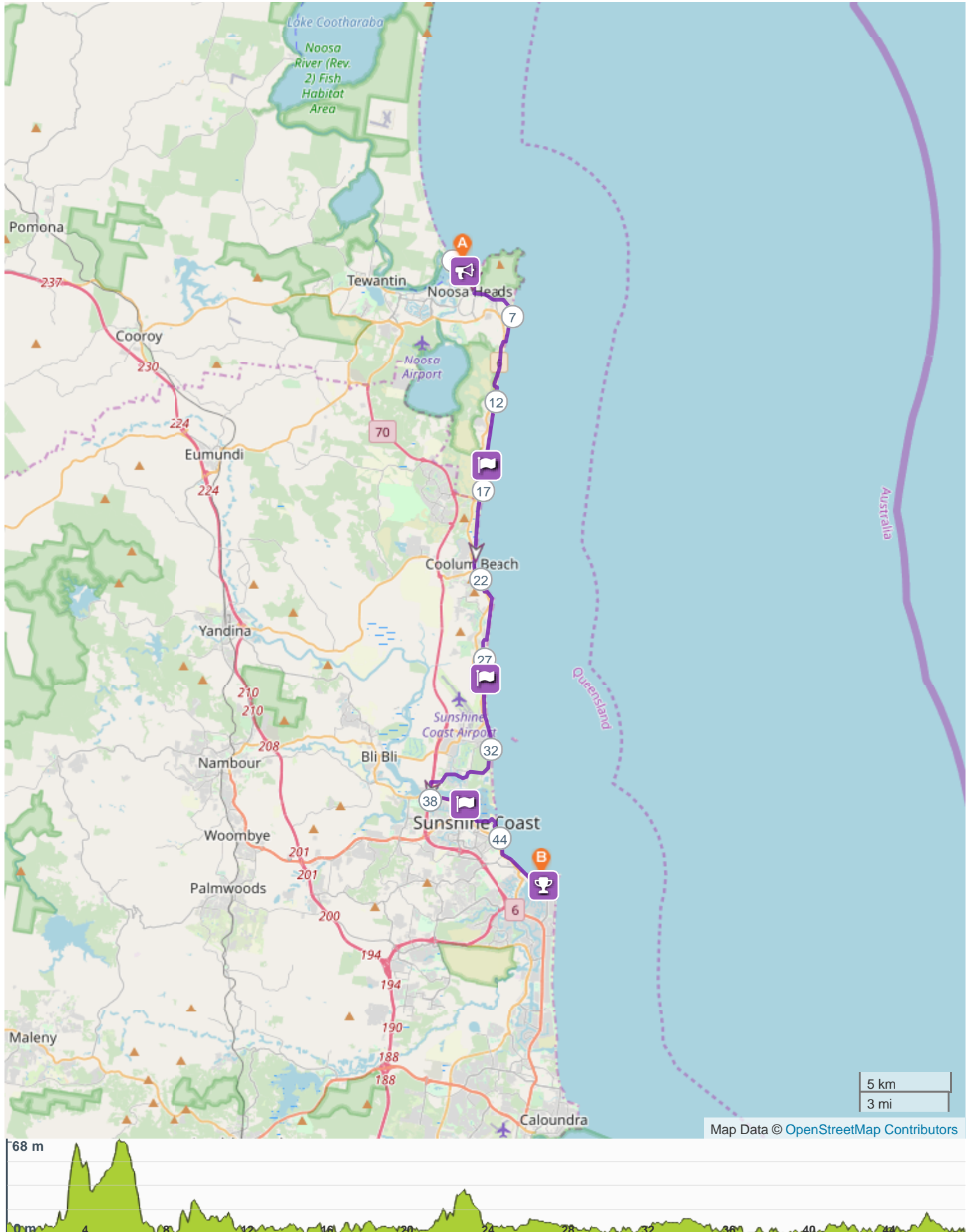





## Coastrek Sunshine Coast 2025 - 50km Event



## ROUTE DIRECTIONS

No	Km	Turn	Directions
1	0.000		 50km Start at Noosa Woods. Woohoo!
2	0.115		Follow the trail left around Noosa Spit
3	0.798	←	Turn left to follow the trail alongside Claude Batten Dr
4	1.022		Continue straight heading towards Noosa Beach
5	1.128	→	Turn right to walk along Noosa West Beach
6	1.835		Continue straight along the sand to Noosa Main Beach
7	2.098		Veer slight right to join the Noosa Main Beach boardwalk, past the SLSC
8	2.537	→	Turn right onto Park Rd
9	2.604	↗	Cross Hastings St & continue right along Hastings St
10	2.747	↖	Turn left onto Noosa Drive
11	2.905	↗	Cross over Halse Lane & continue straight, up the stairs into the bush
12	3.364	↗	Continue straight along Atunga Avenue. Please stay to the side of the road
13	3.607	→	Turn right onto Viewland Drive
14	3.650	←	Turn left and cross Viewland Dr, onto Nairana Rest
15	3.956		Turn right onto Berrima Row. Please stay to the side of the road
16	4.147	←	Turn left to follow the path along Sunshine Beach Road
17	5.299	←	Turn left onto Solway Drive
18	5.906		Turn right and cross Solway Drive, onto Bryan St
19	6.479	↙	Turn left and cross Duke St, towards Ed Webb Park and Sunshine Beach SLSC
20	6.533		Follow the path through Ed Webb Park
21	6.683	↘	Use BA33 and turn right onto Sunshine Beach. Glorious sand!
22	8.503	↗	Turn right and exit the beach via BA38. Turn left to follow the path along David Low Way
23	8.990	↖	Veer left to stay on the Beach side path
24	11.163	←	Turn left towards Marcus Beach
25	11.295		Turn right onto Marcus Beach
26	15.447	→	Turn right and exit Peregrine beach just after the Peregrine Beach Lifeguard Tower
27	15.509	↖	 Woohoo! You've reached the Peregrine Beach Luv Stop! Take a break, grab a snack, drink some water and rest those feet! You're at the 15.3km mark
28	15.576	↖	Exit the Luv Stop & head back onto Peregrine Beach, turning right
29	19.776		Continue past Stumers creek. CAUTION: Potential shoes off zone! Or put plastic bags on your feet and dance on through!
30	21.176		Veer right onto the footpath, exiting Coolum Beach at the SLSC
31	21.228		Continue on past Coolum SLSC

No	Km	Turn	Directions
32	21.305	←	Turn left onto Coastal Pathway
