



COASTREK 2022
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 45km route starts on page 5 and the 30km route starts on page 9.

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 3km. 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 Coastrek rules

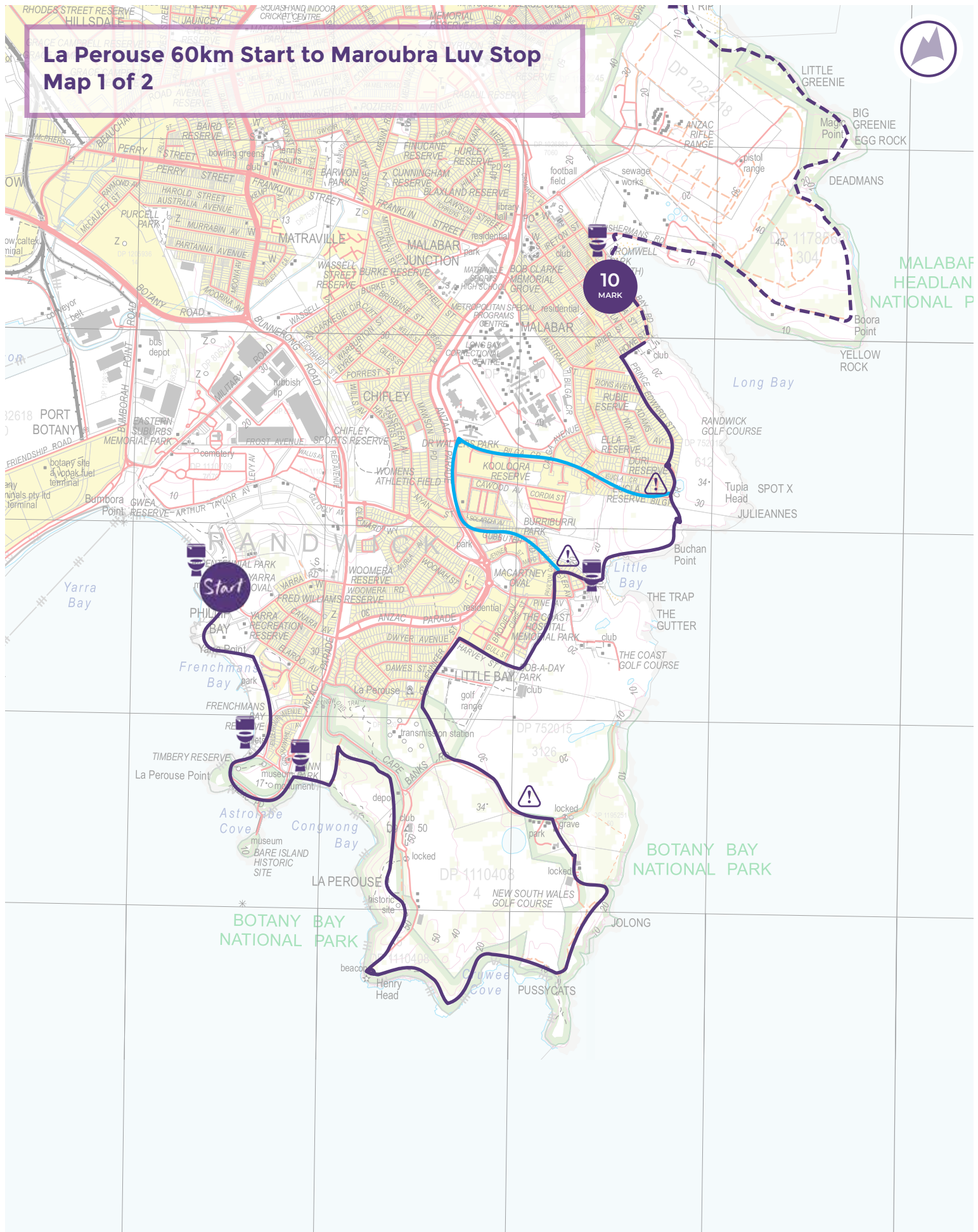
- Please keep noise levels low when walking near residential areas during early morning and at night.
- Leave no trace! Take your reusable coffee cup, water bottle and a rubbish bag with you, and please be mindful of the waste you create.
- Be patient... Coastrek is NOT a race!
- If you're seriously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

