



ADELAIDE



# COASTREK 2021 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 Adelaide Coastrek (30km) to help you and your team train and navigate on Event Day.

### How to use this guide

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 5km. 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 Adelaide 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

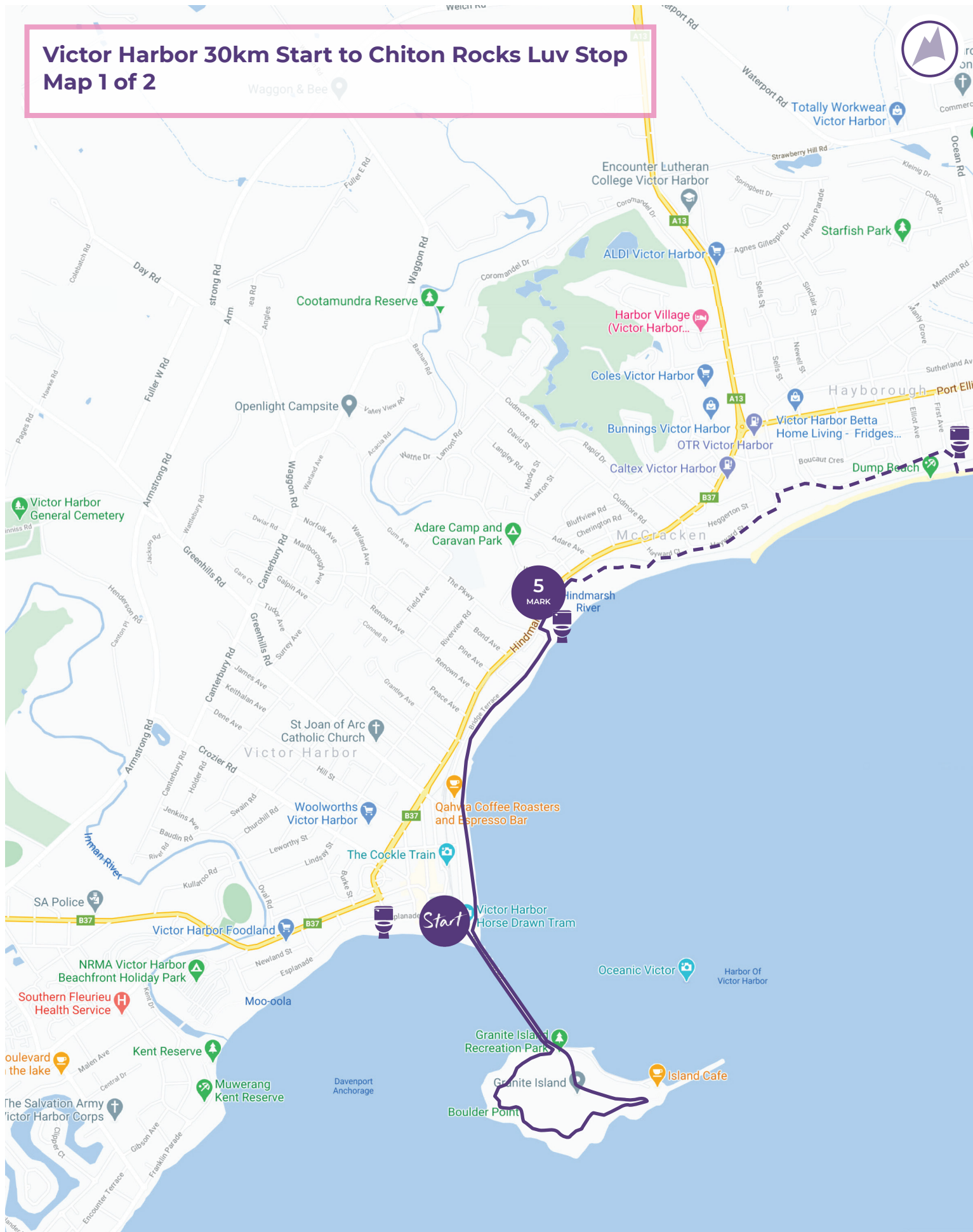
- Please keep noise levels low when walking near residential areas during early morning and at night.
- Leave no trace! Take your reusable coffee cup, water bottle and a rubbish bag with you, and please be mindful of the waste you create.
- Be patient... Coastrek is NOT a race!
- If you're seriously 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 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 line!

