

**SYDNEY**

**coastrek**  
WILD WOMEN ON TOP

**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 Sydney Coastrek (15km, 30km and 60km) 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 30km route starts on page 9 and the 15km 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 15km. 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 Sydney 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 strips 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 Tania xx*

Palm Beach 60km start to Mona Vale Luv Stop  
Map 1 of 2

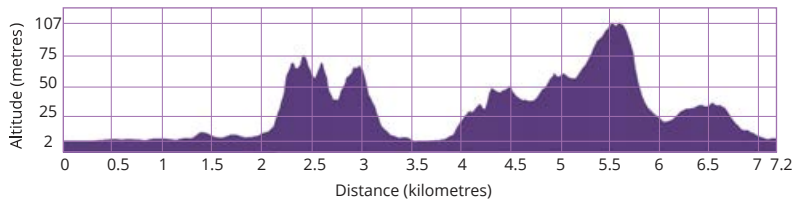


# SYDNEY COASTREK 60KM



## Palm Beach 60km start to Mona Vale Luv Stop, Map 1 of 2

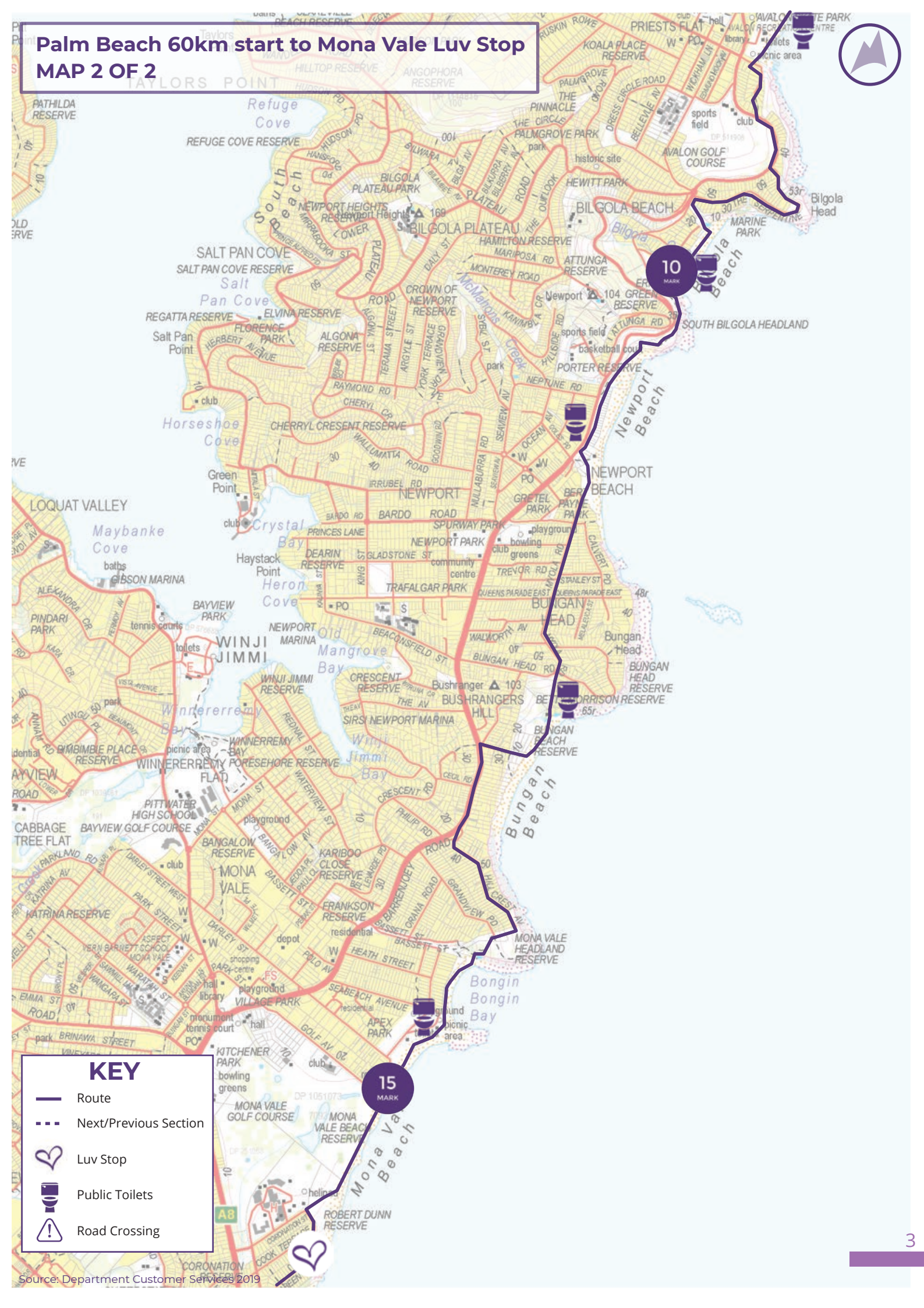
Distance	Cumulative distance	Must depart Mona Vale Luv Stop by
	60km event	
± 16km	± 16km	11am



