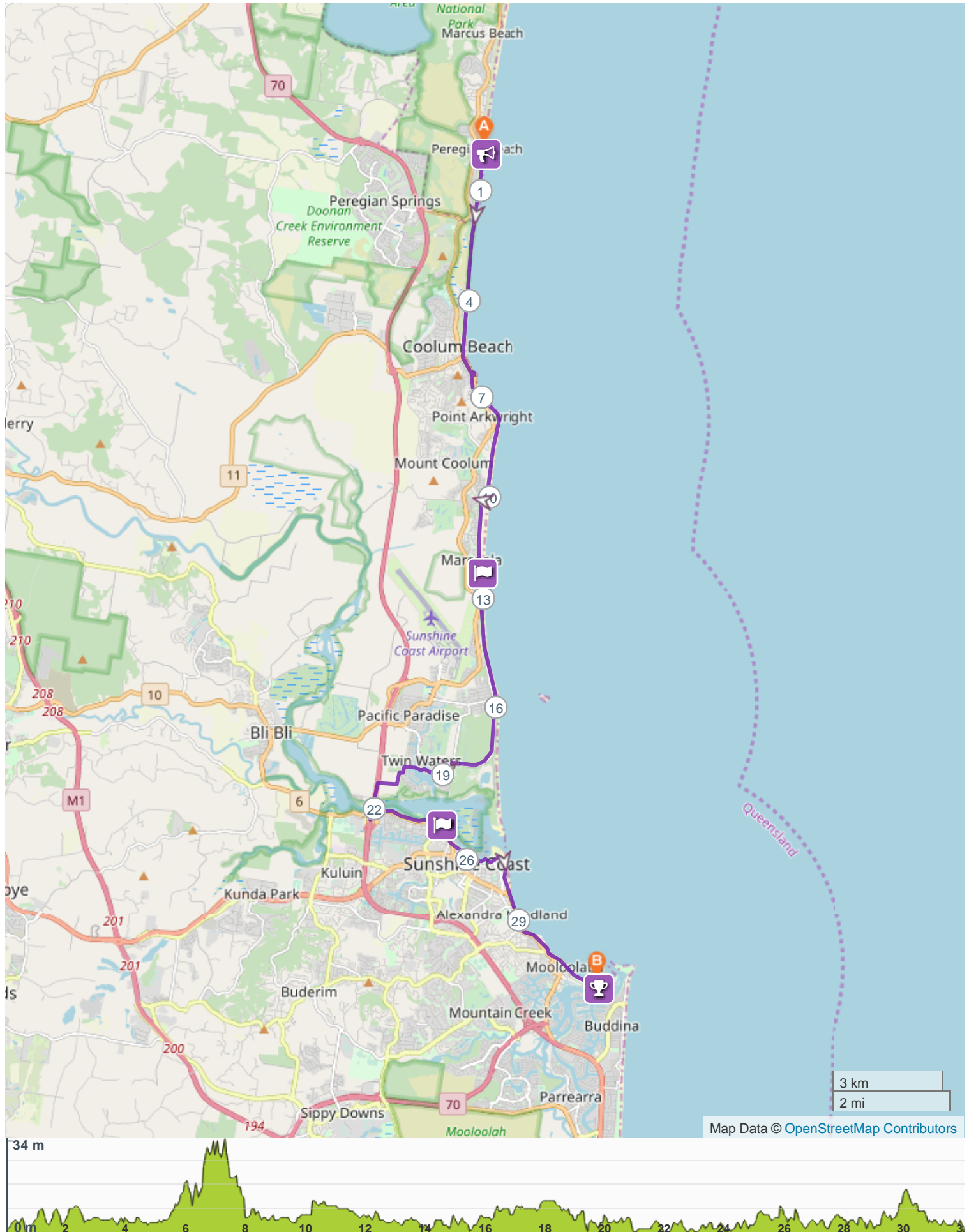






Coastrek Sunshine Coast 2025 - 30km Event



ROUTE DIRECTIONS

| No | Km | Turn | Directions |
|----|--------|------|--|
| 1 | 0.000 | ↓ |  30km start at Peregrine Beach. Woohoo! |
| 2 | 0.003 | | And we're on the sand heading south! |
| 3 | 4.013 | | Continue past Stumers creek. CAUTION: Potential shoes off zone! Or put plastic bags on your feet and dance on through! |
| 4 | 5.413 | | Veer right onto the footpath, exiting Coolum Beach at the SLSC |
| 5 | 5.466 | | Continue on past Coolum SLSC |
| 6 | 5.542 | ← | Turn left onto Coastal Pathway |
| 7 | 6.001 | ↖ | Veer left towards the Wilkinson Park carpark, Point Perry. Check out the view! |
| 8 | 6.264 | | Turn left to follow the Coastal Pathway |
| 9 | 6.350 | ↗ | Turn right and cross David Low Way. Please follow the instructions of the traffic management crew. Beach repair works going on at First Bay |
| 10 | 6.369 | ↖ | Turn left to follow the footpath along David Low Way |
| 11 | 6.674 | | Turn left and cross David Low Way, at Mona Vista Court. Please follow the instructions of the traffic management crew. |
| 12 | 6.689 | → | Turn right to continue along the Coastal pathway |
| 13 | 6.980 | ↖ | Veer left onto the Foreshore Trail towards Point Arkwright. |
| 14 | 7.878 | | Turn left towards Yaroomba Beach |
| 15 | 7.974 | | Hit the sand and continue along the beach to the Mount Coolum exit |
| 16 | 10.095 | ↗ | Turn right and exit the beach via BA94 |
| 17 | 10.281 | ← | Turn left to follow the Coastal Pathway |
| 18 | 12.146 | ← | Continue on the Coastal Pathway, around the toilet block at Marcoola, towards Felix Parry Park |
| 19 | 12.251 | ← |  Woohoo! You've reached the Marcoola Luv Stop! Take a break, grab a snack, drink some water and rest those feet! 20km to go! |
| 20 | 12.318 | ← | Exit the Luv Stop, turning left towards Marcoola beach |
| 21 | 12.396 | → | Hit the sand and turn right at Marcoola beach to continue south towards Mudjimba |
| 22 | 15.707 | ↗ | Exit the beach right, towards Mudjimba SLSC |
| 23 | 15.807 | | At Mudjimba SLSC, veer left to walk through Power Memorial Park |
| 24 | 15.855 | | Carefully cross the Power Memorial Park carpark to continue straight ahead |
| 25 | 15.922 | ↗ | Veer right towards Mudjimba Esplanade to join the Coastal Pathway |
| 26 | 15.956 | ↖ | Turn left to follow the Coastal Pathway along Mudjimba Esplanade & Ocean Drive. |
| 27 | 18.483 | | At Nojoor rd, continue straight and carefully cross Nojoor Rd. Please follow instructions from the traffic management crew |
| 28 | 18.517 | | Turn left onto Nojoor Rd |
| 29 | 18.717 | → | At Seahorse Dr, continue straight and carefully cross Seahorse Dr |

| No | Km | Turn | Directions |
|----|--------|------|---|
| 30 | 18.726 | ➔ | Turn right onto Seahorse Dr |
| 31 | 19.098 | ↗ | At Baywater Dr, continue straight and carefully cross Baywater Dr |
