



Coastrek Sydney 2026 - 20km Event

ROUTE INFORMATION

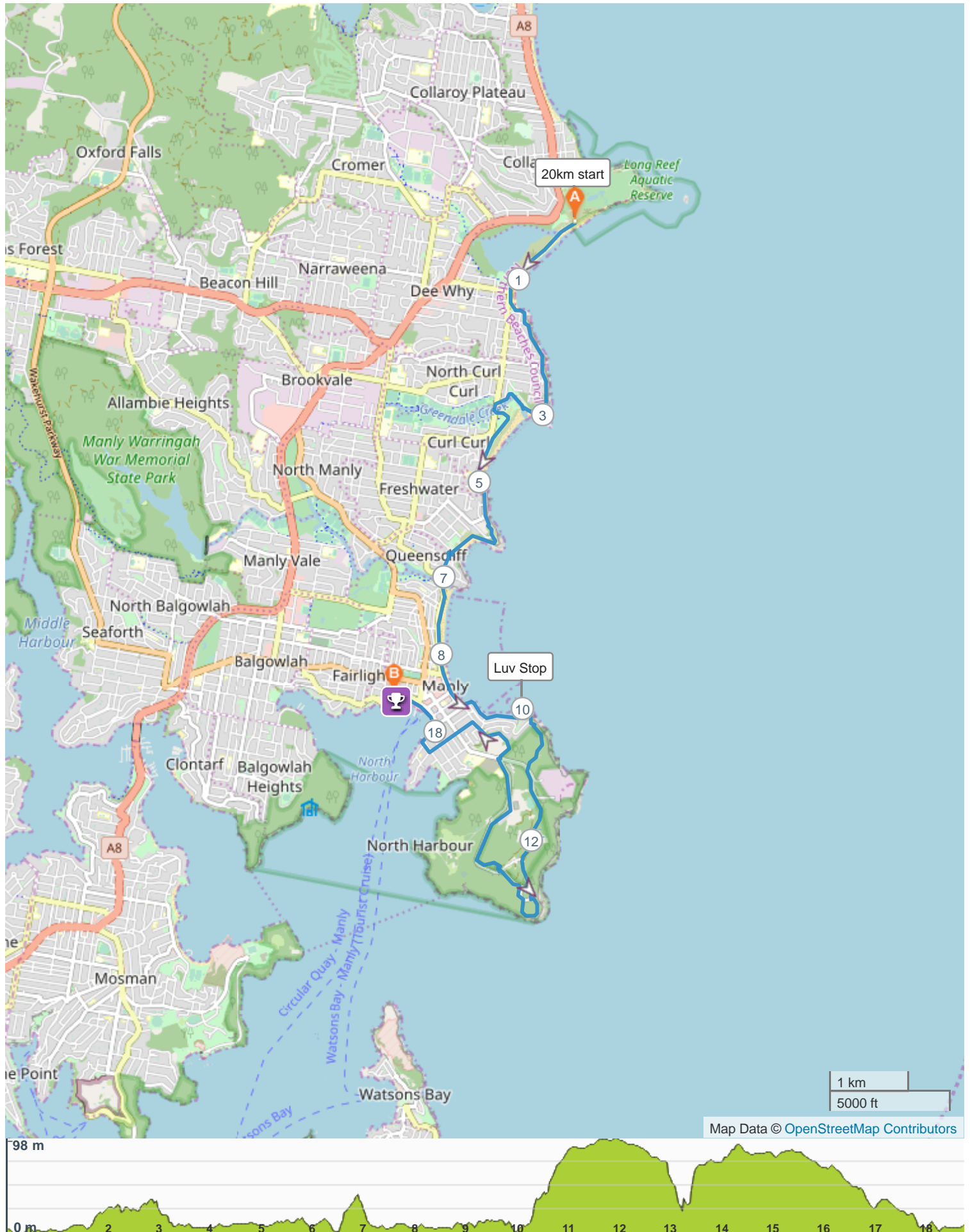


ROUTE LENGTH	18.744 km
ASCENT	338 m
DESCENT	334 m
HILLS	⬆ 42.8% ⬇ 42.3% ➡ 14.9%
TERRAIN	Mixed 🌲🏞️
START	LAT: -33.745218, LNG: 151.305744