La Perouse 60km Start to Maroubra Luv Stop

Map 1 of 2



KEY

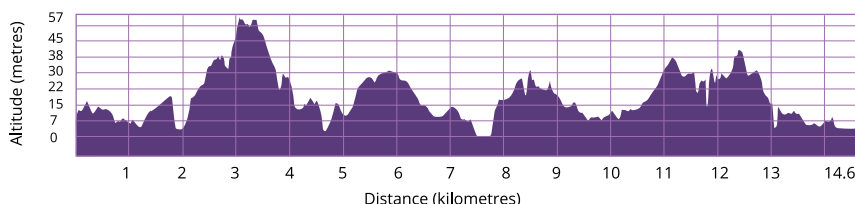
- Route
- Start
- Next/Previous Section
- Luv Stop
- Public Toilets
- Road Crossing
- Training Days Only

Training detour between Westpac Lifesaver Helicopter base, La Perouse and Malabar Ocean pool not accessible until event day. Please use this alternate route during training. It is relatively the same distance.



La Perouse 60km Start to Maroubra Luv Stop – Map 1 of 2

Distance	Cumulative distance	Must leave Maroubra Luv Stop by
	60km event	
± 15km	± 15km	11:00am



TRACK NOTES

The 60km event starts here!

- Starting at the picnic Area adjacent to Yarra Bay Sailing club, you will follow the footpath to Yarra Point and around Frenchmans Beach.
- Turn right at Endeavour Ave to continue along the footpath alongside Frenchmans Bay.
- Turn right around the round-about at Frenchmans Bay Reserve Playground to Anzac parade.
- Continue along the footpath on Anzac parade around La Perouse Point and join the La Perouse Walk.
- Walk past the public toilet block then turn down right down the bush path steps to Congwong Beach. Walk the sands of Congwong Beach before exiting the beach via the Congwong trail to your left.
- Follow the Congwong Trail for approx. 205m, then turn right onto the Henry Head Walking Track. Follow Henry Head Walking Track to Henry Head firetrail and turn right.
- At the Henry Head firetrail T-intersection, turn right.
- Continue on Henry Head firetrail to Henry Head lighthouse, then join Henry Head Walking Track East.
- Take the steps down the Cruwee Cove beach via the Cape Banks walking track. Hop, skip and jump over the rocks to walking track on the other side.
- Continue along Cape Banks walking track, through the NSW Golf Club, past the Cape Banks walking bridge.
- Veer left up to the Cape Banks firetrail, then turn right onto Cape Banks Rd.

Training detour between Westpac Lifesaver Helicopter base, La Perouse and Malabar Ocean pool