- The 60km event starts here!
- Start on beach just North of Palm Beach Surf Life Saving Club (SLSC) off Beach Road, Governor Phillip Park. Stay on Beach to Southern end. Keep off Ocean Road as buses / vehicle travel quickly and there are blind corners, so you may not be seen.
- Go to Southern end of Palm Beach and ascend the steps above the rock pools.
- When you reach Florida Road, go RIGHT for 20m, then turn LEFT at house driveway. Go up driveway for 50m and veer LEFT into smaller driveway (1A Rockridge), then up this veering LEFT to access a bush track (Public Land sign). Follow the track to Rock Bath Road.
- Go along Rock Bath Road; turn LEFT into Pacific Road (**Caution! No signpost or footpath!**), then LEFT into Norma Road followed by RIGHT onto Whale Beach Road.
- Follow Whale Beach Road for almost 300m, then go LEFT down Public Pathway steps (opposite house number 242).
- Go RIGHT along Whale Beach (please keep off the dune vegetation).
- At South end of beach, go up onto the pathway, past toilets and then RIGHT upstairs to Malo Road.
- Turn RIGHT at Malo Road, then LEFT into Whale Beach Road, keeping to the footpath.
- Follow Whale Beach Road past Hal Baily Reserve and Careel Head.
- You've just hit the 5km mark! Woohoo!
- Turn LEFT into bush track to Bangalley Head Reserve (opposite house number 60).
- Follow main track up to top of headland. Here there is a vague track intersection (alongside a rock outcrop on LEFT and a sign that reads 'Loop Trail' on its Southern side). Take LEFT fork of track up over rock outcrop past 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.
- Turn RIGHT at cliff edge and continue South along cliff edge track to next track junction.
- Here, turn sharp LEFT into track descending down South side of Bangalley Head. Follow track down to open grassy area at edge of North Avalon cliff line.
- At South end of grassy area, enter bush path that veers RIGHT towards Marine Parade.
- Turn LEFT onto Marine Parade.
- Follow Marine Parade to T-junction and turn LEFT into Avalon Beach Carpark. Walk down onto beach and continue to walk towards the grass reserve at South end of beach.

# Palm Beach 60km start to Mona Vale Luv Stop

## MAP 2 OF 2

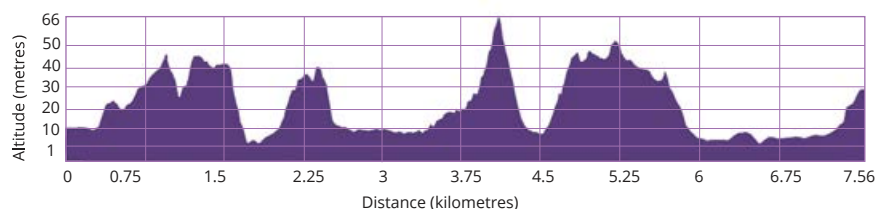


# SYDNEY COASTREK 60KM



## Palm Beach 60km start to Mona Vale Luv Stop, Map 2 of 2

Distance	Cumulative distance	Must depart Mona Vale Luv Stop by
	60km event	
16km	±16km	11am



