



**BRISBANE**



# **COASTREK 2022**

## **EVENT MAP BOOK**

**WALKING FOR MENTAL HEALTH**



Hey Coastrekker,

Are you ready?

You are about to embark on a life-changing adventure of fun with your friends, getting fit and fundraising for Beyond Blue!

Did you know that teams who prepare and train on the route enjoy the day 150% more than those who don't? (YES! We made that stat up! But it's also true!). That's why we've prepared this printable route guide to help you and your team train and navigate on Event Day.

### How to use this guide

The 60km route starts on page 1 and the 30km route starts on page 9.

On one side, you have the map with the route highlighted in purple. On the other side, you'll find detailed track notes for that section of the route. The MAPS.ME map is still available for you to download onto your phone – the two complement each other.

### About our route

What makes Coastrek the best event ever (if we do say so ourselves!) is that we keep you visually connected to the coastline as much as possible. We want you to be IN nature, not on roads or urban footpaths. When walking, stick to bush tracks and beaches (yasss soft sand) to experience the most beautiful walk. Use the track notes to guide you onto the secret paths and trails. Shhh! These are for Coastrekkers only!

Toilets are available along the route approximately every 3km. We've marked the spots so you can see where the next loos are. Remember if you're training at night or very early morning, some toilet blocks are locked – eek! Plan carefully, learn 'bush wee etiquette' and please don't leave any mess on the trail if you do an unplanned stop.

**Please note:** We can't control public works, council works, or other construction works, so please be open minded when you have to navigate around obstacles. Please check our website for the most up-to-date version of the Coastrek route and FAQs. If you encounter hazards or potential route changes on Event Day, please notify us via text on 0411 344 138.

**IMPORTANT:** On Event Day each Luv Stop has a designated closing time. If your team doesn't reach a stop before the times listed on the website or pocket guide, you will be required to withdraw from the event. Sorry we cannot make exceptions – our insurance doesn't cover us for that!

### Some golden rules

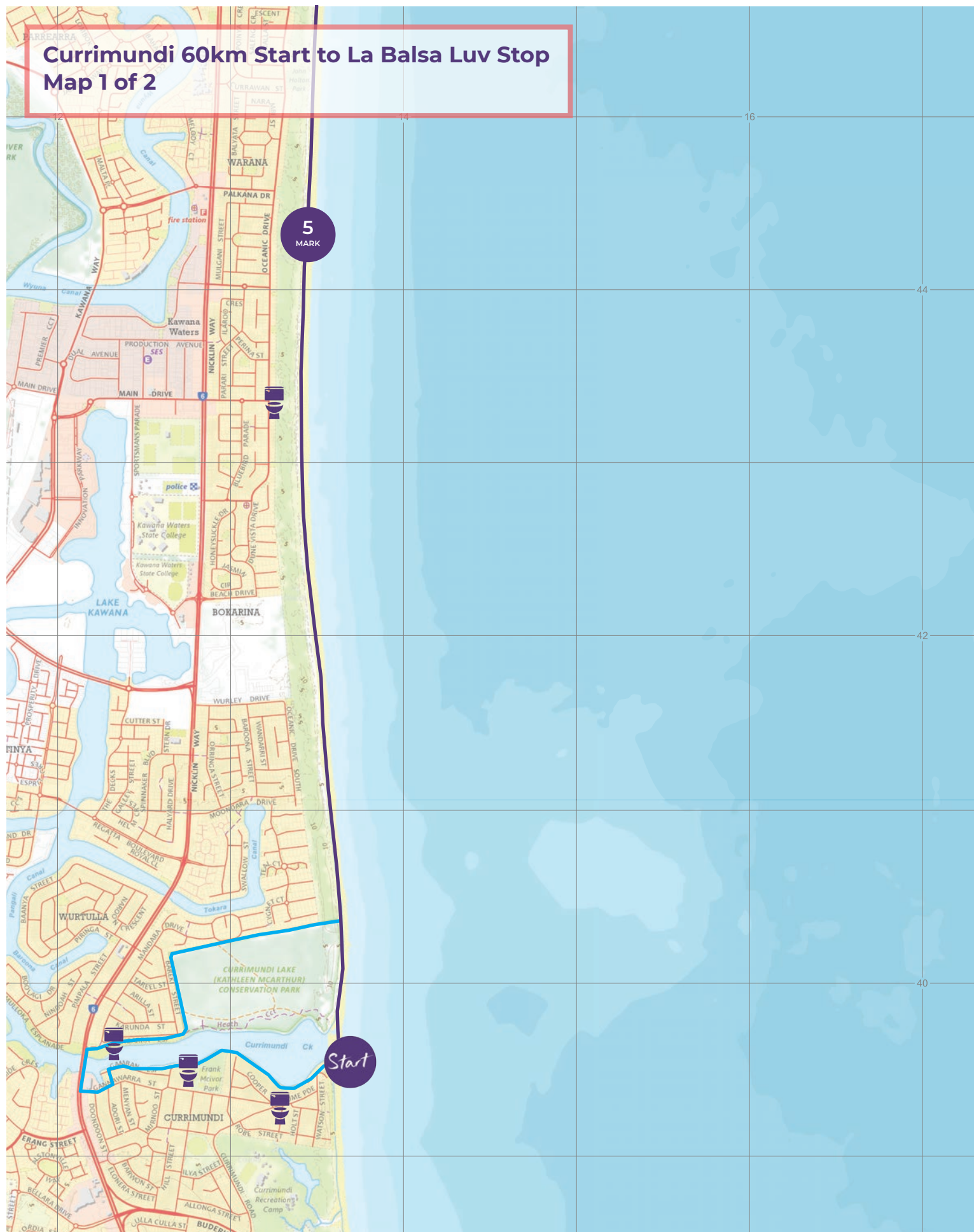
- Please keep noise levels low when walking near residential areas during early morning and at night.
- Leave no trace! Take your reusable coffee cup, water bottle and a rubbish bag with you, and please be mindful of the waste you create.
- Be patient... Coastrek is NOT a race!
- If you're seriously injured during training or on Event Day and need urgent medical assistance, please call 000
- If you need to withdraw on Event Day, please contact HQ on 0411 344 138. We must account for each participant and we will call you if you don't cross the timing points at all Luv Stops or Finish Line.
- Remember to post and #coastrek while training and on Event Day so we can give you a shout out.

Woohoo! Happy training, good luck and we can't wait to see you at the finish village!

