



FLEURIEU PENINSULA



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 Fleurieu Peninsula (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 5.

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 Sunshine Coast 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!

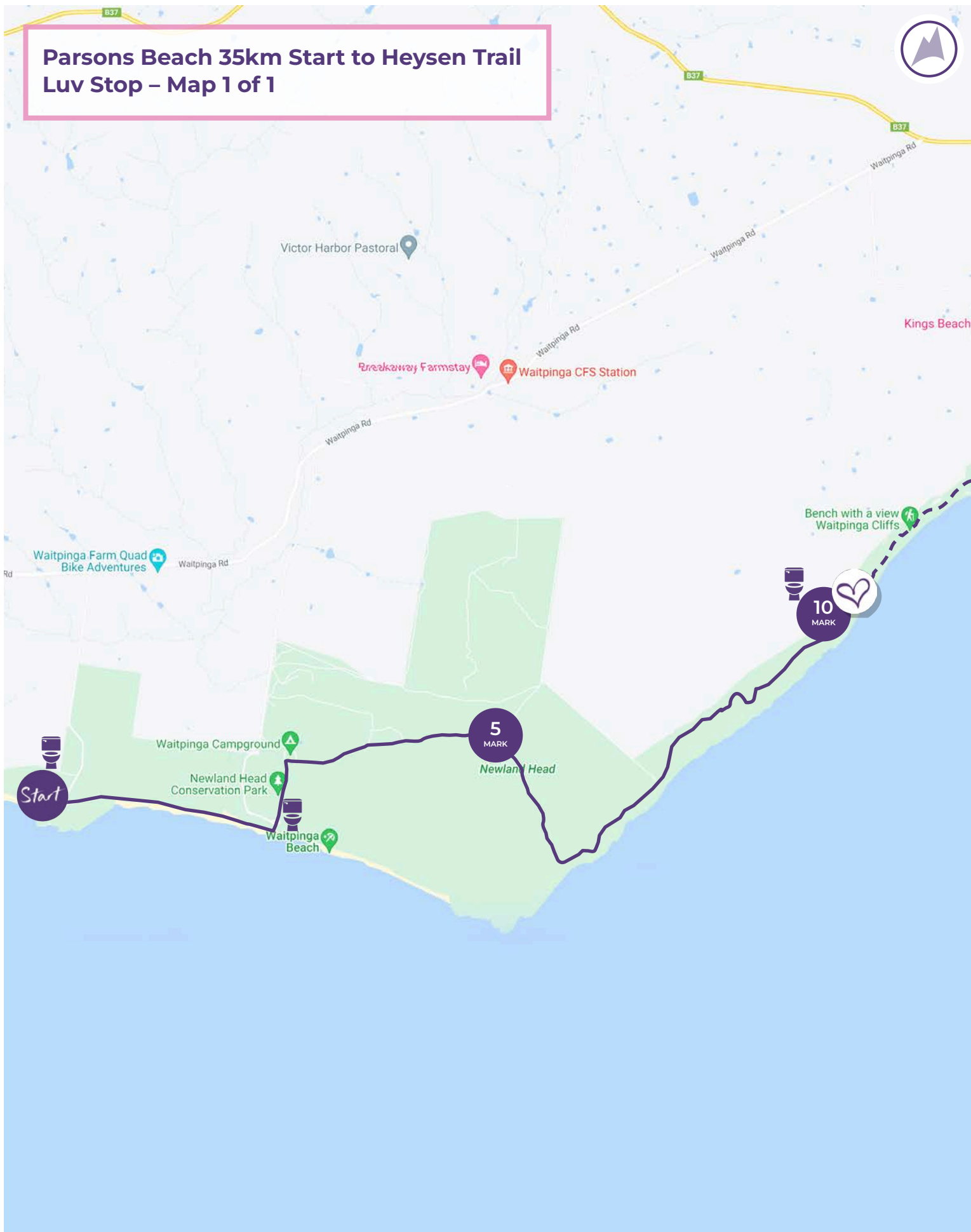
Some golden rules

- Please keep noise levels low when walking near 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*

