



ADELAIDE



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 for Coastrek 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 7.

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!

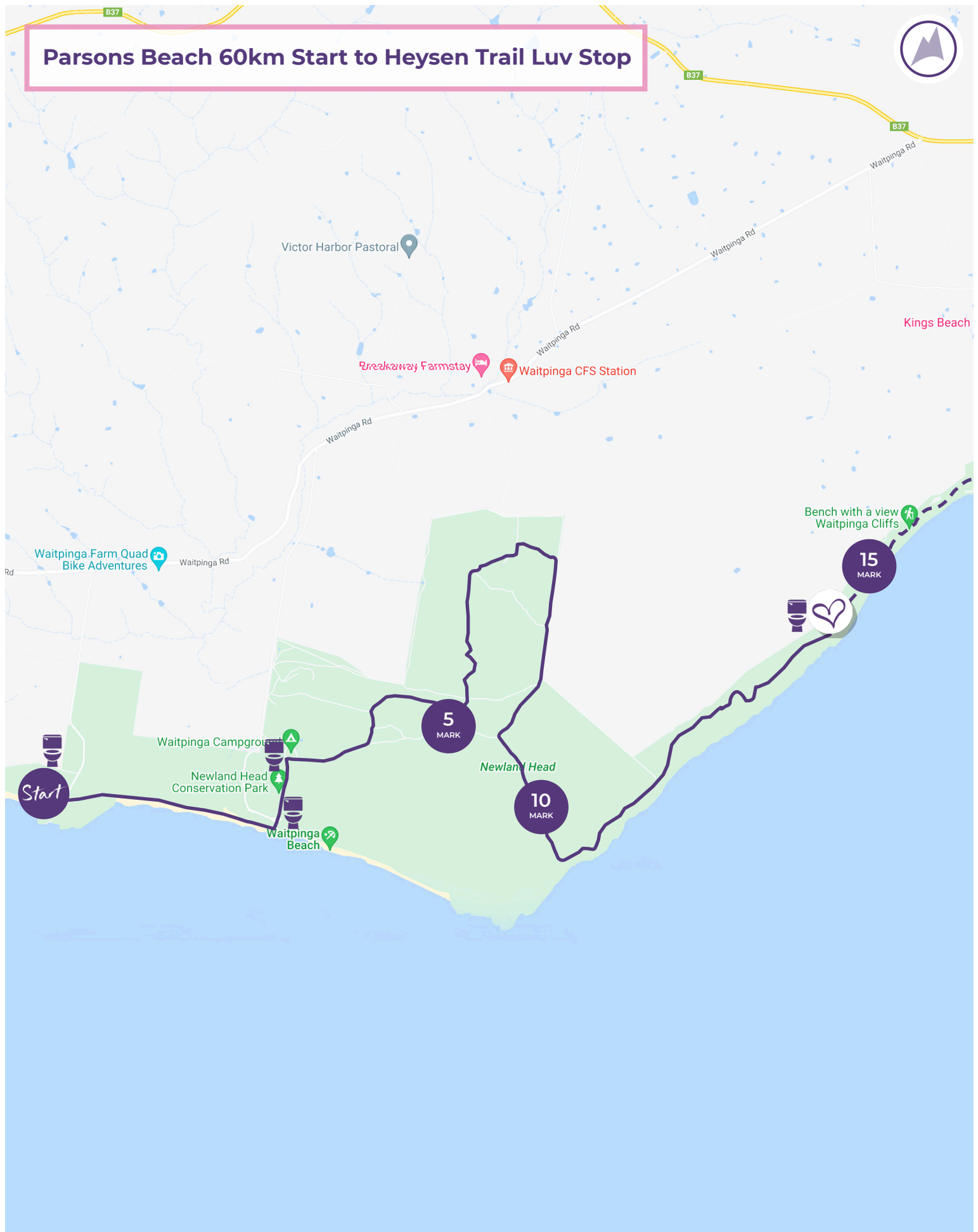
Some golden rules

- 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*

Parsons Beach 60km Start to Heysen Trail Luv Stop



KEY

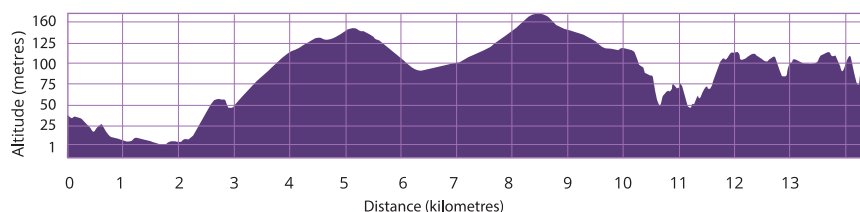
- Route
- Next/Previous Section
- Start
- Luv Stop
- Public Toilets
- Road Crossing



