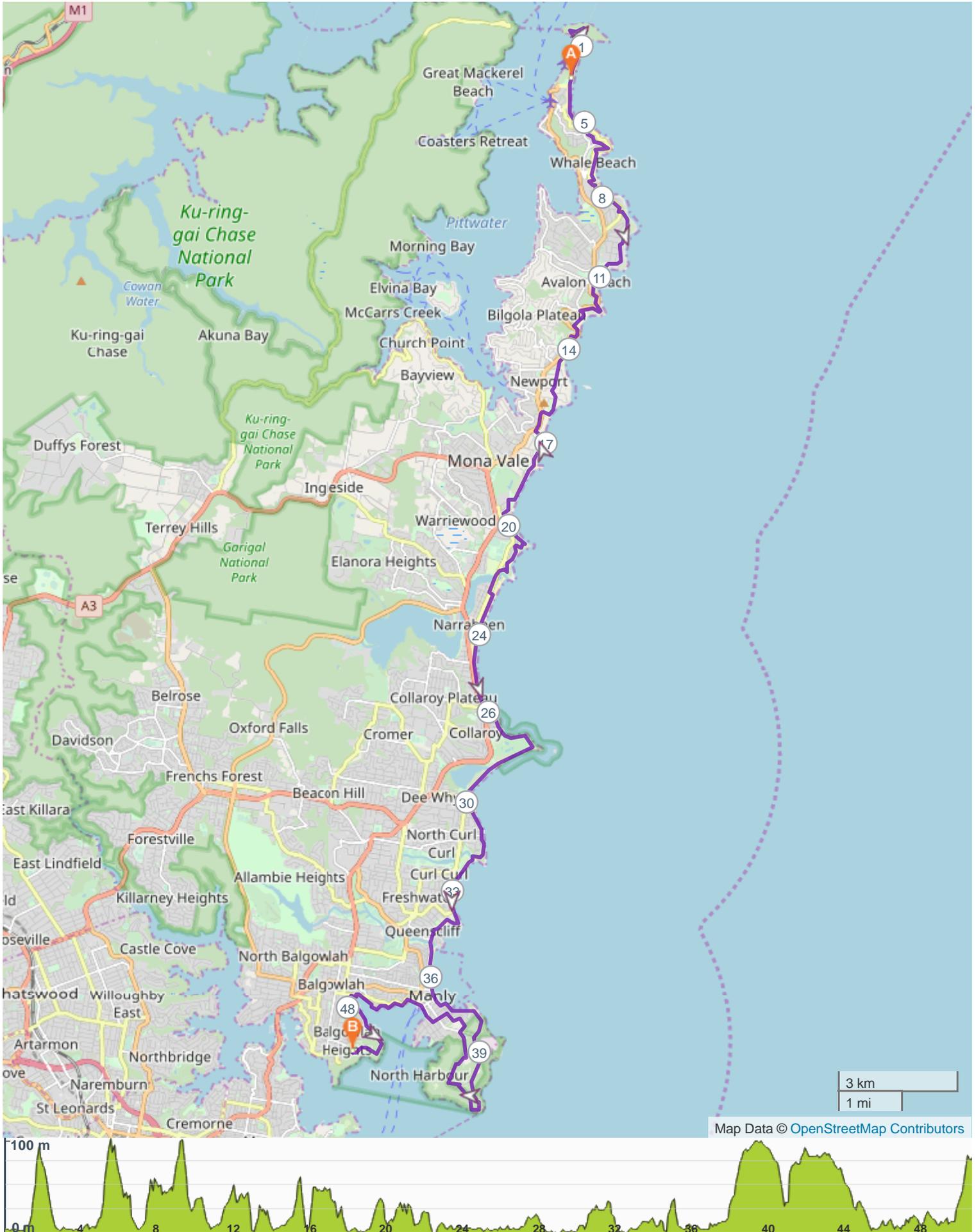


# Coastrek Sydney 2024 - 50km Event



## ROUTE DIRECTIONS

No	Km	Turn	Directions
1	0.000		Start at North Palm Beach and head north - Woohoo!
2	0.896	←	After 900m on the beach, turn left to exit the beach
3	1.155	→	As you reach the other side of the peninsula, turn right
4	1.247	↗	After 90m along the sand, turn right after the house at 1199 Barrenjoey Rd. You will see a sign for Barrenjoey Headland. Take the stairs on your right, to follow the Smugglers Track
5	1.720	↙	Turn left onto Barrenjoey Lighthouse Track
6	1.730		FUN FACT: The Barrenjoey Head Lighthouse is a heritage-listed lighthouse built in 1881 & stands 113 metres above sea-level
7	2.478	↖	Keep right towards the house at 1199 Barrenjoey Rd
8	2.524	↖	Turn left to follow the coast South on Fishermans Track, along the sand
9	2.915	↖	After 390m on the sand, turn left
10	3.098	→	Turn right to walk along Palm Beach. Please keep off Ocean Road as buses / vehicle travel quickly & there are blind corners, so you may not be seen
11	4.854	←	Once you reach the Palm Beach rockpool at the southern end of the beach, ascend the steps above the pool
12	5.032		When you reach Florida Road, go right for 20m, cross Florida rd carefully (a traffic marshal will be here to assist you), then turn left to go up a house driveway, named Rockridge. Don't worry that's the right way!
13	5.083	→	Go up driveway for 50m & veer slightly left into smaller driveway (1A Rockridge), then continue to veer left to access a bush track (Public Land sign). Follow the track to Rock Bath Road
14	5.424	↖	Turn left onto Pacific Road (Caution! No signpost or footpath!)
15	5.764	←	Turn left on Norma Rd
16	6.141	→	Turn right onto Whale Beach rd (a traffic marshal will be here to assist you)
17	6.494	←	Turn left down the Public Pathway steps (opposite house number 242 Whale Beach rd)
18	6.604	→	Turn right to walk along Whale Beach
19	7.316	→	At South end of Whale beach, go up onto the pathway, past toilets & then right onto Malo Road
20	7.439	←	Turn left onto Whale Beach Road, keeping to the footpath
21	8.698	←	Turn left onto Bangalley Head Walking Track, opposite 60 Whale Beach rd
22	9.246	→	Follow main track up to top of headland. Here there is a vague track intersection (alongside a rock outcrop on LEFT & a sign that reads 'Loop Trail' on its Southern side). Take left fork of the track up over the rock outcrop past a wooden marker-post to the very edge of the cliff-top (Caution! No guard-rail!). This is Blue Tongue Lookout, with incredible views North to Barrenjoey
