



Join a like-minded crew of women for
a soul-fuelling winter escape to
Bright, Victoria.

MYSTIC

W elcome

WINTER WELLNESS JULY 12TH - 13TH 2025

Escape to Bright for a refreshing winter weekend with an inspiring group of adventurous women. Reconnect, recharge, and embrace the season in good company.

Entry numbers are capped in year one - don't miss out!

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PARTICIPANT INFORMATION



OVERVIEW

In partnership with **Wildflower Pilates & Haut Hutt**, we’re bringing a weekend full of rejuvenation with Trail Running, Pilates, Sauna, Cold Plunge & Mountain Biking at Mystic Bike Park. The weekend will come alive with local food truck vendors and good vibes, an event built for women to reconnect and relax in picturesque Bright, Victoria.

The inaugural Winter Wellness weekend is a weekend to run, ride, rejuvenate together, connect with friends, and make new friendships.

Winter Wellness - Run + Ride + Rejuvenate

Whether you thrive on two wheels or are a beginner in your running shoes, join a like-minded crew of women and rejuvenise with a Pilates Session and Håut Hutt Sauna / Cold Plunge for relaxing weekend.

INCLUDED WITH ENTRY

- 2-day event entry
- Trail Run (5km or 15km) Sat 12th
- Håut Hutt 25 min session Sat 12th | Wildflower Pilates 45 min session Sat 12th
- 1-Day Gravity Uplifts Sun 13th



Winter Wellness - Ride + Rejuvenate

For those who want to skip the running, we've got a package that includes a rejuvenation session from our partners Håut Hutt & Wildflower relaxation Pilates, followed by a whole day of Uplifts at Mystic Bike Park.

INCLUDED WITH ENTRY

- 2-day event entry
- Håut Hutt 25 min session Sat 12th | Wildflower Pilates 45 min session Sat 12th
- 1-Day Gravity Uplifts Sun 13th



WINTER WELLNESS - RUN + RIDE

For the active ones who want to keep the heart rate going or have limited time, we’ve got a run & ride package spread across 2 days.

INCLUDED WITH ENTRY

- 2-day event entry
- Trail Run (5km or 15km) Sat 12th
- 1-Day Gravity Uplifts Sun 13th



WINTER WELLNESS - RUN

Get amongst the vibe of Wellness Weekend with a womens trail run in in the pines with breathtaking views. Options include a 5km or 15km course around Mystic Bike Park with special routes designed for all runner abilities.

INCLUDED WITH ENTRY

- 1-day event entry
- Trail Run (5km or 15km) Sat 12th



EVENT & VENUE INFO



WORLD-CLASS TRAILS

MYSTIC FEATURES SOME OF THE VICTORIA'S FINEST GRAVITY-BASED MOUNTAIN BIKE TRAILS. ICONIC PINE PLANTATION AND INCREDIBLE VIEWS.

OVERVIEW

TRAIL NETWORK

All Winter Wellness participants can ride the park throughout the weekend using the climbing trail network or booking additional Uplifts for Friday or Saturday. Selected Winter Wellness packages already include Uplifts on Sunday, July 13th.

TRANSPORT

There are a few options for transport from Melbourne or Albury Airport. Rental cars or shuttles to the park are the most commonly used options.