ADELAIDE COASTREK 60KM

Parsons Beach 60km Start to Heysen Trail Luv Stop

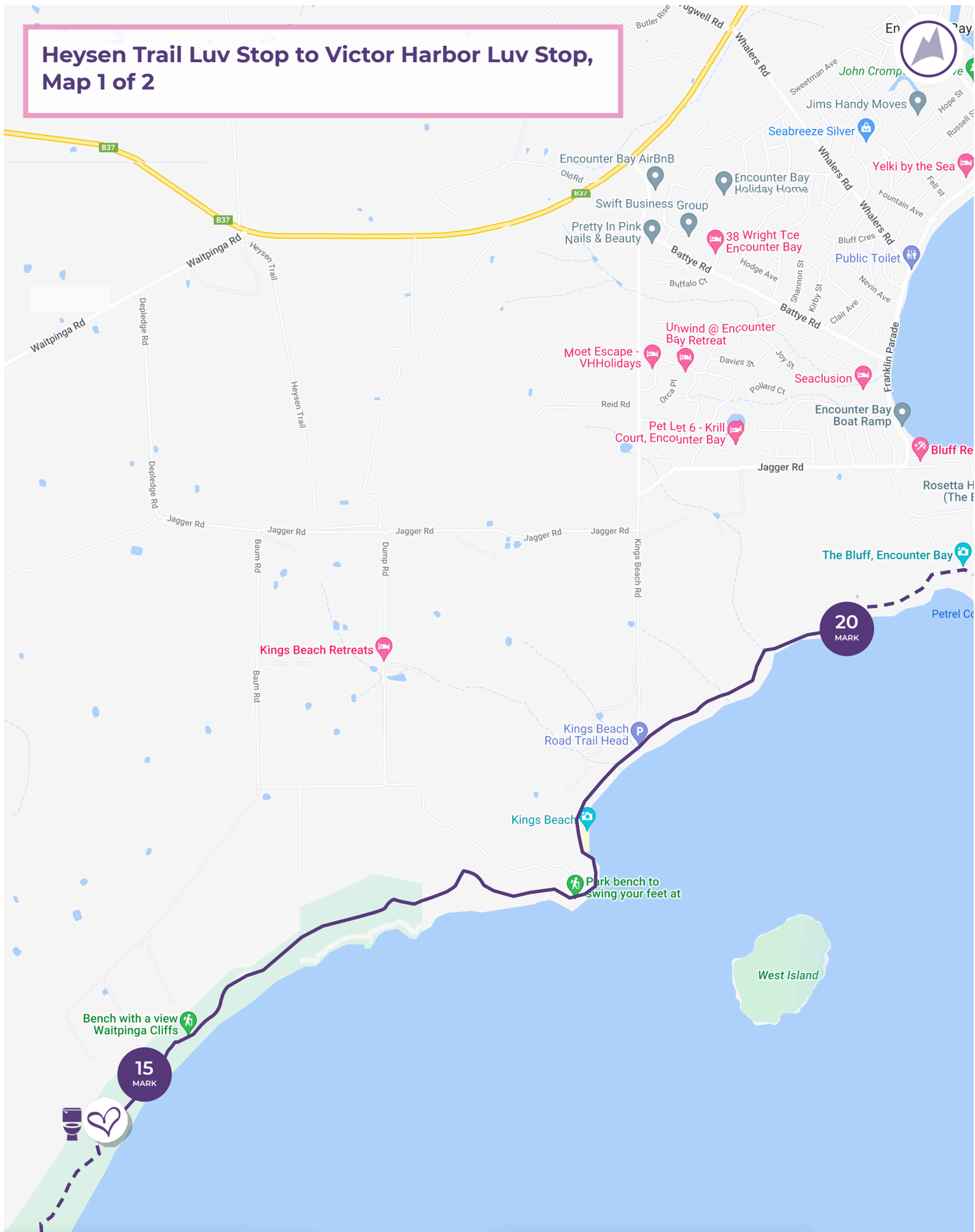
Distance	Cumulative distance	Must depart Heysen Trail Luv Stop by
	60km event	
± 14.5km	± 14.5km	11:00am



TRACK NOTES

- The 60km event starts here!
- *Start at the Parsons Beach car park, Parsons Beach road.*
- Prance through the start arch and straight onto the infamous Heysen trail!
- Veer around to the left, taking in sites of the beautiful Waitpinga Beach
- Stay atop the headland before dropping down onto Waitpinga beach for 1.5km of glorious sand walking. Caution potential wet shoe area, Waitpinga creek can sometimes meet the sea along this beach, so please be careful.
- Exit the beach up the stairs to Waitpinga beach carpark on Dennis Rd. Then enter Newland Head Conservation Park.
- At Waitpinga campground turn right to stay on the Heysen trail.
- After 800m you will reach a fork in the road and you'll take the left side track, NOT the Heysen trail. We're going to deviate off the Heysen trail here, just for a little while.
- Follow the bush track through the Newland Head Conservation Park for approx. 5.3km, before veering left and rejoining the Heysen trail.
- From there, you're on the Heysen trail following the Great Australian Bight coastline until you reach the Heysen trail Luv Stop!
- Unfortunately support crews won't be able to meet you here. Vehicle access is sketchy, but there are other spots to meet them soon.
- 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 with your event bib on your front!