23	9.597	↖	Follow track down to the open grassy area at edge of North Avalon cliff line
24	9.776	←	Turn left onto Marine Pde

No	Km	Turn	Directions
25	10.558	←	Turn left at Avalon Beach carpark and walk down onto the beach
26	10.689	→	Turn right to walk along Avalon Beach
27	11.218	←	Exit Avalon beach at the Southern end, to follow Surfside Ave until the dead end
28	11.422	↖	Take the hidden footpath between houses 4 & 5 to Barrenjoey rd
29	11.523	←	Turn left onto Barrenjoey rd, keeping behind the barrier rail & then grassy verge for about 100m
30	11.815	←	Turn left onto The Serpentine. Please take care, there is no footpath in some sections
31	12.673	←	Turn left to descend the stairs leading down to Bilgola Beach, between house numbers 20 & 22
32	12.843	→	Turn right to walk along Bilgola Beach
33	13.087	↖	Exit Bilgola Beach at the SLSC carpark and ascend the wooden stairs to the west (signed as Bilgola South Head)
34	13.172		Follow the bush path around the head
35	13.720	←	Veer left towards Newport beach and onto the sand
36	13.771	↗	Turn right to walk along Newport beach
37	14.342	↗	Exit Newport beach at Bert Payne Park & you have reached your first Luv Stop!
38	14.386	↗	You have reached the Newport Luv Stop! Take a break, grab a snack, drink some water and rest those feet! You're at the 14.5km mark
39	14.425	↖	Follow the footpath to Myola rd
40	14.543	↗	Travel along Myola rd, keeping to the footpath
41	15.430		Cross Bungan Head rd and take the steep driveway towards Bungan Beach
42	15.649	↗	Turn right to walk along Bungan Beach
43	15.888	↗	Halfway along, turn right to exit Bungan Beach between the dunes
44	16.098	←	Turn left onto Karloo Pde
45	16.117	↖	Turn left onto Barrenjoey rd
46	16.535		Turn left at Hillcrest Ave, keeping to the footpath
47	17.161		At the dead end, continue straight through the grassy area and follow the bush track around Mona Vale Headland Reserve
48	17.530	↙	At the Grandview pde dead end, turn sharp left to continue on the bush track towards Mona Vale Beach
49	17.710	↘	Turn right to walk along Mona Vale Beach
50	19.097	→	Exit Mona Vale beach at the Southern end, at Robert Dunn Reserve
51	19.272	←	Turn left onto the footpath through Robert Dunn Reserve
52	19.551		Continue straight to follow the footpath on Narrabeen Park Pde
53	19.698	←	Turn left at round blue sign (opposite house number 156) to go downstairs towards Warriewood Beach
54	19.932	↗	Turn right to walk along Warriewood Beach

