



MELBOURNE



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 to help you and your team train and navigate on Event Day.

How to use this guide

The 60km route starts on page 1, the 45km route starts on page 3 and the 30km route starts on page 11.

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 Coastrek 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*

Greens Bush 60km Start to Cape Schanck Luv Stop



KEY

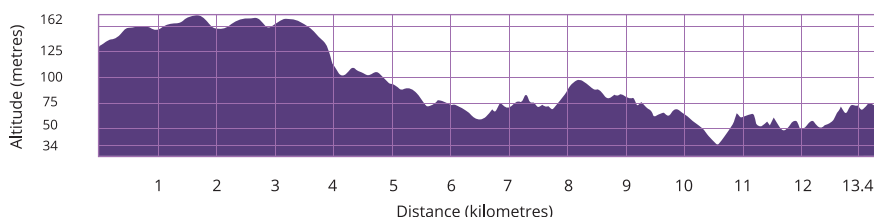
- Route
- Start
- Public Toilets
- Next/Previous Section
- Luv Stop
- Road Crossing



MELBOURNE COASTREK 60KM

Greens Bush 60km Start to Cape Schanck Luv Stop

Distance	Cumulative distance	Must depart Cape Schanck Luv Stop by
	60km event	
± 13.5km	± 13.5km	11:00am



TRACK NOTES

- The 60km event starts here!
- Start at Highfield on bunkhouse break, Greens Bush.
- Follow the bunkhouse break trail north for approx. 1.8km to Long Point Break
- At Long Point Break turn right, then after 100m turn left onto Link Break.
- Continue straight on Link Break for 1.4km, before turning right onto Lightwood Break.
- Stay on Light Wood Break, through the Lightwood Creek camping area, then turn right onto Two Bays Walking Track.
- Continue on the Two Bays Walking Track for approx. 4km until you reach Boneo Road.
- Safely cross Boneo Road at the Bushrangers Bay parking area to continue straight on the Two Bays Walking Track.
- Follow the Two Bays Walking Track AKA Bushrangers Bay Walking Track for another 5.2km until you reach Cape Schanck Lighthouse Reserve carpark.
- Walk past the public toilet block on your left and enter the Cape Schanck Lighthouse Reserve via the pedestrian gate. You have reached the **Cape Schanck 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!

Cape Schanck 45km start & Luv Stop to Rye Luv Stop

Map 1 of 2



KEY

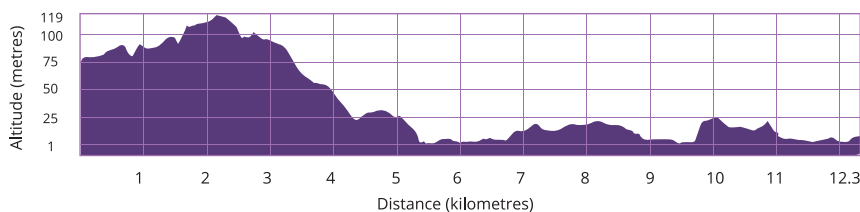
- Route
- Next/Previous Section
- Start
- Luv Stop
- Public Toilets
- Road Crossing



MELBOURNE COASTREK 60KM & 45KM

Cape Schanck 45km start & Luv Stop to Rye Luv Stop - Map 1 of 2

Distance	Cumulative distance		Must depart Rye Luv Stop by
	45km event	60km event	
± 12.5km	± 12.5km	± 26km	2:30pm

