



MARGARET RIVER

**coastrek**  
WILD WOMEN ON TOP

**COASTREK 2023**  
EVENT MAP BOOK  
HIKING FOR HEALTHY HEARTS





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 the Heart Foundation!

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 Margaret River (35km & 20km) to help you and your team train and navigate on Event Day.

### How to use this guide

The 35km route starts on page 1, and the 20km 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, including portaloos and existing toilets. 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:** Please check our website for the most up-to-date version of the Coastrek Margaret River route and FAQs. If you encounter hazards or potential route changes on Event Day, please contact Coastrek HQ via SMS 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 any 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*

# Yallingup 35km Start to Three Bears Kiss Stop – Map (35km)



## KEY

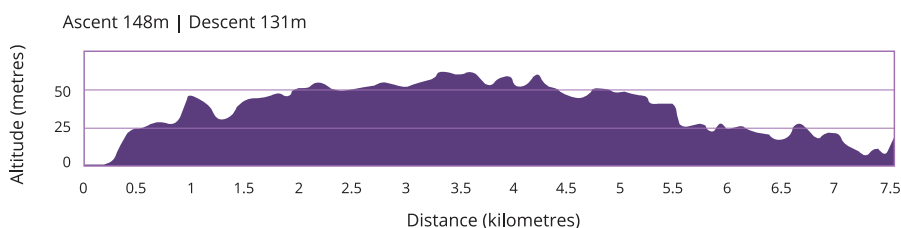
- |  |                       |  |          |  |                |
|--|-----------------------|--|----------|--|----------------|
|  | Route                 |  | Start    |  | Public Toilets |
|  | Next/Previous Section |  | Luv Stop |  | Road Crossing  |



## COASTREK MARGARET RIVER 35KM

### Yallingup 35km Start to Three Bears Kiss Stop

Distance	Cumulative distance	Luv Stop closes at
	35km event	
± 7.6km	± 7.6km	11:30am



### TRACK NOTES

- The 35km event starts here!
- Start on *Yallingup Beach*. Follow the beach for about 300m then turn right off the beach and head up to Dawson Dr.
- Turn left onto Dawson Dr and follow the road for about 330m until you reach the carpark at the end of the road, then follow the Cape to Cape track.
- Continue on the Cape to Cape Track for about 4.8km. You'll pass the Mount Duckworth Campsite on your right. Continue on until you reach a fork in the track. Take the lower trail which is not the Cape to Cape track.
- The trail meets the Cape to Cape track again in 300m. Continue on the track.
- You'll pass a dirt road after about 600m, continue on the track and in 450m you'll pass the dirt road again.
- Follow the track down towards Kabbijguk Beach. Continue on the beach for 450m then head up back up onto the track.
- Take the stairs and you will reach the **Three Bears Kiss Stop!**
- Refill your water, use the toilet and take a quick breather!
- NB. Three Bears is accessible by 4WD only.

#### Did you know?

The Cape to Cape Track meanders for 135 km across the spectacular coastline of the Margaret River Region. The Cape to Cape Track lies almost wholly within the Leeuwin-Naturaliste National Park.

**Three Bears** is famous for it's three distinct surf breaks. Mama, Papa and Baby Bears are all best in a southwest swell with anything from east to northeast winds.

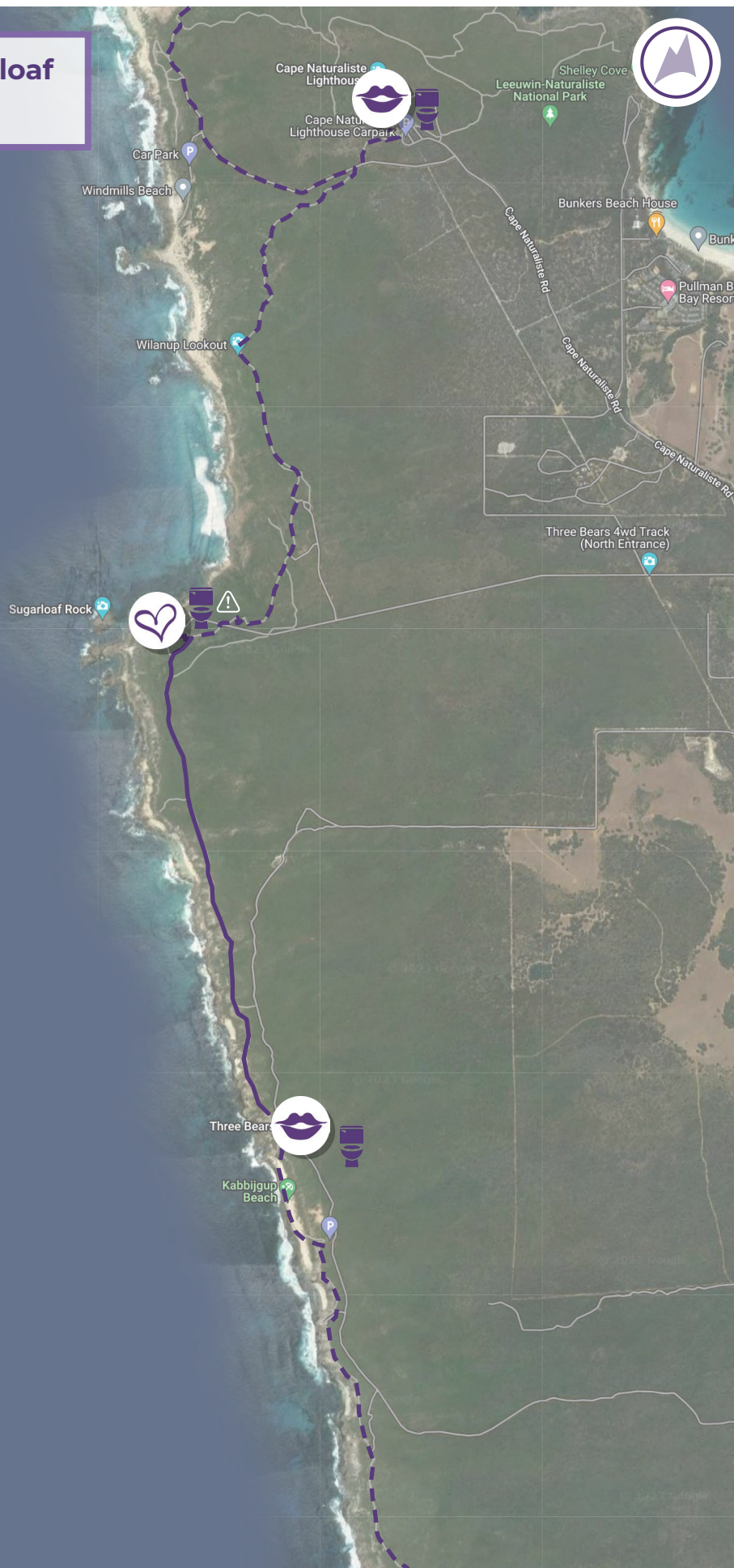
*Source: Margaret River Busselton Tourism Association*