| 32 | 19.108 | ➔ | Turn right onto Baywater Dr |
| 33 | 19.315 | | After the Baywater Dr footbridge, turn left to follow the path |
| 34 | 19.539 | ↶ | Turn left over the bridge |
| 35 | 19.654 | ↗ | Carefully cross Blue Water cct towards Lake View Drive |
| 36 | 19.685 | | Continue on the path alongside Lake View Dr |
| 37 | 20.208 | ↙ | Turn left to follow the path along Stillwater Dr |
| 38 | 20.371 | ➔ | Turn right, cross over Stillwater Drive onto Sails Court |
| 39 | 20.447 | ↖ | Turn left & follow the track through the clearing towards Sunshine Motorway |
| 40 | 21.360 | | Turn left to follow the Coastal Pathway on the Sunshine Motorway bridge |
| 41 | 22.368 | ↙ | Turn left and left again (U-turn) to continue on the Coastal pathway towards the water |
| 42 | 22.547 | ➔ | Turn right at Bradman Ave |
| 43 | 22.623 | ↖ | Turn left and cross Bradman Ave at the traffic lights |
| 44 | 22.650 | ➔ | Turn right & follow Bradman Avenue Foreshore |
| 45 | 24.255 | ↙ | Follow the path in a U-shape to cross Ken Neil Bridge |
| 46 | 24.375 | ↓ | Follow the path in a U-shape to join the Coastal pathway |
| 47 | 24.623 | | Exit the Luv Stop and continue along the Coastal Pathway & Follow Dupworth Avenue.. |
| 48 | 24.784 | |  Woohoo! You've reached the Maroochydore Luv Stop! Take a break, grab a snack, drink some water and rest those feet! 8km to go! |
| 49 | 24.812 | | Exit the Luv Stop by continuing on the Coastal pathway |
| 50 | 26.085 | ↖ | Turn left after the bridge to continue on the Coastal Pathway |
| 51 | 26.530 | ↖ | Turn left in front of the Cotton Tree Aquatic Centre |
| 52 | 26.663 | ↗ | Turn right towards Cotton Tree Parade |
| 53 | 26.816 | ↖ | Turn left to follow the Coastal Pathway along Cotton Tree Parade |
| 54 | 27.103 | ↗ | Turn right towards Maroochydore beach via BA141 |
| 55 | 27.240 | | Hit the sand and turn right towards Alex Head |
| 56 | 27.567 | ↗ | Just after Maroochy Surf Club turn right to exit the beach (we need to come off the sand here to avoid the sand dredging) |
| 57 | 27.633 | ↶ | Turn left onto Coastal Pathway (Cotton Tree - Mooloolaba Beach) |
| 58 | 27.922 | | Continue through Pierce Park |
| 59 | 28.005 | ↖ | Turn left at BA150 to re-enter the beach |
| 60 | 28.037 | ➔ | Hit the sand and turn right |
| 61 | 28.954 | | Exit the beach at BA156 towards Alexandra Headland SLSC |
| 62 | 29.069 | ↖ | Follow the path around Alexandra Headland SLSC |

| No | Km | Turn | Directions |
|----|--------|------|---|
| 63 | 29.552 | | Veer left to follow the trail towards Mooloolaba |
| 64 | 30.612 | | After passing through the Northern Parklands, veer left to join the Coastal Pathway again |
| 65 | 30.841 | ↖ | Turn left towards Mooloolaba beach via BA173 |
| 66 | 30.858 | ↗ | Hit the sand and turn right on Mooloolaba beach |
| 67 | 31.984 | ↗ | Exit Mooloolaba beach via BA192 |
| 68 | 32.032 | |  Finish at Pirate Ship Park - Woohoo! You did it! |