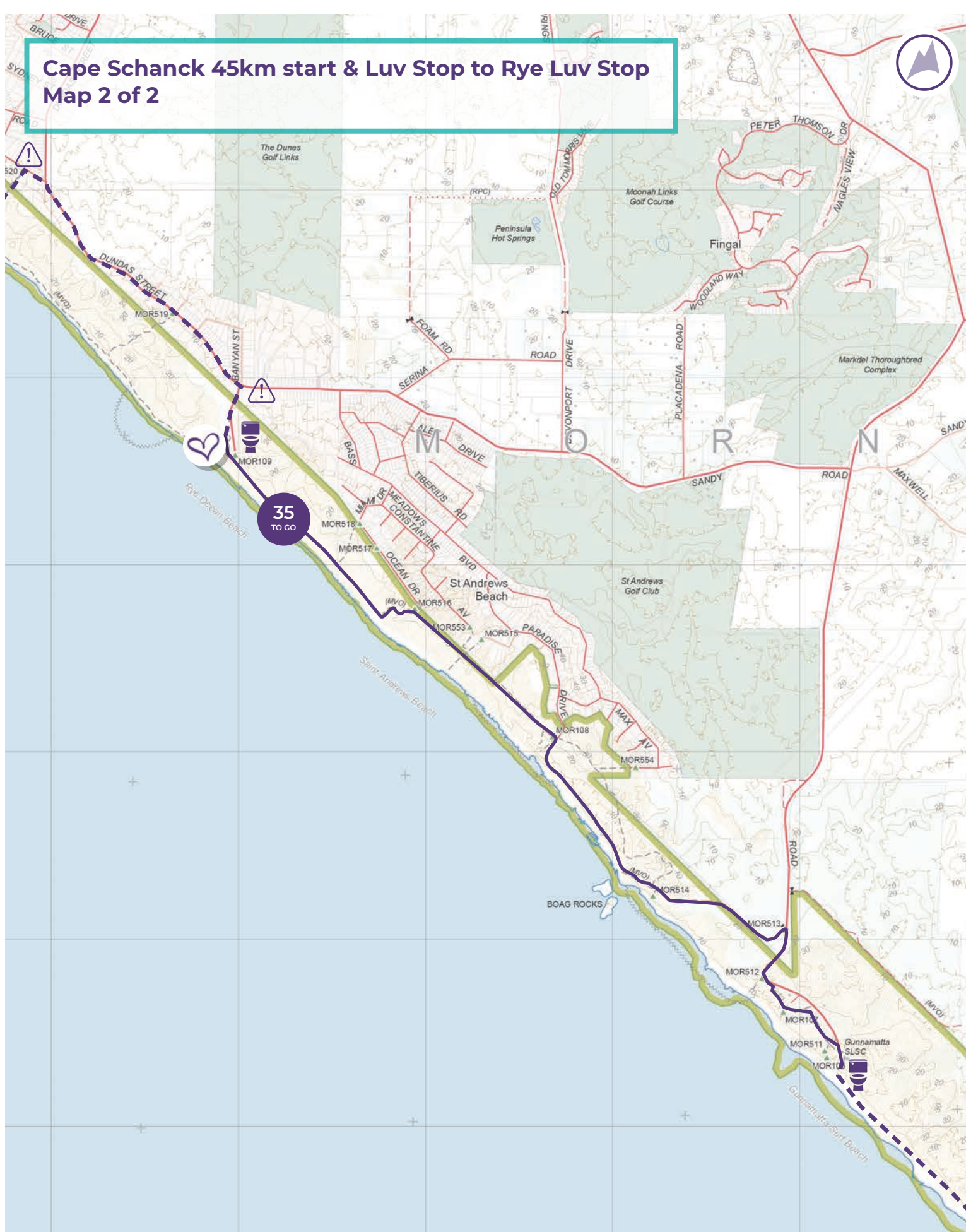


TRACK NOTES

- The 45km event starts here!
- Start at the *Cape Schanck Lighthouse Reserve*.
- Exit the reserve through the vehicle access gate towards Cape Schanck Road.
- Turn left on Cape Schanck Road for 270m, then turn left at the 'Gunnamatta' sign to follow the firetrail towards Fingal.
- Follow the firetrail around the coast, pass through the Fingal beach lookout. Keep right to stick to the track (do not go left down to Fingal beach).
- Proceed on the route, past the national golf club and onto the sand at Gunnamatta Ocean beach.
- After walking 1.4km along this beautiful beach, take the walkway up to the Gunnamatta Ocean beach carpark.