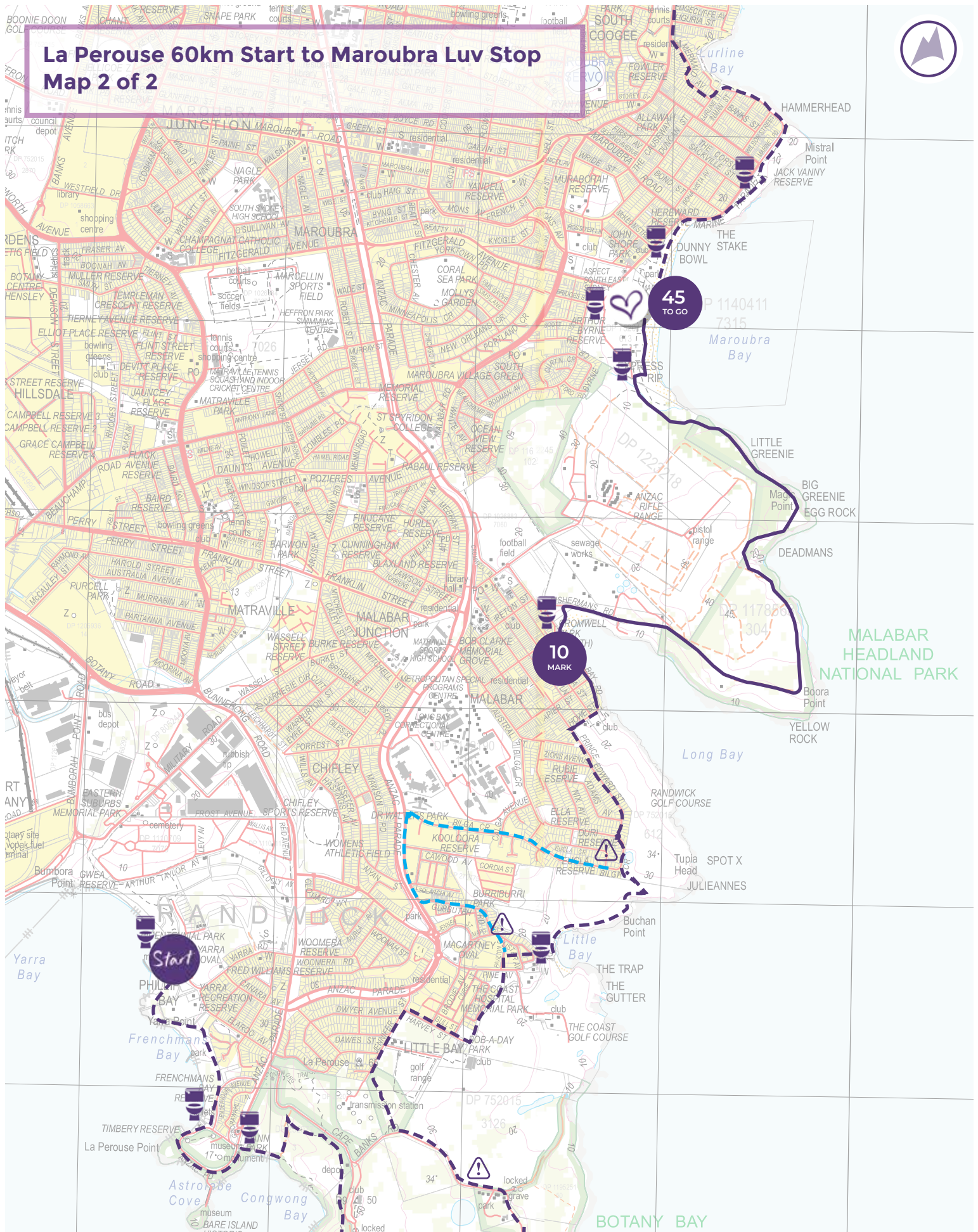
- Continue along Cape Banks Road for 1km before turning right onto Jennifer Street Boardwalk. Look out for the sign.
- At the end of the Jennifer Street Boardwalk, you'll come to Jennifer Street. Turn right onto Jennifer Street, keeping to the footpath.
- At Harvey Street turn right, keeping to the right-hand-side footpath.
- At the end of Harvey Street, veer left at the golf course and follow the footpath through the garden, along Meyler Close, and through the Coast Hospital Memorial Park Playground. Keeping to the footpath the whole time.
- Cross Pine Street straight-ahead, to the other side, then stay straight to walk along Pavilion Drive.
- Cross Pavilion Drive to the left, at Mayo Street. Then cross Mayo Street to the right. Now you're on Mayp Street on the right-hand-side footpath.
- After a brief stretch on Mayo Street, turn right down Gubbuteh Road.
- Turn right at Anzac Parade, keeping to the footpath. Then turn right at Bilga Crescent.
- As you approach the golf course, cross Bilga crescent carefully to the other side as you veer left to continue along Bilga Crescent.
- Cross Bilga Crescent again at Prince Edward Street, to continue along Prince Edward Street on the right-hand-side footpath.
- Turn right at Howe Street with Randwick golf course on your right, then veer left onto Bay Parade.

Sydney Coastrek route – EVENT DAY ONLY

- After 125m on Cape Banks Rd, turn right onto a bush path after passing the Sydney Pistol Club.
- Follow the path through The Coast Hospital Cemetery, then veer right onto the Cemetery firetrail. Follow the Cemetery Fire trail to the very end, to enter St Michael's Golf Course.
- As the firetrail ends veer immediately right to skirt around the Green and 3 small bunkers.
- Continue through St Michael's Golf course and The Coast Golf course, staying very close to the coastline. Please **keep off** walking on any Greens, fairways, or bunkers.
- Right before you get to The Coast Golf course Tee for hole 4, follow the hidden rocky trail to the right down towards the shoreline.
- Hop over the rocks to follow the 'subtle' rocky trail. Pass a beautiful rock alcove, around the headland towards Little Bay Beach.
- Walk around the sand of Little Bay beach, skipping over the rocks. **Potential wet shoe alert!** Then up the 'subtle' goat trail, which veers slightly to the left, then to the right back towards The Coast golf course.
- Enter The Coast golf course once again. Keep the Green of hole 14 on your left, as you hug the coastline all the way to Buchan point.
- Follow the coastline to the left and join a paved footpath. Follow the paved footpath as it veers right around the coastline towards the Green of hole 13.
- At the end of the footpath, continue straight and walk behind the Green of hole 13. Turn left behind the Green towards another paved footpath. Follow the footpath to the right between the Tee for hole 6 and the Green of hole 5.
- At the end of the short footpath, veer slightly left towards another paved footpath adjacent to the Tee of Hole 5.
- Continue through the Golf course, sticking closely to the coastline, all the way to Malabar Ocean pool.