Parsons Beach 35km Start to Heysen Trail Luv Stop – Map 1 of 1



KEY

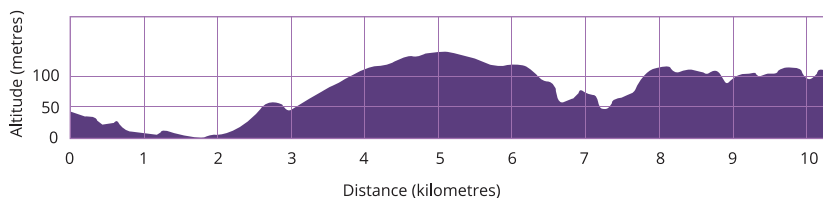
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|-----------------------|----------|-----------|----------------|
| Route | Start | Kiss Stop | Public Toilets |
| Next/Previous Section | Luv Stop | Finish | Water Crossing |



COASTREK FLEURIEU PENINSULA 35KM

Parsons Beach 35km Start to Heysen Trail Luv Stop – Map 1 of 1

Distance	Cumulative distance	Luv Stop closes at
	35km event	
± 10.3km	± 10.3km	2:00pm



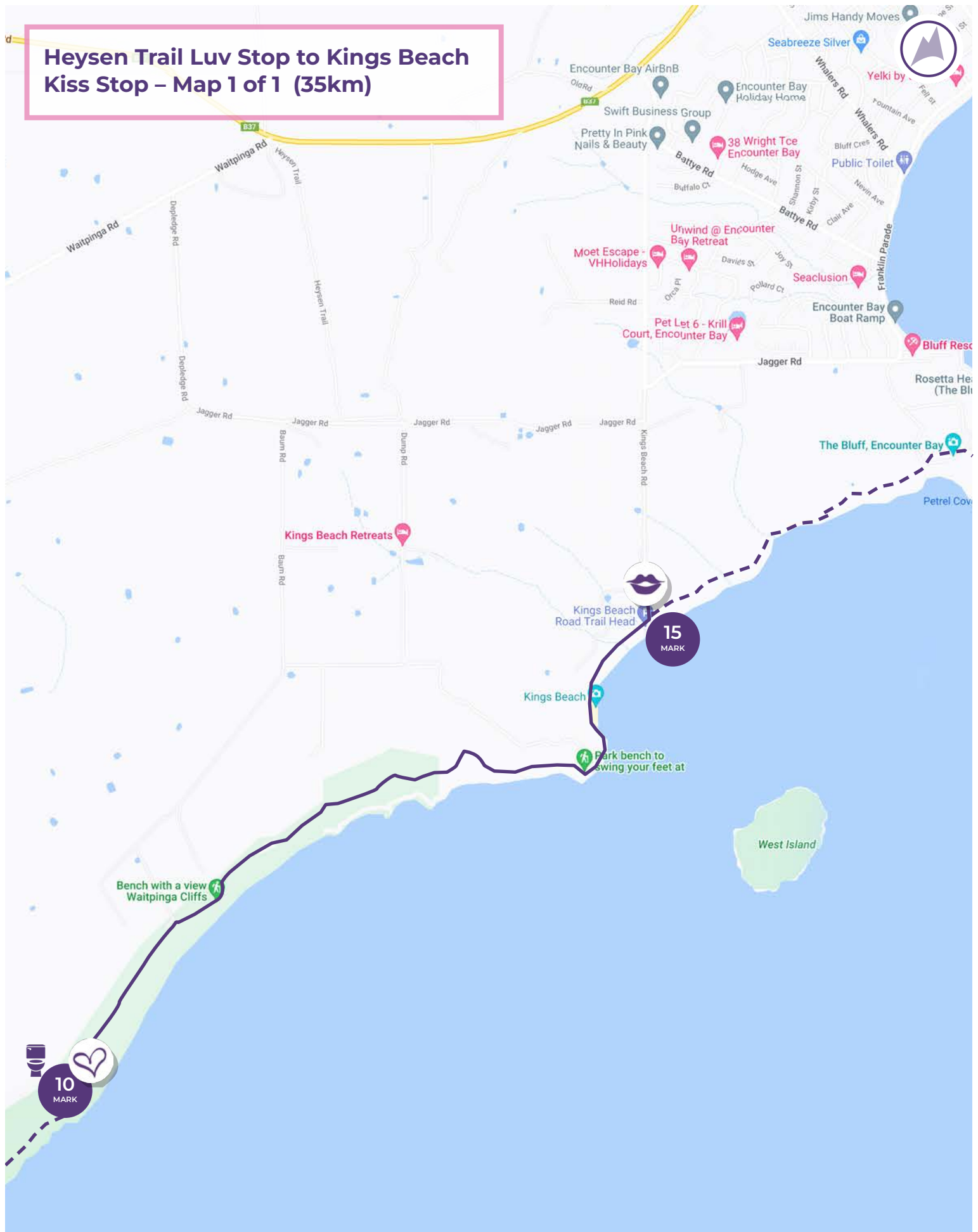
TRACK NOTES

- The 35km event starts here!
- *Start at the Parsons Beach car park, Parsons Beach road.*
- Prance through the start arch and straight onto the infamous Heysen Trail!
- Veer around to the left, taking in sites of the beautiful Waitpinga Beach.
- Stay atop the headland before dropping down onto Waitpinga beach for 1.5km of glorious sand walking. Caution potential wet shoe area, Waitpinga creek can sometimes meet the sea along this beach, so please be careful.
- Exit the beach up the stairs to Waitpinga beach carpark on Dennis Rd. Then enter Newland Head Conservation Park.
- At Waitpinga campground turn right to stay on the Heysen Trail.
- After 800m you will reach a fork in the road and you'll turn right to follow the Heysen Trail.