FOOD AND BEVERAGE

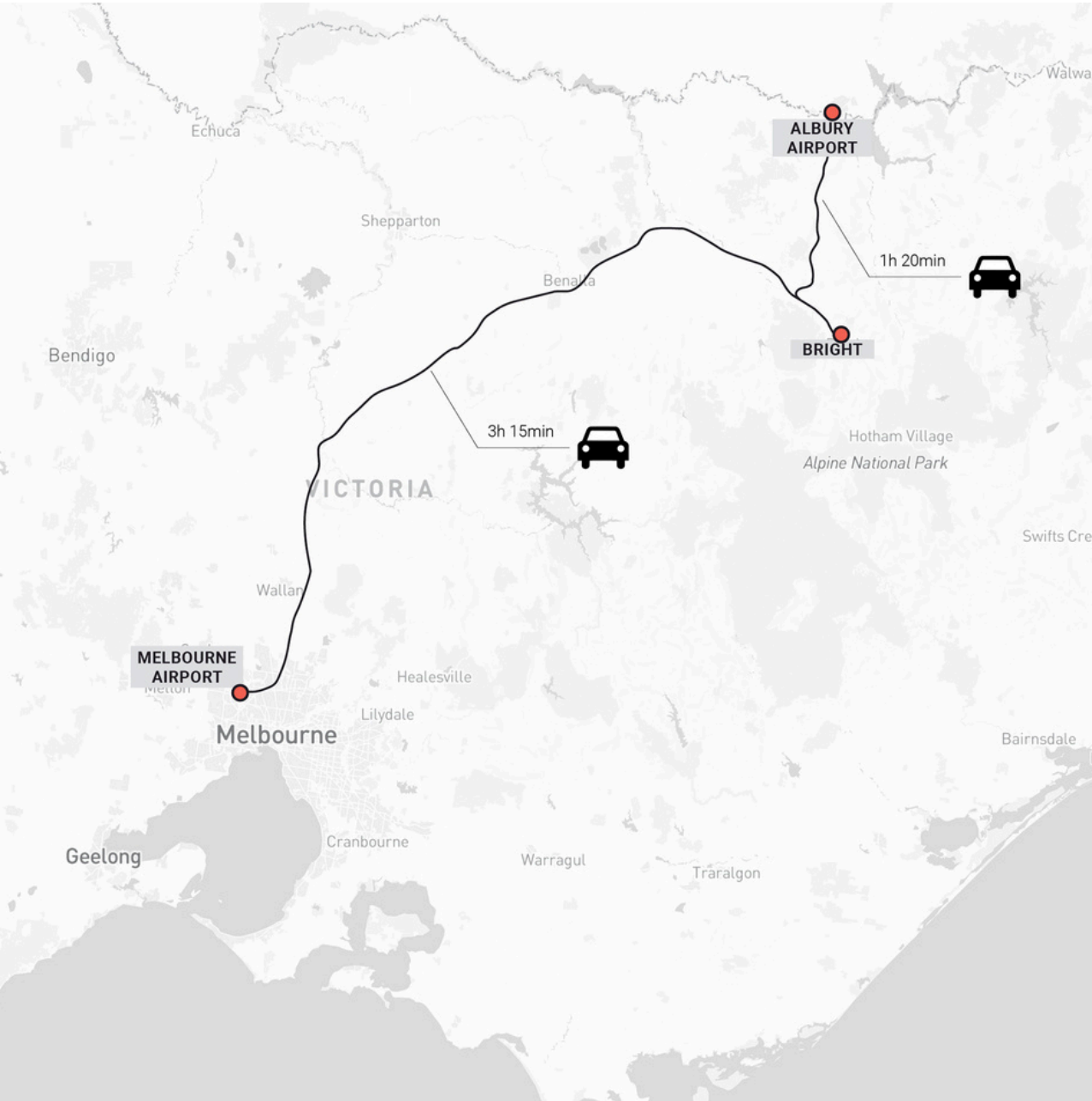
There will be a variety of food options available from local food truck vendors at the Mystic Trailhead, including quality coffee roasters in the morning, and Mountain Crafted Brews on Saturday.

ACCOMODATION

Bright is a big tourist town and has limited availability for accommodation - bookings are required early to secure your accommodation. Plenty of local caravan parks are also available.

