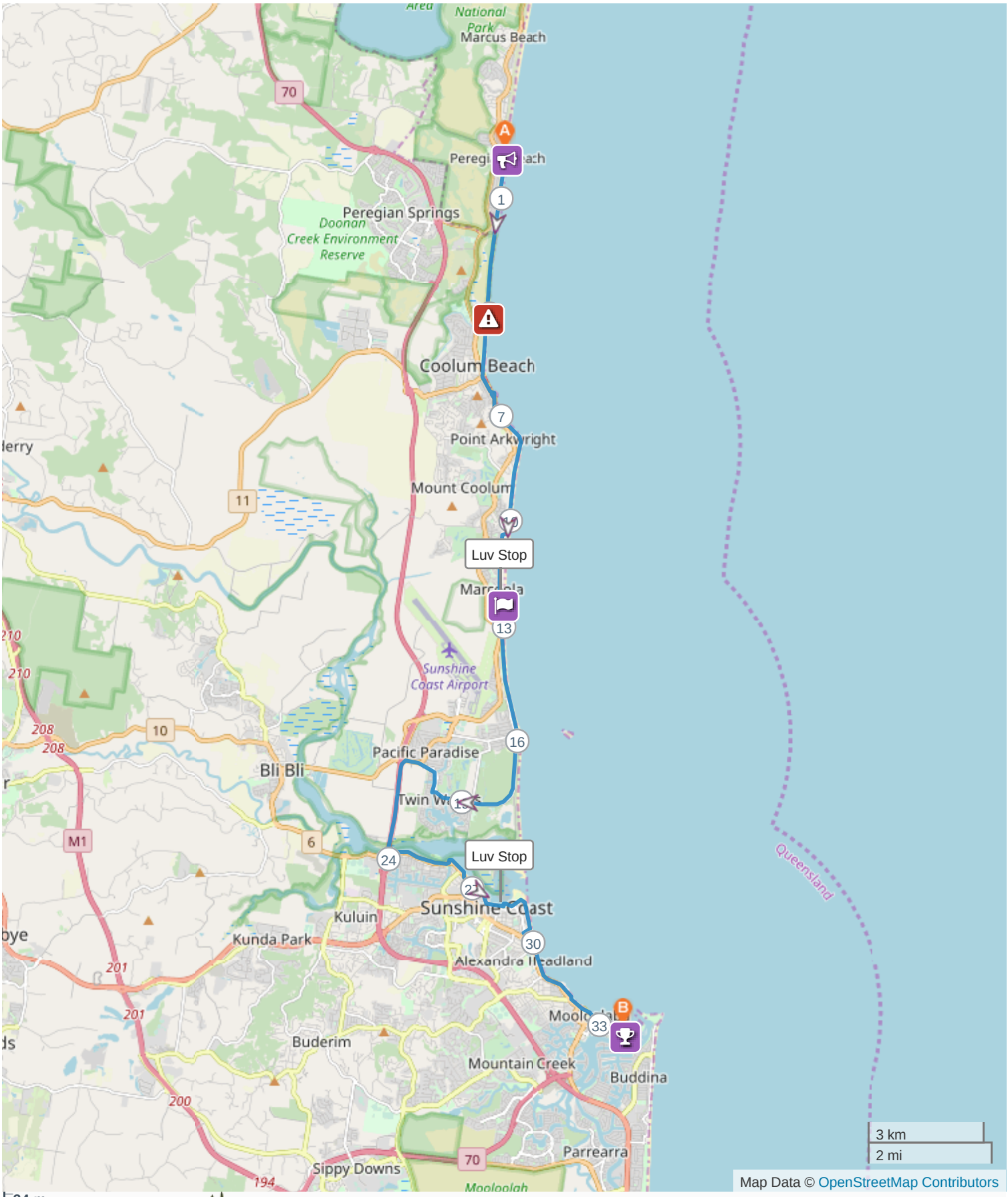
Coastrek Sunshine Coast 2026 - 30km Event





ROUTE DIRECTIONS

No	Km	Turn	Directions
1	0.000		Woohoo! 30km start line
2	0.100		Enjoy the beautiful beaches of the Sunshine Coast starting with Peregian Beach continuing down to Coolum Beach
3	4.115		Continue past Stumers creek. CAUTION: Potential shoes off zone! Or put plastic bags on your feet and dance on through!
4	5.567		Continue on the path in front of the Coolum SLSC
5	5.646	←	Turn left to follow the coastal pathway
6	6.102	↖	Veer left towards the Wilkinson Park carpak, Point Perry.
7	6.367	↓	Turn left back onto the coastal pathway
8	7.055	↖	Turn left onto the Foreshore Trail
9	7.953	←	At the carpark at Point Arkwright, follow the path onto the beach
10	8.052		Continue on the beach.
11	10.423	→	Exit the beach at Beach Access 95
12	10.575	←	Turn left onto the Coastal Pathway
13	12.220		Follow the path around Marcoola SLSC
14	12.436		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!
15	12.451	→	Exit the Luv Stop and enjoy a walk along Marcoola Beach heading south towards Mudjimba
16	15.785	↗	Exit the beach and walk up to Mudjimba SLSC
17	15.919		Continue straight walking through Power Memorial Park and then onto the Coastal Pathway.
18	16.066	←	Turn left onto Coastal Pathway (Mudjimba Beach - Cotton Tree)
19	16.072		Follow the Coastal Pathway (Mudjimba Beach - Cotton Tree) all the way along Ocean Drive
20	20.819	↖	Turn left onto David Low Way
21	21.231		Turn left to follow the Sunshine Motorway.
22	23.435		Enjoy the views from the bridge and the Maroochy River!
23	23.872	↙	Turn left to continue on the Coastal Pathway U-Turn down towards the Maroochy River.
24	24.049	→	Turn right on Bradman Avenue towards the pedestrian lights.
25	24.127	↖	Cross over Bradman Avenue - adhere to the pedestrian lights.
26	24.157	→	Turn right onto the Bradman Avenue Foreshore
27	24.265	↗	Turn slight right onto Bradman Avenue Foreshore

No	Km	Turn	Directions
28	25.745	↗	Follow the pathway over the Ken Neil Bridge
29	25.878	→	Turn right and head towards the water to join the Coastal Pathway (Mudjimba Beach - Cotton Tree)
30	25.921	↘	Turn sharp right onto Coastal Pathway (Mudjimba Beach - Cotton Tree)
31	26.388	→	Turn right onto Coastal Pathway (Mudjimba Beach - Cotton Tree)
32	27.656	←	Turn left onto Coastal Pathway (Mudjimba Beach - Cotton Tree)
33	28.245		Turn right towards Cotton Tree Parade.
34	28.397	↖	Turn left to follow Cotton Tree Parade
35	28.404	↖	Turn slight left onto Coastal Pathway (Cotton Tree - Mooloolaba Beach)
36	28.660	↗	Turn right & follow the Coastal Pathway (Cotton Tree- Mooloolaba Beach)
37	28.723	↖	Turn slight left onto Beach Access 141
38	29.513	←	Exit beach at BA150
39	29.676	↖	Keep left around the Maroochydore Beach Holiday Park
40	30.631	←	Turn left to walk on the beach side of Alex SLSC
41	31.263	↖	Keep left to follow the trail towards Mooloolaba
42	31.420		Keep left onto Beach Access 166
43	31.695	←	Stay left on the trail
44	32.318		Keep left
45	32.571	↗	Turn left towards Mooloolaba beach via Beach Access 173
46	33.698		Exit the beach at Beach Access 192
47	33.725		Woohoo! You've made it to the finish village.