Cape Schanck 45km start & Luv Stop to Rye Luv Stop

Map 2 of 2



KEY

— Route

--- Next/Previous Section



Start



Luv Stop



Public Toilets



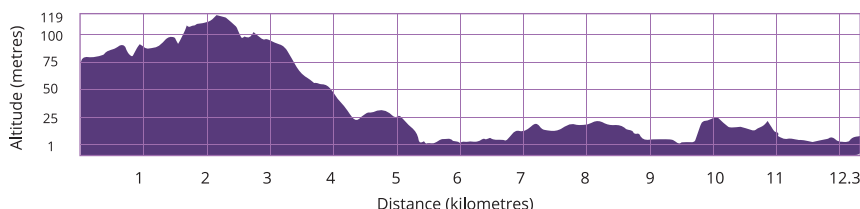
Road Crossing



MELBOURNE COASTREK 60KM & 45KM

Cape Schanck 45km start & Luv Stop to Rye Luv Stop - Map 2 of 2

Distance	Cumulative distance		Must depart Rye Luv Stop by
	45km event	60km event	
± 12.5km	± 12.5km	± 26km	2:30pm

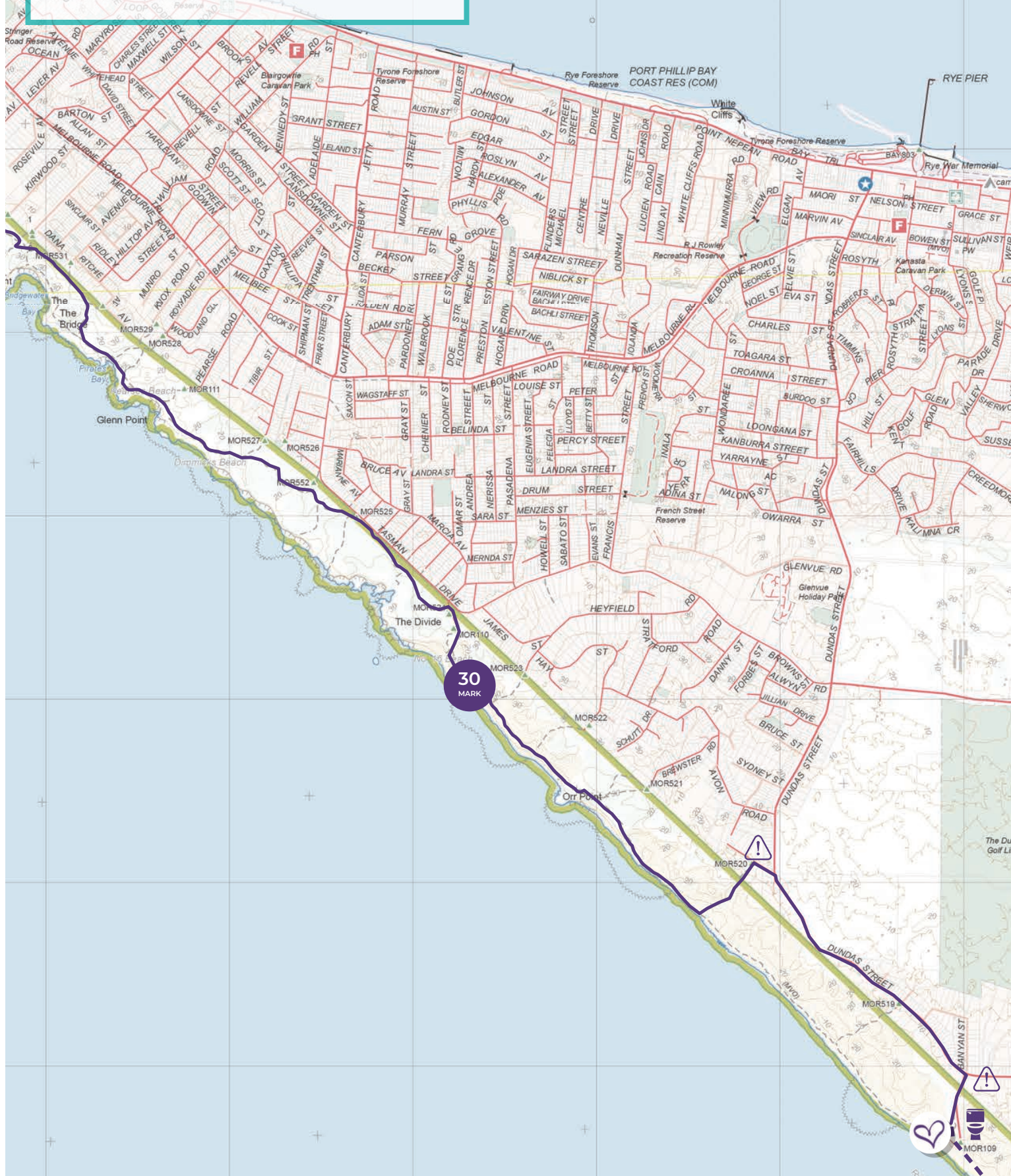


TRACK NOTES

- Cross the carpark and follow the bush track (not Truemans Road) for 200m and turn left towards the secondary carpark. Carefully walk through the carpark to the bush track. Follow the bush track to Truemans Road.
- Follow Truemans Road for 350m, then turn left along a fire trail.