33	21.763	↖	Veer left towards the Wilkinson Park carpark, Point Perry. Check out the view!
34	22.026		Turn left to follow the Coastal Pathway
35	22.112	↗	Turn right and cross David Low Way. Please follow the instructions of the traffic management crew. Beach repair works going on at First Bay
36	22.131	↖	Turn left to follow the footpath along David Low Way
37	22.437		Turn left and cross David Low Way, at Mona Vista Court. Please follow the instructions of the traffic management crew.
38	22.451	→	Turn right to continue along the Coastal pathway
39	22.742	↖	Veer left onto the Foreshore Trail towards Point Arkwright.
40	23.640		Turn left towards Yaroomba Beach
41	23.736		Hit the sand and continue along the beach to the Mount Coolum exit
42	25.857	↗	Turn right and exit the beach via BA94
43	26.044	←	Turn left to follow the Coastal Pathway
44	27.908	←	Continue on the Coastal Pathway, around the toilet block at Marcoola, towards Felix Parry Park
45	28.014	←	 Woohoo! You've reached the Marcoola Luv Stop! Take a break, grab a snack, drink some water and rest those feet! 20km to go!
46	28.080	←	Exit the Luv Stop, turning left towards Marcoola beach
47	28.159	→	Hit the sand and turn right at Marcoola beach to continue south towards Mudjimba
48	31.470	↗	Exit the beach right, towards Mudjimba SLSC
49	31.570		At Mudjimba SLSC, veer left to walk through Power Memorial Park
50	31.618		Carefully cross the Power Memorial Park carpark to continue straight ahead
51	31.685	↗	Veer right towards Mudjimba Esplanade to join the Coastal Pathway
52	31.718	↖	Turn left to follow the Coastal Pathway along Mudjimba Esplanade & Ocean Drive.
53	34.246		At Nojoor rd, continue straight and carefully cross Nojoor Rd. Please follow instructions from the traffic management crew
54	34.279		Turn left onto Nojoor Rd
55	34.479	→	At Seahorse Dr, continue straight and carefully cross Seahorse Dr
56	34.489	→	Turn right onto Seahorse Dr
57	34.861	↗	At Baywater Dr, continue straight and carefully cross Baywater Dr
58	34.870	→	Turn right onto Baywater Dr
59	35.077		After the Baywater Dr footbridge, turn left to follow the path
60	35.302	←	Turn left over the bridge
61	35.416	↗	Carefully cross Blue Water cct towards Lake View Drive
62	35.447		Continue on the path alongside Lake View Dr

