



# CAPITAL TO COAST

100KM STAGE TRAIL RACE  
CANBERRA TO SOUTH COAST



## FROM THE RACE DIRECTOR.....

Edition 3 2022

Hi folks,

Capital to Coast entries are coming along with fantastic numbers in the teams categories. Don't forget you can still get a Canberra Runners discount if your team captain is a member of [Canberra Runners Inc.](#) As an added bonus, you also get access to all the great events hosted by Canberra Runners throughout the year.

This newsletter provides details about volunteering - we know many of you will be bringing family and friends along as support crew and they often want to get in on the C2C action. The website has a great description of the different roles and you can choose which roles and times suit your availability and interests. Head to the [website](#) to select your preferred times.

The newsletter also includes info on accommodation options for those looking to stay in or around Braidwood, courtesy of the local information centre.

For those keen to extend the fun, we are currently finalising a dinner option for Saturday night. Stay tuned for details regarding how you can join us for dinner at the [Smokey Horse](#) restaurant in Braidwood!

See you on the trails!

Doug R

Race Director

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### Calling all volunteers!

Capital to Coast is a multi-stage event - which means multiple times the fun of a normal event and also multiple times the opportunity to volunteer! An event such as this requires a bunch of volunteers for each stage, with roles such as checking in runners at the start, and on the course as trail marshals or providing much needed moral support at drink stations. There is something for everyone - including runners, family, and friends - and remember, every volunteer receives an exclusive volunteer buff!

Our [volunteer page](#) has info on all of the available roles, which you can browse before you commit to anything or, if you're ready, head on over to the [volunteer registration page](#) to select your preferred stage and role. IT'S THAT EASY!

Of course, if you have any questions about volunteering, we would love to hear from you - [c2c@canberrarunners.org.au](mailto:c2c@canberrarunners.org.au)

Thanks in advance to all of our amazing volunteers - you are legends!

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## Accommodation options

Day one sees us finishing close to Braidwood and wondering about accommodation options for Saturday night. There are a number of accommodation venues in Braidwood and the neighbouring surrounds. Other options include Canberra which is just over an hour's drive away or Bateman's Bay which is 45 mins from the start of Stage 5 on Sunday morning. The below list is courtesy of the [NSW tourist centre](#) and includes options both in town and nearby. Another useful website is [Where to stay - Queanbeyan-Palerang | Official travel site for Braidwood, Bungendore & Queanbeyan in QPRC](#). Don't hesitate to take the time to explore and take advantage of some of the fantastic produce from around the region.

### **IN BRAIDWOOD**

Bedervale Historic Homestead

02 4842 2421 or 0427422481

[sonia@bedervale.com](mailto:sonia@bedervale.com)

<http://www.bedervale.com>

Doncaster

0400 558 000

[info@thedoncaster.com.au](mailto:info@thedoncaster.com.au)

Gatekeepers Studio

0419 609 943

[sheelnoonan@icloud.com](mailto:sheelnoonan@icloud.com)

<https://www.airbnb.com.au/rooms/46736471>

Mona Farm Cottages

02 7202 5638

[Mona@monafarm.com.au](mailto:Mona@monafarm.com.au)

<https://monafarm.com.au/stay>

Poet's Corner

0412 444 649

[sonia@bedervale.com](mailto:sonia@bedervale.com)

[Airbnb - Poet's Corner](#)

Taj Galah

0419 187 279

[franholloway33@gmail.com](mailto:franholloway33@gmail.com)

[AirBnB - Taj Galah](#)

Wallace Lodge

02 4842 1325 or 0455 832 979

[elizabethhawkes.travel@gmail.com](mailto:elizabethhawkes.travel@gmail.com)

<http://wallace-lodge.newsouthwaleshotels.net>

Braidwood Cedar Lodge Motel

02 4842 2244

[cedarlodge@braidwoodnsw.com](mailto:cedarlodge@braidwoodnsw.com)

<https://www.cedarlodgebraidwood.com.au>

Braidwood Colonial Motel

02 4842 2027

[bwdcolonialmotel@bigpond.com](mailto:bwdcolonialmotel@bigpond.com)

<https://www.braidwoodnsw.com/braidwood-colonial-motel>

Braidwood Torpy's Eco Motel & Guest House

02 4842 1830 or 0447 421 830

[torpysecomotel@bigpond.com](mailto:torpysecomotel@bigpond.com)

<https://www.braidwoodnsw.com/braidwood-torpy-s-eco-motel>

Royal Mail Hotel

02 4842 2488

[royalmailbraidwood@gmail.com](mailto:royalmailbraidwood@gmail.com)

<https://royalmailhotelbraidwood.com.au>

The Snow Lion B&B

02 4842 2023 or 0407 922 306

[gritfair@bigpond.net.au](mailto:gritfair@bigpond.net.au)

<https://www.facebook.com/snowlionbnb>

### **OUTSIDE BRAIDWOOD**

Araluen Hotel (26km)

02 4846 4023

[contact@araluenhotel.com.au](mailto:contact@araluenhotel.com.au)

<https://www.araluenhotel.com.au/>

Corang River B&B (42km)

02 4845 9190

[info@corangriverbandb.com.au](mailto:info@corangriverbandb.com.au)

<http://river-bed-and-breakfast.newsouthwaleshotels.net/en/>

Coriole - Studio Apartment (22km)

0428 528 203

[info\\_coriole@bigpond.com](mailto:info_coriole@bigpond.com)

<https://www.braidwoodnsw.com/coriole-warri>

Elrington Hotel - Majors Creek (16km)

02 4846 1145

Tombarra Mongarlowe (15km)

0448 533 616

[tombarra1@bigpond.com](mailto:tombarra1@bigpond.com)

<https://www.tombarra.com.au>

The Saddle Camp's Tiny Houses

0417 456 093

[thesaddlecamp@gmail.com](mailto:thesaddlecamp@gmail.com)

<https://www.saddlecamp.com.au>

monkey duck pantry (Araluen - 24km)

0412 851 060

[monkeyduckpantry@gmail.com](mailto:monkeyduckpantry@gmail.com)

[www.monkeyduckpantry.com.au](http://www.monkeyduckpantry.com.au)

Tiandi Farmstay (Tomboye - 28 km)

02 4842 1476

[Tiandi@westnet.com.au](mailto:Tiandi@westnet.com.au)

<http://tiandiwildlifesanctuaryandfarmstay.net/farm-stay.html>



The current COVID situation provides a timely reminder to remind folks that C2C 2022 has published its [COVID safe guidelines](#) that are consistent with current government advice. We will continue to update the advice as necessary. People are reminded to look after themselves and take necessary precautions to ensure we keep each other safe throughout the event.

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