- Check out the view at Boags Rocks, then head onto the sand at Gunnamatta Beach for 800m.
- Depart the beach at St Andrews Beach carpark. Cross the carpark to a newly created bush track and follow it along the coastline for approx. 1.2km.
- Follow the track onto the sand at Rye Ocean Beach.
- Continue approx. 1.2km on the sand until you reach the **Rye 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!

Rye Luv Stop to Sorrento Luv Stop

Map 1 of 2



KEY

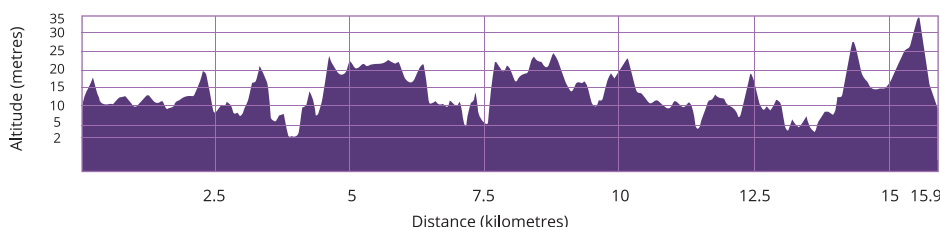
- Route
- Next/Previous Section
- Start
- Luv Stop
- Public Toilets
- Road Crossing



MELBOURNE COASTREK 60KM & 45KM

Rye Beach Luv Stop to Sorrento Luv Stop – Map 1 of 2

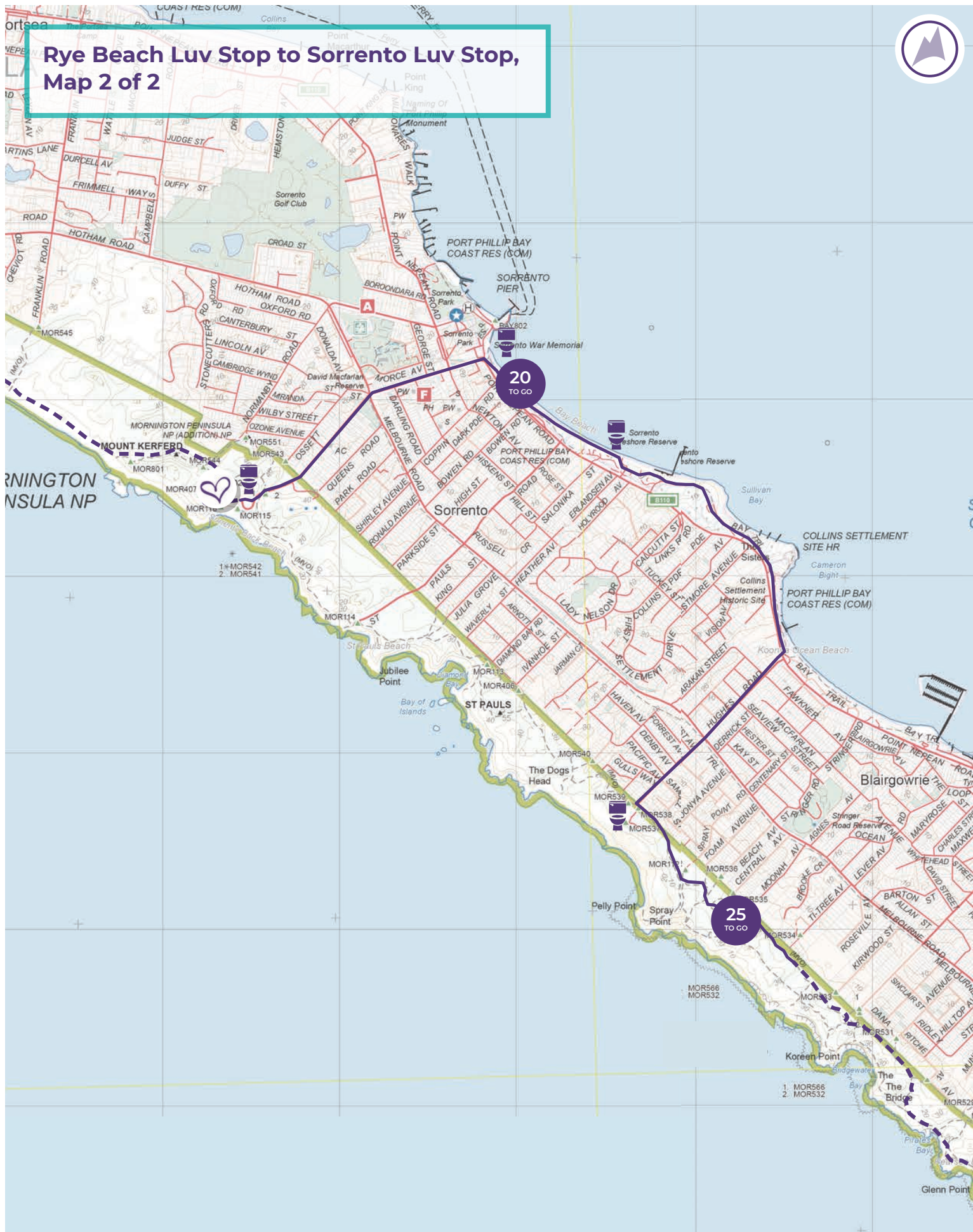
Distance	Cumulative distance		Must depart Sorrento Luv Stop by
	45km event	60km event	
± 16.5km	± 29km	± 42.5km	7:30pm