*Wild Wishes,  
Di and Tania xx*



## Victor Harbor 30km Start to Chiton Rocks Luv Stop



**KEY**

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

— Route

Next/Previous  
Section



Start



Luv Stop



Public Toilets

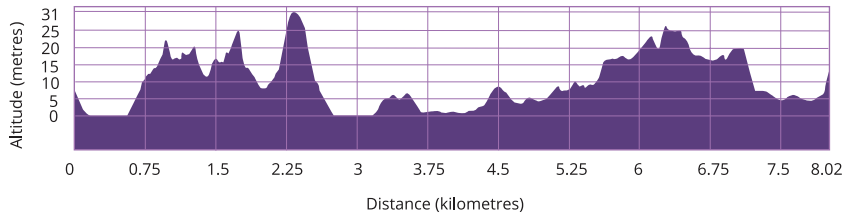


## Road Crossing



## Victor Harbor 30km Start to Chiton Rocks Luv Stop – Map 1 of 2

Distance	Cumulative distance	Must depart Chiton Luv Stop by
	30km event	
± 8km	± 8km	10:30am

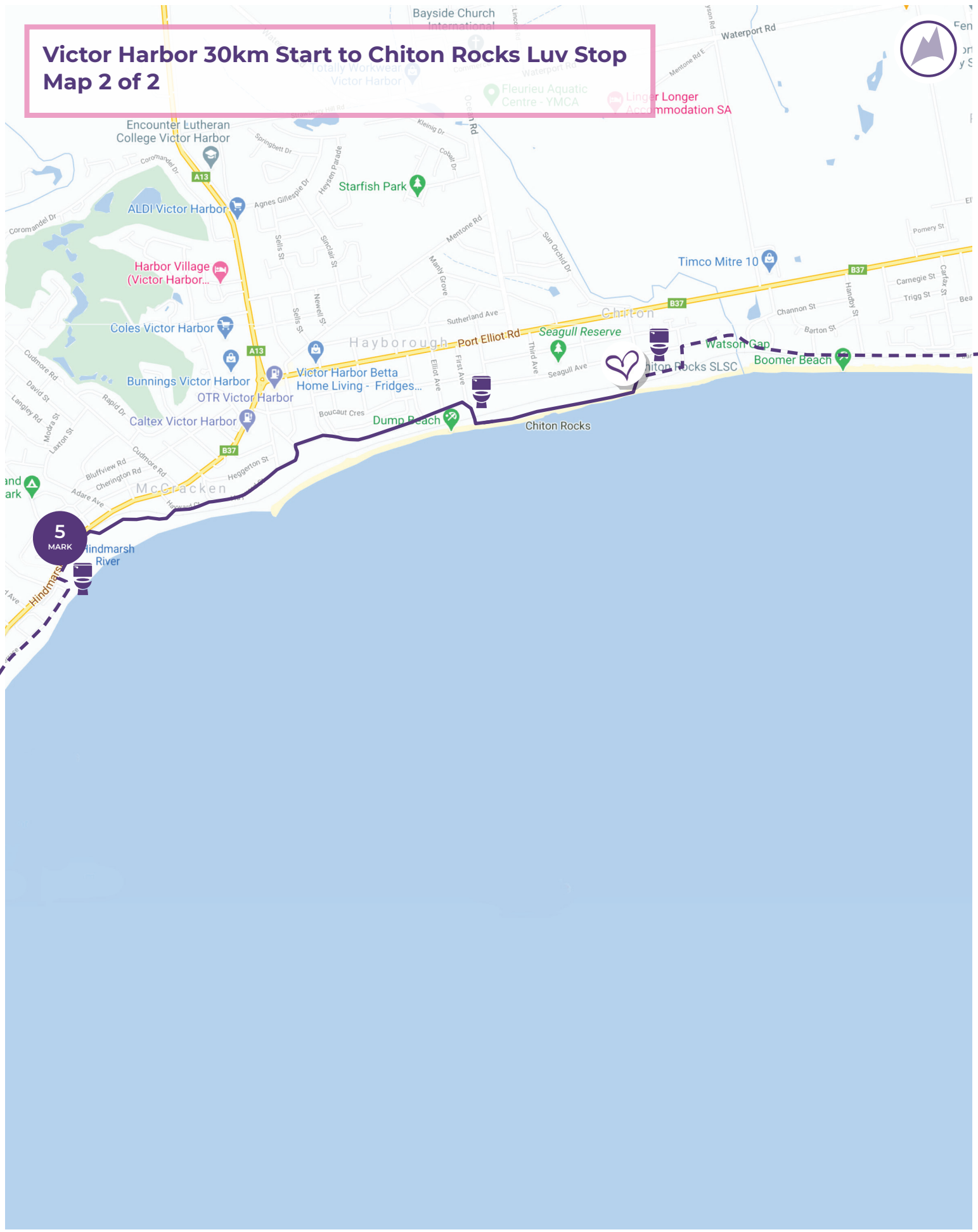


### TRACK NOTES

- The 30km event starts here!
- Start at 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
- 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
- You have reached the 5km mark!

# Victor Harbor 30km Start to Chiton Rocks Luv Stop

## Map 2 of 2



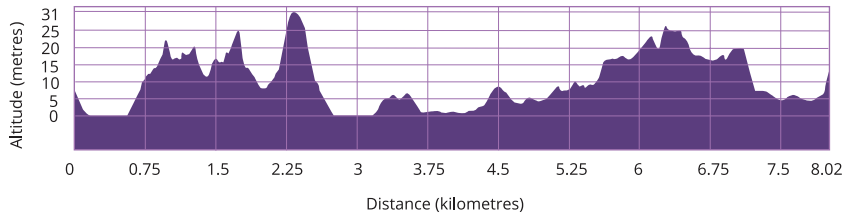
### KEY

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



## Victor Harbor 30km Start to Chiton Rocks Luv Stop – Map 2 of 2

Distance	Cumulative distance	Must depart Chiton Luv Stop by
	30km event	
± 8km	± 8km	10:30am