**"Only those that risk going to far can possibly find out how far they can go."**

**T.S.Eliot**



## Three Bears Kiss Stop to Sugarloaf Rock Luv Stop – Map (35km)



### KEY

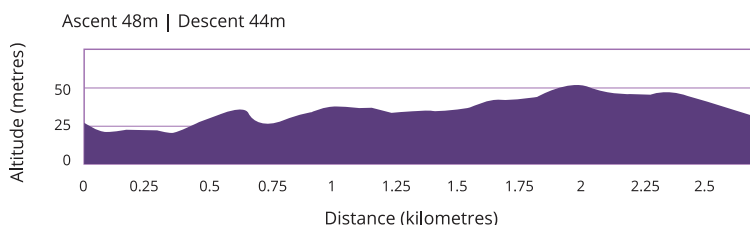
- Route
- Start* Start
- Public Toilets
- Road Crossing
- Next/Previous Section
- Luv Stop
- Kiss Stop



## COASTREK MARGARET RIVER 35KM

### Three Bears Kiss Stop to Sugarloaf Rock Luv Stop

Distance	Cumulative distance	Kiss Stop closes at
	35km event	
± 2.8km	± 10.5km	12:30pm



### TRACK NOTES

- Depart the Kiss Stop, back down the steps to rejoin the Cape to Cape Track.
- Follow the Cape to Cape Track for about 2.25km. Just before Sugarloaf Rock, you will need to veer left and not continue on the Cape to Cape track which veers right.
- Follow this track for about 350m.
- You've reached the **Sugarloaf Rock Luv Stop!**
- Grab a snack, refill your water and take a quick rest! Make sure you cross the timing strip as a team and that your bib is on your front!