La Perouse 60km Start to Maroubra Luv Stop

Map 2 of 2



KEY

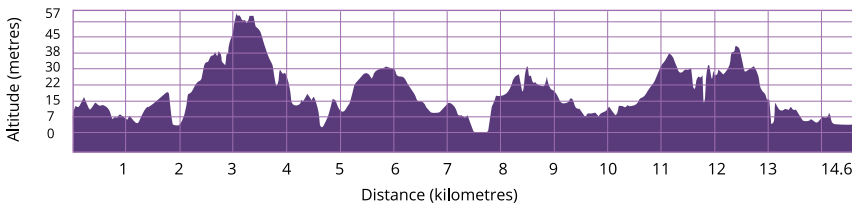
- Route
- Start
- Luv Stop
- Public Toilets
- Road Crossing
- Training Days Only

Training detour between Westpac Lifesaver Helicopter base, La Perouse and Malabar Ocean pool not accessible until event day. Please use this alternate route during training. It is relatively the same distance.



La Perouse 60km Start to Maroubra Luv Stop – Map 2 of 2

Distance	Cumulative distance	Must leave Maroubra Luv Stop by
	60km event	
± 15km	± 15km	11:00am



TRACK NOTES

- Follow the coastal footpath along Bay Parade towards Malabar beach. Veer right to stay on the footpath towards Cromwell Park playground.
- Walk through Cromwell Park, past the playground and public toilet block, to Fishermans Rd.
- Turn right at Fishermans Rd. After approx. 375m enter the pedestrian gate to Malabar Headland National Park.
- Follow the path around the coast of Malabar Headland National Park. When the walking track splits, always keep right... always keep to the coast.
- Wander past magic point and look ahead to Maroubra Beach.
- Pass through the steel gate and turn left.
- At the South Maroubra carpark, take the first beach entry path to your right towards South Maroubra Beach.
- Turn left on the sand and enjoy that glorious sand walking to Maroubra Luv Stop! You've hit the 15km mark!
- Grab a snack, refill your water and take a quick rest! When you're leaving, make sure you cross the timing point as a team and that your bib is on your front!

Maroubra 45km Start & Luv Stop to Vacluse Luv Stop

Map 1 of 2



KEY

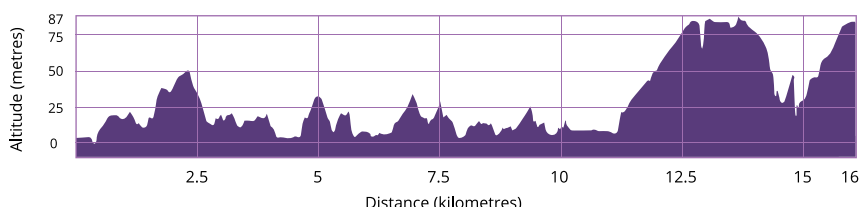
- Route
- Start
- Luv Stop
- Public Toilets
- Road Crossing



SYDNEY COASTREK 60KM & 45KM

Maroubra 45km Start & Luv Stop to Vaucluse Luv Stop – Map 1 of 2

Distance	Cumulative distance		Must leave Vaucluse Luv Stop by
	45km event	60km event	
± 16.5km	± 31.5km	± 16.5km	4:00pm



TRACK NOTES

The 45km event starts here!