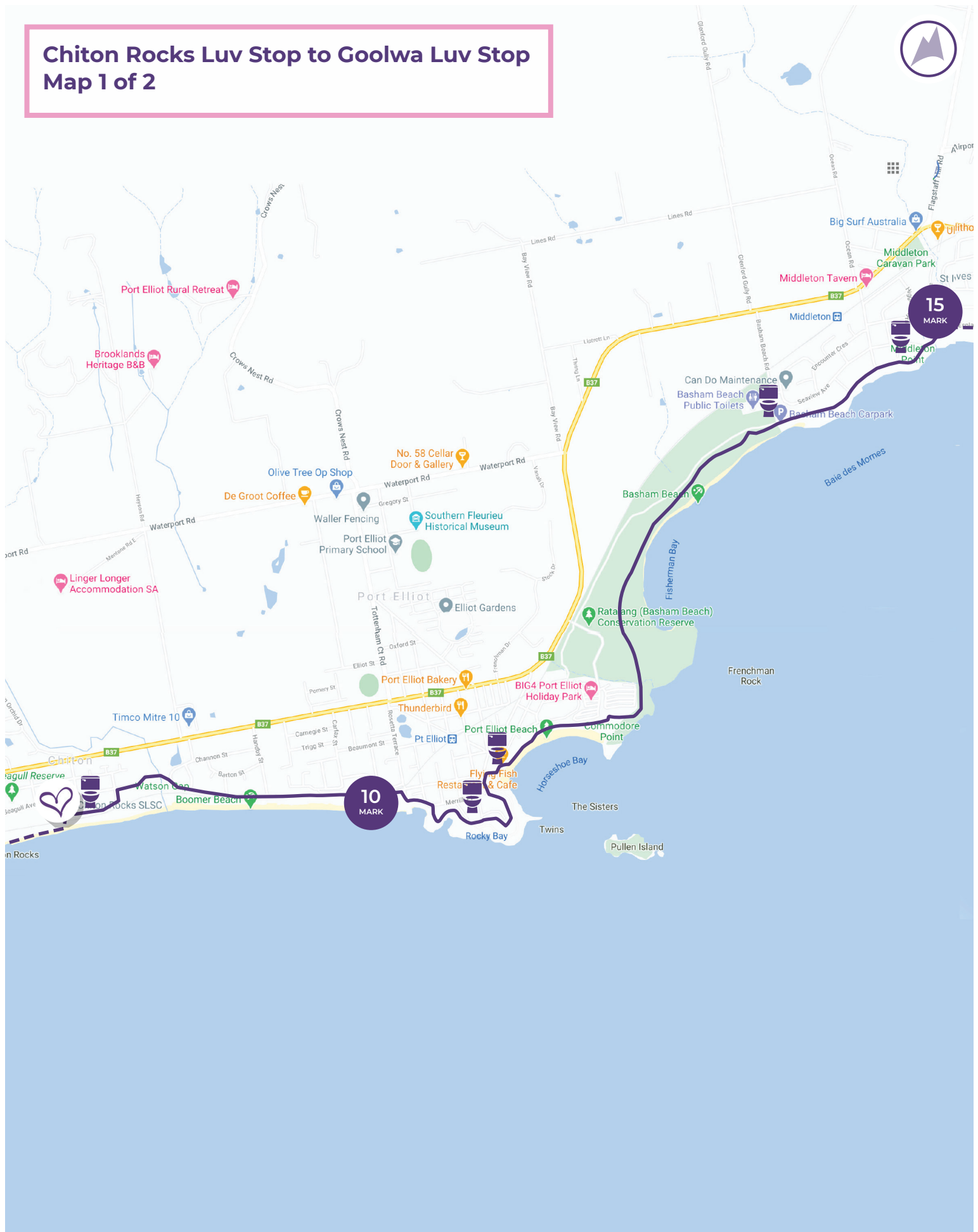


### TRACK NOTES

- 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. You have reached the first Luv Stop and the 8km mark!

# Chiton Rocks Luv Stop to Goolwa Luv Stop

## Map 1 of 2



### KEY

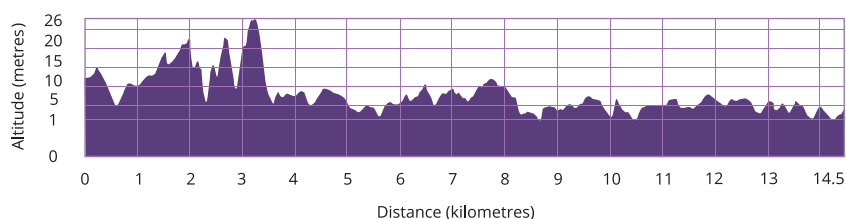
- Route
- Next/Previous Section
- Finish
- Luv Stop
- Public Toilets
- Road Crossing





## Chiton Rocks Luv Stop to Goolwa Luv Stop – Map 1 of 2

Distance	Cumulative distance	Must depart Goolwa Luv Stop by
	30km event	
<b>± 14km</b>	<b>± 22km</b>	<b>3.00pm</b>