No	Km	Turn	Directions
55	20.115	↖	Exit Warriewood Beach at the Southern end, and ascend the grassy bank to the far (Eastern) corner of the Warriewood SLSC
56	20.216	↖	Follow Warriewood walking track past the lookout, through Warriewood Park & towards Turimetta Head lookout
57	20.501	↖	On your way up to Turimetta Head the track exits into a small grassy clearing. Stay to the left & follow track out to the Eastern-most point
58	21.085	←	Veer left to continue around Turimetta Headland
59	21.156	↖	Turn left down the stairs towards Turimetta Beach
60	21.268	↗	Turn right to walk along Turimetta Beach
61	21.563		Exit Turimetta Beach at the Southern end, via the bush track
62	21.649		Walk through the grassy clearing and continue on the bush track towards Narrabeen Head
63	21.933	↘	Turn sharp right to continue on the Narrabeen Headland bush track
64	22.058	←	Turn left to continue on Narrabeen Headland bush track
65	22.096	→	Take the wooden stairs down towards Narrabeen Lake carpark
66	22.197	↗	Follow the footpath right around the carpark, with the water on your left
67	22.446		Cross Narrabeen Lagoon via the Ocean St footbridge
68	22.853	←	Continue on Ocean St until Emerald St, and turn left towards Narrabeen Beach
69	22.958	→	Turn right to walk along Narrabeen Beach
70	25.840		Exit Narrabeen Beach at the Southern end, just after The Collaroy. Continue along the foreshore concourse
71	26.133		Turn right up the stairs just before the public toilets towards Stanley & Florence Twilight Reserve
72	26.220		Continue along the grassy verge immediately East of the houses, towards the stairs descending to Fisherman's Beach/The Basin
73	26.601		Continue along Fisherman's Beach & past the Long Reef Golf Course clubhouse. Follow footpath & grassy verge to the East end of Long Reef Headland access road
74	26.987	↖	Carefully cross the road to join the Bicentennial Walkway (after the carpark) that will take you around Long Reef Headland
75	27.298	↗	Veer right to continue on Bicentennial Walkway
76	27.765	→	Veer right to continue on Bicentennial Walkway
77	28.264		Take the left fork to towards Dee Why Beach
78	28.293	↗	Walk straight along Dee Why Beach
79	29.944		Exit Dee Why Beach at the Southern end, taking the steps up to the concourse
80	29.959	↖	Turn left along the concourse at Ted Jackson Reserve towards the Luv Stop
81	30.066	↖	You have reached the Dee Why Luv Stop! Take a break, grab a snack, drink some water and rest those feet! You have 19km to go!
82	30.091		Continue on the concourse towards Dee Why rock pool

No	Km	Turn	Directions
83	30.285	↗	Turn right up the stairs after the public toilets and turn right again to follow the coastal footpath
84	30.441		Turn left onto the bush track around the headland, keeping to the track around the outer edge
85	31.455	↖	Keep left onto Cobbers Way
86	31.904	↖	Exit Cobbers Way at the North Curl Curl SLSC car park and veer left
87	31.970	↙	Turn sharp left through the bush path towards North Curl Curl Beach
88	32.083	↗	Turn right to walk along Curl Curl Beach
89	33.107	↖	Exit South Curl Curl Beach at the rock pool and turn left towards the public toilet
90	33.148		Turn right up the stairs after the public toilet
91	33.170	←	Turn left to walk carefully through the carpark
92	33.234	↗	At the end of the carpark, continue straight to follow the coastal pathway
93	33.711		At the end of the coastal pathway turn right up the stairs
94	33.726	↙	Turn left at Lumsdaine Dr, keeping to the footpath
95	33.841	↖	Continue on the footpath around the Mackillop carpark
96	34.066	↗	Follow footpath to the toilet block and take the stairs to the left towards Freshwater Beach
97	34.279		Turn left to walk along Freshwater Beach
98	34.624	↖	Exit Freshwater beach at the Southern end, via the windy ramp/stairs to Bridge rd
99	34.853		Continue straight on Bridge rd, over the Queenscliff lagoon
100	35.157	↖	Veer left to in front of Queenscliff SLSC and walk along esplanade to Manly Beach SLSC
101	36.862	↖	Keep left past Manly SLSC, to follow the coastal path towards Shelly Beach
102	37.698		Walk past The Boat House & up the stairs straight ahead to Bower St car park
103	37.776	↗	At the top of the stairs, carefully pass through Bower St carpark, then turn right to enter the bush path to North Head
104	37.816	↗	Keep left to enter the bush path to North Head
105	37.993	→	Turn right - Turn right onto Blue Fish Track
106	38.095		Pass through the hole in the sandstone wall, watch your head! Continue on the windy bush path
107	38.102	↗	Turn right
108	38.114	↓	Turn right - Turn right onto Blue Fish Track
109	38.394		Turn right - Turn right onto Blue Fish Track
110	38.679	↖	Cross Bluefish Dr to the other side, then turn left to follow the path that travels alongside Bluefish Dr
111	38.795		Keep right to continue on the bush path (don't follow Bluefish Dr here, it veers off course!)
112	38.936		Continue straight at Gunner rd

