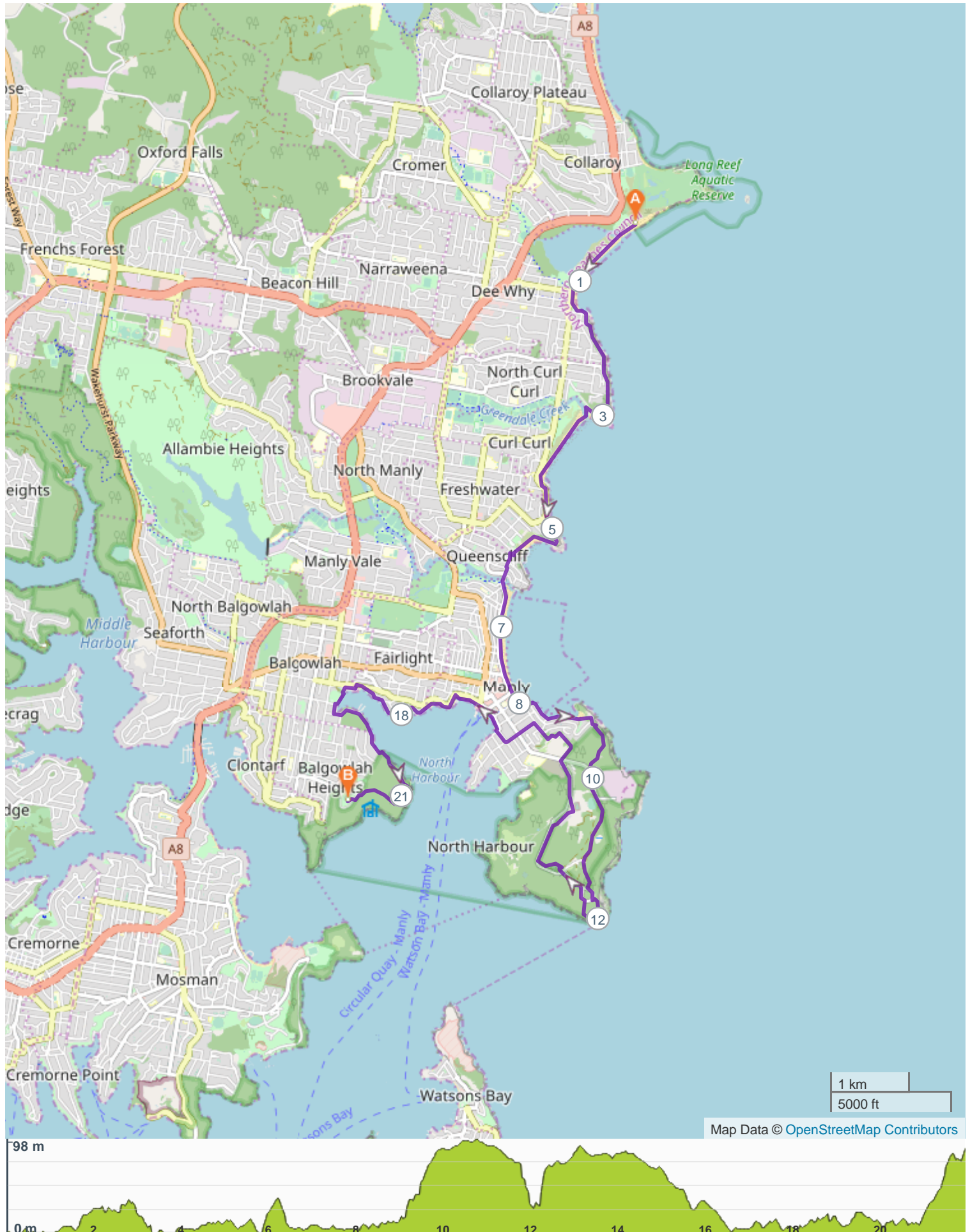


# Coastrek Sydney 2024 - 20km Event



## ROUTE DIRECTIONS

No	Km	Turn	Directions
1	0.000		Start at Long Reef Beach and head south - Woohoo!
2	1.207		Exit Dee Why Beach at the Southern end, taking the steps up to the concourse
3	1.222	↖	Turn left along the concourse at Ted Jackson Reserve towards the Luv Stop
4	1.329	↖	You have reached the Dee Why Luv Stop! You only just got going, so feel free to power on! You have 19km to go!
5	1.354		Continue on the concourse towards Dee Why rock pool
6	1.548	↗	Turn right up the stairs after the public toilets and turn right again to follow the coastal footpath
7	1.704		Turn left onto the bush track around the headland, keeping to the track around the outer edge
8	2.718	↖	Keep left onto Cobbers Way
9	3.168	↖	Exit Cobbers Way at the North Curl Curl SLSC car park and veer left
10	3.234	↙	Turn sharp left through the bush path towards North Curl Curl Beach
11	3.346	↗	Turn right to walk along Curl Curl Beach
12	4.370	↖	Exit South Curl Curl Beach at the rock pool and turn left towards the public toilet
13	4.411		Turn right up the stairs after the public toilet
14	4.433	↙	Turn left to walk carefully through the carpark
15	4.497	↗	At the end of the carpark, continue straight to follow the coastal pathway
16	4.974		At the end of the coastal pathway turn right up the stairs
17	4.989	↙	Turn left at Lumsdaine Dr, keeping to the footpath
18	5.104	↖	Continue on the footpath around the Mackillop carpark
19	5.329	↗	Follow footpath to the toilet block and take the stairs to the left towards Freshwater Beach
20	5.542		Turn left to walk along Freshwater Beach
21	5.887	↖	Exit Freshwater beach at the Southern end, via the windy ramp/stairs to Bridge rd
22	6.116		Continue straight on Bridge rd, over the Queenscliff lagoon
23	6.420	↖	Veer left to in front of Queenscliff SLSC and walk along esplanade to Manly Beach SLSC
24	8.125	↖	Keep left past Manly SLSC, to follow the coastal path towards Shelly Beach
25	8.961		Walk past The Boat House & up the stairs straight ahead to Bower St car park
26	9.039	↗	At the top of the stairs, carefully pass through Bower St carpark, then turn right to enter the bush path to North Head
27	9.079	↗	Keep left to enter the bush path to North Head
28	9.256	➔	Turn right - Turn right onto Blue Fish Track
29	9.358		Pass through the hole in the sandstone wall, watch your head! Continue on the windy bush path
30	9.366	↗	Turn right