- Continue on the Heysen Trail following the Great Australian Bight coastline until you reach the **Heysen Trail Luv Stop!**
- Unfortunately support crews won't be able to meet you here. Vehicle access is sketchy, but there are other spots to meet them soon.
- 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!

“Only those who risk going to far can possibly find out how far they can go.”

T.S.Eliot

Heyson Trail Luv Stop to Kings Beach Kiss Stop – Map 1 of 1 (35km)



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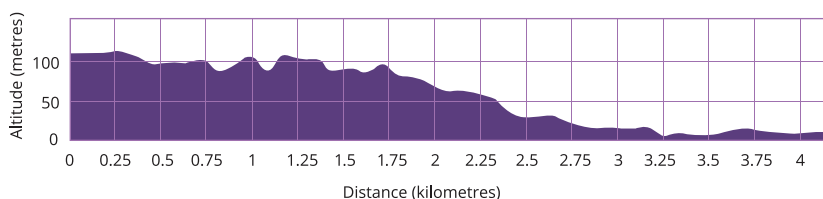
- Route
- Next/Previous Section
- Start
- Luv Stop
- Kiss Stop
- Finish
- Public Toilets
- Water Crossing



COASTREK FLEURIEU PENINSULA 35KM

Heysen Trail Luv Stop to Kings Beach Kiss Stop – Map 1 of 1

Distance	Cumulative distance	Kiss Stop closes at
	35km event	
± 4.2km	± 14.5km	3:30pm



TRACK NOTES

- Depart the Luv Stop to rejoin the Heysen Trail.
- There are plenty of spots to take in the views, including the "Bench with a view!". A lovely spot to gaze upon the Waitpinga cliffs.
- You will climb over a wire fence by stepping up and over on 2 wooden steps.
- At King Head have a seat on the park bench to swing your feet at.
- Travel around King Head to Kings beach, after 150m head up onto Kings Beach road. You've reached the **Kings Beach 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!