- Continue LEFT onto Avalon Parade, which eventually becomes Surfside Ave. Follow it until it becomes a dead end, then take path between houses numbered 4 & 5 to Barrenjoey Rd.
- Turn LEFT and follow track behind barrier rail and then grassy verge for about 100m. Turn LEFT onto The Serpentine. Continue along this around Bilgola Head. **(Caution! NO footpath on The Serpentine for some sections)**
- You've just hit the 10km mark! Woohoo!
- Just beyond where The Serpentine runs parallel to Barrenjoey Rd, descend wooden stairs on LEFT leading down to Bilgola Beach.
- Follow path down to beach and walk across sand to car park on Northern side of Bilgola SLSC (toilets to R). Go up wooden stairs to West (note: signed as Bilgola South Head).
- Veer LEFT into bush track that leads around headland and down to Newport Beach. Turn LEFT and stay on track through to Newport Beach carpark and past the playground (there are toilets on the LEFT in the Newport SLSC). Walk South through Bert Payne Park to reach Myola Rd.
- Walk along Myola Rd and follow it to the LEFT before crossing Bungan Head Rd to reach Myola Rd walking track.
- Follow the track toward Bungan Beach and take a LEFT down the steps and steep driveway to the sand.
- Walk along beach until halfway across Bungan Beach, then turn RIGHT into sand path between dunes.
- Sand path becomes steps; take steps and then steep ramp up (the ramp is marked as Beach Rd) to Barrenjoey Rd.
- Turn L into Barrenjoey Rd (footpath) and follow until you can turn LEFT into Hillcrest Ave **(Caution! No footpath!)** and follow it to dead-end at Mona Vale Headland Reserve.
- Turn LEFT through reserve until you reach a signposted bush track towards Basin Beach.
- Track goes to RIGHT at bottom of descent into a wide grassy path and onto Basin Beach.
- Follow Basin Beach around to Mona Vale Beach.
- You've hit the 15km mark! Woohoo!
- Walk along Mona Vale Beach and stay on the sand to the South end. Turn RIGHT upstairs to Robert Dunn Reserve.
- You made it to the Mona Vale Luv Stop! Robert Dunn Reserve.
- 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 and that your bib is on your front!

# Mona Vale Luv Stop to Curl Curl Luv Stop

## MAP 1 OF 2

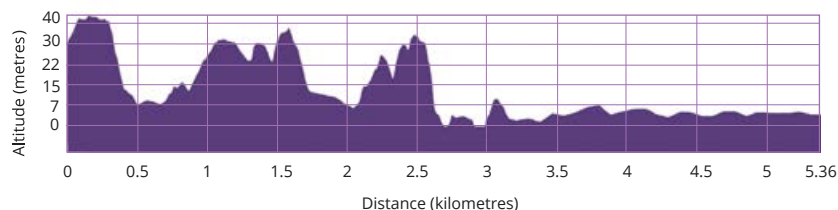


# SYDNEY COASTREK 60KM



*Mona Vale Luv Stop to Curl Curl Luv Stop, Map 1 of 2*

Distance	Cumulative distance	Must depart Curl Curl Luv Stop by
	60km event	
± 14km	± 30km	3.30pm