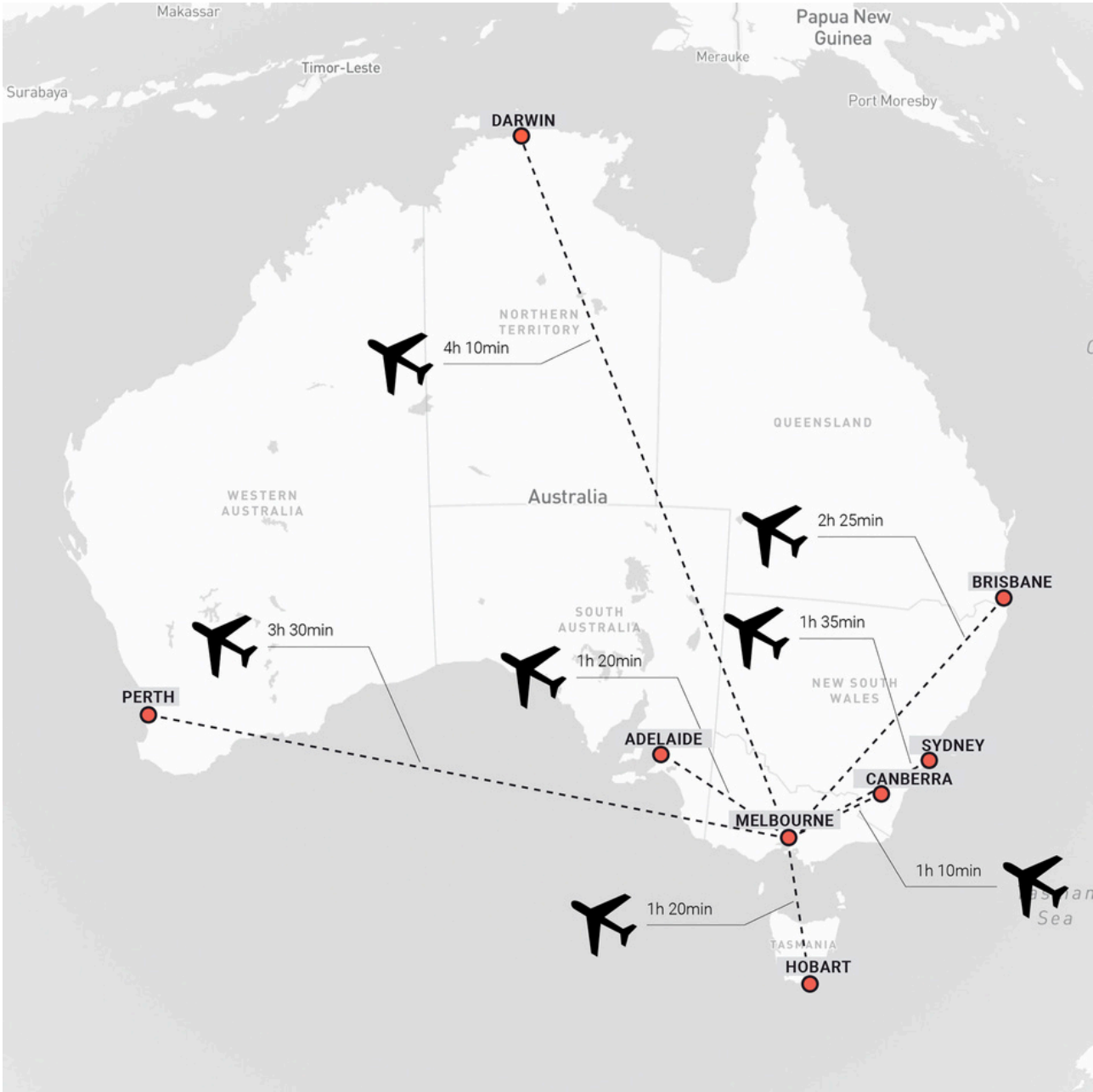
DRIVING HERE

Mystic Bike Park is located in the town of Bright, Victoria. Bright is approximately a 3hr 15min drive from Melbourne or a 1hr 20min drive from Albury Airport.



FLYING TO BRIGHT

Bright is accessible via air with major airlines offering flights from all Australian capital cities. Albury is the closest airport from Bright, located an easy 1 hour and a 20-minute drive away. Melbourne Airport is the nearest major airport, a 3hr 15min drive from Bright.



SCHEDULE



FRIDAY JULY 11TH

	Start Time	End Time
Early Registration Available at Bright Brewery Venue 121 Great Alpine Rd, Bright VIC 3741	4:00pm	7:00pm

SATURDAY JULY 12TH

	Start Time	End Time
Registration Open Mystic Bike Park	7:00am	
15km Trail Run	8:00am	11:00am
5km Trail Run	8:30am	11:00am
Håut Hutt Sauna Sessions	9:30am	3:00pm
Wildflower Pilates Sessions	10:30am	4:00pm
Podiums & Presentations	4:40pm	

SUNDAY JULY 13TH

	Start Time	End Time
Gravity Uplift Check in Mystic Bike Park	9:00am	
Lower Mountain Uplift and Launch Pad Uplifts Operating	9:30am	4:00pm



CONTACT US

IF YOU HAVE ANY FURTHER QUESTIONS, PLEASE CONTACT US.

// DETAILS

GUEST SERVICES



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Mystic Bike Park