#### Sugarloaf Rock

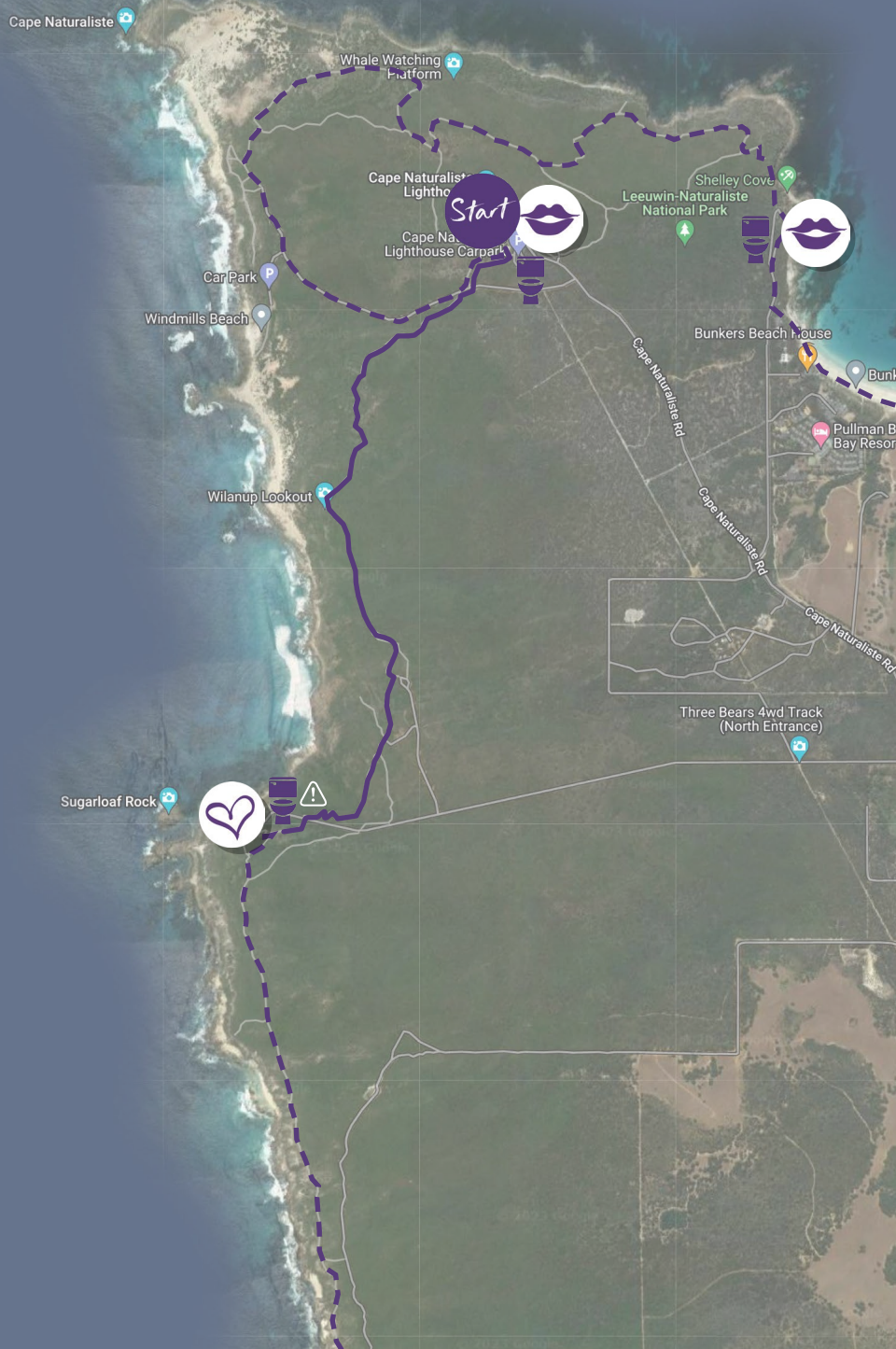
Sugarloaf Rock, also known as Sugarloaf Rocks and Sugar Loaf Rock, is a large, natural granite island in the Indian Ocean just off the coast. Sugarloaf Rock is one of the Margaret River region's most spectacular coastal landforms and unique environments.

*Source: Margaret River Busselton Tourism Association*

"If you want to feel good about yourself, do good things."

**Anon**

# Sugarloaf Rock Luv Stop to Cape Naturalist Lighthouse Kiss Stop – Map (35km)



## KEY

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

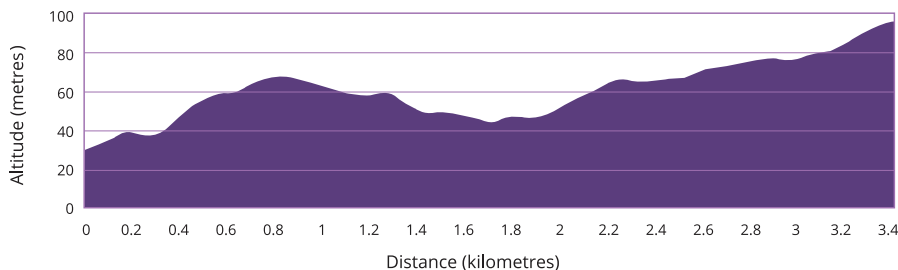


## COASTREK MARGARET RIVER 35KM

### Sugarloaf Rock Luv Stop to Cape Naturalist Lighthouse Kiss Stop

Distance	Cumulative distance	Luv Stop closes at
	35km event	
± 3.5km	± 14.0km	1:45pm

Ascent 95m | Descent 29m



#### TRACK NOTES

- Depart the Luv Stop, and head back up the pathway for about 260m towards Sugarloaf Rd.
- At Sugarloaf Rd (look both ways & beware of oncoming traffic) cross the road safely.
- Follow this trail for about 530m until you reach the Cape to Cape Track again.
- Continue on the Cape to Cape Walk Track, past the Wilanup Lookout, towards the lighthouse.
- Cross over the dirt road and follow the track for about 315m until you reach the entrance to the Cape Naturaliste Lighthouse.
- You've made it to the **Cape Naturaliste Lighthouse Kiss Stop!**
- Refill your water and take a quick rest! Make sure you cross the timing strip as a team and that your bib is on your front!

#### Did you know?

The Cape Naturaliste Lighthouse was built over a ten-month period during 1903. The light was exhibited for the first time in 1904. Built from limestone quarried from nearby Bunker Bay, and perched on the top of the limestone ridge, at its highest point the lighthouse is 123 metres above sea level.