NOTES

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ROUTE DIRECTIONS

No	Km	Turn	Directions
1	1.237		Turn left - Turn left along the concourse at Ted Jackson Reserve towards the Luv Stop
2	1.335	↖	Exit Dee Why beach & walk along the path towards Dee Why pool
3	1.563	↗	Turn right up the stairs after the public toilets and turn right again to follow the coastal footpath
4	1.719		Turn left onto the bush track around the headland, keeping to the track around the outer edge
5	2.733	↖	Keep left onto Cobbers Way
6	3.004	↘	Turn sharp right onto Cobbers Way
7	3.245	↙	Take the path down to the lagoon
8	3.284		Follow the track alongside the lagoon
9	3.791	←	Turn left & walk over Griffin Rd bridge
10	3.889	←	Turn left to follow the path into the park
11	4.108		Continue along the path along Curl Curl beach
12	5.059	→	Turn right
13	5.622		At the end of the coastal pathway turn right up the stairs
14	5.637	↙	Turn left at Lumsdaine Dr, keeping to the footpath
15	5.752	↖	Continue on the footpath around the Mackillop carpark
16	5.977	↗	Follow footpath to the toilet block and take the stairs to the left towards Freshwater Beach
17	6.190		Turn left to walk along Freshwater Beach
18	6.535	↖	Exit Freshwater beach at the Southern end, via the windy ramp/stairs to Bridge Rd
19	6.763		Continue straight on Bridge Rd, over to the Queenscliff lagoon
20	7.091		Continue on the path following along beach
21	8.773	↖	Keep left past Manly SLSC, to follow the coastal path towards Shelly Beach
22	9.593	↘	Turn sharp right
23	9.684	↖	Turn slight left onto Bower Street
24	9.706	↖	Turn left and follow the path around Shelly Beach Reserve
25	10.212	←	Turn left onto Blue Fish Track
26	10.391	→	Turn right onto Blue Fish Track
27	10.494		Pass through the hole in the sandstone wall, watch your head! Continue on the windy bush path
28	10.512	↓	Turn right onto Blue Fish Track
29	11.077	↖	Cross Bluefish Dr to the other side, then turn left to follow the path that travels alongside Bluefish Dr
30	11.194		Keep right to continue on the bush path (don't follow Bluefish Dr here, it veers off course!)
31	11.338		Continue straight at Gunner Rd

No	Km	Turn	Directions
32	11.431	↗	Keep right onto the Avenue of Honour
33	12.173		At the fork, keep left to continue on the Avenue of Honour
34	12.304	↖	At the next fork, veer left to continue on the Avenue of Honour
35	12.383		FUN FACT: this cobblestone avenue was created as a memorial to local soldiers killed in the First World War
36	12.658	←	Turn left to follow the North Head Scenic Drive
37	12.840	←	Turn left onto Fairfax Walking Track
38	13.431	←	Exit the Fairfax Track & walk towards North Head Scenic Dr
39	13.725	←	Turn left onto North Head Scenic Dr
40	14.040	↘	Cross over the pedestrian crossing & turn sharp right onto North Fort Road
41	14.063	↙	Turn sharp left onto the bush track
42	14.160	←	Turn left onto the trail
43	15.001	↗	Keep right towards St Barbaras Ave
44	15.304	←	Turn left onto North Fort Road
45	15.523	↗	Turn slight right onto North Head Scenic Drive
46	16.018	←	Turn right onto Bluefish Dr, then sharp left onto the trail
47	16.226	↘	Turn left through the wall & gate towards St Patrick's
48	16.664	→	Turn right down the stairs
49	16.776	←	Turn left onto Montpelier Place
50	16.795	→	Turn right onto Reddall Street
51	16.952	↖	Turn left onto Addison Rd
52	17.608	→	Turn right onto Stuart St
53	17.773	→	Turn right onto East Esplanade
54	17.821		Keep left to follow the path down towards Manly Cove past the Manly Yacht Club
55	18.018		Follow the Manly Cove foreshore past Manly Wharf
56	18.706	←	Turn left
57	18.744		 Finish Village - woohoo!