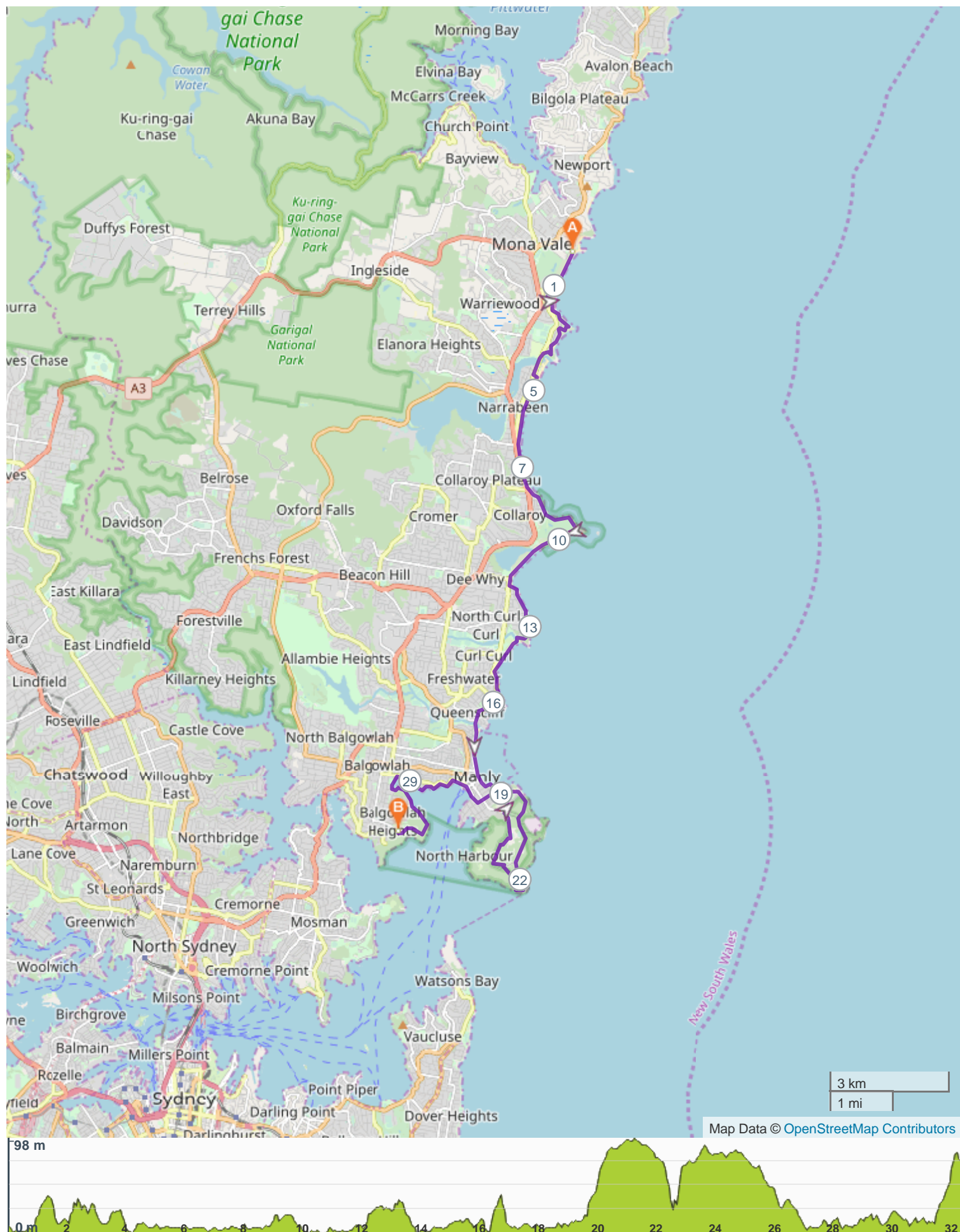


Coastrek Sydney 2024 - 30km Event



ROUTE DIRECTIONS

| No | Km | Turn | Directions |
|----|-------|------|---|
| 1 | 0.000 | | Start at Mona Vale Beach and head south - Woohoo! |
| 2 | 0.809 | ➔ | Exit Mona Vale beach at the Southern end, at Robert Dunn Reserve |
| 3 | 0.984 | ⬅ | Turn left onto the footpath through Robert Dunn Reserve |
| 4 | 1.263 | | Continue straight to follow the footpath on Narrabeen Park Pde |
| 5 | 1.411 | ⬅ | Turn left at round blue sign (opposite house number 156) to go downstairs towards Warriewood Beach |
| 6 | 1.644 | ↗ | Turn right to walk along Warriewood Beach |
| 7 | 1.827 | ↖ | Exit Warriewood Beach at the Southern end, and ascend the grassy bank to the far (Eastern) corner of the Warriewood SLSC |
| 8 | 1.929 | ↖ | Follow Warriewood walking track past the lookout, through Warriewood Park & towards Turimetta Head lookout |
| 9 | 2.213 | ↖ | On your way up to Turimetta Head the track exits into a small grassy clearing. Stay to the left & follow track out to the Eastern-most point |
| 10 | 2.797 | ⬅ | Veer left to continue around Turimetta Headland |
| 11 | 2.869 | ↖ | Turn left down the stairs towards Turimetta Beach |
| 12 | 2.980 | ↗ | Turn right to walk along Turimetta Beach |
| 13 | 3.275 | | Exit Turimetta Beach at the Southern end, via the bush track |
| 14 | 3.361 | | Walk through the grassy clearing and continue on the bush track towards Narrabeen Head |
| 15 | 3.646 | ↘ | Turn sharp right to continue on the Narrabeen Headland bush track |
| 16 | 3.771 | ⬅ | Turn left to continue on Narrabeen Headland bush track |
| 17 | 3.808 | ➔ | Take the wooden stairs down towards Narrabeen Lake carpark |
| 18 | 3.910 | ↗ | Follow the footpath right around the carpark, with the water on your left |
| 19 | 4.159 | | Cross Narrabeen Lagoon via the Ocean St footbridge |
| 20 | 4.565 | ⬅ | Continue on Ocean St until Emerald St, and turn left towards Narrabeen Beach |
| 21 | 4.671 | ➔ | Turn right to walk along Narrabeen Beach |
| 22 | 7.552 | | Exit Narrabeen Beach at the Southern end, just after The Collaroy. Continue along the foreshore concourse |
| 23 | 7.845 | | Turn right up the stairs just before the public toilets towards Stanley & Florence Twight Reserve |
| 24 | 7.933 | | Continue along the grassy verge immediately East of the houses, towards the stairs descending to Fisherman's Beach/The Basin |
| 25 | 8.314 | | Continue along Fisherman's Beach & past the Long Reef Golf Course clubhouse. Follow footpath & grassy verge to the East end of Long Reef Headland access road |