*Wild Wishes,  
Di and The Wild Women Team xx*

# Currimundi 60km Start to La Balsa Luv Stop

## Map 1 of 2



### KEY

- Route
- Start
- Next/Previous Section
- Luv Stop
- Road Crossing
- Public Toilets
- Training Days Only

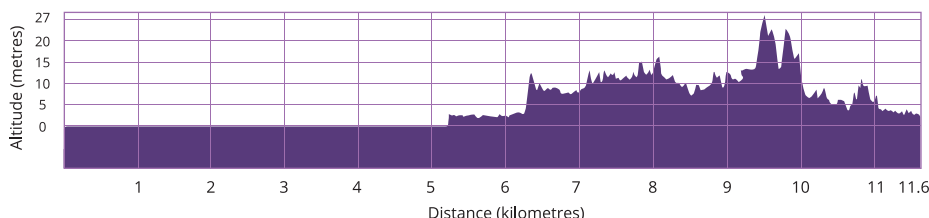
### Training detour

Between Currimundi Start and Wurtulla Beach is not accessible if Currimundi Lake is open to the sea and unsafe to cross. Please use this alternate route during training. It will add approx 3km to the overall distance.



## Currimundi 60km Start to La Balsa Luv Stop – Map 1 of 2

Distance	Cumulative distance	Must depart La Balsa Luv Stop by
	60km event	
± 12km	± 12km	10:00am



### TRACK NOTES – 60KM EVENT ONLY

- The 60km event starts here!
- Start at *Currimundi Beach*
- Head North up the beach for 6.5km of glorious hard-packed sand walking!

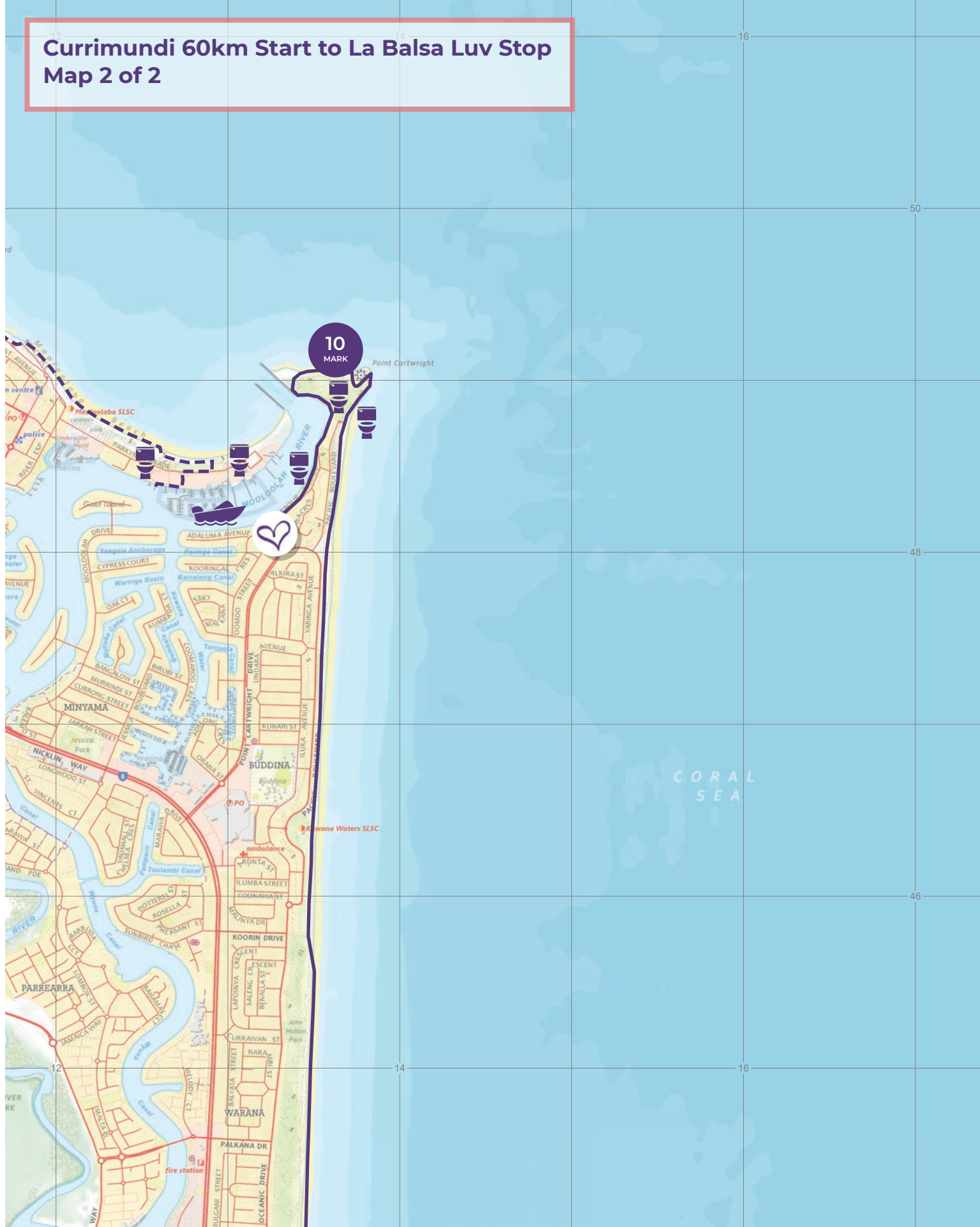
#### Training detour:

##### ALTERNATE ROUTE – if Currimundi creek is open to the sea and unsafe to cross

- Exit LEFT off beach towards the *Currimundi Beach* carpark via a sandy ramp. Turn RIGHT to the footpath along the lake edge past children's playground.
- At the end of Gamban Esplanade turn LEFT onto Gam Avenue, then RIGHT onto Gannawarra Street. Follow pathway to main road and turn RIGHT on to Nicklin Way, past Toyota car dealership on your right.
- Cross the motor bridge, and just before the houses, take sharp RIGHT in to Crummunda Park pathway, back towards the ocean, which leads you onto Coongarra Esplanade.
- At the end of Coongarra Esplanade, you will approach a sign that says WARNING DANGER. Do not enter the National Park Currimundi Lake Reserve but instead turn LEFT on to bike/pedestrian pathway that runs parallel to Bareki Street, behind the houses.
- Follow this pathway straight then to the RIGHT. When the houses end on your left, the path will also veer left. Here, stay straight (don't turn left with the pathway) and head up the stairs on to the beach access path. Turn LEFT on to the beach and head north up the coastline along the sand with the ocean on your right, with Currimundi Lake now behind you.
- Walk north along the sand for approx. 5.5km, travelling along Wurtulla Beach, Bokarina Beach, then Warana Beach.