Heysen Trail Luv Stop to Victor Harbor Luv Stop, Map 1 of 2



KEY

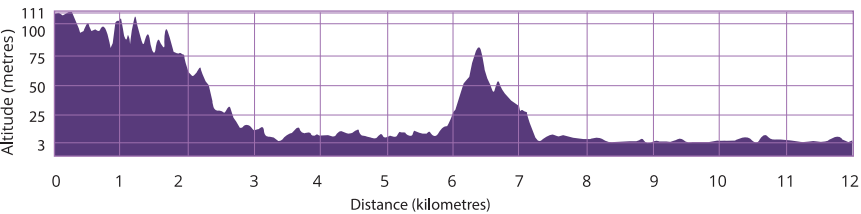
- Route
- Next/Previous Section
- Start
- Luv Stop
- Public Toilets
- Road Crossing



ADELAIDE COASTREK 60KM

Heysen Trail Luv Stop to Victor Harbor Luv Stop – Map 1 of 2

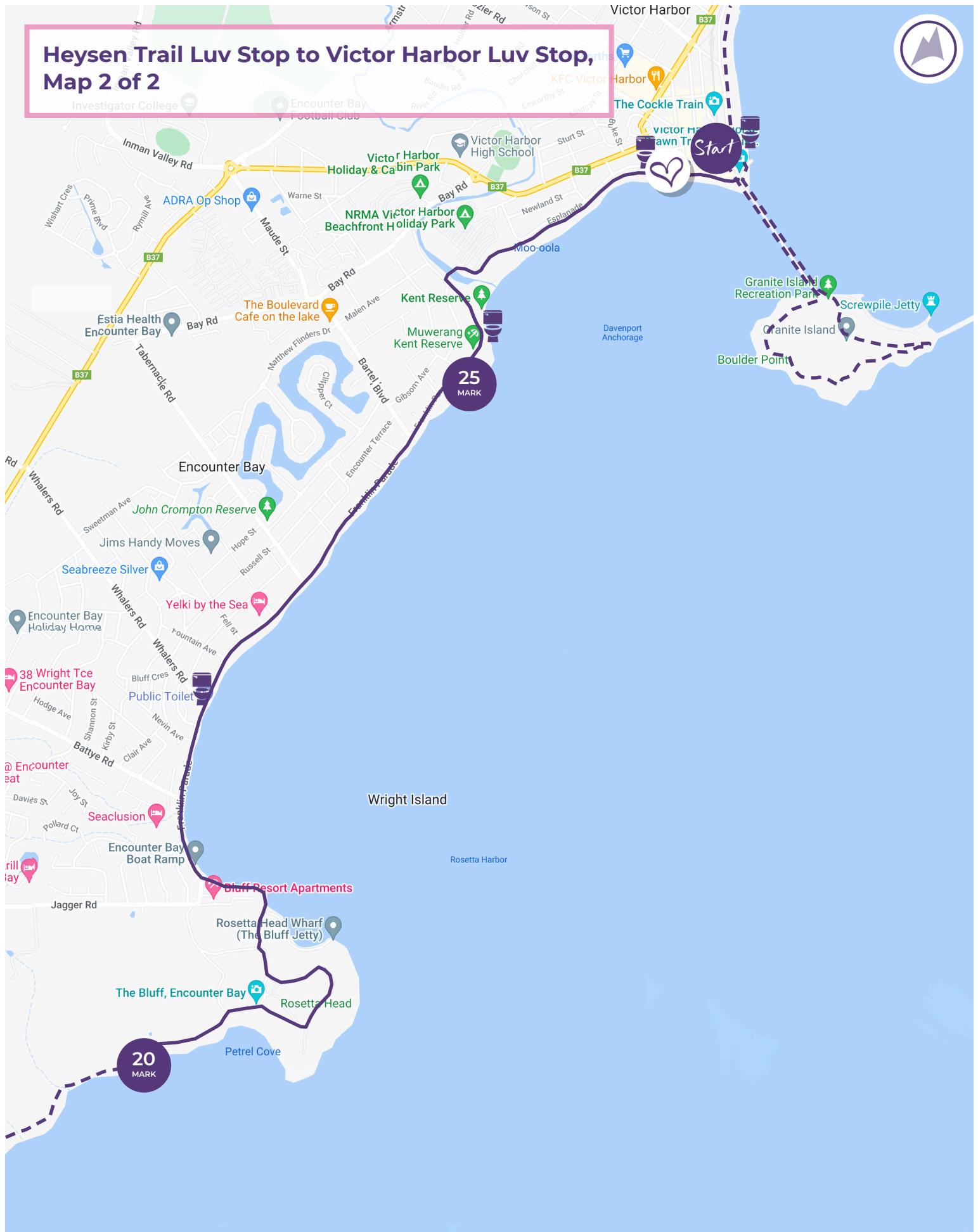
Distance	Cumulative distance	Must depart Victor Harbor Luv Stop by
	60km event	
± 12.3km	± 27km	3:00pm