- Depart Luv Stop and follow the pathway along until you can turn LEFT and join Narrabeen Park Parade. **(Caution! No footpath!)**
- Continue South along Narrabeen Park Parade, and then go LEFT at round blue sign (opposite house number 156) downstairs to Warriewood Beach.
- Once on beach walk all the way to the Southern end.
- When alongside the Warriewood SLSC leave the beachfront and ascend a grassy bank to the far (Eastern) corner of the clubhouse.
- Follow Warriewood walking track past the lookout, through Warriewood Park and towards Turimetta Head lookout.
- On way up to Turimetta Head the track exits into a small grassy clearing. Stay to the left and follow track out to the Eastern-most point.
- Continue along trail until summit of Turimetta Head to track junction.
- Take the LEFT (Eastern-most) track and follow this past a wooden lookout on the left-hand-side. Continue down track and then LEFT downstairs to Turimetta Beach.
- On beach, turn RIGHT and walk across sand towards Narrabeen Head.
- Near South end of Turimetta Beach, turn RIGHT.
- Take sandstone steps and track up.
- Turn LEFT and go around Narrabeen Head Aquatic Reserve.
- At the South end of the headland, take the left-hand-side track down to North Narrabeen Headland lookout. Turn RIGHT along the track and then LEFT towards the carpark. Walk around South Creek and onto Ocean St.
- Cross Narrabeen Lagoon via bridge. Once across lagoon mouth, turn LEFT into track that leads to North Narrabeen SLSC. Turn LEFT past the SLSC and onto Narrabeen Beach.
- You've hit the 20km mark!
- Walk along the sand down Narrabeen Beach all the way South to Collaroy Beach.

# Mona Vale Luv Stop to Curl Curl Luv Stop

## MAP 2 OF 2

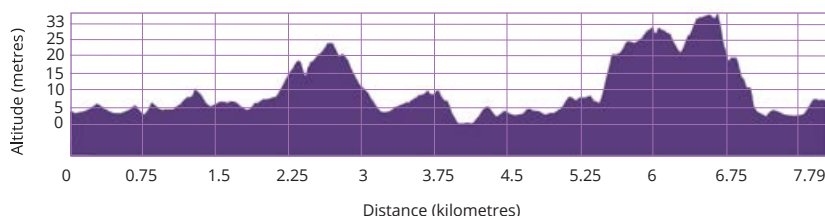


# SYDNEY COASTREK 60KM



*Mona Vale Luv Stop to Curl Curl Luv Stop, Map 2 of 2*

Distance	Cumulative distance	Must depart Curl Curl Luv Stop by
	60km event	
<b>± 14km</b>	<b>± 30km</b>	<b>3.30pm</b>



- At South end of Collaroy Beach take the steps just before the rock pool and head up to Stanley and Florence Twight Reserve.
- Continue via grassy verge immediately East of houses and continue to stairs descending to Fisherman's Beach/The Basin.
- Continue along Fisherman's Beach and past the Long Reef Golf Course clubhouse.
- Follow footpath and grassy verge to the East to end of Long Reef Headland access road.
- Continue past boom gate onto wide track around Long Reef Headland.
- You've reached the 25km mark! Woohoo!
- The track begins to curve through bushes. At the next track intersection take the LEFT fork to Long Reef SLSC.
- From the SLSC continue onto Long Reef Beach via access way turn RIGHT & go past Dee Why Lagoon onto Dee Why Beach.
- Continue on sand to Southern end of Dee Why Beach. When you reach the staircase near the playground, walk up and join the footpath.
- Continue past public toilets beside rock baths. Go upstairs here on RIGHT to footpath around car park.
- Veer LEFT into bush 'Bicentennial' track around headland keeping to track around the outer edge.
- Veer RIGHT on track at Dee Why Head and go down to North Curl Curl Beach and mouth of Curl Curl Lagoon.
- Walk along the sand towards South Curl Curl Surf Lifesaving Club.
- You've reached Curl Curl Luv Stop and hit the 30km mark, Flora and Ritchie Roberts Reserve. Woohoo!
- 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 and that your bib is on your front!