# Currimundi 60km Start to La Balsa Luv Stop

## Map 2 of 2



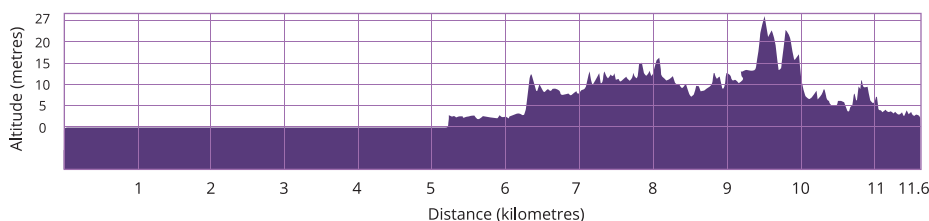
### KEY

- Route
- Next/Previous Section
- Luv Boat
- Luv Stop
- Public Toilets
- Road Crossing



## Currimundi 60km Start to La Balsa Luv Stop – Map 2 of 2

Distance	Cumulative distance	Must depart La Balsa Luv Stop by
	60km event	
± 12km	± 12km	10:00am



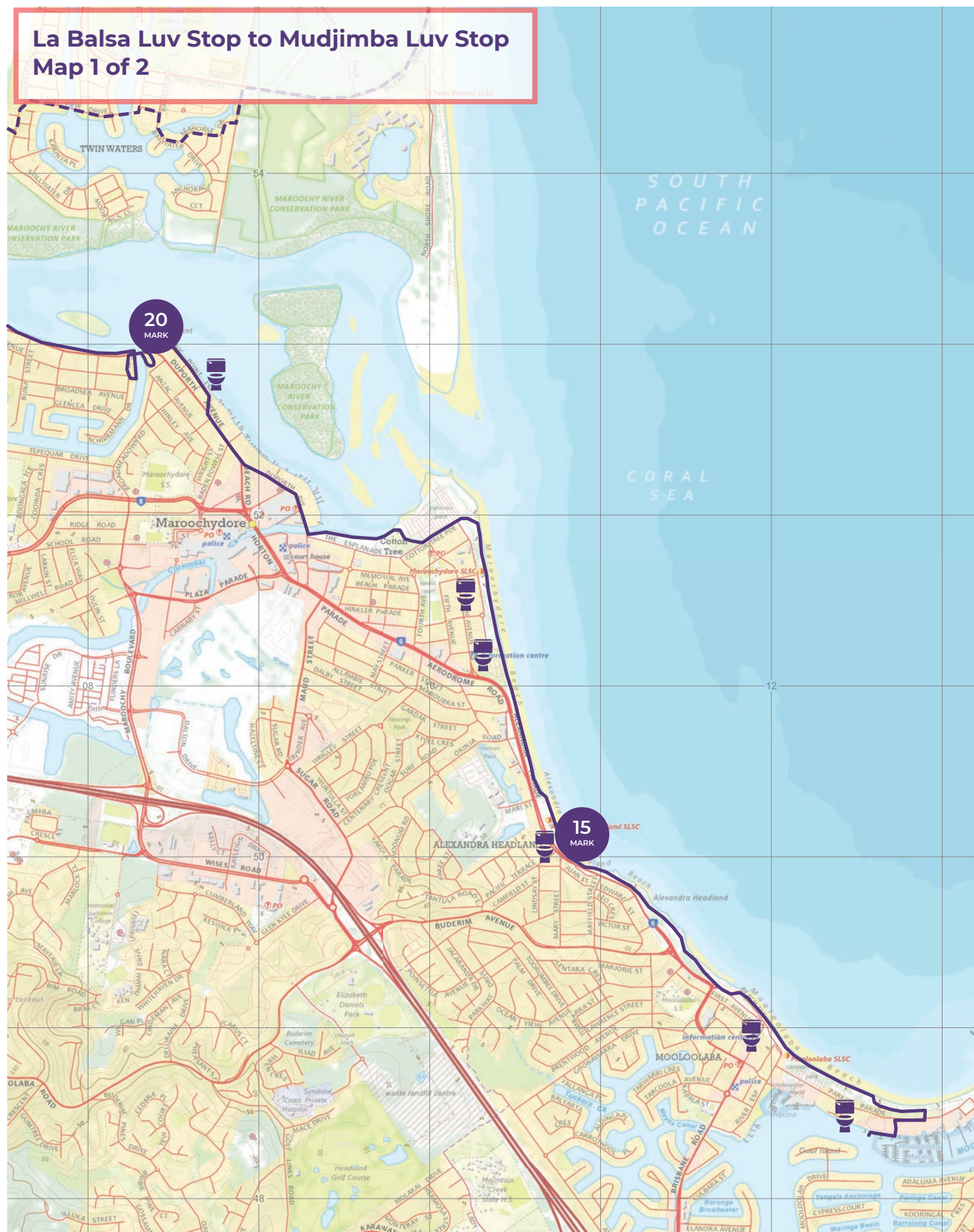
### TRACK NOTES – 60KM EVENT ONLY

- Turn LEFT off the beach at BA (Beach Access) 229 into Pike Park (opposite Koorin Drive), before turning RIGHT onto the coastal pathway.
- Continue on pathway until BA 202 where trail becomes a wooden walkway up to Point Cartwright Reserve, with the beach below you.
- Stay on the wooden walkway to a car park and toilets; and enter reserve via a pathway and pass a signpost marked *Nature walk, Pt Cartwright*.
- Pass a bubbler on your LEFT and come out into grassy clearing with the lighthouse ahead of you. As the track splits, do not turn left, instead continue up the hill and enjoy the views back down the coast.
- Follow the path around the front of the lighthouse to a green bench with a view, then continue around the headland to rejoin the track at the split. Take sharp RIGHT down the grassy hill (not back to the car park where you came from).
- Head down hill and as it flattens out, the path curves RIGHT. At the next split, take the path to the RIGHT (not left to the toilets) and curve around on a trail adjacent to the beach. The water should now be on your right and the grassy reserve should be on your left.
- The trail heads out onto the beach for a approx. 50m. At the mouth of the harbor, take a sharp LEFT at BA 196 to rejoin the bitumen path heading up the waterway.
- With the water on your right, stay on the path passing the wooden set of stairs on left, and following the trail as it curves and follows the waterway.
- Stay on water's edge trail past the children's park/La Balsa Park and then onto the La Balsa Jetty boat ramp.
- You have reached the **La Balsa Luv Stop!**
- Grab a snack, refill your water and take a quick rest! When you're leaving, make sure you cross the timing strip as a team and that your bib is on your front!
- All aboard the (free) LUV BOAT!

Two Luv Boats will operate continuously during the site activation time, across the Mooloolah River to Parkyn Parade Jetty. First in, best dressed, enjoy the small rest!