TRACK NOTES

- Depart the Luv Stop to rejoin the Heysen trail
- There are plenty of spots to take in the view, including the “Bench with a view!”. A lovely spot to gaze upon the Waitpinga cliffs.
- At King Head have a seat on the park bench to swing your feet at.
- Travel around King Head to Kings beach, after 150m head up onto Kings Beach road.
- After 500m, join the Kings Beach Road trail, a beautiful coastal trail which leads you along Encounter Bay and into Victor Harbour. Kings Beach Road Trail head is a good spot to meet your support crew!
- Stick to the trail all the way along Encounter Bay.

Heysen Trail Luv Stop to Victor Harbor Luv Stop, Map 2 of 2



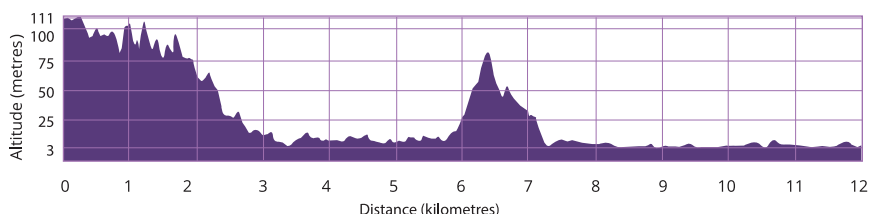
KEY

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



Heysen Trail Luv Stop to Victor Harbor Luv Stop – Map 2 of 2

Distance	Cumulative distance	Must depart Victor Harbor Luv Stop by
	60km event	
± 12.3km	± 27km	3:00pm



TRACK NOTES

- The Kings Beach Road Trail will lead you onto the Victor Harbour heritage trail just opposite Petrel Cove Beach
- You'll travel roadside for approx. 150m, before turning right to follow the trail up to Rosetta Head.
- Follow the track all the way around Rosetta Head, while taking in the stunning views of Encounter Bay.
- Stay on track towards Franklin Parade – the waterside road – then stick to the footpath closest to the coast for approx. 3.5km.
- At the end of the Victor Harbor Heritage trail, you'll come to Kent Reserve, where the Inman River meets the sea.
- Veer left at the Inman River towards Kent Drive, then turn right onto the footbridge to cross the Inman River.
- Stay on the footpath towards the Esplanade and follow the Esplanade all the way to Soldiers Memorial Reserve AKA the Victor Harbor 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 with your event bib on your front!
- Depart the Luv Stop to continue along the footpath, taking the coastal side of the Victor Harbor carpark towards the Granite Island causeway entrance.

Victor Harbor 30km Start & Luv Stop to Chiton Rocks Luv Stop



KEY

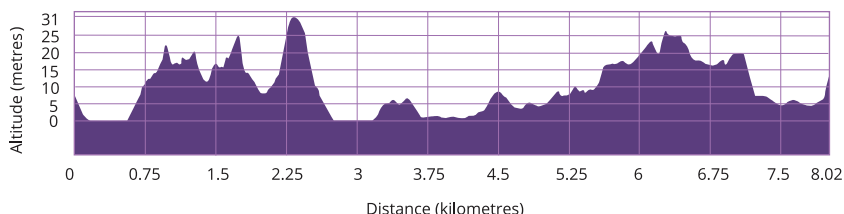
- Route
- Next/Previous Section
- Start
- Luv Stop
- Public Toilets
- Road Crossing



