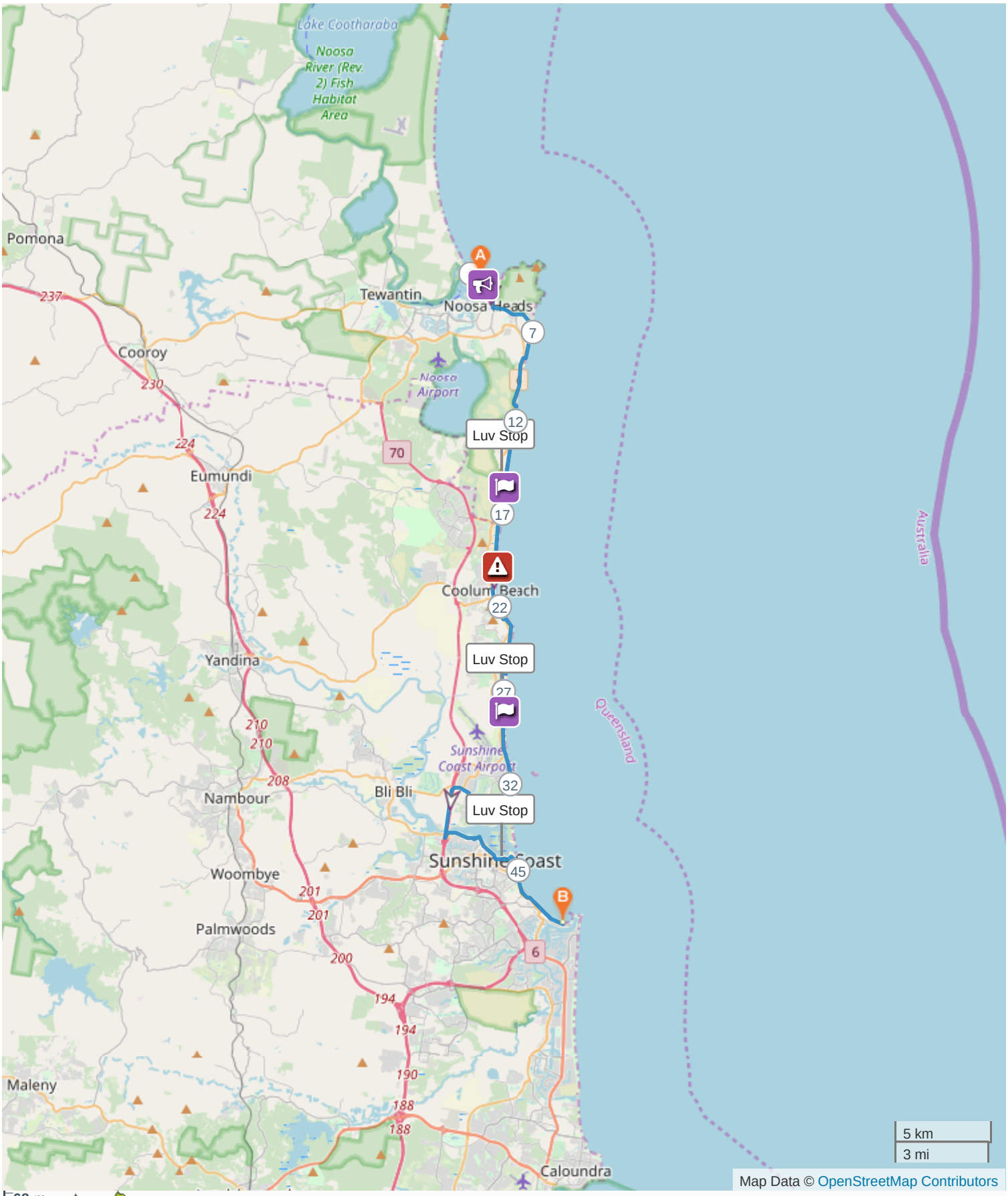
Coastrek Sunshine Coast 2026 - 50km Event