TRACK NOTES

- Depart the Luv Stop via the walking track towards the toilet block, walk to the end of the track until Dundas Street, then turn left.
- Follow Dundas Street, up to Sandy Road and carefully cross Sandy Road onto the other side.
- Walk on the designated footpath along Dundas Street for approx. 1.5km. Then carefully cross Dundas Street onto Alison Avenue.
- After approx. 125m, follow the route markers down a bush track and turn right onto the beach, following the sandy coastline for approx. 2km.
- Once you've reached Lizard Head Rock, you have hit the 30km mark! Woohoo! You're halfway – take a photo and post it to facebook using the hashtag #coastrek. Then, leave the sand via the steps, towards number 16 beach carpark.
- Be mindful of cars entering the carpark as you turn left onto the bush track, as indicated by route markers.
- *(tip: there's a good foodie shop about 50m from here if you continue straight across Tasman Drive, called "16 beach general store". It has great coffee and organic produce. If you choose to do pop into the store, please be sure to join the Coastrek route via the bush track within the number 16 carpark afterward.)*
- Follow the route markers, winding your way along the clifftop tracks and coastline. Don't forget to look to the left as you walk along; you'll see Dimmicks Beach, Pearses Beach, Pirates Bay, Bridgewater Bay, Fowlers Beach & Monforts Beach.

Rye Beach Luv Stop to Sorrento Luv Stop, Map 2 of 2



KEY

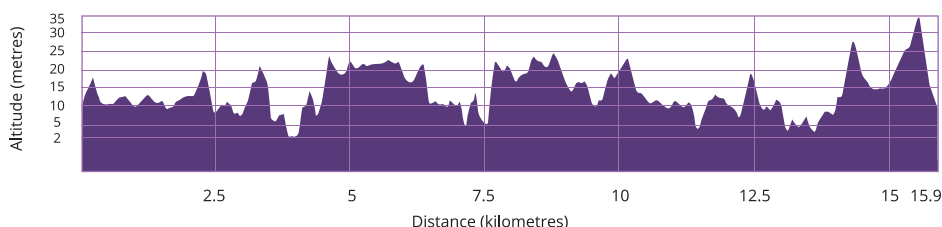
- Route
- Start
- Next/Previous Section
- Luv Stop
- Public Toilets
- Road Crossing