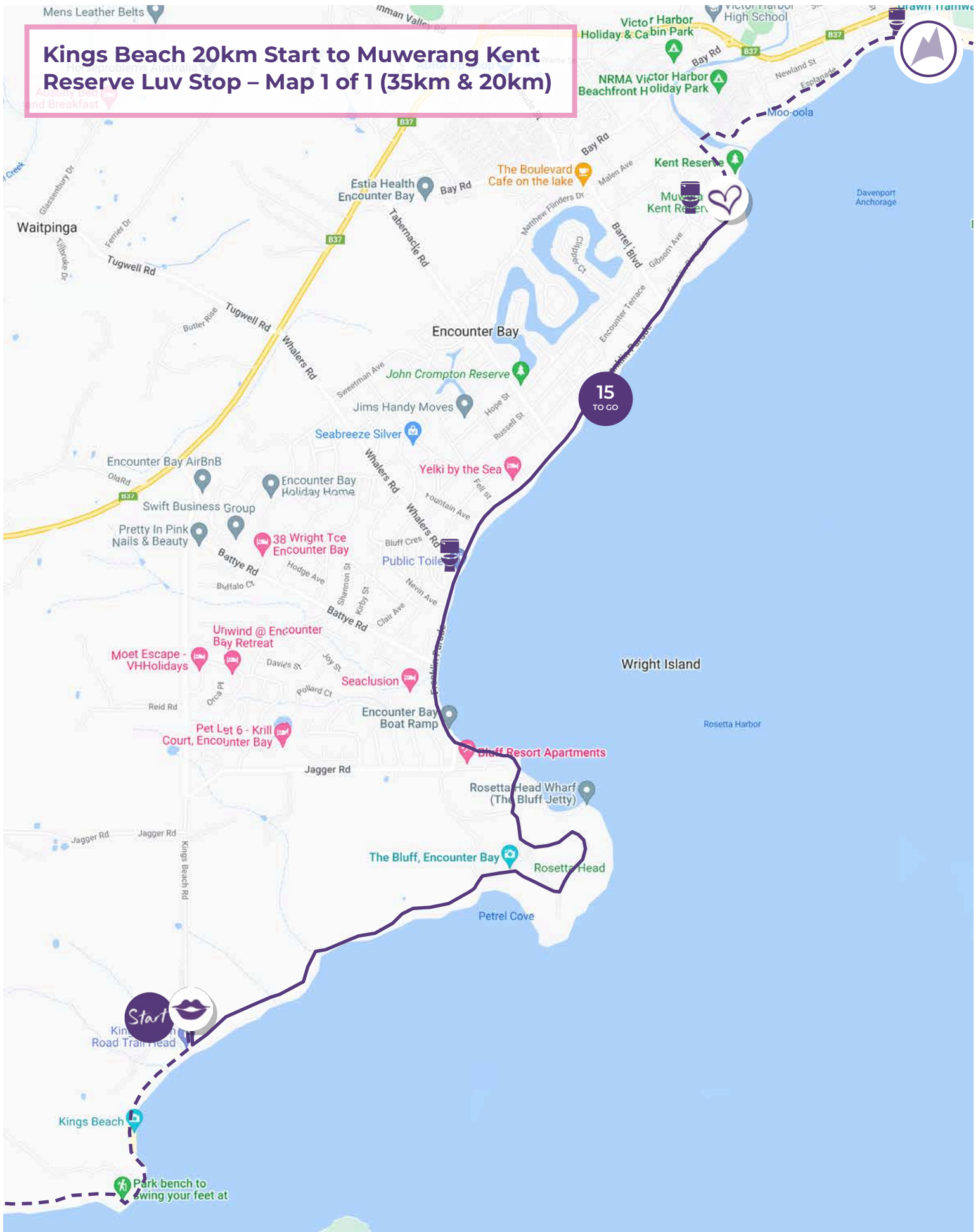
Did you know?