*Source: Margaret River Busselton Tourism Association*

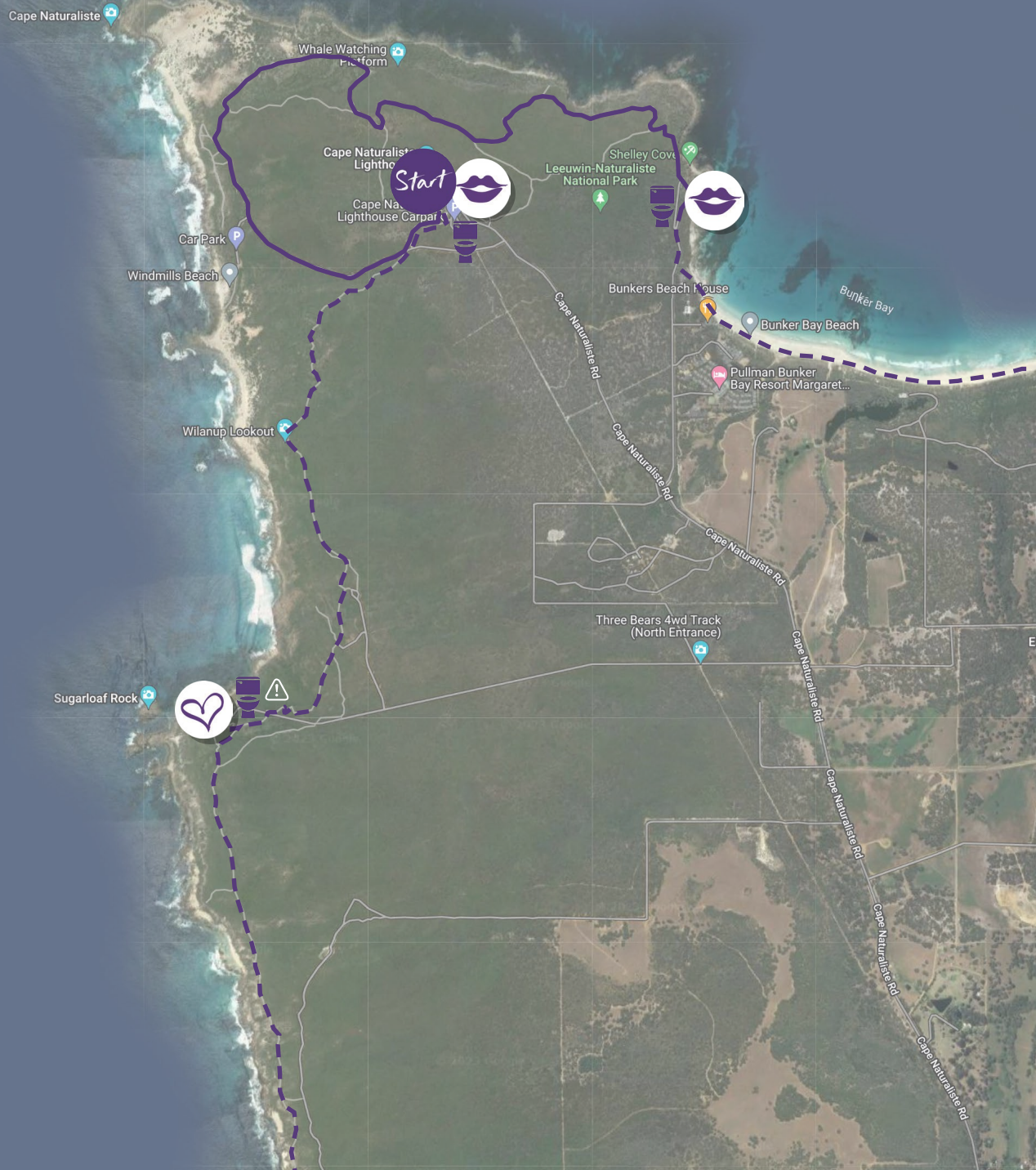
"If you want to feel good about yourself, do good things."

Anon





## Cape Naturaliste Lighthouse 20km Start to Bunker Bay Kiss Stop – Map (35km & 20km)



### KEY

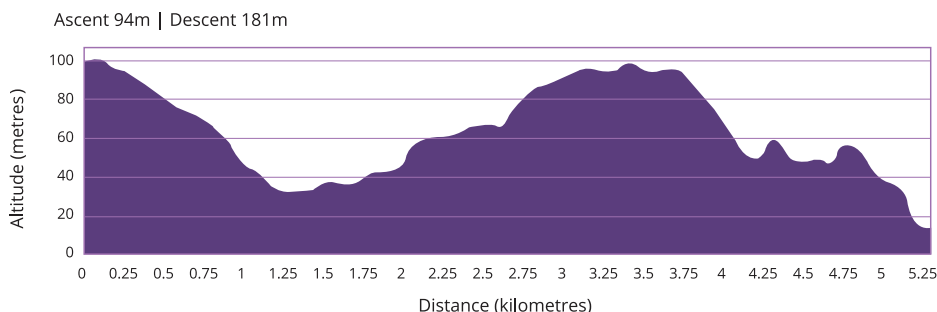
- |  |                       |  |          |  |                |  |               |
|--|-----------------------|--|----------|--|----------------|--|---------------|
|  | Route                 |  | Start    |  | Public Toilets |  | Road Crossing |
|  | Next/Previous Section |  | Luv Stop |  | Kiss Stop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