- Starting on the sparkling beach of Maroubra, in the Eastern Suburbs of Sydney you'll follow the coastal footpath past Mahon Pool and Mistral Point.
- At the end of Marine Parade, take the short walkway through the trees to Waterside Ave. Cross and follow Waterside Ave to the left.
- After 40m take the first right onto Mermaid Ave. At the end of Mermaid Ave, turn right onto Malabar Rd. Keeping to the pedestrian footpath always.
- Follow Malabar Rd for approx. 290m, then turn right onto Cuzco St. At the end of Cuzco St, take the secret path between houses – 56 Cuzco St and 14 Bunya Parade. Cross Bunya parade to join the South Coogee Wetlands boardwalk.
- South Coogee Wetlands is an area of regenerated coastal wetlands that are now very accessible thanks to a relatively new boardwalk which you will follow onto Trenerry Reserve, a flat expanse of green perfection to widen your stride and take in the great views of the ocean.
- Pass by Grant Reserve and use this opportunity for a loo stop and water refill in front of McIver Baths, the sole women's-only ocean pool left in Australia.
- Keep right on the coastal footpath, pass Coogee Surf Club and drop down onto Coogee Beach. Use this opportunity to break the pavement pounding – take off those shoes, stroll the soft white sand or with your feet in the sea. You may also want to visit one of the many cafes for a coffee or light snack. Toilets and water refill also available on the beachfront.
- At the end of the sand stretch, you'll see a staircase leading up to Dolphins Point, Coogee's northern headland where the bronze Bali Memorial looks over the ocean.
- You are now on the Coogee to Bondi walk. Follow the cliff top coastal footpath extending for 6kms. The walk features stunning views, beaches, parks, cliffs, bays and rock pools.
- At Major St turn right to continue along the footpath towards Gordons Bay. Follow the path around Gordons Bay to Cliffbrook Pde. At the end of Cliffbrook Pde, veer left around the carpark.
- Stay right at the Surf club and head down the walkway ramp to the lower level and turn left. Follow the path around the edge of the beach to the playground. At the playground where the path splits in two, take the right-hand-side path.
- As you follow the path, you'll pass on your right, the Burrows Park sports field, the Bronte-Coogee Aquatic Reserve and the Clovelly Bowling & Recreation Club.
- Go straight ahead at the cul-de-sac to take the coastal steel walkway, passed the Waverley cemetery.
- Turn right along the footpath at Calga Pl. When the path forks, take the right-hand-side path down to Bronte Beach. Walk the sands edge to Bronte Marine Drive and turn right.

Maroubra 45km Start & Luv Stop to Vacluse Luv Stop Map 2 of 2



KEY

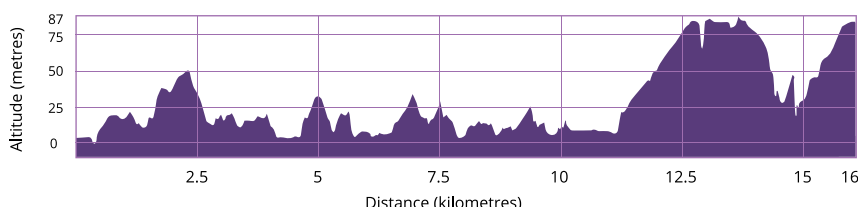
- Route
- Start
- Next/Previous Section
- Luv Stop
- Public Toilets
- Road Crossing



SYDNEY COASTREK 60KM & 45KM

Maroubra 45km Start & Luv Stop to Vacluse Luv Stop – Map 2 of 2

Distance	Cumulative distance		Must leave Vacluse Luv Stop by
	45km event	60km event	
± 16.5km	± 31.5km	± 16.5km	4:00pm