South Australia's 1,200km Heysen Trail extends from Parachilna Gorge, in the Flinders Ranges to Cape Jervis, on the Fleurieu Peninsula. It traverses coastal areas, native bushland, rugged gorges, pine forests, vineyards, rich farmland and historic towns.

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

Anon

Kings Beach 20km Start to Muwerang Kent Reserve Luv Stop – Map 1 of 1 (35km & 20km)



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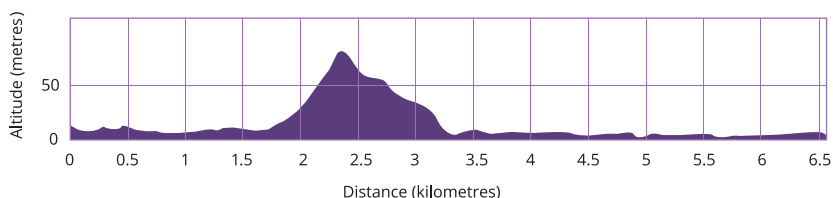
- Route
- Next/Previous Section
- Start
- Luv Stop
- Kiss Stop
- Finish
- Public Toilets
- Water Crossing



COASTREK FLEURIEU PENINSULA 35KM & 20KM

Kings Beach 20km Start to Muwerang Kent Reserve Luv Stop – Map 1 of 1

Distance	Cumulative distance		Luv Stop closes at
	35km event	20km event	
± 6.6km	± 21.2km	± 6.6km	5:30pm



TRACK NOTES

- The Kings Beach Road Trail will lead you onto the Victor Harbour Heritage Trail just opposite Petrel Cove Beach.
- You'll travel roadside for approx. 150m, before turning right to follow the trail up to The Bluff (Rosetta Head).
- Follow the track all the way around Rosetta Head, while taking in the stunning views of Encounter Bay.
- Stay on track towards Franklin Parade – the waterside road – then stick to the footpath closest to the coast for approx. 3.5km.
- At the end of the Victor Harbor Heritage trail, you'll come to **Muwerang Kent Reserve 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?