| 26 | 8.700 | ↖ | Carefully cross the road to join the Bicentennial Walkway (after the carpark) that will take you around Long Reef Headland |
| 27 | 9.010 | ↗ | Veer right to continue on Bicentennial Walkway |
| 28 | 9.477 | ➔ | Veer right to continue on Bicentennial Walkway |

| No | Km | Turn | Directions |
|----|--------|------|---|
| 29 | 9.977 | | Take the left fork to towards Dee Why Beach |
| 30 | 10.005 | ➤ | Walk straight along Dee Why Beach |
| 31 | 11.656 | | Exit Dee Why Beach at the Southern end, taking the steps up to the concourse |
| 32 | 11.671 | ↶ | Turn left along the concourse at Ted Jackson Reserve towards the Luv Stop |
| 33 | 11.778 | ↶ | You have reached the Dee Why Luv Stop! Take a break, grab a snack, drink some water and rest those feet! You have 19km to go! |
| 34 | 11.803 | | Continue on the concourse towards Dee Why rock pool |
| 35 | 11.997 | ➤ | Turn right up the stairs after the public toilets and turn right again to follow the coastal footpath |
| 36 | 12.153 | | Turn left onto the bush track around the headland, keeping to the track around the outer edge |
| 37 | 13.167 | ↶ | Keep left onto Cobbers Way |
| 38 | 13.617 | ↶ | Exit Cobbers Way at the North Curl Curl SLSC car park and veer left |
| 39 | 13.683 | ↵ | Turn sharp left through the bush path towards North Curl Curl Beach |
| 40 | 13.796 | ➤ | Turn right to walk along Curl Curl Beach |
| 41 | 14.819 | ↶ | Exit South Curl Curl Beach at the rock pool and turn left towards the public toilet |
| 42 | 14.860 | | Turn right up the stairs after the public toilet |
| 43 | 14.883 | ↶ | Turn left to walk carefully through the carpark |
| 44 | 14.946 | ➤ | At the end of the carpark, continue straight to follow the coastal pathway |
| 45 | 15.423 | | At the end of the coastal pathway turn right up the stairs |
| 46 | 15.439 | ↵ | Turn left at Lumsdaine Dr, keeping to the footpath |
| 47 | 15.553 | ↶ | Continue on the footpath around the Mackillop carpark |
| 48 | 15.778 | ➤ | Follow footpath to the toilet block and take the stairs to the left towards Freshwater Beach |
| 49 | 15.992 | | Turn left to walk along Freshwater Beach |
| 50 | 16.337 | ↶ | Exit Freshwater beach at the Southern end, via the windy ramp/stairs to Bridge rd |
| 51 | 16.565 | | Continue straight on Bridge rd, over the Queenscliff lagoon |
| 52 | 16.869 | ↶ | Veer left to in front of Queenscliff SLSC and walk along esplanade to Manly Beach SLSC |