MELBOURNE COASTREK 60KM & 45KM

Rye Beach Luv Stop to Sorrento Luv Stop – Map 2 of 2

Distance	Cumulative distance		Must depart Sorrento Luv Stop by
	45km event	60km event	
± 16.5km	± 29km	± 42.5km	7:30pm



TRACK NOTES

- Continue along the route and onto the lifesaving track to Sorrento. Cross the bitumen road at the bottom of Hughes Road.
- Turn right up Hughes Road to the bay. Cross Point Nepean Road carefully and walk to the beach, then take a left onto the sand.
- At Cameron's Bight Jetty, walk another 50m, then turn left off the beach and join the Bay Trail to the right.
- Follow the Bay Trail all the way to the Sorrento Front Beach, take a right 200m after the Sorrento Couta Club onto the sand. Take a walk on the sand for 950m, before going left at the Italico restaurant (great place for a post-trek pizza!).
- Follow Ocean Beach Road all the way down to Sorrento SLSC. Enjoy the cafes and window shopping along the way!
- Carefully walk through the Sorrento Beach carpark, past All Smiles Café and towards the SLSC. You have reached the **Sorrento 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!

Point Nepean 30km Start to Sorrento Luv Stop



KEY

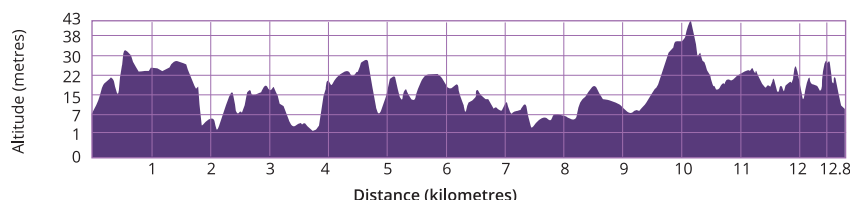
- Route
- Start
- Finish
- Next/Previous Section
- Luv Stop
- Public Toilets
- Road Crossing



MELBOURNE COASTREK 30KM

Point Nepean 30km Start to Sorrento Luv Stop

Distance	Cumulative distance	Must depart Sorrento Luv Stop by
	30km event	
± 13km	± 13km	7:30pm



TRACK NOTES – 30KM EVENT ONLY, 60KM & 45KM WALKERS SKIP THIS PAGE

- The 30km event starts here!
- Start at the *Point Nepean National Park* parade ground.
- Walk to the east end of the parade ground via the waters edge and walk up the steps
- At the top of the steps turn left to walk between the coastal tree line and the old buildings.
- Pass through the fence to continue along the tree line, through small open areas and narrow bush paths
- Cross Police Point Shire Park diagonally to exit the park towards Defence Road.
- At Defence Road, turn left and join the clearly marked footpath. Follow the footpath for approx. 500m, then turn left onto The Cutting.
- After 120m, turn right onto the sand. Walk to the end of the beach and up onto the pathway towards the jetty. Follow the path past the jetty and along the lawns in front of the Portsea Hotel.
- Take the steps down to Portsea Beach and walk along the sand until the other end. Take the pathway right through the trees into a clearing.
- Walk straight across the clearing to the bush track. Follow the bush track along the coastline behind the houses towards Collins Bay.
- Travel along the sand on Shelly Beach for 600m, then turn right up a sandy path towards Hemston Avenue. At the end of Hemston Avenue, turn left onto Point Nepean Road.
- After 520m walking along Point Nepean Road, take a left onto Point King Road towards the millionaires walk. Enjoy the walk along the coast and the amazing houses!
- Travel through a wooden door to the end of Lentil Avenue. Take a right down Lentil Avenue, then go left along the footpath on Point Nepean Road.
- After 450m, take a left down St Aubins Way towards Sorrento boat ramp. Cross the road safely at the roundabout and join the path in between the two carparks. Travel through Sorrento Park to the Esplanade.
- At Sorrento pier, cross the road safely at the roundabout before joining the Bay Trail on the right. Travel along the sand at Sorrento Front beach for 1.1km. Turn right off the beach just before the Sorrento Couta Club and take the steps up to the club carpark.
- Walk through the carpark towards Point Nepean Road and carefully cross the road to the other side. Take a left, then a quick right and follow all signs to the Tuckey Track.
- Travel the Tuckey Track all the way to Melbourne Road and cross the road carefully. Take the Melbourne Road trail to the left, then take a quick right down Ivanhoe Street. At the end of Ivanhoe Street, take the trail on the left.
- Follow the route markers, winding your way along the clifftop tracks and coastline. Don't forget to look to the left as you walk along; you'll see the beautiful bay of islands, Diamond Bay, Jubilee Point and St Pauls Beach.
- Once Sorrento Back beach and a rotunda on the hill to your left is in your sights, take a sharp hair-pin left turn off the track, down the steps, towards Ocean Beach Road.
- Cross Ocean Beach Road at the pedestrian crossing, then walk along Ocean Beach Road for 60m before crossing again at the pedestrian crossing.
- Carefully walk through the Sorrento Beach carpark, past All Smiles Café and towards the SLSC. You have reached the **Sorrento 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!