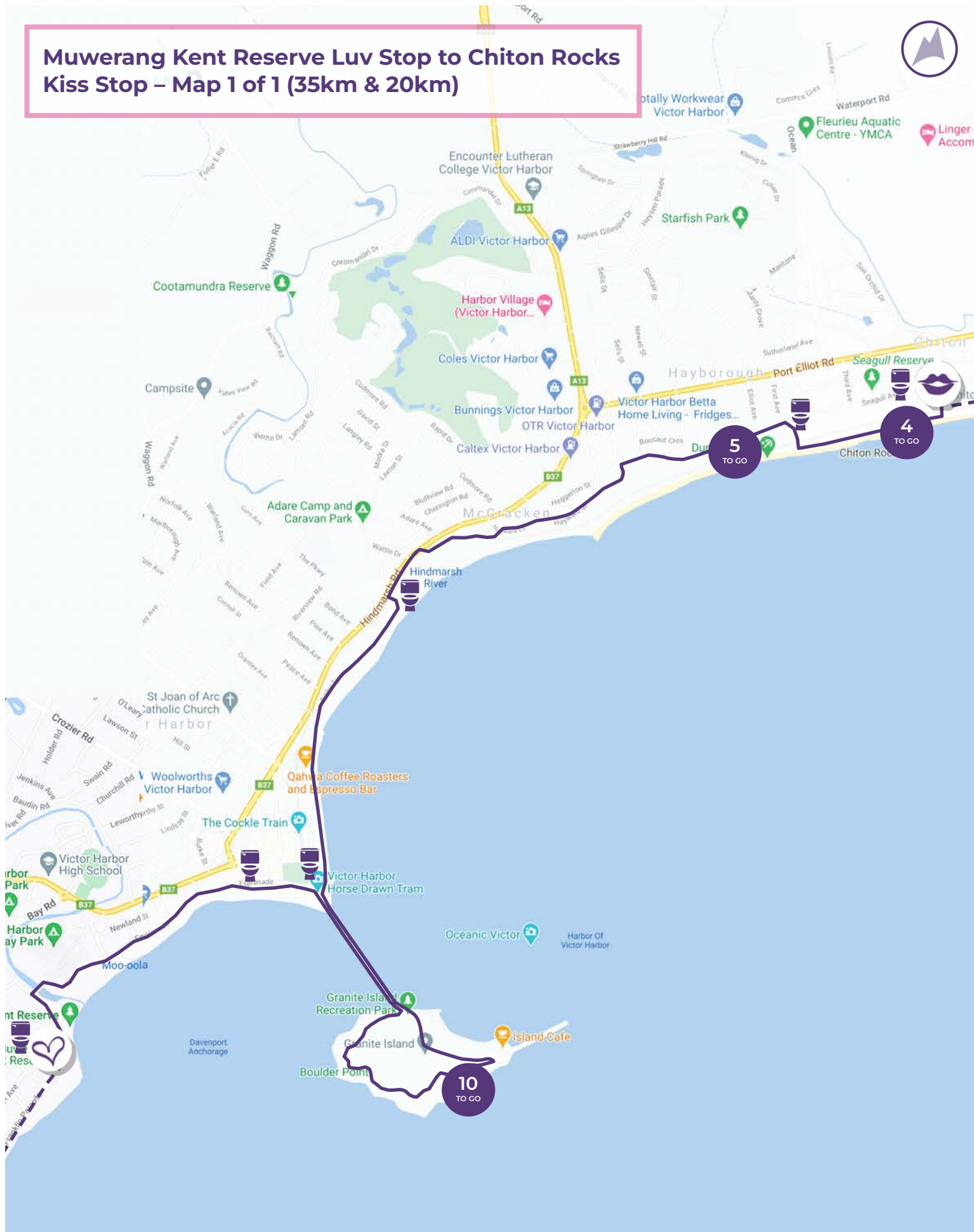
The Victor Harbor Heritage Trail runs from the Heysen Trail to Kent Reserve. You can find the trail stories signage along the trail. The stories discuss the natural and human history of this region.

Keep an eye on the ocean as you may just see a Southern Right Whale which can be seen around the Bluff between May to September.

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

Anon

Muwerang Kent Reserve Luv Stop to Chiton Rocks Kiss Stop – Map 1 of 1 (35km & 20km)



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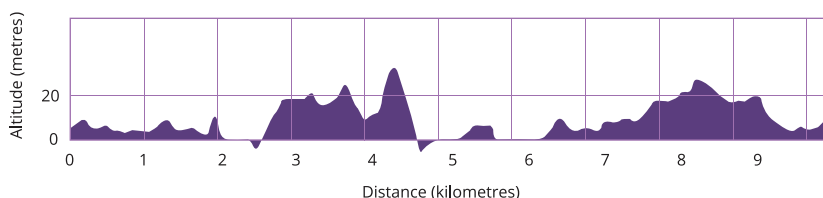
- Route
- Next/Previous Section
- Start
- Luv Stop
- Kiss Stop
- Finish
- Public Toilets
- Water Crossing