ADELAIDE COASTREK 60KM & 30KM

Victor Harbor 30km Start & Luv Stop to Chiton Rocks Luv Stop

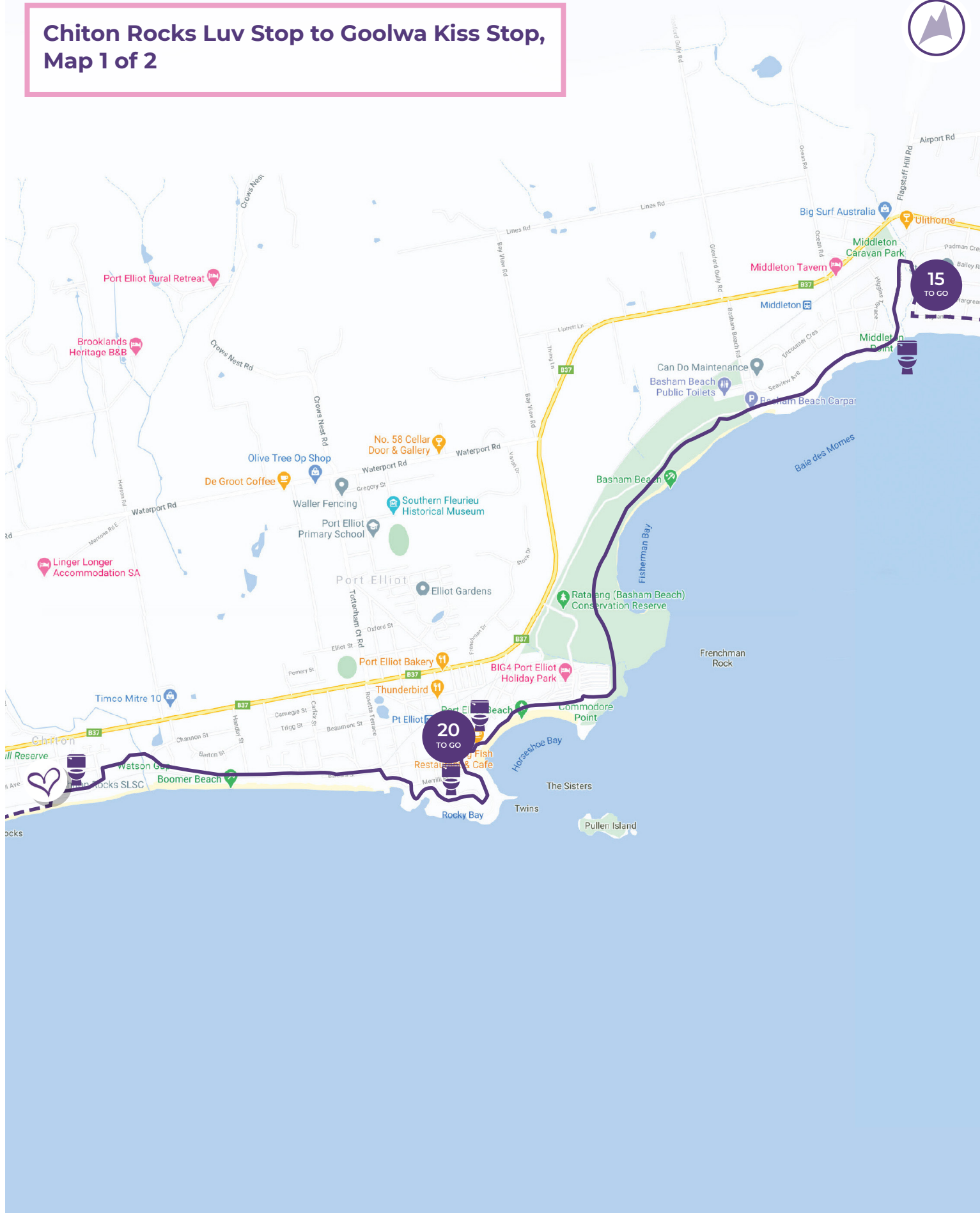
Distance	Cumulative distance		Must depart Chiton Rocks Luv Stop by
	60km event	30km event	
± 9km	± 35km	± 9km	5.30pm



TRACK NOTES

- The 30km event starts here!
- *Start at the Victor Harbor Granite Island Causeway entrance.*
- Go straight ahead along the 600m causeway towards Granite Island.
- Turn sharp RIGHT to follow the bush path around the edge of the island. Explore granite boulders including Umbrella Rock and take in the views of Encounter Bay and the Bluff.
- From the top of the island take the gravel ramped path back towards the trail head
- Travel back along the causeway towards the start line and turn right to walk along the coast and towards the Victor Harbor boat ramp.
- Walk East along the coastline passing the Soldiers Memorial Gardens, Victor Harbor Bowling Club, Skate Park and Croquet Club on your left.
- At the Victor Harbor Yacht club, veer left of the trees towards Bridge Terrace.
- Follow Bridge Terrace for 360m. Carefully cross the Cockle train tracks to the pedestrian path and turn right over Hindmarsh River
- Follow the pedestrian path for 300m before crossing the Cockle train tracks again at the designated crossing.
- Follow the path through the bush until you reach another Cockle train crossing. Cross carefully to Hayborough Beach carpark.
- Turn right at the carpark towards Hayward St. Follow Hayward St for 520m, then turn right at Granite Grove.
- After 170m on Granite Grove, cross the green space to Olivers Parade.
- Follow Oliver Parade until you reach First Ave. Pass the carpark on your left, carefully cross the Cockle train tracks, and make your way onto the sand at Dump Beach.
- Turn left along the sand at Dump beach. Enjoy 740m of sand walking until you leave the beach at Chiton Rocks SLSC.
- 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 with your event bib on your front!