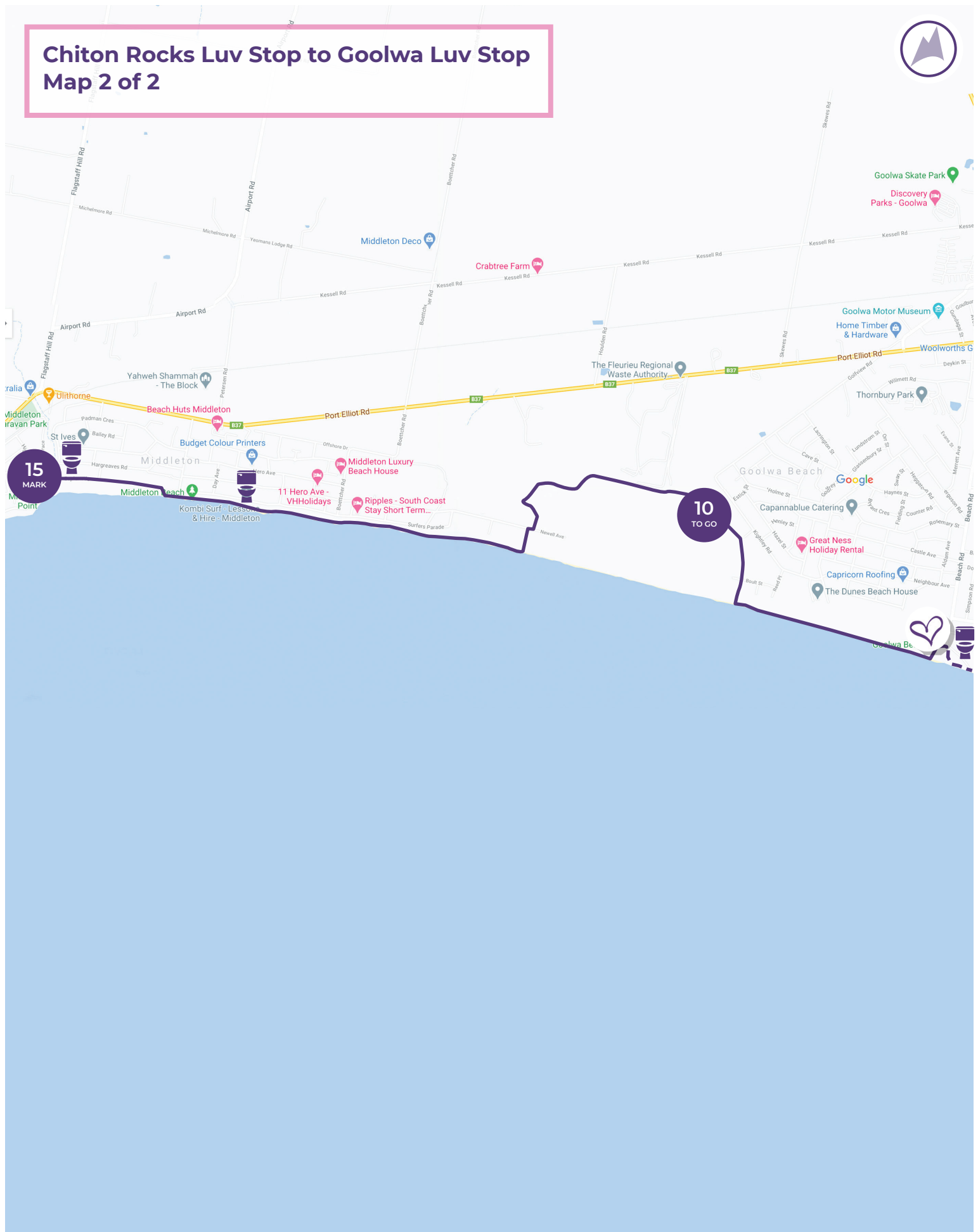
### TRACK NOTES

- 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!
- 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. You have reached the 10km mark!
- Turn RIGHT at Merrilli Close, then LEFT on Knights Beach walk. Turn RIGHT on Merrilli 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; to the sand on Port Elliot Beach.
- After 175m on the sand, depart the beach at the carpark and walk-through Commodore Reserve.
- At the end of the reserve, follow the Encounter Bikeway around Fisherman Bay to Basham Beach.
- Continue along the path to Ocean Parade. Walk along Ocean Parade to Middleton Point and Padman Crescent.
- You've hit the halfway mark! Woohoo!