No	Km	Turn	Directions
31	9.377	↓	Turn right - Turn right onto Blue Fish Track
32	9.657		Turn right - Turn right onto Blue Fish Track
33	9.942	↖	Cross Bluefish Dr to the other side, then turn left to follow the path that travels alongside Bluefish Dr
34	10.059		Keep right to continue on the bush path (don't follow Bluefish Dr here, it veers off course!)
35	10.199		Continue straight at Gunner rd
36	10.293	↗	Keep right onto the Avenue of Honour
37	11.035		At the fork, keep left to continue on the Avenue of Honour
38	11.166	↖	At the next fork, veer left to continue on the Avenue of Honour
39	11.244		FACT: this cobblestone avenue was created as a memorial to local soldiers killed in the First World War
40	11.290		Keep left on Memorial Walk
41	11.507	↖	Continue straight towards the sandstone wall
42	11.518	←	Turn left at North Head Scenic dr
43	11.599		Follow the path past the car park to your right
44	11.670	←	At the end of the car park, turn left to join the Fairfax Track
45	11.700	←	Turn left onto Fairfax Walking Track
46	12.010	➔	Take in the Harbour views!
47	12.292		Keep left to continue on the Fairfax Track
48	12.367	↖	Turn left - Turn left onto North Head Scenic Drive
49	12.370	↖	Turn left onto North Head Scenic drive, please keep to the side of the road
50	12.852		Cross North Head Scenic dr at the zebra crossing towards Bella Vista cafe
51	12.903	↗	Turn left at Bella Vista cafe and take the hidden stairs to the bush track
52	12.994	↖	Turn left to continue on the bush track
53	13.881	↖	Exit the bush track and continue straight along St Barbaras ave
54	14.137	←	Turn left onto North Head Scenic dr, past the North Head Army Barracks. Please keep to the right-hand-side of the road.
55	14.817	↗	Turn left and cross Bluefish dr to join another bush track
56	15.019	↖	Turn left to pass through the sandstone wall once more. Follow the pathway in front of the International College of Management
57	15.446	↘	Turn right down the stairs towards Montpellier Pl
58	15.562	↖	Veer left onto Montpelier Pl
59	15.603		Keep left onto Reddall st
60	15.732	←	Turn left onto Addison rd
61	16.148	➔	At the round-about, carefully cross Addison rd to the right, then cross Osbourne St to the left
62	16.183	➔	Turn right onto Osbourne rd, following the foot path on the left-hand-side of the road

No	Km	Turn	Directions
63	16.335		At the end of Osbourne rd, carefully cross East Esplanade to the other side towards Manly Cove
64	16.361	↗	Take the steps down to Manly Cove
65	16.413	↗	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!
66	16.416		Carry on along the Manly Cove footpath
67	16.630		Veer right at Manly Wharf bar to continue along the Manly Cove footpath
68	17.033	➔	Turn right onto Manly to Spit Bridge Walk
69	17.204		Keep left onto Manly to Spit Bridge Walk
70	18.681	↖	Follow the Fairlight Walk until you reach Lauderdale Av and keep left
71	18.747	↖	Turn left onto King ave
72	18.955		At the end of King Ave, join to bush path towards North Harbour Reserve
73	19.021		Walk through North Harbour reserve via the waters edge footpath
74	19.175	↗	At teh end of the waters edge foot path, turn right up the stairs
75	19.211	↖	At the top of the stairs, turn left on North Harbour st
76	19.327	←	Turn left at Clarence st
77	19.418	↖	Turn left at Gourlay Ave
78	19.662		Stay straight at North Harbour marina to join the North Harbour Walk
79	20.234		Take care on the rock path, before joining the Forty Baskets Track
80	20.432		Keep left to continue on the Reef Beach Track
81	21.146	➔	At the Dobroyd lower lookout, veer right to join the Dobroyd Head Track
82	21.830		Turn right up the stairs towards Tania Park, take care when crossing Dobroyd Head Scenic dr
83	21.951		Finish at Tania Park, Balgowlah Heights - You did it!