Chiton Rocks Luv Stop to Goolwa Kiss Stop, Map 1 of 2



KEY

— Route

- - - Next/Previous Section



Finish



Luv Stop



Public Toilets



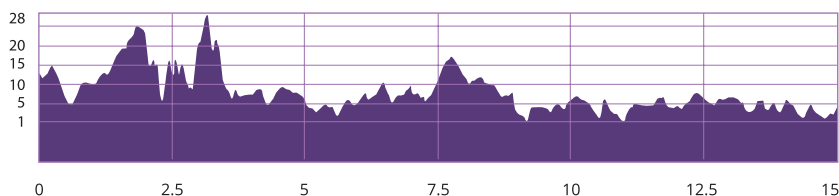
Road Crossing



ADELAIDE COASTREK 60KM & 30KM

Chiton Rocks Luv Stop to Goolwa Kiss Stop – Map 1 of 2

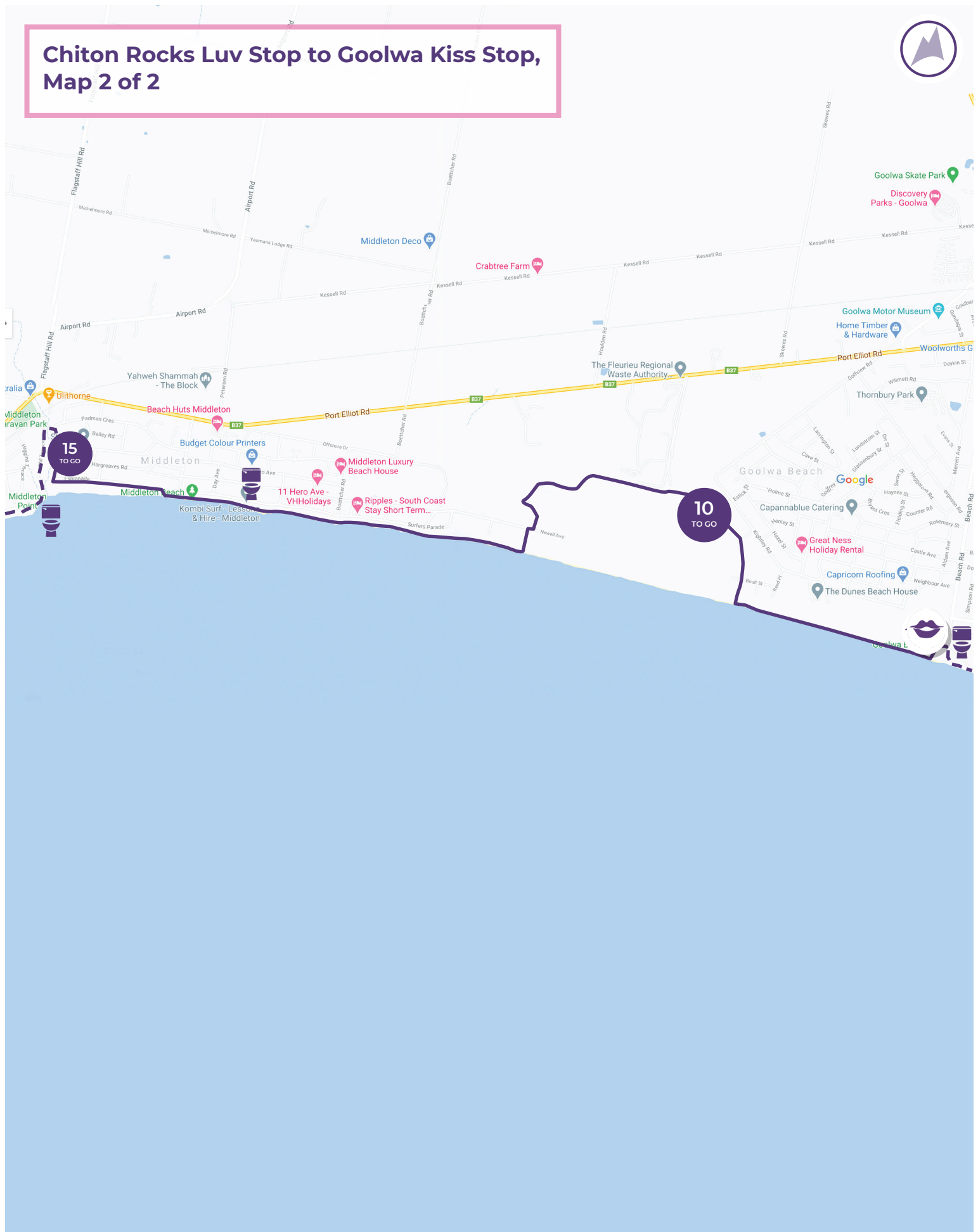
Distance	Cumulative distance		Must depart Goolwa Kiss Stop by
	60km event	30km event	
± 15.2km	± 50km	± 24km	10.00pm