| 53 | 18.575 | ↶ | Keep left past Manly SLSC, to follow the coastal path towards Shelly Beach |
| 54 | 19.410 | | Walk past The Boat House & up the stairs straight ahead to Bower St car park |
| 55 | 19.488 | ➤ | At the top of the stairs, carefully pass through Bower St carpark, then turn right to enter the bush path to North Head |
| 56 | 19.529 | ➤ | Keep left to enter the bush path to North Head |
| 57 | 19.706 | ➡ | Turn right - Turn right onto Blue Fish Track |
| 58 | 19.808 | | Pass through the hole in the sandstone wall, watch your head! Continue on the windy bush path |
| 59 | 19.815 | ➤ | Turn right |

| No | Km | Turn | Directions |
|----|--------|------|--|
| 60 | 19.826 | ↓ | Turn right - Turn right onto Blue Fish Track |
| 61 | 20.106 | | Turn right - Turn right onto Blue Fish Track |
| 62 | 20.391 | ↖ | Cross Bluefish Dr to the other side, then turn left to follow the path that travels alongside Bluefish Dr |
| 63 | 20.508 | | Keep right to continue on the bush path (don't follow Bluefish Dr here, it veers off course!) |
| 64 | 20.649 | | Continue straight at Gunner rd |
| 65 | 20.742 | ↗ | Keep right onto the Avenue of Honour |
| 66 | 21.484 | | At the fork, keep left to continue on the Avenue of Honour |
| 67 | 21.615 | ↖ | At the next fork, veer left to continue on the Avenue of Honour |
| 68 | 21.694 | | FACT: this cobblestone avenue was created as a memorial to local soldiers killed in the First World War |
| 69 | 21.739 | | Keep left on Memorial Walk |
| 70 | 21.957 | ↖ | Continue straight towards the sandstone wall |
| 71 | 21.967 | ← | Turn left at North Head Scenic dr |
| 72 | 22.048 | | Follow the path past the car park to your right |
| 73 | 22.120 | ← | At the end of the car park, turn left to join the Fairfax Track |
| 74 | 22.149 | ← | Turn left onto Fairfax Walking Track |
| 75 | 22.459 | → | Take in the Harbour views! |
| 76 | 22.741 | | Keep left to continue on the Fairfax Track |
| 77 | 22.817 | ↖ | Turn left - Turn left onto North Head Scenic Drive |
| 78 | 22.819 | ↖ | Turn left onto North Head Scenic drive, please keep to the side of the road |
| 79 | 23.301 | | Cross North Head Scenic dr at the zebra crossing towards Bella Vista cafe |
| 80 | 23.352 | ↗ | Turn left at Bella Vista cafe and take the hidden stairs to the bush track |
| 81 | 23.443 | ↖ | Turn left to continue on the bush track |
| 82 | 24.331 | ↖ | Exit the bush track and continue straight along St Barbaras ave |