## COASTREK MARGARET RIVER 35KM & 20KM

### Cape Naturaliste Lighthouse 20km Start to Bunker Bay Kiss Stop

Distance	Cumulative distance	Kiss Stop closes at
± 7.9km	± 14.7km to go	3:45pm



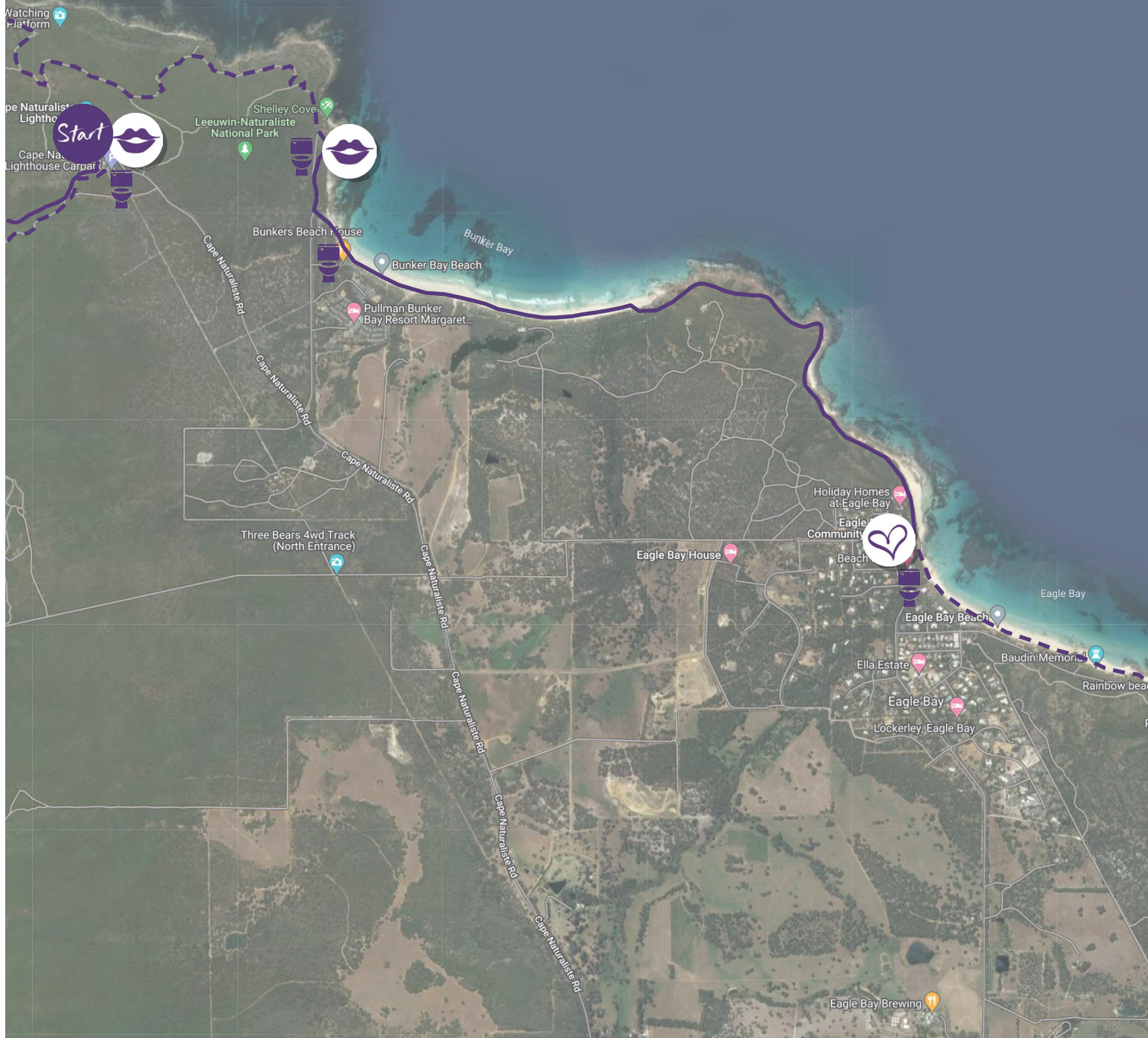
#### TRACK NOTES

- The 20km event starts here.
- Depart via the event exit area of the Cape Naturaliste Lighthouse. Please note, this is only open on event day.
- Follow the road to your right and then loop back to the front area of the Cape Naturaliste Lighthouse.
- Follow the pathway down for about 300m until you reach the dirt road. If you started on the 35km route, you will be walking back over the same section you walked to get to the Cape Naturaliste Lighthouse.
- Turn right here and follow the dirt road all the way to the carpark at the end of the road, (do not take the road that turns off to your left).
- From the carpark, follow the Cape Naturaliste Trail. Stay on the trail for about 250m then veer left to continue on the Cape Naturaliste Trail.
- The trail does an arc and you'll pass another section of the Cape Naturaliste Trail, continue straight (not right) and take a left turn to head onto the track that leads you to the Bunker Bay Walk Trail. At this junction take the trail veering left (not right).
- Follow this trail all the way down towards Point Marchant (do not take the Bunker Bay Walk Trail that leads back up to the lighthouse).
- Be careful of the rocky limestone path. Take your time and watch every step!
- At Point Marchant, follow the trail to the carpark.
- You've made it to the **Bunker Bay Kiss Stop!**
- Refill your water and take a quick rest!