# Curl Curl 30km start/Luv Stop to Balgowlah 15km start/Luv Stop

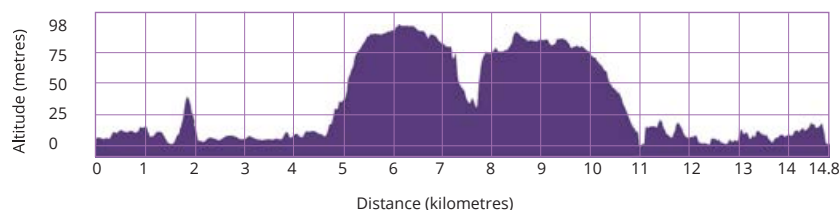


# SYDNEY COASTREK 60KM & 30KM



*Curl Curl 30km start, Luv Stop to Balgowlah 15km start, Luv Stop*

Distance	Cumulative distance		Must depart Balgowlah Luv Stop by
	60km event	30km event	
<b>± 15km</b>	<b>± 45km</b>	<b>± 15km</b>	<b>8pm</b>



- The 30km event starts here!
- Depart Luv Stop and walk towards the South end; up the small set of steps into the car park, then take the stairs up between the public toilets and rock baths and follow boardwalk.
- Turn LEFT into Lumsdaine Drive and after 100m turn LEFT again into McKillop Park car park.
- Follow footpath to toilet block to Freshwater Beach, cross beach to far end and turn RIGHT onto windy track/stairs up to Bridge Rd.
- Continue straight ahead for 50m on road over top of headland past Pavilion Reserve, then take stairs down to Greycliffe St; and continue on Bridge Rd, over the Manly Creek bridge.
- Veer LEFT in front of Queenscliff SLSC and walk along esplanade to Manly Beach SLSC, then continue onto Marine Pde past Fairy Bower rock baths to Shelly Beach.
- Walk past Shelly Beach Café and up the stairs straight ahead to Bower St car park. Cross to top end of car park and enter bush track leading up to North Head. Follow winding bush track.
- Only 25km to go! Woohoo!
- Cross Bluefish Dr to the follow the track to the LEFT. Go through a gate leading onto a fire trail, with Gunner Road car park on your right as a reference.
- Follow the fire trail, keeping LEFT leading onto 'Memorial Walk'. Stay straight onto the unformed track. Then turn LEFT at North Head Scenic Dr.
- Enter car park on the LEFT and locate Fairfax Track. Turn LEFT and follow path
- Link back to North Head Scenic Dr and turn LEFT following the road until you reach Bella Vista Café. After 10m, turn LEFT up grassy hill to hidden white wooden & metal steps – sign saying "North Fort". Head up steps and follow metal walkway until you reach a fire trail.
- Continue along the fire trail until you reach St Barbaras Ave. Follow road via grass verge. After you reach last house on your right veer LEFT across the grass towards North Head Scenic Dr.
- Walk along North Head Scenic Dr and then take a sharp LEFT onto Collins Beach Rd. Only 20km to go! Woohoo!
- Go down Collins Beach Rd to car park before Australian Institute of Police Management.
- Turn RIGHT into bush track to Collins Beach. Cross beach and then locate stairs to bush track leading up to Stuart St.
- Turn RIGHT onto Stuart St, follow road until turning RIGHT onto East Esplanade. Veer LEFT down ramp through East Esplanade Reserve, then continue along footpath past Manly Wharf area.
- From Manly Wharf follow the Fairlight Walk past Fairlight Beach to the far end of Esplanade Park. Keep going past Manly Boatshed and until you reach Lauderdale Ave – turn LEFT here.
- Walk 50m along Lauderdale Ave, and then turn LEFT into King Ave. Follow this around and then turn LEFT continuing onto North Harbour Reserve.
- You have reached the Balgowlah Luv Stop! Which means there is only 15km to go!