# La Balsa Luv Stop to Mudjimba Luv Stop

## Map 1 of 2



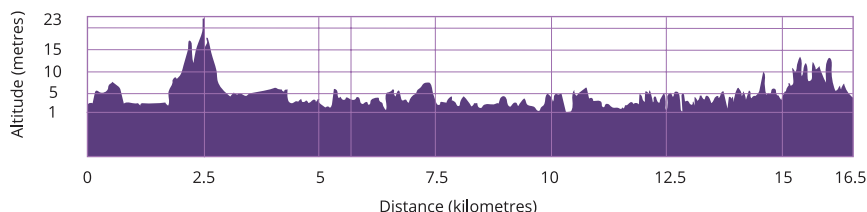
### KEY

- Route
- Next/Previous Section
- ♥ Luv Stop
- 🚻 Public Toilets
- ⚠ Road Crossing



## La Balsa Luv Stop to Mudjimba Luv Stop – Map 1 of 2

Distance	Cumulative distance	Must depart Mudjimba Luv Stop by
	60km event	
± 14km	± 29km	3:30pm

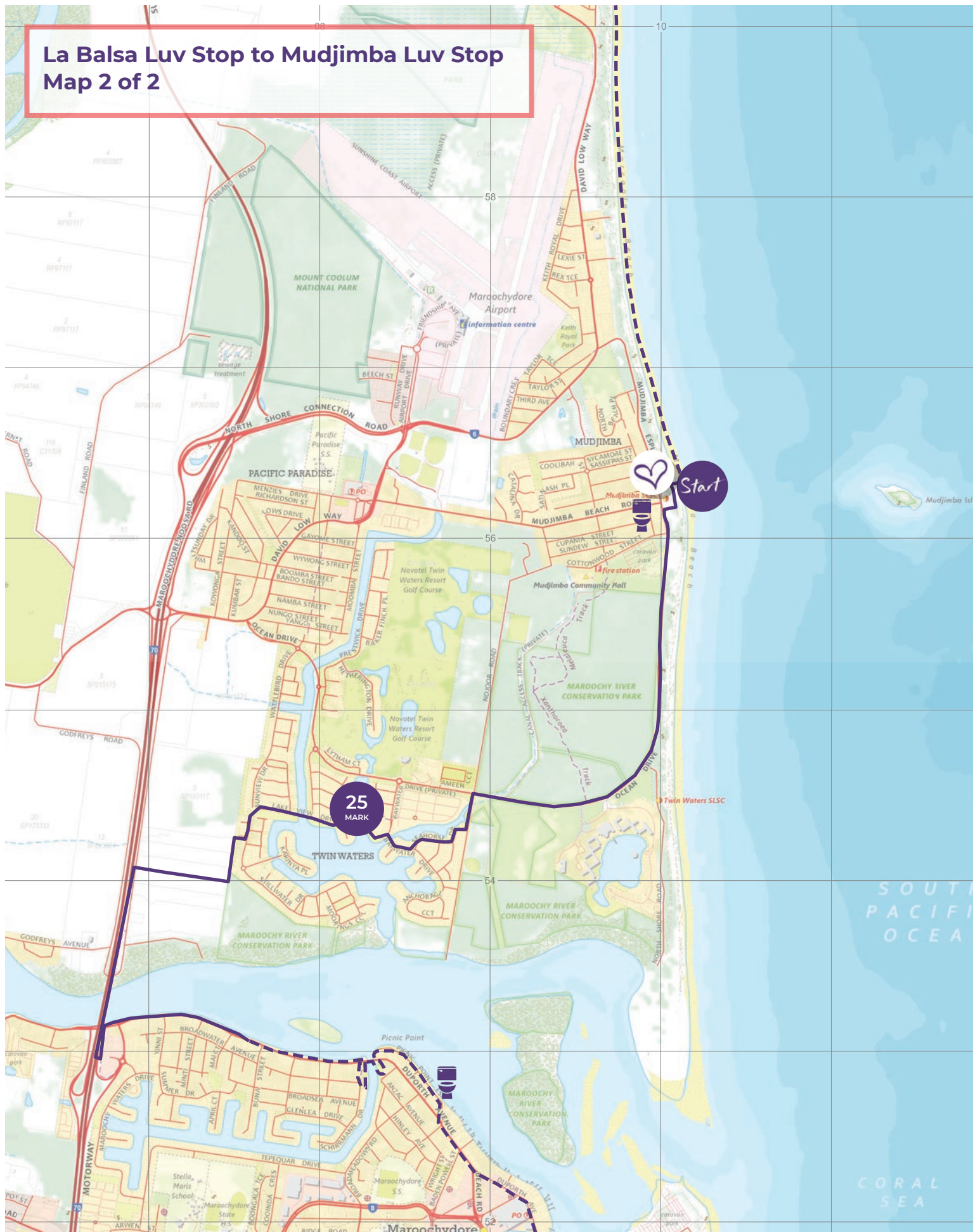


### TRACK NOTES – 60KM EVENT ONLY

- After your Luv Boat experience, you will alight at the Parkyn Parade Jetty near the Coastguard. Leave the car park and carefully cross over Parkyn Parade, using the pedestrian crossing (about 150m up the road to the RIGHT)
- Proceed through a grassy reserve and turn LEFT on to the Coastal Pathway (see signpost “cyclists must dismount”).
- Just before the public toilet within the Urunga Esplanade carpark, turn RIGHT onto Mooloolaba Spit Beach and take a lovely 1km walk along the sand to the rocky outcrop (end of the beach)
- Exit LEFT off the beach onto Beach Terrace. At Mooloolaba caravan park on Venning Street, follow the footpath up and to the RIGHT onto Mooloolaba Esplanade footpath. Do not enter the caravan park. Continue along the footpath as it veers away from the roadside to the green grassy clearing. Stay on the footpath along Alexandra Parade.
- Opposite Beachfront Towers, as the main road bends to the left, head RIGHT off the path in front of the Seabreeze caravan; onto beach at BA 152.
- Walk along the beach past Maroochydore SLSC and then leave the beach at marker 141 before the Cotton Tree Holiday park. Follow the footpath on Cotton Tree Parade with the holiday park on your right.
- Pass the main entrance to Cotton Tree Holiday Park on your right and after 30m veer RIGHT towards the Aquatic Centre. Follow the path around to right hand side of Aquatic Centre, then LEFT in front of The Boat Shed Restaurant. Rejoin the pathway along the river and esplanade to the bridge at Dupworth Avenue. Turn RIGHT over the bridge follow the footpath alongside shops and cafes.
- Carefully cross Wharf Street and continue along the footpath on Duporth Avenue. Veer RIGHT onto Picnic Point Esplanade and follow the footpath until the Maroochy River inlet.
- Travel under the bridge, over the bridge and back under the bridge to rejoin the footpath on Bradman Avenue to your LEFT.
- Continue ahead upriver on the path alongside the water’s edge. You will shortly pass Chambers island on your right.

# La Balsa Luv Stop to Mudjimba Luv Stop

## Map 2 of 2



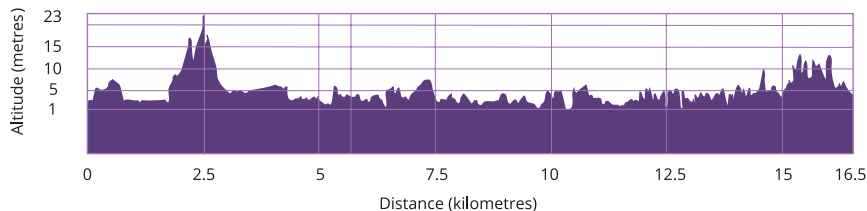
### KEY

- Route
- Next/Previous Section
- Start
- Luv Stop
- Public Toilets
- Road Crossing



## La Balsa Luv Stop to Mudjimba Luv Stop – Map 2 of 2

Distance	Cumulative distance	Must depart Mudjimba Luv Stop by
	60km event	
± 14km	± 29km	3:30pm