## Bunker Bay Kiss Stop to Eagle Bay Luv Stop – Map (35km & 20km)



### KEY

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



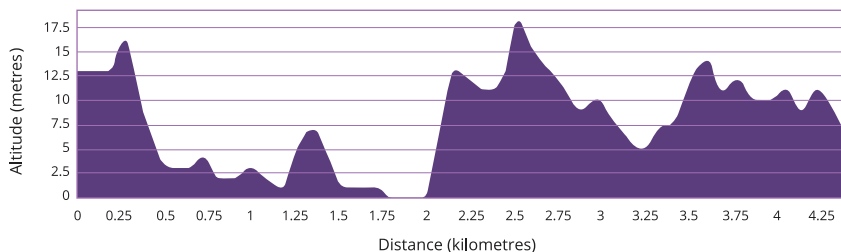


## COASTREK MARGARET RIVER 35KM & 20KM

### Bunker Bay Kiss Stop to Eagle Bay Luv Stop

Distance	Cumulative distance	Luv Stop closes at
± 4.5km	± 10.2km to go	5:15pm

Ascent 45m | Descent 52m



#### TRACK NOTES

- Depart the Kiss Stop, following Bunker Bay Rd for about 300m, then turn left at the gate onto Bunker Bay Beach.
- You'll follow the beach for about 1.75km, then take the trail at the end of the beach. Follow the trail up then turn left, heading towards Rocky Point.
- This section of the trail is not well defined and does require a scramble over the granite rocks. Keep an eye out for the marker posts and use caution when crossing the rocks as they can be slippery, especially when wet.
- Continue on the trail and you'll walk just inland of Rocky Point Beach. You'll reach a white limestone path. Continue on and veer left towards Eagle Bay.
- Follow this trail for 900m, and you'll reach the Eagle Bay Community Hall and the **Eagle Bay Luv Stop!**
- Grab a snack, refill your water and take a quick rest! Make sure you cross the timing strip as a team and that your bib is on your front!

#### Did you know?

Eagle Bay is the location of the world-class HMAS Swan dive wreck?

Eagle Bay offers opal colours of vivid turquoise water, bright green vegetation and blazing red rocks give way to the dazzling white sandy beach.

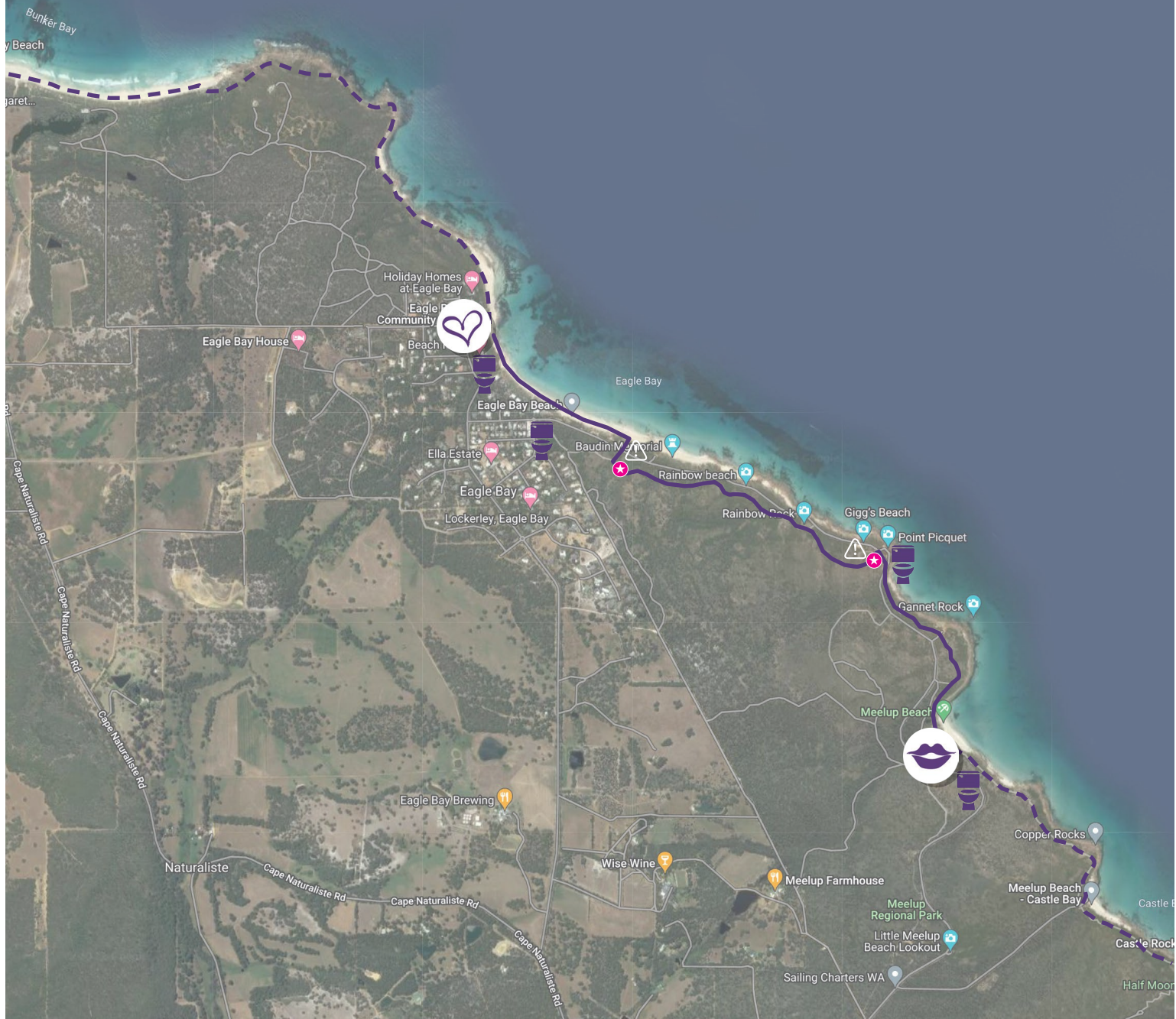
*Source: Margaret River Busselton Tourism Association*