No	Km	Turn	Directions
63	35.971	⬅	Turn left to follow the path along Stillwater Dr
64	36.133	➡	Turn right, cross over Stillwater Drive onto Sails Court
65	36.210	⬅	Turn left & follow the track through the clearing towards Sunshine Motorway
66	37.122		Turn left to follow the Coastal Pathway on the Sunshine Motorway bridge
67	38.130	⬅	Turn left and left again (U-turn) to continue on the Coastal pathway towards the water
68	38.309	➡	Turn right at Bradman Ave
69	38.386	⬅	Turn left and cross Bradman Ave at the traffic lights
70	38.412	➡	Turn right & follow Bradman Avenue Foreshore
71	40.018	⬅	Follow the path in a U-shape to cross Ken Neil Bridge
72	40.137	⬇	Follow the path in a U-shape to join the Coastal pathway
73	40.385		Exit the Luv Stop and continue along the Coastal Pathway & Follow Dupworth Avenue..
74	40.546		 <p>Woohoo! You've reached the Maroochydore Luv Stop! Take a break, grab a snack, drink some water and rest those feet! 8km to go!</p>
75	40.575		Exit the Luv Stop by continuing on the Coastal pathway
76	41.848	⬅	Turn left after the bridge to continue on the Coastal Pathway
77	42.292	⬅	Turn left in front of the Cotton Tree Aquatic Centre
78	42.426	↗	Turn right towards Cotton Tree Parade
79	42.579	⬅	Turn left to follow the Coastal Pathway along Cotton Tree Parade
80	42.865	↗	Turn right towards Maroochydore beach via BA141
81	43.002		Hit the sand and turn right towards Alex Head
82	43.335	➡	Just after Maroochy Surf Club turn right to exit the beach (we need to come off the sand here to avoid the sand dredging)
83	43.395	⬅	Turn left onto Coastal Pathway (Cotton Tree - Mooloolaba Beach)
84	43.674		Continue through Pierce Park
85	43.760	⬅	Turn left at BA150 to re-enter the beach
86	43.794	➡	Hit the sand and turn right
87	44.712		Exit the beach at BA156 towards Alexandra Headland SLSC
88	44.827	⬅	Follow the path around Alexandra Headland SLSC
89	45.309		Veer left to follow the trail towards Mooloolaba
90	46.370		After passing through the Northern Parklands, veer left to join the Coastal Pathway again
91	46.599	⬅	Turn left towards Mooloolaba beach via BA173
92	46.616	↗	Hit the sand and turn right on Mooloolaba beach
93	47.741	↗	Exit Mooloolaba beach via BA192
94	47.789		 <p>Finish at Pirate Ship Park - Woohoo! You did it!</p>