COASTREK FLEURIEU PENINSULA 35KM & 20KM

Muwerang Kent Reserve Luv Stop to Chiton Rocks Kiss Stop – Map 1 of 1

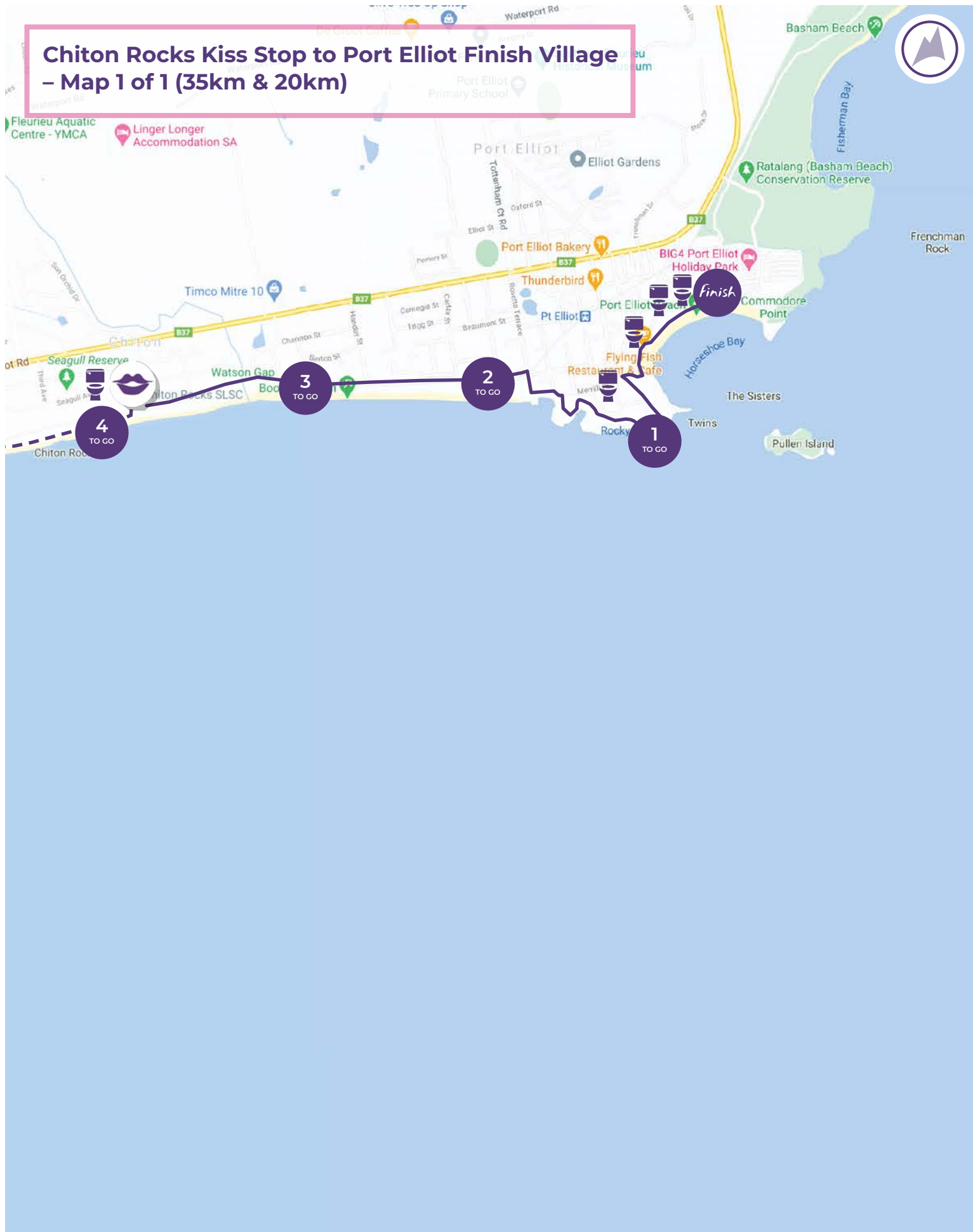
Distance	Cumulative distance		Kiss Stop closes at
	35km event	20km event	
± 10km	± 31.2km	± 16.6km	9:00pm