TRACK NOTES

- Travel through the carpark on Hindmarsh Parade, turning left at Sixth Avenue. Then take a quick RIGHT along Seagull Avenue.
- Follow the track over Watson Gap before joining Ocean Road. Stick to the right-side of Ocean Road for 560m.
- Continue along the trail between the houses and the Cockle Train tracks.
- Cross the train tracks at the Railway Terrace carpark to join Barbara Street.
- Turn right at Merrill Close, then left on Knights Beach walk. Turn right on Merrill Place, before quickly turning right onto the bush path, with Knights Beach on your right.
- Follow the path around Green Bay, to The Strand and join the Freemans Lookout track.
- Follow the path around the Freeman Lookout along the coast towards the Port Elliot Surf Lifesaving Club.
- Stay straight on Murray Place for 55m, before turning right through the bush before the Soldiers Memorial Gardens.
- Cross over The Cutting, with the Flying Fish restaurant on your right; to the sand on Port Elliot Beach.
- After 175m on the sand, depart the beach at the carpark and walk-through Commodore Reserve.
- At the end of the reserve, follow the Encounter Bikeway around Fisherman Bay to Basham Beach.
- Pass through Basham Beach reserve along the waterline to Ocean Parade. Continue along Ocean Parade.
- At the end of Ocean Parade, turn left onto Mill Terrace, after the Middleton Point public toilets.
- After approx. 400m on Mill Terrace, take the track right through the bush to Padman Cres on the other side.
- Turn right onto Padman Cres, back towards the water.
- At the end of Padman Crescent, turn left onto the Esplanade. Continue along the Esplanade.

Chiton Rocks Luv Stop to Goolwa Kiss Stop, Map 2 of 2



KEY

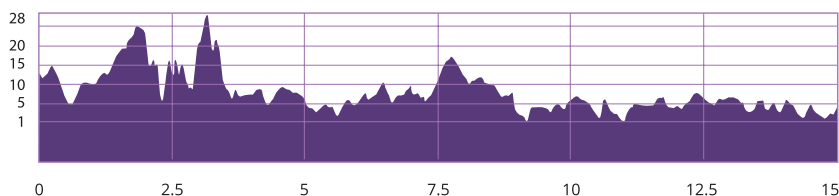
- Route
- Next/Previous Section
- Finish
- Kiss Stop
- Public Toilets
- Road Crossing