**"There are no shortcuts to any place worth-going."**

**Beverly Sills**



## Eagle Bay Luv Stop to Meelup Beach Kiss Stop – Map (35km & 20km)



### KEY

- |                       |          |                |                               |
|-----------------------|----------|----------------|-------------------------------|
| Route                 | Start    | Public Toilets | Road Crossing                 |
| Next/Previous Section | Luv Stop | Kiss Stop      | Dieback boot cleaning station |

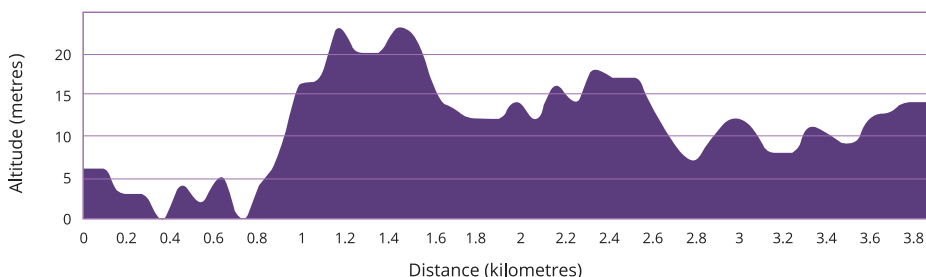


## COASTREK MARGARET RIVER 35KM & 20KM

### Eagle Bay Luv Stop to Meelup Beach Kiss Stop

Distance	Cumulative distance	Luv Stop closes at
± 4.0km	± 6.2km to go	6:45pm

Ascent 56m | Descent 48m



#### TRACK NOTES

- Depart the Luv Stop then head down the Eagle Bay Boat Ramp and onto Eagle Bay Beach. Follow the beach for about 800m, then turn right up towards Eagle Bay-Meelup Rd.
- Cross Eagle Bay-Meelup Rd using caution and head into the Meelup Regional Park. Turn left onto the trail.
- You will pass through two **Dieback boot cleaning stations**. You must clean your footwear to remove any soil which may contain dieback spores to reduce the risk of spreading *Phytophthora cinnamomi*.
- Just past Rainbow Rock, you will cross the Eagle Bay-Meelup Rd again towards Point Picquet.
- Enter the Point Piquet carpark, then turn right and follow the trail for about 1km towards Meelup Beach.
- You'll pass a car park, turn left then follow the path to the **Meelup Beach Kiss Stop!**
- Refill your water and take a quick rest!

