

Let's get training - Run Dungog 2026

Walk or run the scenic Dungog Common trails, then celebrate your effort with a well-earned burger at Tin Shed Brewery. Choose your challenge: 5km, 10km or 21km. Run Dungog is for all fitness levels - take it at a relaxed, social walking pace or push yourself if you're feeling good. It's all about fresh air, beautiful scenery and spending time together. No pressure - just a fun, friendly day out. The course varies in width and terrain, mostly gravel with some hilly and rocky sections. Aid stations will be positioned along the track for support.

Remember to bring the following items to partake in the activity:

- Comfortable walking/running shoes.
- Clothes suitable for exercise and warm clothes for afterwards.
- Water bottle and Snacks.

Event Itinerary - Sunday 9th August

9:00am: Arrive at the event. Event parking located near Common Road.

9:20am: Register at the Marquee and collect race bib.

9.45am: Assemble at the back of the start line with other Journe crew for event briefing.

10:00am: The 5km event will start - Run or walk depending on what feels comfortable.

12:00pm: Lunch at the TinShed Brewery.

Note: The event times above are for the 5km event. Longer distances start earlier.



Support coordinators will need to be contacted to ensure participants have enough funding to participate in the social event. Journe will cover event entry and lunch costs for participants who are accompanied by a Journe support worker.

RSVP to info@journe.com.au at least 7 days prior to the event.