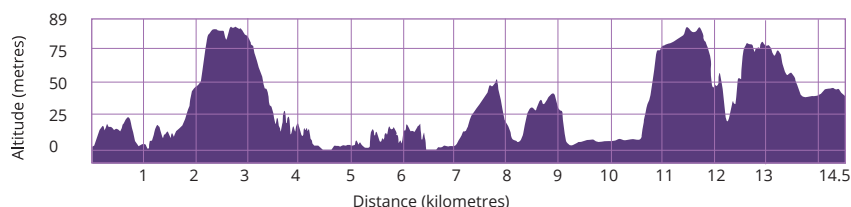


# SYDNEY COASTREK 60KM, 30KM & 15KM



*Balgowlah 15km start, Luv Stop to Mosman Finish*

Distance	Cumulative distance			Village closing time
	60km event	30km event	15km event	
± 15km	± 60km	± 30km	± 15km	12.30am (Sat 28 March)



- Depart Luv Stop and follow track at water's edge above oyster-covered rocks.
- Take the stairs up to RIGHT and then turn LEFT into North Harbour St. Follow road until a LEFT turn into Clarence St, then turn LEFT towards North Harbour Walk.
- Go through yellow boom gate and follow wide bitumen track to Forty Baskets Beach. Stay on track and continue along past Reef Beach.
- Follow track slightly R and uphill to Dobroyd Head – make sure to follow the “The Spit” signage at every junction.
- Traverse beneath Dobroyd Head Scenic Drive car park/Crater Cove lookout.
- Continue to T-junction 30m above Castle Rock Beach. Go RIGHT up concrete steps/creamy- yellow handrail for 25m then LEFT following blue MSW signs to The Spit. Continue to Clontarf Reserve following bush track beneath houses. Only 10km to go! **Take the Monash Crescent detour if the tide is high.**
- The track will end and the last section to Clontarf Reserve is on sand.
- Walk through the reserve, turn LEFT onto Sandy Bay Rd and then onto the pathway after Clontarf Marina.
- Follow the footpath at Sandy Bay and walk through the carpark and follow Fisher Bay Walk all the way around to the Spit Bridge.
- Cross bridge, follow along Spit Rd and turn LEFT into Parriwi Rd.
- Go up Parriwi Rd and just before the bus-stop (after house #41) turn sharply LEFT down the steps into Cyprian St and cross to footpath on South side of road.
- Follow road to RIGHT as it becomes McLean Cres to meet Rosherville Reserve.
- Cut across the Reserve and continue up the path and ramp on Rosherville Rd to Hopetoun Ave.
- Turn LEFT at Hopetoun Ave and follow road around as it becomes Burran Ave.
- Follow along Burran Ave until Stanton Rd – go to the end of this road and then onto the bush track. Follow track down to Balmoral Beach.
- Walk South along the sand until you reach Balmoral Beach Esplanade. Only 5km to go!
- Continue along the Esplanade to South end of beach, past Balmoral Baths, onto grassy foreshore area near Balmoral Sailing Club.
- Cut across Balmoral Oval onto bush track. Follow this to the LEFT and up that stairs that lead to Middle Head Rd.
- Turn LEFT just before Middle Head Rd through the bush. At Middle head Rd, follow the road RIGHT to Suakin Drive and turn LEFT.
- Take a RIGHT down Dominion Cres with Georges Heights Oval on your right. At the cul-de-sac, enter the bush path and turn LEFT.
- Follow the bush path down to Chowder Bay Rd and turn LEFT. Take a quick LEFT turn back onto another bush path adjacent to the Drift Café.
- Follow the path through Headland Park and alongside Middle Head Rd. At Middle Head Rd, turn RIGHT and follow the road on the footpath to the Y-Junction. Veer LEFT onto Govenors Road.
- Just after the newly built Middle Head Officer's Quarters, on your left, veer LEFT off Govenors Road onto the secret bush path.
- Follow the narrow bush path towards the Inner Middle Head battery and continue RIGHT.
- Emerge from the bush to the Finish! YOU DID IT!

**SYDNEY**

# **EVENT MAP BOOK**

WALKING FOR MENTAL HEALTH



Proudly supporting

**Beyond  
Blue**