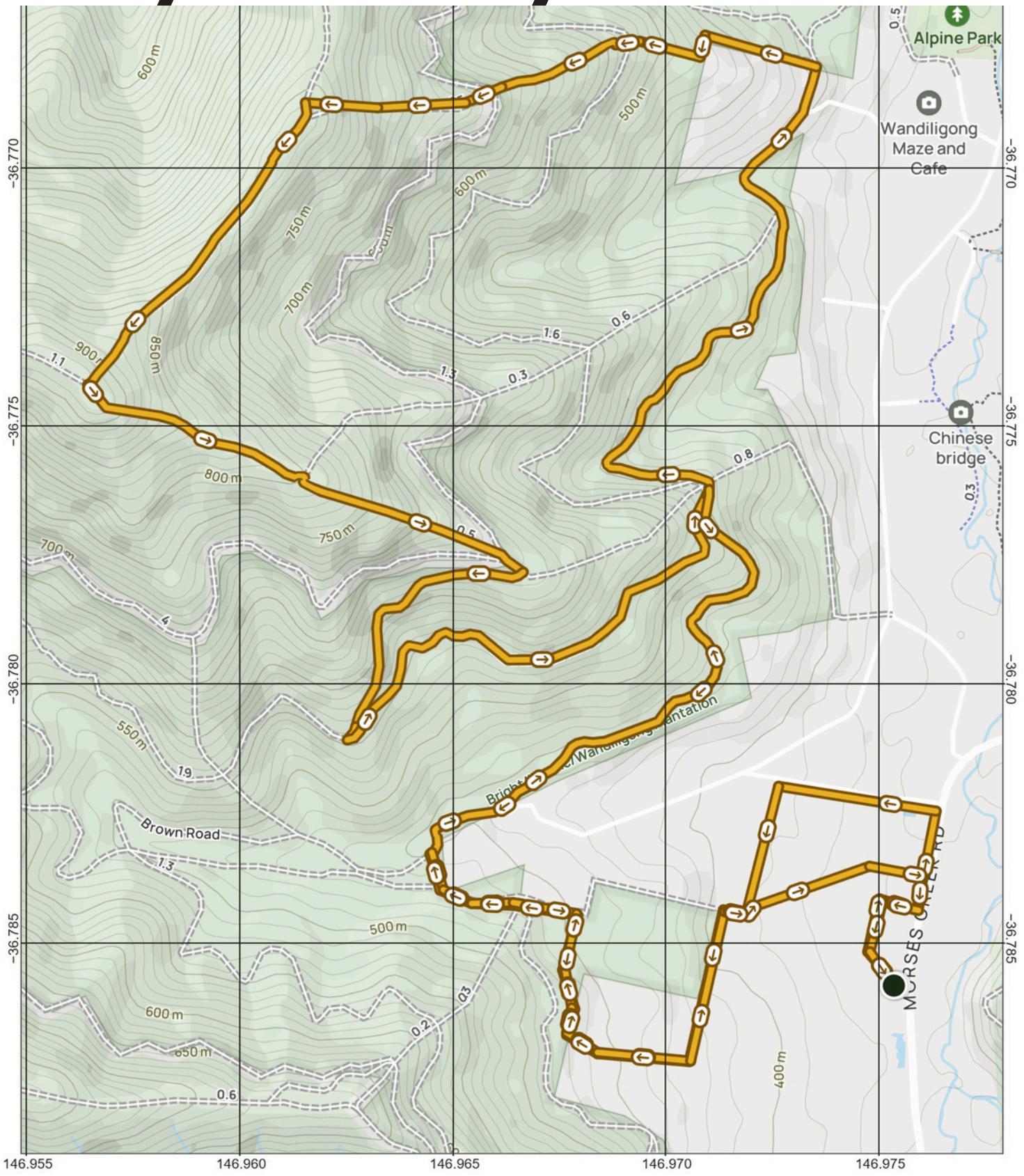
Nightingale Bros Kids Run

The 2km kids run will take place around the beautiful fruit orchard starting at 9.30am. Pre-registration is $10, Enter-on-the-day is $15 and all kids receive an apple and apple slushy at the finish.

Presentations:

Will take place at 11am at Nightingales with prizes for 4 days winners and LOTS OF SPOT PRIZES from our amazing sponsors.

Day 4- Mystic Hill



MN
12.4°E
10/25/2026

0.1 0 0.1 0.2 MI 0.3

200 0 200 M 400

Scale 1: 12704 Datum WGS84

Gain: 758 m | Loss: 758 m

984 m

312 m

0.0 km 7.5 km 15.0 km

2026 Bright Alpine Climb Day 4

Wandiligong, VIC

AllTrails



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