No	Km	Turn	Directions
113	39.030	↗	Keep right onto the Avenue of Honour
114	39.772		At the fork, keep left to continue on the Avenue of Honour
115	39.903	↖	At the next fork, veer left to continue on the Avenue of Honour
116	39.981		FACT: this cobblestone avenue was created as a memorial to local soldiers killed in the First World War
117	40.027		Keep left on Memorial Walk
118	40.244	↖	Continue straight towards the sandstone wall
119	40.254	←	Turn left at North Head Scenic dr
120	40.336		Follow the path past the car park to your right
121	40.407	←	At the end of the car park, turn left to join the Fairfax Track
122	40.437	←	Turn left onto Fairfax Walking Track
123	40.746	→	Take in the Harbour views!
124	41.029		Keep left to continue on the Fairfax Track
125	41.104	↖	Turn left - Turn left onto North Head Scenic Drive
126	41.107	↖	Turn left onto North Head Scenic drive, please keep to the side of the road
127	41.589		Cross North Head Scenic dr at the zebra crossing towards Bella Vista cafe
128	41.640	↗	Turn left at Bella Vista cafe and take the hidden stairs to the bush track
129	41.731	↖	Turn left to continue on the bush track
130	42.618	↖	Exit the bush track and continue straight along St Barbaras ave
131	42.874	←	Turn left onto North Head Scenic dr, past the North Head Army Barracks. Please keep to the right-hand-side of the road.
132	43.554	↗	Turn left and cross Bluefish dr to join another bush track
133	43.756	↖	Turn left to pass through the sandstone wall once more. Follow the pathway in front of the International College of Management
134	44.183	↘	Turn right down the stairs towards Montpellier Pl
135	44.298	↖	Veer left onto Montpelier Pl
136	44.340		Keep left onto Reddall st
137	44.469	←	Turn left onto Addison rd
138	44.885	→	At the round-about, carefully cross Addison rd to the right, then cross Osbourne St to the left
139	44.920	→	Turn right onto Osbourne rd, following the foot path on the left-hand-side of the road
140	45.072		At the end of Osbourne rd, carefully cross East Esplanade to the other side towards Manly Cove
141	45.098	↗	Take the steps down to Manly Cove
142	45.150	↗	You have reached Manly Luv Stop! Take a break, grab a snack, drink some water and rest those feet! You have 5.5km to go!
143	45.153		Carry on along the Manly Cove footpath
144	45.367		Veer right at Manly Wharf bar to continue along the Manly Cove footpath

No	Km	Turn	Directions
145	45.770	➔	Turn right onto Manly to Spit Bridge Walk
146	45.941		Keep left onto Manly to Spit Bridge Walk
147	47.418	↖	Follow the Fairlight Walk until you reach Lauderdale Av and keep left
148	47.484	↖	Turn left onto King ave
149	47.692		At the end of King Ave, join to bush path towards North Harbour Reserve
150	47.758		Walk through North Harbour reserve via the waters edge footpath
151	47.912	↗	At teh end of the waters edge foot path, turn right up the stairs
152	47.947	↖	At the top of the stairs, turn left on North Harbour st
153	48.064	←	Turn left at Clarence st
154	48.155	↖	Turn left at Gourlay Ave
155	48.398		Stay straight at North Harbour marina to join the North Harbour Walk
156	48.971		Take care on the rock path, before joining the Forty Baskets Track
157	49.168		Keep left to continue on the Reef Beach Track
158	49.883	➔	At the Dobroyd lower lookout, veer right to join the Dobroyd Head Track
159	50.567		Turn right up the stairs towards Tania Park, take care when crossing Dobroyd Head Scenic dr
160	50.688		Finish at Tania Park, Balgowlah Heights - You did it!