TRACK NOTES

- Continue along the footpath until it forks again. Take the right-hand-side path down to Tamarama Beach Park. Follow the coastal path past the SLSC club, around Makenzies point and Wilga Street reserve. When the path forks, take the right-hand-side path towards Bondi Icebergs.
- With Bondi Icebergs on your left and the ocean pool on your right, take the stairs up to Notts Ave and veer right to keep off the road.
- After 100m, turn right down the stairs to Bondi Beach.
- The sweeping white-sand crescent of Bondi is one of Australia's most iconic beaches. This is another great place to stop in a café or feel the sand on your toes before the next stretch of footpath. Be sure to take a toilet break and refill your water using the beachside facilities available.
- Once you've walked the length of the beach, turn left at the zebra crossing towards North Bondi RSL Club. Dogleg left, then right to walk up Scarborough Cres, with the RSL Club on your right.
- Safely cross Brighton Blvd ahead, then immediately turn left at the zebra crossing to cross Campbell Parade towards Café Bondi. Turn right to follow Military Rd to the North.
- The Military Road section takes you off the coast slightly, but we will keep you on the coastal pathway wherever possible! This is a long stretch of road with a slight incline. Steady your breath and put one foot in front of the other!
- Cross over to the other side of Military Road at Murrivier Rd. This is not a designated pedestrian crossing so please follow the instructions of the traffic marshal.
- Follow Military Rd in the same direction until you reach Douglas Pde and turn right. After 60m, cross Douglas Pde left to Lola Rd. At the corner of Lola Rd and Raleigh St, turn right onto Raleigh Reserve.
- Pass through Raleigh Reserve and Rodney Reserve, towards the Weonga reserve playground. After the Bull statue, turn left onto Weonga Rd, sticking to the right-hand-side footpath.
- At the end of Weonga Rd, turn right back onto Military Rd. Be sure to take your instaworthy photo at Dudley Page Reserve, with the stunning Sydney harbour as your backdrop! If you choose to do this, please be very careful when crossing Military Rd back and forth.
- After 290m on Military Rd, turn right onto Lancaster Rd. At the end of Lancaster Rd, pass through a little white fence to join the timber walkway of the Waverley Cliff Walk.
- Take the sneaky stairs left towards Oceanview Ave, then right onto Ray St. Stay straight at Kimberley Rd, to join the Diamond Bay Reserve timber boardwalk. As you walk down the steps into Diamond Bay, you'll feel like you're stepping into a tropical rain forest. The track goes around Rosa Gully, an inlet between the cliffs that is a popular place for rock climbing.
- Continue straight along Chris Bang Cres, and following the footpath around to the left towards Clarke Reserve. Pass through Clarke Reserve to Christison Park Luv Stop! Only 30km to go!
- Grab a snack, refill your water and take a quick rest! When you're leaving, make sure you cross the timing point as a team and that your bib is on your front!

Vaucluse 30km start & Luv Stop to Double Bay Luv Stop



KEY

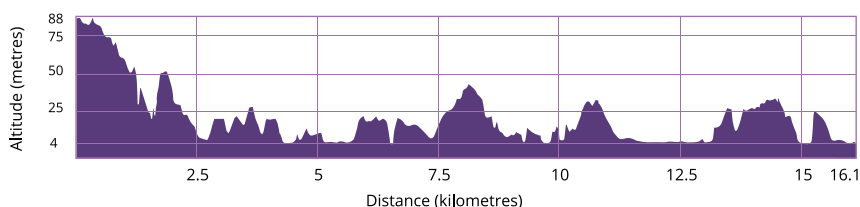
- Route
- Start
- Luv Stop
- Public Toilets
- Road Crossing
- Next/Previous Section



SYDNEY COASTREK 60KM, 45KM & 30KM

Vaucluse 30km Start & Luv Stop to Double Bay Luv Stop

Distance	Cumulative distance			Must leave Double Bay Luv Stop by
	30km event	45km event	60km event	
± 16.5km	± 16.5km	± 33km	± 48km	8:30pm