| 83 | 24.586 | ← | Turn left onto North Head Scenic dr, past the North Head Army Barracks. Please keep to the right-hand-side of the road. |
| 84 | 25.266 | ↗ | Turn left and cross Bluefish dr to join another bush track |
| 85 | 25.469 | ↖ | Turn left to pass through the sandstone wall once more. Follow the pathway in front of the International College of Management |
| 86 | 25.896 | ↘ | Turn right down the stairs towards Montpellier Pl |
| 87 | 26.011 | ↖ | Veer left onto Montpellier Pl |
| 88 | 26.053 | | Keep left onto Reddall st |
| 89 | 26.182 | ← | Turn left onto Addison rd |
| 90 | 26.597 | → | At the round-about, carefully cross Addison rd to the right, then cross Osbourne St to the left |
| 91 | 26.633 | → | Turn right onto Osbourne rd, following the foot path on the left-hand-side of the road |

| No | Km | Turn | Directions |
|-----|--------|------|--|
| 92 | 26.785 | | At the end of Osbourne rd, carefully cross East Esplanade to the other side towards Manly Cove |
| 93 | 26.810 | ↗ | Take the steps down to Manly Cove |
| 94 | 26.862 | ↗ | You have reached Manly Luv Stop! Take a break, grab a snack, drink some water and rest those feet! You have 5.5km to go! |
| 95 | 26.866 | | Carry on along the Manly Cove footpath |
| 96 | 27.079 | | Veer right at Manly Wharf bar to continue along the Manly Cove footpath |
| 97 | 27.482 | ➔ | Turn right onto Manly to Spit Bridge Walk |
| 98 | 27.653 | | Keep left onto Manly to Spit Bridge Walk |
| 99 | 29.131 | ↖ | Follow the Fairlight Walk until you reach Lauderdale Av and keep left |
| 100 | 29.196 | ↖ | Turn left onto King ave |
| 101 | 29.404 | | At the end of King Ave, join to bush path towards North Harbour Reserve |
| 102 | 29.470 | | Walk through North Harbour reserve via the waters edge footpath |
| 103 | 29.625 | ↗ | At teh end of the waters edge foot path, turn right up the stairs |
| 104 | 29.660 | ↖ | At the top of the stairs, turn left on North Harbour st |
| 105 | 29.777 | ← | Turn left at Clarence st |
| 106 | 29.868 | ↖ | Turn left at Gourlay Ave |
| 107 | 30.111 | | Stay straight at North Harbour marina to join the North Harbour Walk |
| 108 | 30.683 | | Take care on the rock path, before joining the Forty Baskets Track |
| 109 | 30.881 | | Keep left to continue on the Reef Beach Track |
| 110 | 31.595 | ➔ | At the Dobroyd lower lookout, veer right to join the Dobroyd Head Track |
| 111 | 32.280 | | Turn right up the stairs towards Tania Park, take care when crossing Dobroyd Head Scenic dr |
| 112 | 32.401 | | Finish at Tania Park, Balgowlah Heights - You did it! |