# Chiton Rocks Luv Stop to Goolwa Luv Stop

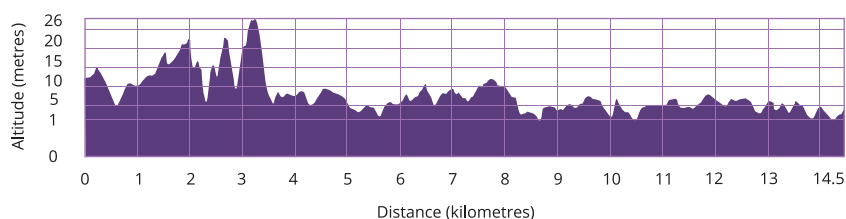
## Map 2 of 2





## Chiton Rocks Luv Stop to Goolwa Luv Stop – Map 2 of 2

Distance	Cumulative distance	Must depart Goolwa Luv Stop by
	30km event	
<b>± 14km</b>	<b>± 22km</b>	<b>3.00pm</b>

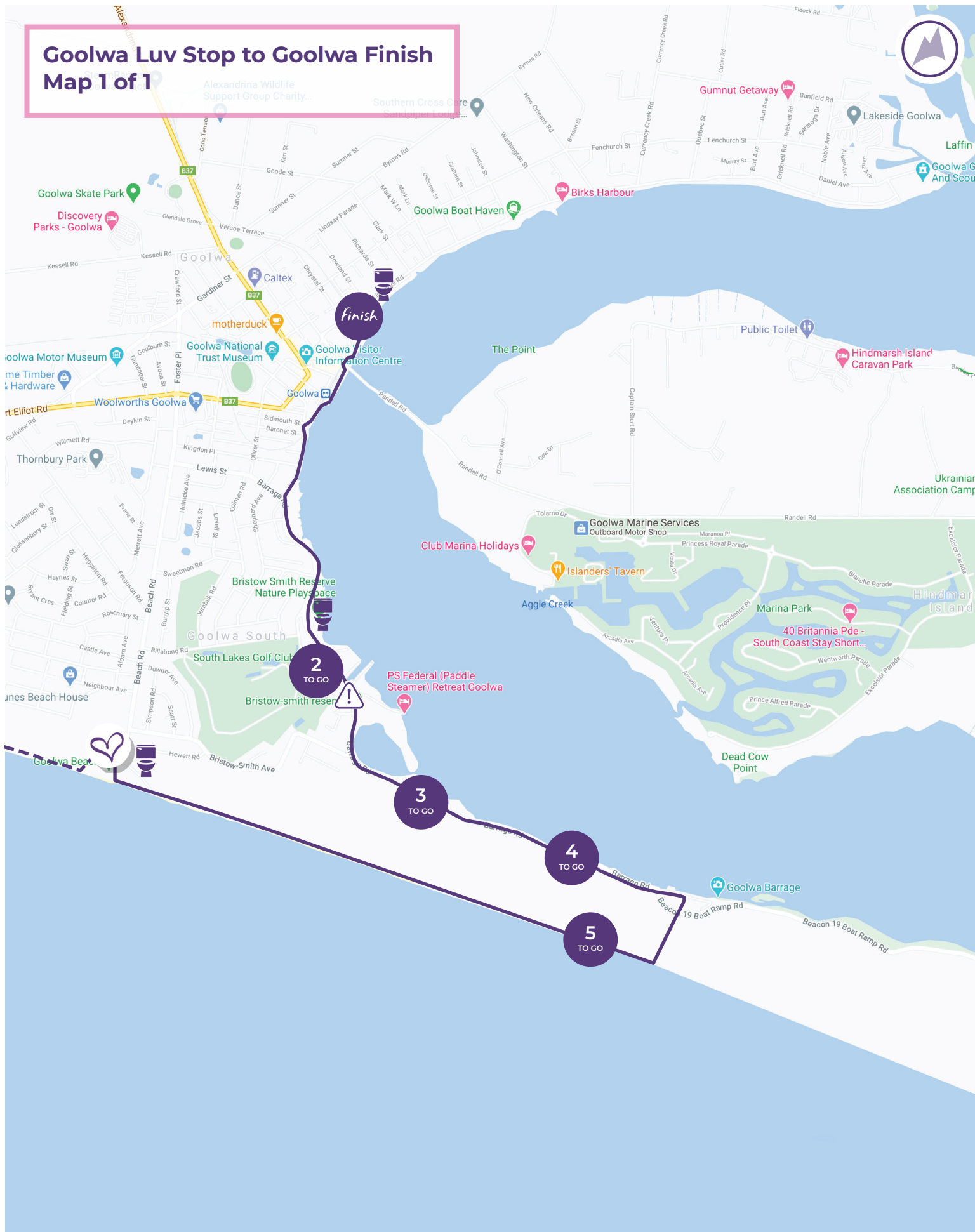


### TRACK NOTES

- At Padman Crescent, turn **RIGHT** towards the beach then quickly turn **LEFT** to follow the Esplanade
- Halfway between the carparks, turn **RIGHT** to the sand at Middleton Beach
- Travel along Middleton Beach for 2.4km.
- Turn **LEFT** exiting the beach at Tongan Way.
- Take a **RIGHT** on Newell Avenue, then a quick **LEFT** onto Andrew Avenue.
- Follow the bush path up and around to Redclift Street. Pass through the green space towards Treleaven Place. At the end of Treleaven Place continue straight to the sand on Goolwa beach.
- Turn **LEFT** to walk along Goolwa Beach.
- After 1.3km on the sand, depart the beach at Goolwa Surf Lifesaving Club. You have reached the Goolwa SLSC Luv Stop at the 22km mark!

# Goolwa Luv Stop to Goolwa Finish

Map 1 of 1



## KEY

— Route

--- Next/Previous Section



Finish



Luv Stop



Public Toilets