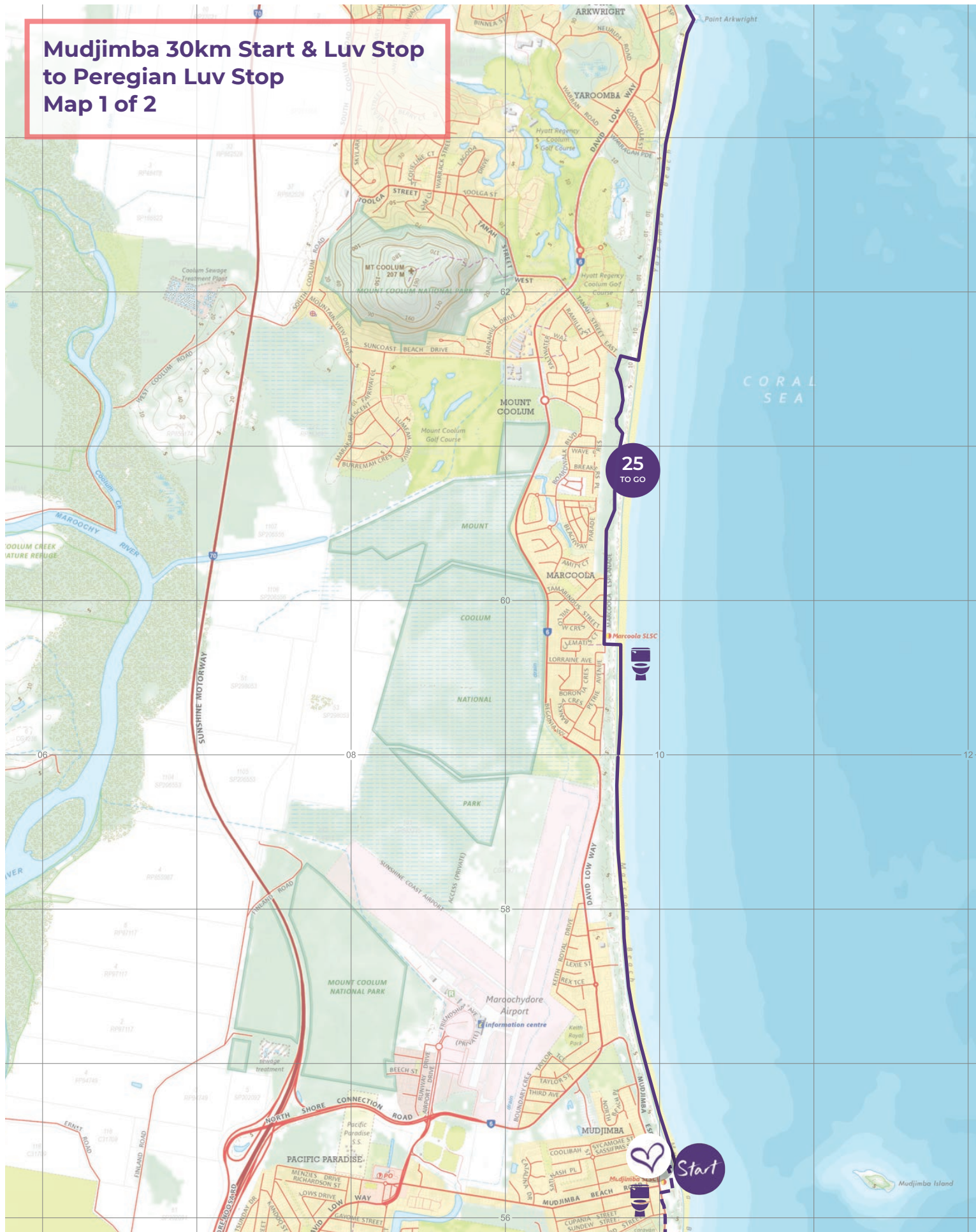


### TRACK NOTES – 60KM EVENT ONLY

- Before you reach the motor bridge, cross Bradman Avenue at Denna Street, at the lights. Turn RIGHT towards the bridge and follow the footpath parallel to the bridge for 200m, then turn LEFT onto the cycle path/footpath with yellow railings. Cross the bridge over the Maroochy River.
- Once across the bridge, come to a little junction with Godfreys Road on your right, but keep to the left along the walking/cycle path.
- Pass through the little wooden bollards and turn RIGHT at the red and white sign that reads “PRIVATE PROPERTY – WARNING”. Enter the private property which is a large grassland area. We have permission to enter this property **on Event Day only. Please do not enter during training.**
- Follow the markers across the private land until you get to the trees on the far side. Turn LEFT along the tree line on your right. Walk between some houses and into Sails Court – a cul-de-sac in a residential area.
- **Weave your way through Twin Waters.** Walk along Sails Court then carefully cross the road to turn LEFT onto the pedestrian pathway on Stillwater Drive. Follow Stillwater Drive and stay on the pathway, veering to the RIGHT when it becomes Lake View Drive. Stay on the pedestrian footpath along the grassy reserve and cross the bridge over the water.
- Continue along the pathway on the RIGHT of Lake View Drive until you reach a second bridge to cross (pedestrian access only.) Cross over and take a sharp RIGHT on to a riverside pathway following round the front of the houses with the water on your right.
- You will reach another vehicle bridge at Baywater Drive, take a right and cross over the bridge. Follow the footpath for a short way alongside Baywater Drive then carefully cross over to enter Seahorse Drive – the first left turn after the bridge. Stay on the pathway and follow Seahorse Drive all the way to where it meets Nojoor Road.
- Carefully cross Seahorse Drive to your LEFT and continue along the footpath on Nojoor road.
- Follow Nojoor road until it meets Ocean Drive. Turn RIGHT and cross Nojoor Road carefully to continue along the footpath on Ocean Drive.
- Stay on Ocean Drive on the footpath, with the Maroochy River Conservation Park on your left and the beach to your right. Just after you see Cotton Wood Street on your left, enter Power Memorial Park Mudjimba on your right and head towards the Mudjimba SLSC.
- You have reached the **Mudjimba Luv Stop!**
- Grab a snack, refill your water and take a quick rest! When you’re leaving, make sure you cross the timing strip as a team and that your bib is on your front!
- Depart the Luv Stop via BA 123 towards the Mudjimba Lifeguard tower.