ROUTE DIRECTIONS

No	Km	Turn	Directions
1	0.000		50km start, Woohoo!
2	0.118		Follow the trail through Noosa Spit Recreation Reserve
3	0.803	←	Turn left onto Claude Batten Drive
4	1.019		Continue straight towards the beach
5	1.127	→	Turn right & walk along Noosa Beach - enjoy the views!
6	2.090		Follow the Noosa main beach boardwalk, past the SLSC
7	2.541	↘	Turn right onto Park Road
8	2.615	→	Cross over Hastings Street & turn right to follow Hastings Street to the roundabout
9	2.743	←	Turn left onto Noosa Drive
10	2.895		Cross over Halse Lane & continue straight, up the stairs into the bush
11	3.356	↗	Continue straight along Atunga Av. Please stay to the side of the road.
12	3.607	→	Turn right on Viewland Drive, then cross over to turn onto Nairana Rest
13	3.941	↗	Turn right onto Berrima Row. Please stay to the side of the road.
14	4.147	←	Turn left to follow the path along Sunshine Beach Road
15	5.291	↖	Turn left onto Solway Drive & follow onto Byran Street
16	6.479	←	Cross over Duke Street towards Ed Webb Park & Sunshine Beach SLSC
17	6.651		Enter the beach via Beach Access 33 & turn right onto Sunshine Beach heading south.
18	8.468	↗	Exit the beach via Beach Access 38, then turn left to follow the path along David Low Way
19	8.989	↖	Veer left to follow the path on the beach side of David Low Way
20	11.164	←	Turn left to head down to Marcus Beach
21	11.287	→	Turn right & head South on Marcus Beach towards Peregian
22	15.450	→	Exit the Beach just after the Peregian Beach Lifeguard tower
23	15.529	↖	Woohoo! You've reached the Luv Stop at Peregian Beach. Grab a snack, take a short rest, fill up your hydration bottles. You are at the 15.5km mark!
24	15.573	←	Exit the Luv Stop, back onto the beach heading south
25	19.772		Continue past Stumers creek. CAUTION: Potential shoes off zone! Or put plastic bags on your feet and dance on through!
26	21.224		Continue on the path in front of the Coolum SLSC
27	21.303	←	Turn left to follow the coastal pathway
28	21.760	↖	Veer left towards the Wilkinson Park carpak, Point Perry.
29	22.025	↓	Turn left back onto the coastal pathway
30	22.712	↖	Turn left onto the Foreshore Trail

No	Km	Turn	Directions
31	23.611	←	At the carpark at Point Arkwright, follow the path onto the beach
32	23.709		Continue on the beach.
33	26.081	→	Exit the beach at Beach Access 95
34	26.233	←	Turn left onto the Coastal Pathway
35	27.878		Follow the path around Marcoola SLSC
36	28.094		 Woohoo! You've reached the Luv Stop at Marcoola! Take a break, grab a snack, drink, some water and rest those feet! 20km to go!
37	28.109	→	Exit the Luv Stop and enjoy a walk along Marcoola Beach heading south towards Mudjimba
38	31.443	↗	Exit the beach and walk up to Mudjimba SLSC
39	31.577		Continue straight walking through Power Memorial Park and then onto the Coastal Pathway.
40	31.723	←	Turn left onto Coastal Pathway (Mudjimba Beach - Cotton Tree)
41	31.729		Follow the Coastal Pathway (Mudjimba Beach - Cotton Tree) all the way along Ocean Drive
42	36.476	↖	Turn left onto David Low Way
43	36.888		Turn left to follow the Sunshine Motorway.
44	39.093		Enjoy the views from the bridge and the Maroochy River!
45	39.529	↙	Turn left to continue on the Coastal Pathway U-Turn down towards the Maroochy River.
46	39.706	→	Turn right on Bradman Avenue towards the pedestrian lights.
47	39.785	↖	Cross over Bradman Avenue - adhere to the pedestrian lights.
48	39.814	→	Turn right onto the Bradman Avenue Foreshore
49	39.922	↗	Turn slight right onto Bradman Avenue Foreshore
50	41.403	↗	Follow the pathway over the Ken Neil Bridge
51	41.535	→	Turn right and head towards the water to join the Coastal Pathway (Mudjimba Beach - Cotton Tree)
52	41.579	↘	Turn sharp right onto Coastal Pathway (Mudjimba Beach - Cotton Tree)
53	42.045	→	Turn right onto Coastal Pathway (Mudjimba Beach - Cotton Tree)
54	43.314	←	Turn left onto Coastal Pathway (Mudjimba Beach - Cotton Tree)
55	43.902		Turn right towards Cotton Tree Parade.
56	44.054	↖	Turn left to follow Cotton Tree Parade
57	44.061	↖	Turn slight left onto Coastal Pathway (Cotton Tree - Mooloolaba Beach)
58	44.317	↗	Turn right & follow the Coastal Pathway (Cotton Tree- Mooloolaba Beach)
59	45.176	→	Exit Beach at BA150
60	45.346	↖	Keep left to walk around Maroochydore Beach Holiday Park
61	46.301	←	Keep left to walk on the Beach side of Alex SLSC

No	Km	Turn	Directions
62	46.311	↘	Turn sharp right
63	46.943	↖	Keep left to follow the trail towards Mooloolaba
64	47.100		Keep left onto Beach Access 166
65	47.375	←	Stay left on the trail
66	47.998		Keep left
67	48.251	↗	Turn left towards Mooloolaba beach via Beach Access 173
68	49.378		Exit the beach at Beach Access 192
69	49.403		FINISH