Start



Next/Previous
Section

Finish

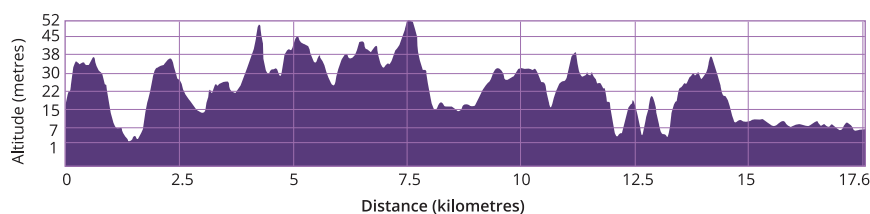
13



MELBOURNE COASTREK 60KM, 45KM & 30KM

Sorrento Luv Stop to Point Nepean Finish – Map 1 of 2

Distance	Cumulative distance			Must depart Finish by
	30km event	45km event	60km event	
± 16.5km	± 30km	± 45km	± 60km	12:30am (Sat 28 May)



TRACK NOTES

- With the SLSC on your right, take the stairs to Coppins Lookout and check out the views!
- From the lookout, follow the route markers towards Sphinx Rock.
- Follow the track onto the sand at Portsea Back beach for approx. 500m. **Do not walk on the vegetation.**

CAUTION:

Event staff will be monitoring the Portsea Back beach tide on event day. Participants will be notified at the Sorrento Luv stop to take the bus between Sorrento SLSC and Portsea SLSC from 4:30pm to avoid walking on the beach after sunset.

- Depart the beach after the Portsea SLSC via the ramp, up to the Portsea back beach middle carpark.
- Depart the beach via a sandy trail towards Franklins Road. Carefully follow Franklins Road (this is a private road with some blind corners, so keep an ear and an eye out for cars) up to Hotham Road, then safely cross Hotham Road to the other side.
- Continue along Hotham Road for another 80m and turn left onto Elizabeth Road. Follow Elizabeth Road to Back Beach Road.
- Carefully cross Back Beach Road and turn left following the footpath. After 150m, cross over Back Beach Road again, following the footpath at all times.
- At the roundabout, cross Hotham Road safely via the pedestrian island. Continue to follow Back Beach Road, to Portsea Ocean Beach access lower road to the Portsea Back Beach lower carpark toilet block.
- Follow the paved ramp behind the toilet block, up to the Portsea Back Beach middle carpark. Walk through the middle carpark with the bush immediately to your left.
- Take the track signposted *Farnsworth Track* (do not take the steps down to the beach).
- Follow the track for approx. 700m and at the Y junction, veer to the right and continue to follow the track until you reach the London Bridge carpark. Toilets and drinking water are here on your right.
- Carefully walk through the carpark via the zebra crossing to other side. We recommend taking the Farnsworth Track directly ahead to check out the view at London Bridge lookout (if you choose to visit the lookout, please be mindful this is a narrow two-way track, so watch for oncoming walkers). Otherwise, turn right toward the track signposted *Wilsons Folly to Point Nepean*, and turn left.
- Follow the Wilsons Folly track for approx. 600m, then take a sharp hair-pin turn left through an open farm gate towards Point Nepean National Park. **Beyond this point is a track only available to walk on event day.**

