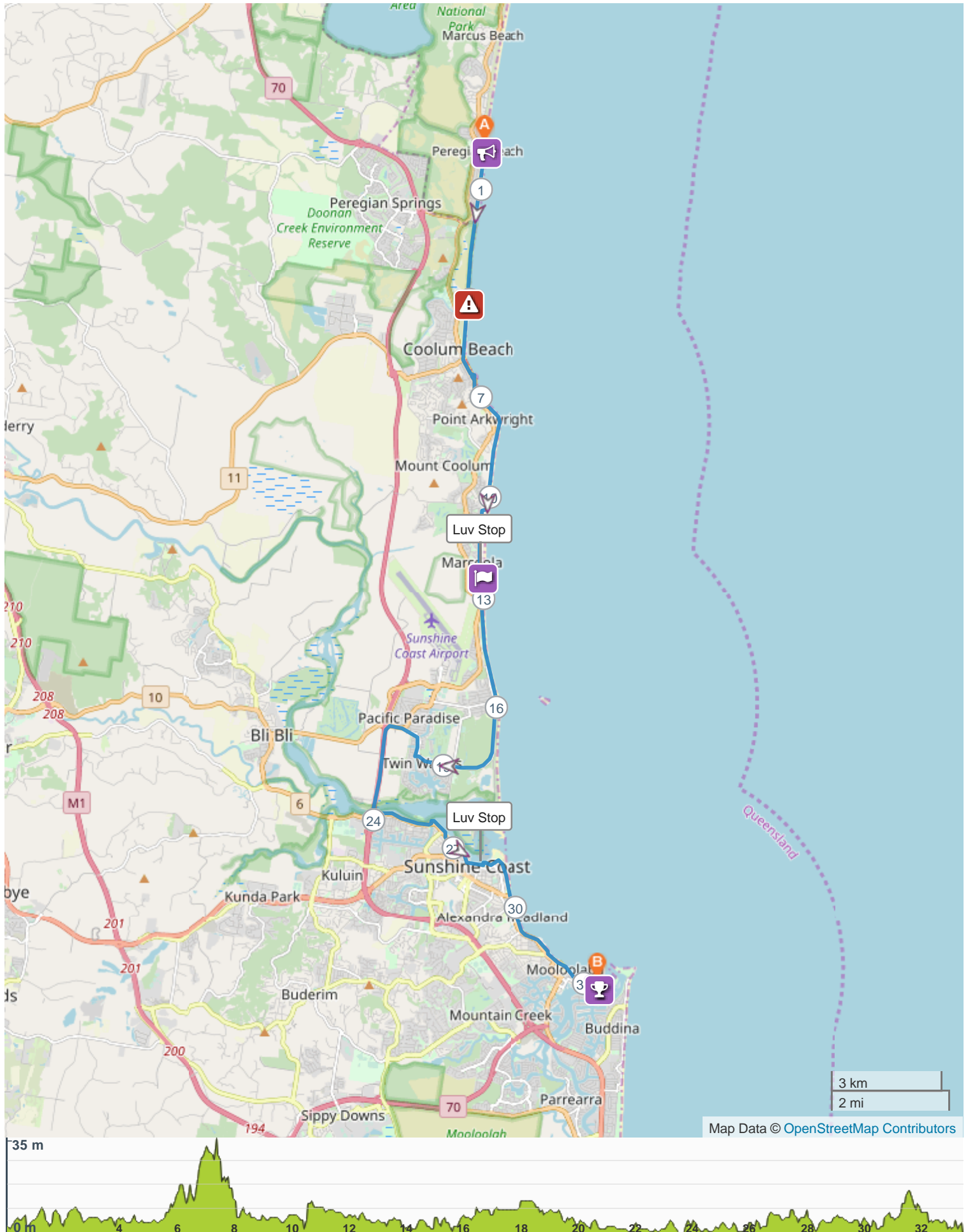






# Coastrek Sunshine Coast 2026 - 30km Event



## 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 carpark, 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	29.054	←	Turn left to walk around the Maroochy carpark
38	29.114		Head onto the beach at the Maroochy SLSC, enjoy Maroochydore Beach heading towards Alexandra Headland
39	30.371		Exit the beach at Beach Access 156 at Buhk Family Park
40	31.005	↖	Keep left to follow the trail towards Mooloolaba
41	31.162		Keep left onto Beach Access 166
42	31.437	←	Stay left on the trail
43	32.060		Keep left
44	32.313	↗	Turn left towards Mooloolaba beach via Beach Access 173
45	33.440		Exit the beach at Beach Access 192
46	33.467		 Woohoo! You've made it to the finish village.