ADELAIDE COASTREK 60KM & 30KM

Chiton Rocks Luv Stop to Goolwa Kiss Stop – Map 2 of 2

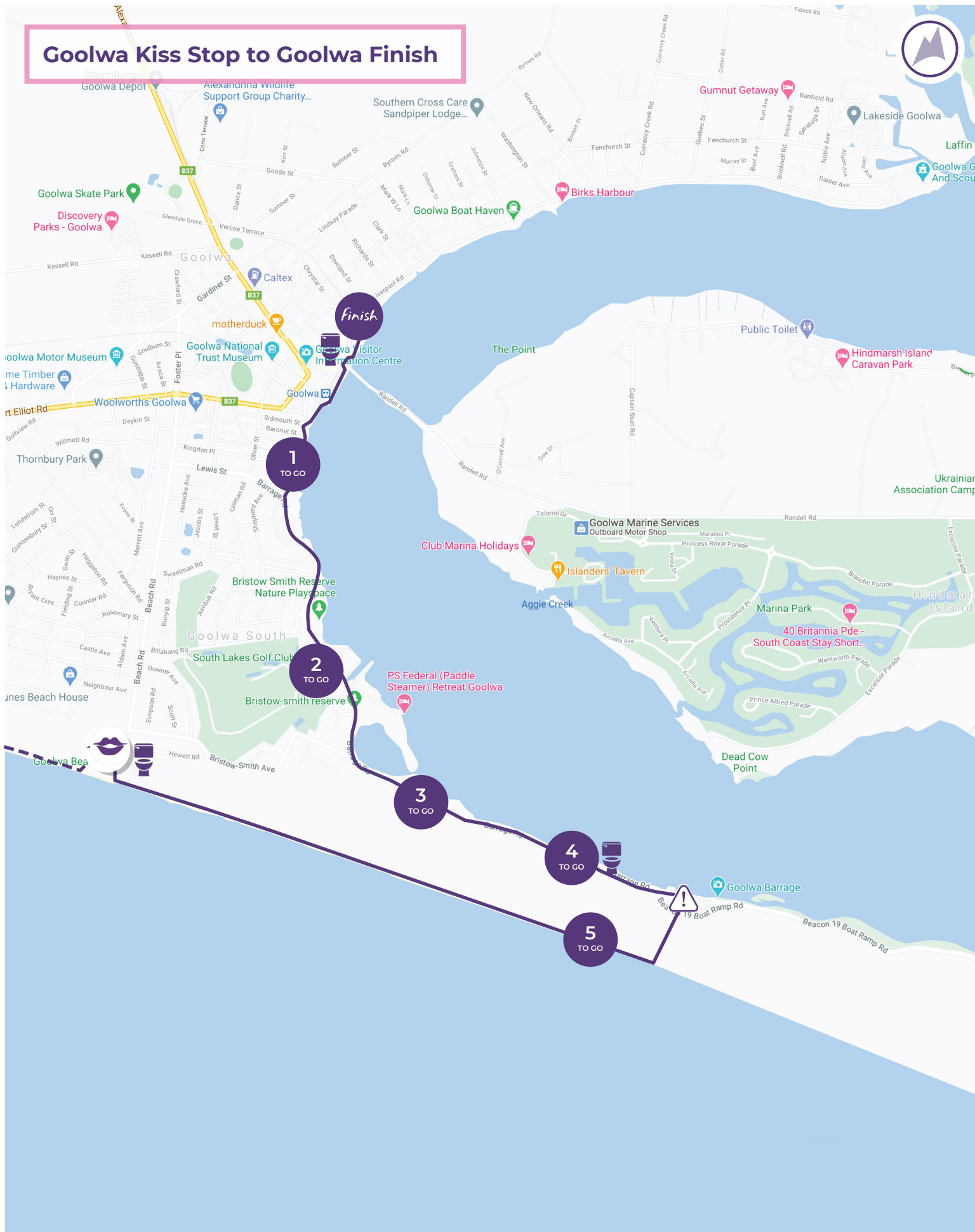
Distance	Cumulative distance		Must depart Goolwa Kiss Stop by
	60km event	30km event	
± 15.2km	± 50km	± 24km	10.00pm







TRACK NOTES

- After approx 800m, at the Middleton Beach carpark, turn right to the sand at Middleton Beach.
- Travel along Middleton Beach for 2.2km.
- Turn left exiting the beach at Tongan Way.
- Take a right on Newell Avenue, then a quick left onto Andrew Avenue.
- Follow the bush path up and around to Redcliff Street. Pass through the green space towards Treleaven Place. At the end of Treleaven Place continue straight to the sand on Goolwa beach.
- Turn left to walk along Goolwa Beach.
- After 1.3km on the sand, depart the beach at Goolwa Surf Lifesaving Club. You have reached the Goolwa SLSC Kiss 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 with your event bib on your front!

Goolwa Kiss Stop to Goolwa Finish



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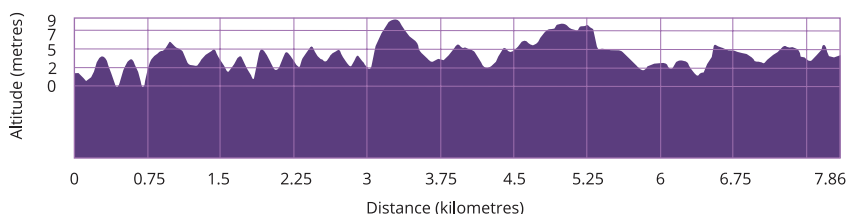
- Route
  Finish
  Public Toilets
- Next/Previous Section
  Kiss Stop
  Road Crossing



ADELAIDE COASTREK 60KM & 30KM

Goolwa Kiss Stop to Goolwa Finish

Distance	Cumulative distance		Must depart Finish by
	60km event	30km event	
± 8km	± 60km	± 30km	00:30am Sat 3 Sept



TRACK NOTES

- Depart the Kiss Stop back onto Goolwa Beach for another 3km.
- Exit the beach via the bush track towards Beacon 19 Boat Ramp Road. Cross Beacon 19 Boat Ramp Road and continue straight towards Barrage Road & the water. Carefully cross Barrage road to the water side; and turn left to follow Barrage Road.
- Travel through Bristow Smith Reserve Nature Playspace, past Goolwa Aquatic Club, Gaplin Reserve and Goolwa Regatta Yacht Club; to Riverside Drive.
- Follow Riverside Drive with the water directly on your right.
- Just before The Steam Exchange Brewery, turn right to walk through the various cafes and restaurants at Goolwa Wharf.
- Pass under the Randall Road underpass to Amelia Park. YOU DID IT!

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