Sorrento Luv Stop to Point Nepean Finish

Map 2 of 2



KEY

- | | | | |
|-----------------------|--------|----------------|--------------------|
| Route | Start | Luv Stop | Road Crossing |
| Next/Previous Section | Finish | Public Toilets | Training Days Only |

Training Days Only Detour

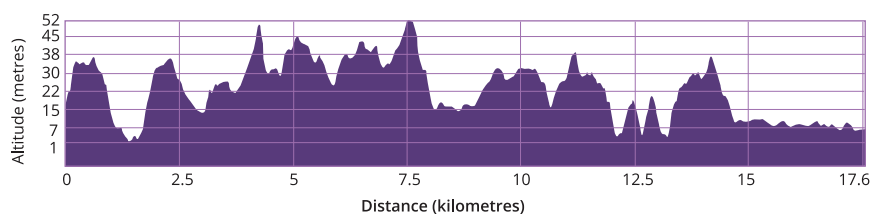
The Butlers Track section is not accessible until event day. Please use this alternate route during training. It is relatively the same distance.



MELBOURNE COASTREK 60KM, 45KM & 30KM

Sorrento Luv Stop to Point Nepean Finish – Map 2 of 2

Distance	Cumulative distance			Must depart Finish by
	30km event	45km event	60km event	
± 16.5km	± 30km	± 45km	± 60km	12:30am (Sat 28 May)



TRACK NOTES

Training detour:

- Stay straight to continue along Wilsons Folly track.
 - Turn right at Butlers Track, then left at Defence Road.
 - Stay on the walking path on the left-hand-side of Defence Road.
 - After approx. 1.5km on Defence Road, turn left on Range Area Walk. Follow Range Area Walk until Butlers Track and turn right. You are now back on the event day route!
-
- Follow the route markers through the bush to Butlers Track. Continue along Butlers Track (ignoring the slip tracks on your left and right), until you reach the rifle range.
 - Turn left along the rifle range for approx. 250m, before re-joining Butlers Track on your right.
 - Continue along Butlers Track for another 800m until the track meets Defence Road at the Cheviot Hill bus stop. Toilets and water here.
 - Turn left onto Defence Road and walk all the way to Fort Nepean. Don't forget to look left and right. Check out Eagles Nest and Pearce Barracks on your right, and Fort Pearce and Bass Strait on your left.
 - Continue along Defence Road to a Y junction at the Fort Nepean steps, then veer left onto the gravel road. Travel through the bus turning circle and continue along the gravel road to the bottom of the hill. Follow the road around the tip of the peninsula towards the engine house. Only 5kms to go!
 - Turn right out of the engine house and take the 115 steps to the top. When you get to the top where the cannons are, there is a toilet block on your right.
 - At the cannon beside the bunker, you will see a tunnel entrance on your right. Go into the tunnel and take the first left as you go through. **Note: tunnel lights operate between 8am and 8pm. Please have your head torch ready to help navigate your way through if arriving outside this time.**
 - As you leave the tunnel at the other end, meander down the boardwalk and past a sculpture of a soldier pushing rail carts. Veer left down the steps and continue along Defence Road straight ahead. **Stay to your left as inbound trekkers arrive at Fort Nepean.**
 - After approx. 1km, there will be an orange arrow directing you left onto a sandy trail with a sign "< Cheviot Hill via walking track 700m" and "< Gunners Cottage via Cheviot Hill 1.8km".
 - Follow the trail to a Y junction and go left past a bunker, then continue along the trail right behind the bunker.
 - At the next Y junction, stay right back towards Defence Road (not left to join Coles Track).
 - At Defence Road, turn left. After 175m, turn left onto Coles Track. At the Y junction turn right to continue on Coles Track.
 - Travel past Jarman Oval on your right and the bay on your left, then veer left at the old buildings onto Bogle Road. Walk through the heritage-listed Cyprus tree tunnel and past the quarantine station building on your right.
 - Continue straight towards the Point Nepean parade ground to the finish village. **YOU DID IT!**

COASTREK 2022
EVENT MAP BOOK
WALKING FOR MENTAL HEALTH

MELBOURNE



www.coastrek.com.au



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**Beyond
Blue**