TRACK NOTES

- Depart Muwerang Kent Reserve, where the Inman River meets the sea.
- Veer left at the Inman River towards Kent Drive, then turn right onto the footbridge to cross the Inman River.
- Stay on the footpath towards the Esplanade and follow the Esplanade all the way to the *Victor Harbor Granite Island Causeway entrance*.
- Go straight ahead along the 600m causeway towards Granite Island. Turn sharp right to follow the bush path around the edge of the island. Explore granite boulders including Umbrella Rock and take in the views of Encounter Bay and the Bluff.
- From the top of the island take the gravel ramped path back towards the trail head and travel back along the causeway towards the start line and turn right to walk along the coast and towards the Victor Harbor boat ramp.
- Walk East along the coastline passing the Soldiers Memorial Gardens, Victor Harbor Bowling Club, Skate Park and Croquet Club on your left.
- At the Victor Harbor Yacht club, veer left of the trees towards Bridge Terrace. Follow Bridge Terrace for 360m. Carefully cross the Cockle train tracks to the pedestrian path and turn right over Hindmarsh River.
- Follow the pedestrian path for 300m before crossing the Cockle train tracks again at the designated crossing. Follow the path through the bush until you reach another Cockle train crossing. Cross carefully to Hayborough Beach carpark.
- Turn right at the carpark towards Hayward St. Follow Hayward St for 520m, then turn right at Granite Grove. After 170m on Granite Grove, cross the green space to Olivers Parade.
- Follow Oliver Parade until you reach First Ave. Pass the carpark on your left, carefully cross the Cockle train tracks, and make your way onto the sand at Dump Beach.
- Turn left along the sand at Dump beach. Enjoy 740m of sand walking until you leave the beach at **Chiton Rocks SLSC 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!

Chiton Rocks Kiss Stop to Port Elliot Finish Village – Map 1 of 1 (35km & 20km)



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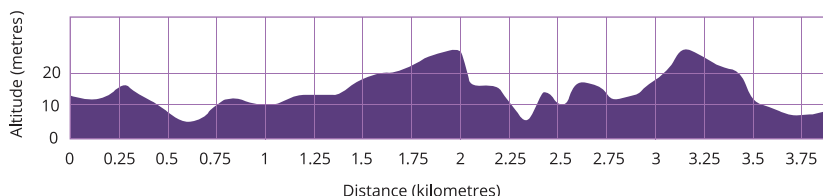
- Route
- Next/Previous Section
- Start
- Luv Stop
- Kiss Stop
- Finish
- Public Toilets
- Water Crossing



COASTREK FLEURIEU PENINSULA 35KM & 20KM

Chiton Rocks Kiss Stop to Port Elliot Finish Village – Map 1 of 1

Distance	Cumulative distance		Luv Stop closes at
	35km event	20km event	
± 3.8km	± 35km	± 20km	10:30pm



TRACK NOTES

- Depart the Kiss Stop, travel through the carpark on Hindmarsh Parade, turning left at Sixth Avenue. Then take a quick right along Seagull Avenue.
- Follow the track over Watson Gap before joining Ocean Road. Stick to the right-side of Ocean Road for 560m.
- Continue along the trail between the houses and the Cockle Train tracks.
- Cross the train tracks at the Railway Terrace carpark to join Barbara Street.
- Turn right at Merrill Close, then left on Knights Beach walk. Turn right on Merrill Place, before quickly turning right onto the bush path, with Knights Beach on your right.
- Follow the path around Green Bay, to The Strand and join the Freemans Lookout track.
- Follow the path around the Freeman Lookout along the coast towards the Port Elliot Surf Lifesaving Club.
- Stay straight on Murray Place for 55m, before turning right through the bush before the Soldiers Memorial Gardens.
- Cross over The Cutting, with the Flying Fish restaurant on your right; and follow the path towards Commodore Reserve and the **Port Elliot Finish Village**.
- WOOHOO, YOU DID IT!

“There are no shortcuts to any place worth-going .”

Beverly Sills

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Proudly Supporting
**Heart
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www.coastrek.com.au