# Mudjimba 30km Start & Luv Stop to Peregrian Luv Stop

## Map 1 of 2



### KEY

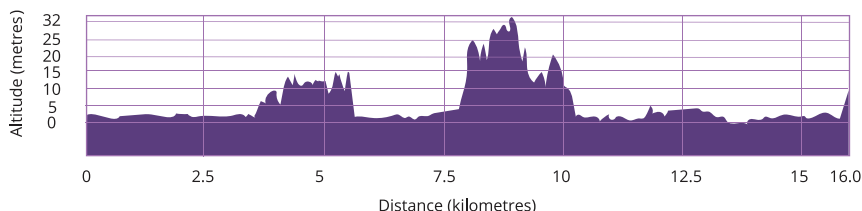
- Route
- Next/Previous Section
- Start
- Luv Stop
- Public Toilets
- Road Crossing



## BRISBANE COASTREK 60KM & 30KM

### Mudjimba 30km Start & Luv Stop to Peregian Luv Stop – MAP 1 of 2

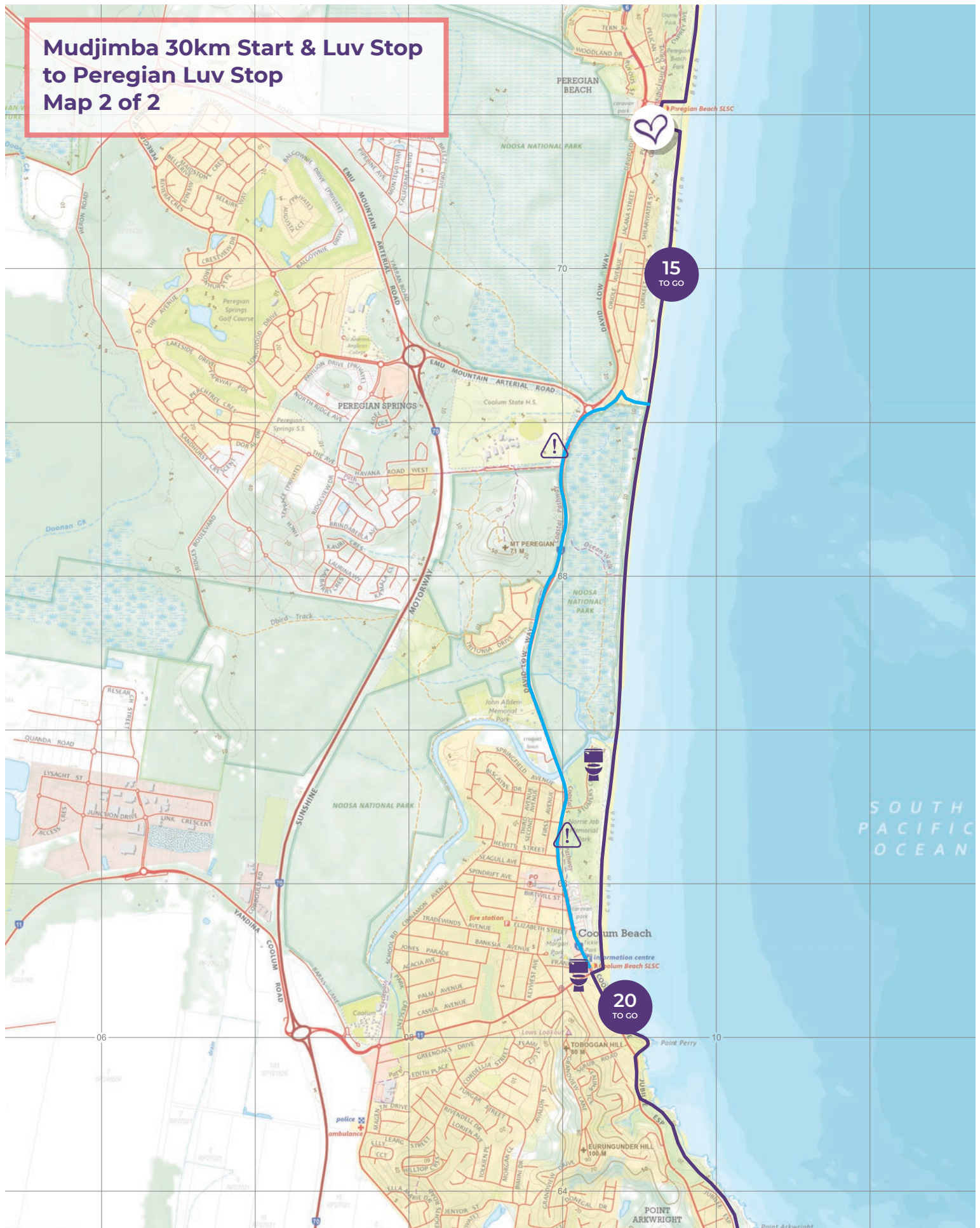
Distance	Cumulative distance		Must depart Peregian Luv Stop by
	30km event	60km event	
± 16km	± 16km	± 45km	8:30pm



### TRACK NOTES – 30KM & 60KM EVENT

- The 30km event starts here!
- Start at *Mudjimba* Beach
- Walk north along the beach for approx. 3.5km
- At Marcoola SLSC, turn LEFT off the beach and join the footpath behind the SLSC on Marcoola Esplanade.
- Follow the path for approx. 420mm to the small parking lot with a fence, walk through it and you will find the start of a shady track called Marcoola Yaroomba Foreshore Coastal Pathway.
- Follow the Coastal pathway straight ahead. When the pathway ends at a car park, take the sandy pathway RIGHT to the beach via BA 94.
- Walk up the beach for approx. 2.2km until you reach a rocky headland and depart the beach via a concrete ramp. At the top of the ramp, take the time for a toilet stop!

# Mudjimba 30km Start & Luv Stop to Peregian Luv Stop Map 2 of 2



## KEY

- Route
- Next/Previous Section
- Luv Stop
- Public Toilets
- Road Crossing

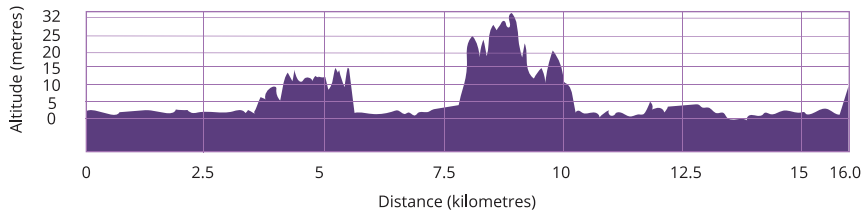
## Alternate Route

If Stumers creek is open to the sea and unsafe to cross.