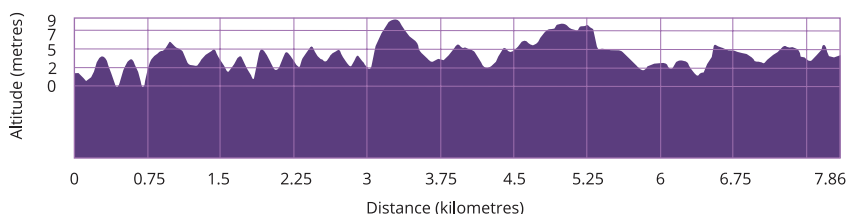
Road Crossing



## ADELAIDE COASTREK 30KM

### Goolwa Luv Stop to Goolwa Finish – Map 1 of 2

Distance	Cumulative distance	Must depart the finish by
	30km event	
± 8km	± 30km	6.00pm



#### TRACK NOTES

- 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!
- Depart the Luv Stop back onto Goolwa Beach for another 2.8km.
- Exit the beach via the bush track towards Beacon 19 Boat Ramp Road. Turn LEFT at Beacon 19 Boat Ramp Road. Then LEFT again at Barrage Road.
- Follow Barrage Road on the left-hand-side, until Shore Ct. Cross Barrage Rd, continuing in the same direction. Travel through Bristow Smith Reserve Nature Playspace, past Goolwa Aquatic Club, Gaplin Reserve and Goolwa Regatta Yacht Club; to Riverside Drive.
- Follow Riverside Drive with the water directly on your right.
- Just before The Steam Exchange Brewery, turn RIGHT to walk through the various cafes and restaurants at Goolwa Wharf.
- Pass under the Randall Road underpass to Amelia Park. YOU DID IT!



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[www.coastrek.com.au](http://www.coastrek.com.au)



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