#### Did you know?

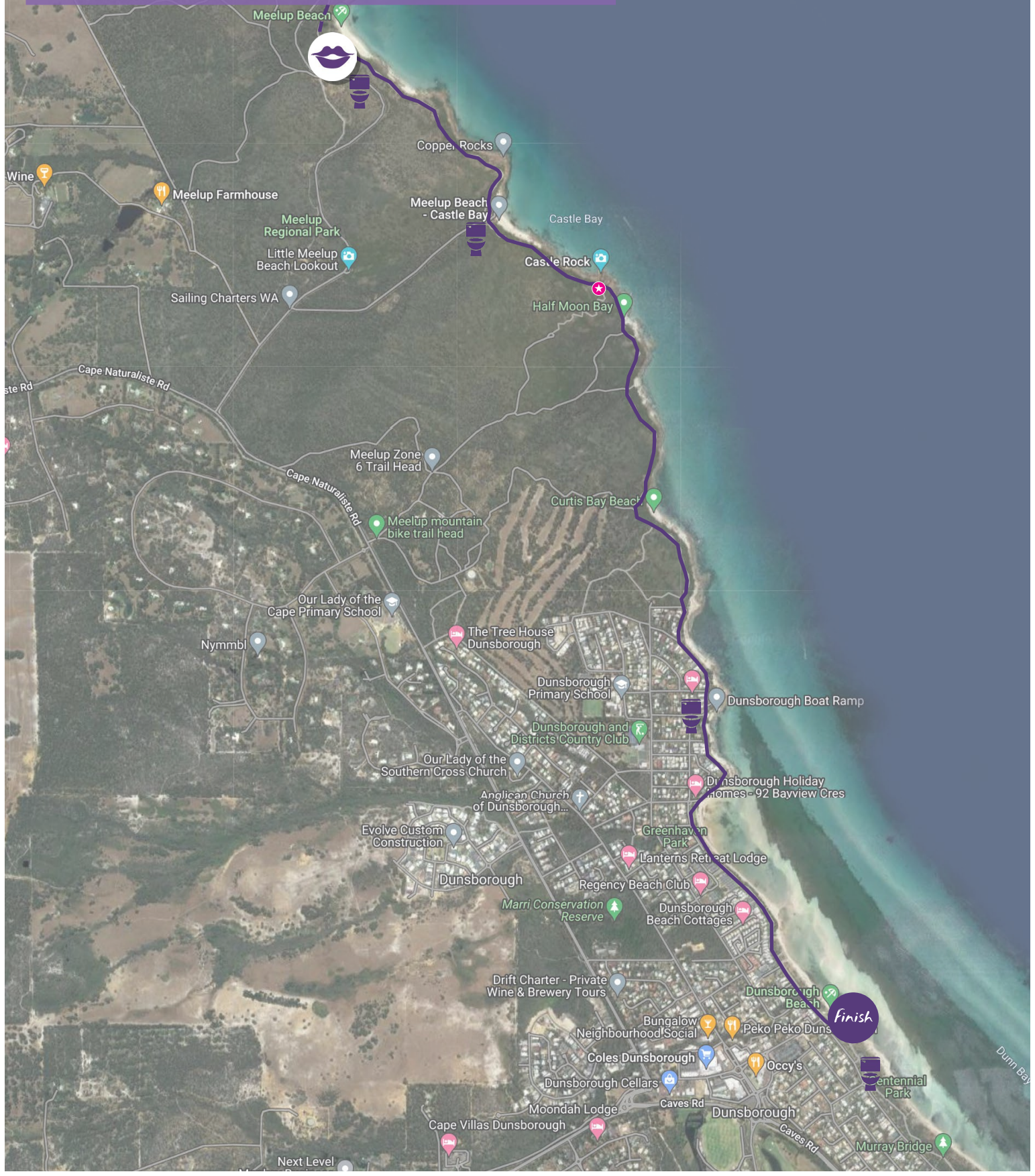
Dieback is an introduced disease caused by the plant pathogen *Phytophthora cinnamomi*. *Phytophthora* kills susceptible plants such as jarrah, banksia and grass trees by attacking their root systems and is a major threat to the diversity of south-west WA flora. The movement of infected soil, plant material or water containing its spores, particularly under warm, moist conditions, will spread the disease into uninfected areas. Dieback can impact 40% of native plant species which subsequently impacts local fauna that rely on these plants such as pygmy possums.

*Source: Meelup Regional Park*





## Meelup Beach Kiss Stop to Dunsborough Finish Village – Map (35km & 20km)



### KEY

— Route

- - - Next/Previous  
Section

Start Start

Finish Finish

Kiss Stop

Luv Stop

Public Toilets

Road Crossing

Dieback boot  
cleaning station

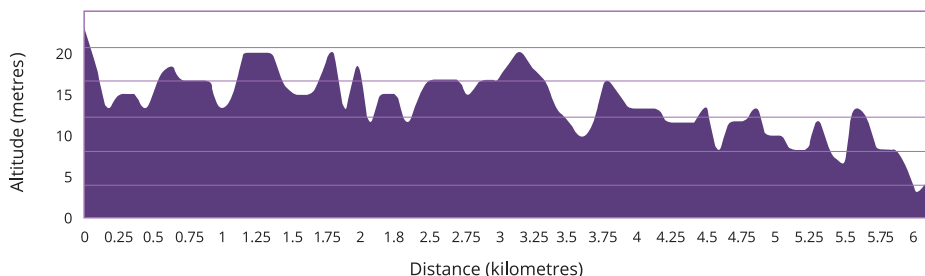


## COASTREK MARGARET RIVER 35KM & 20KM

### Meelup Beach Kiss Stop to Dunsborough Finish Village

Distance	Cumulative distance		Luv Stop closes at
± 6.1km	± 35km	± 20km	9:00pm

Ascent 56m | Descent 48m



#### TRACK NOTES

- Depart the Kiss Stop, continuing along the car park towards the trail. Keep an eye out as dolphins are regular inhabitants of the bay and it is a great spot for whale watching between September and December.
- This part of the trail is an easy walk-through granite country and is a fully formed track. You'll pass Copper Rocks then reach Castle Rock carpark.
- Walk across the car park and Castle Rock Rd and onto the trail towards Castle Rock.
- The trail will continue past Half Moon Bay and a small section of sand then further along you'll pass Curtis Bay Beach. The track will end at Hurford St. Veer left then head straight along Hurford St towards Bay View Cres.
- Follow the path, go past the Dunsborough Boat Ramp and playground and continue on towards Dunsborough.
- Follow this path all the way until you reach Dunsborough Beach. **You've made it to the Finish Village. Woohoo!**
- Make sure you cross the timing strip as a team and that your bib is on your front!
- Time to celebrate.

**"A desire can overcome all objections and obstacles."**

**Gunderson**

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Proudly Supporting  
**Heart  
Foundation**

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