## Mudjimba 30km Start & Luv Stop to Peregian Luv Stop – MAP 2 of 2

Distance	Cumulative distance		Must depart Peregian Luv Stop by
	30km event	60km event	
± 16km	± 16km	± 45km	8:30pm



### TRACK NOTES – 30KM & 60KM EVENT

- Join the pathway following the coastline with the ocean on your right. You will pass several lookout points with views out to the ocean, including Point Perry. Follow the coastline all the way to Coolum SLSC.
- Turn RIGHT onto Coolum beach

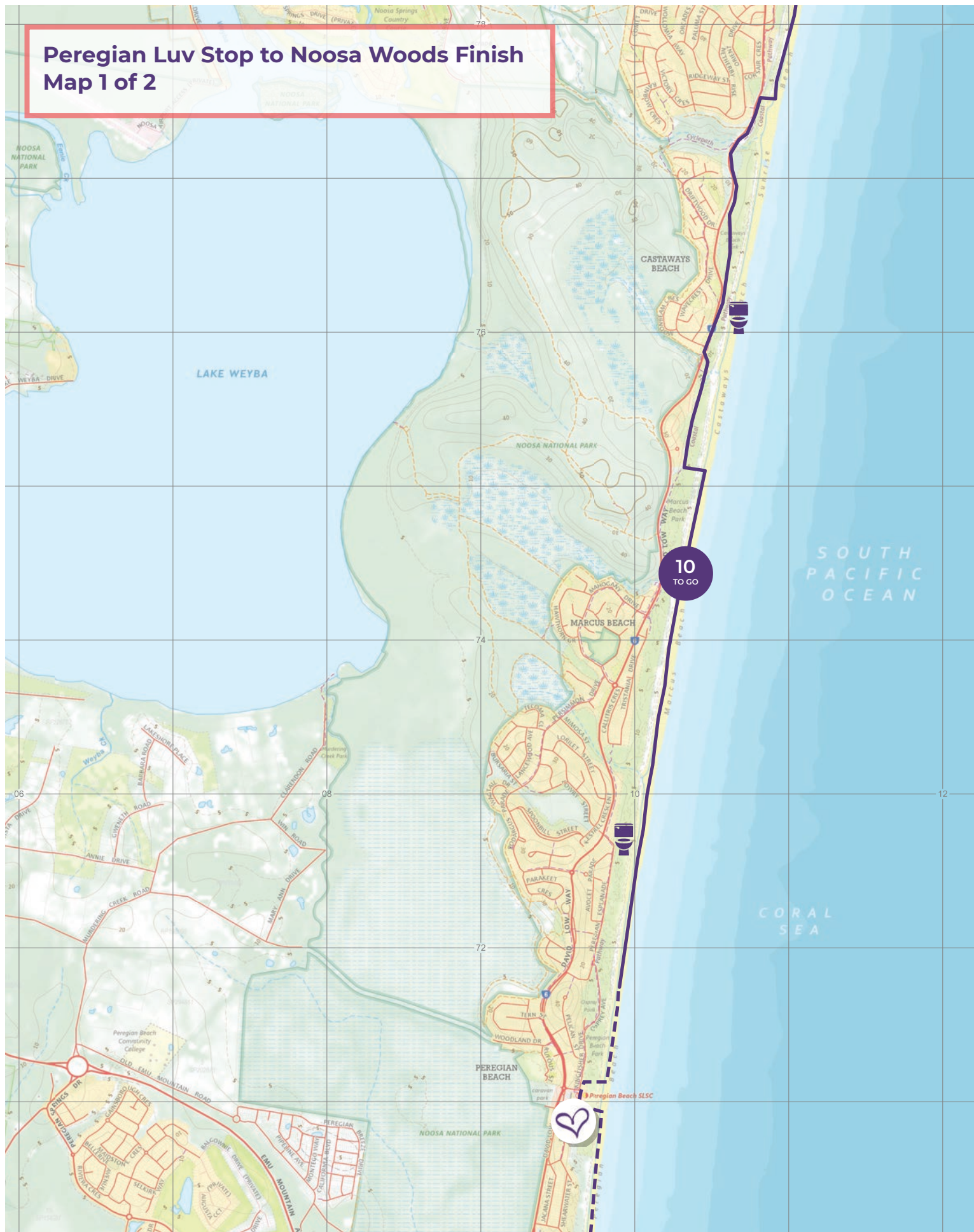
#### ALTERNATE ROUTE – if Stumers creek is open to the sea and unsafe to cross

- Continue straight ahead on David Low Way, following the footpath for approx. 900m
- Opposite number 1850, cross David Low Way at the designated pedestrian island. Follow the footpath north for approx. 2.7km before carefully crossing David Low Way again via the designated pedestrian island approx. 100m after the Havana Road East T-intersection.
- Follow the footpath past the roundabout on your LEFT. Before the houses, turn RIGHT down a bush pathway towards the Lorikeet Drive cul-de-sac.
- Follow Lorikeet Drive for approx. 120m and turn RIGHT down Pitta Street to the end of the road.
- Take BA 67 to the beach and turn LEFT.

- Depart the beach at BA 58 and you have reached the **Peregian Luv Stop**!
- Grab a snack, refill your water and take a quick rest! When you're leaving, make sure you cross the timing strip as a team and that your bib is on your front!

# Peregrin Luv Stop to Noosa Woods Finish

## Map 1 of 2



### KEY

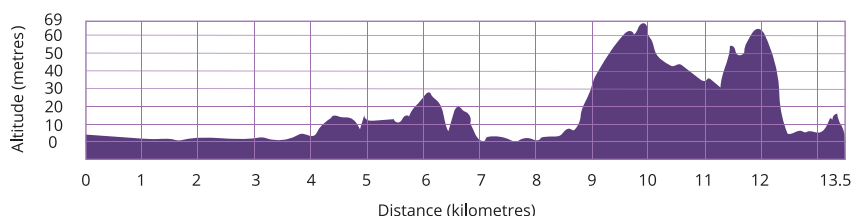
- Route
- Next/Previous Section
- Finish
- Luv Stop
- Public Toilets
- Road Crossing



## BRISBANE COASTREK 60KM & 30KM

### Peregian Luv Stop to Noosa Woods Finish – Map 1 of 2

Distance	Cumulative distance		Finish Village closing time
	30km event	60km event	
± 14km	± 30km	± 60km	12:00am (Sat 16 July)



### TRACK NOTES – 30KM & 60KM EVENT

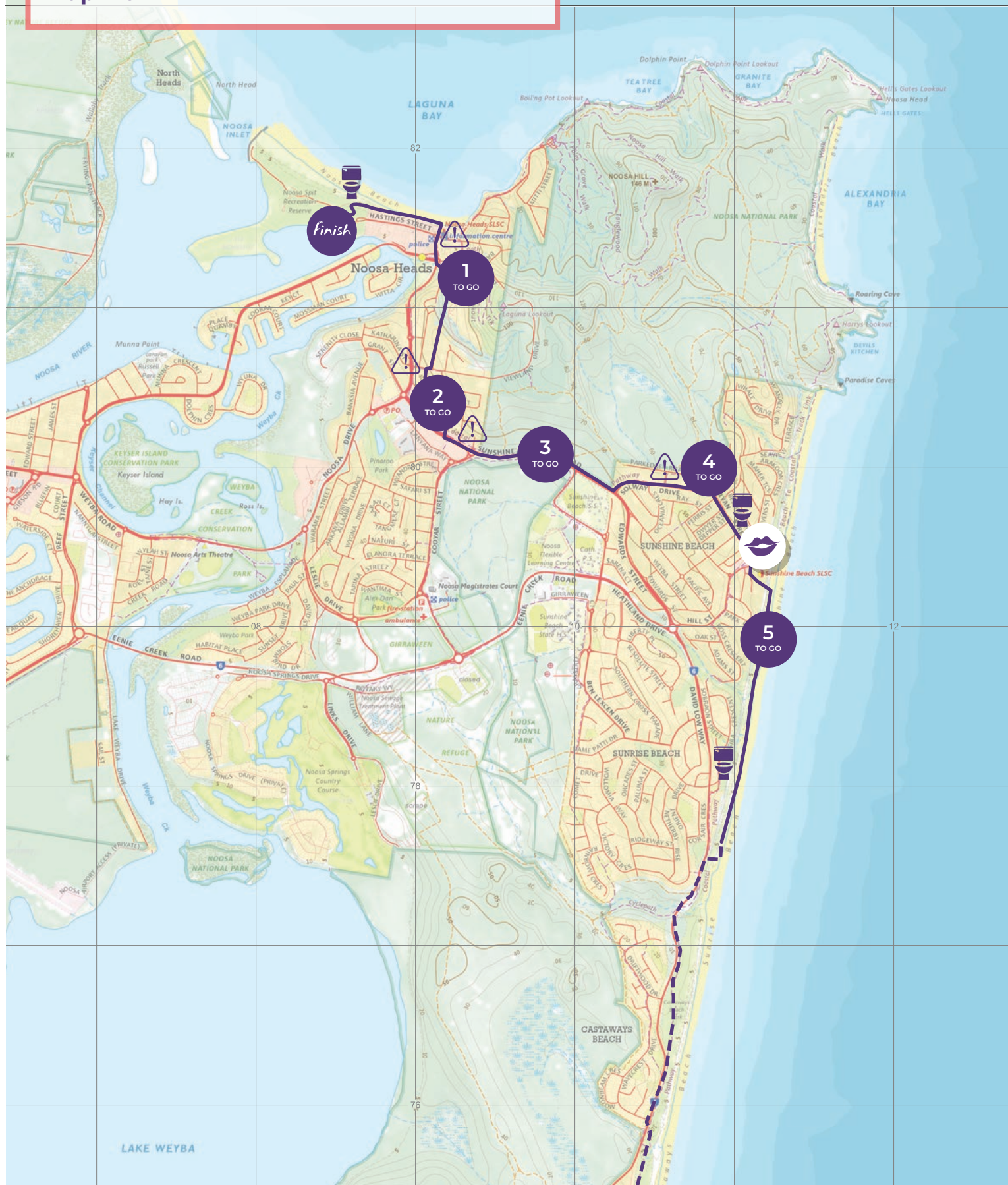
- Depart the Luv Stop via BA 58 and turn LEFT to head north along Marcus Beach.

**Caution:** You may come across some creeks leading into the sea. Be sure to pack two large plastic bags for your shoes. You can't go under it, you can't go over it, so you must go through it... have fun!

- Depart the beach at BA 44 and take a RIGHT onto the coastal board walk. At BA 42 take the LEFT fork up to David Low Way and follow David Low Way to the RIGHT on the beach side.
- After approx. 260m, turn RIGHT behind the public toilets and continue along the coastal pathway adjacent to David Low Way.
- Follow the coastal pathway to BA 38 and turn RIGHT onto the beach. At the sand, turn LEFT and head north along Sunrise Beach.

# Peregian Luv Stop to Noosa Woods Finish

## Map 2 of 2



### KEY

— Route

--- Next/Previous Section



Finish



Kiss Stop



Public Toilets



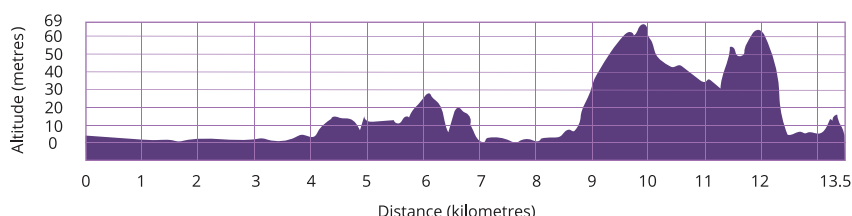
Road Crossing



## BRISBANE COASTREK 60KM & 30KM

### Peregian Luv Stop to Noosa Woods Finish – Map 2 of 2

Distance	Cumulative distance		Finish Village closing time
	30km event	60km event	
± 14km	± 30km	± 60km	12:30am (Sat 16 July)



### TRACK NOTES – 30KM & 60KM EVENT

- Walk along Sunrise Beach and Sunshine Beach for 1.8km before turning off the beach at BA 33, up a concrete ramp towards the SLSC.
- You have reached the **Sunshine Beach Kiss Stop!** Grab a snack, refill your water and take a quick rest!
- Walk through Ed Webb Park to Duke Street and cross the road at the designated pedestrian island towards Bryan Street.
- Travel along Bryan Street, sticking to the pedestrian path. At the Y-junction of Bryan Street and Solway Drive, turn a slight LEFT and cross over Solway Drive via the designed pedestrian island. Follow Solway drive on the footpath to David Low Way.
- At the large intersection turn RIGHT onto David Low Way (Noosa Heads Vet clinic is on the opposite corner), staying on the pathway alongside the bushland.
- Reaching a large roundabout in the road, stick to the pavement on David Low Way and take care when crossing over the side roads of Honeysuckle Lane and Eugarie Street. Take the next RIGHT after this onto Berrima Row. **NOTE:** There is no pavement, please keep left and be mindful of traffic.
- Head up the hill until you meet Nairana Rest, cross Nairana Rest and take a LEFT.
- Walk up Nairana Rest until it ends at Viewland Drive. Take a RIGHT on to Viewland Drive, then immediately take a sharp LEFT on to Attunga Heights. Walk along Attunga Heights until the road ends, then enter a gravel driveway next to house number 25 on your LEFT.
- Keep LEFT and take the pathway which heads into the bush and runs alongside the houses. Sign says 'Pathway to Picture Point'. Stay on the main trail - don't turn left up the stairs when you pass them.
- Stick to the bush path until it becomes a long set of stairs with a wooden railing which ends down at a small wooden bridge to Halse Lane. Cross over Halse Lane staying on the right-hand pavement on Noosa Drive. Follow Noosa Drive towards Hastings Streets, passing 7/11 on your right.
- At the roundabout of Noosa Drive & Hastings Street, cross Hastings street at the designated pedestrian island towards the Noosa Heads SLSC ahead of you. Pass the SLSC on your right towards the Noosa Heads Beach boardwalk (The Parade).
- Turn LEFT onto the wooden boardwalk round the front of the showers, passing the yellow lifesaving tower on your left. Continue along the boardwalk for approx. 380m until you reach the shady bushland area, just after the last resort on the left called Sandcastles.
- Stay on the main path through the bushland until it reaches a carpark, take a sharp LEFT, away from the beach. Take the path which takes a small decline past a toilet block. Turn LEFT and then RIGHT to a signpost Woods Grove until you reach Claude Batten Drive.
- Carefully cross Claude Batten Drive to the Noosa Woods Finish Village! **YOU DID IT!**

**COASTREK 2022**  
EVENT MAP BOOK  
WALKING FOR MENTAL HEALTH

**BRISBANE**



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



Proudly supporting  
**Beyond  
Blue**