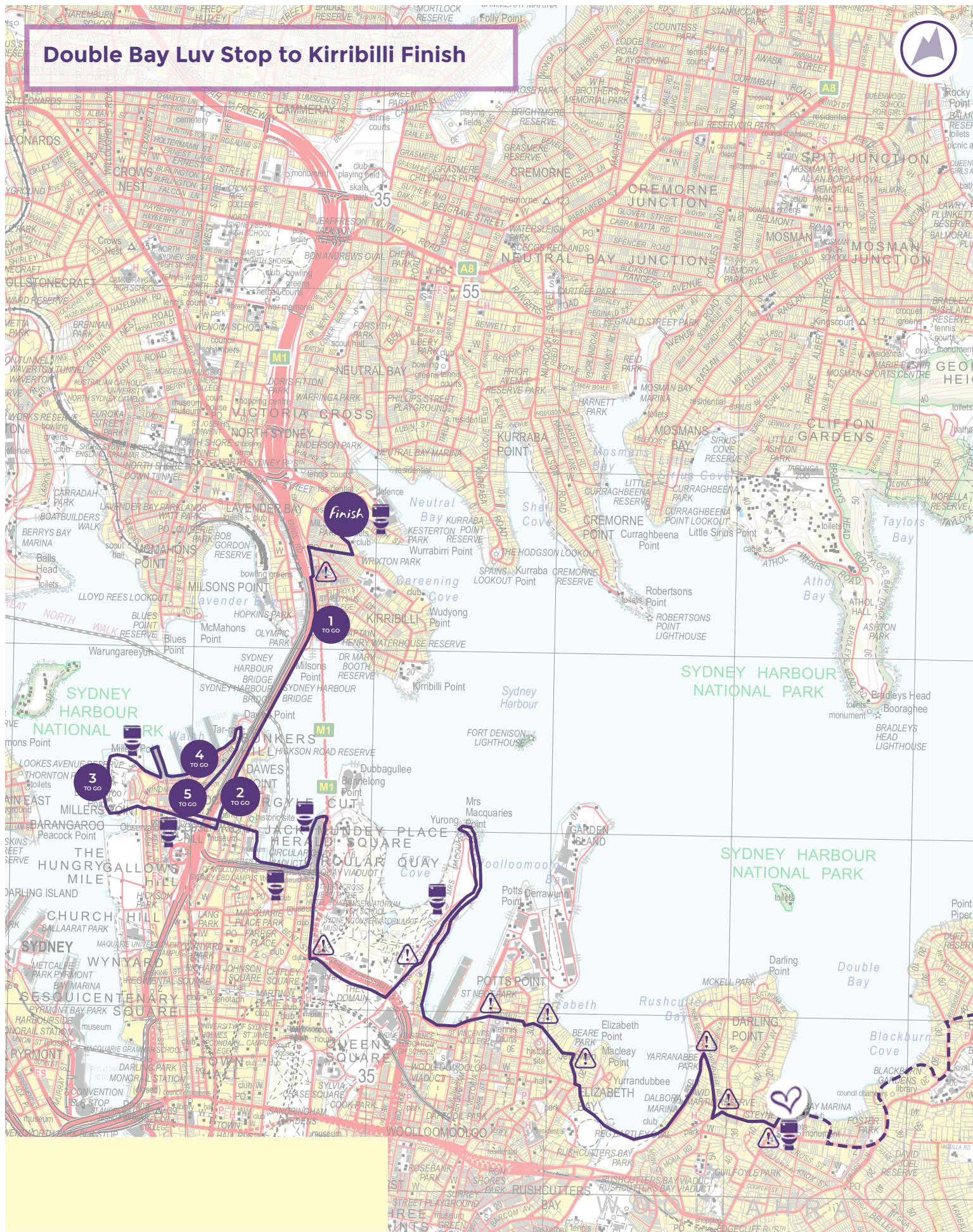


TRACK NOTES

30km event starts here

- As you leave the park you'll walk through the Lighthouse Reserve, past the famous Macquarie Lighthouse. Constructed in 1818 and rebuilt in 1883, the Macquarie Lighthouse is the oldest lighthouse in Australia.
- Pass the Signal Hill Battery on your left and join the footpath on the right-hand-side of Old South Head Rd. After approx. 195m, veer right onto the Federation Cliffs Walk towards The Gap.
- Follow the windy Gap Bluff Walking Track. Approx 10, after the Gap lookout, turn right up the steps to continue along the Gap Bluff Walking Track. When the track forks, take the left-hand-side path to Gap Bluff Rd. Turn right along Gap Bluff Rd for approx. 270m. Take a hairpin sharp left turn onto Hornby Light Rd, crossing at the zebra crossing.
- Continue left along Hornby Light Rd until Cliff St. Safely cross Cliff St while turning sharply to your right. Follow Cliff St on the left-hand-side of the road via the footpath towards Camp Cove beach.
- Join the South Head Heritage Trail and take in the breath-taking views of Sydney Harbour. Turn right at the point and gaze upon the beautiful Hornby Lighthouse. Continue to follow the South Head Heritage Trail around the point, then take the Trail to the left – returning to the Trail but now you're going in the opposite direction!
- At Camp Cove Beach, continue straight to walk the sand of Beautiful Beach. At the end of the beach take the rock steps up to the staircase and turn right to join the Green Point Walking Track around Laings Point, to Pacific St.
- Travel along Pacific St for 300m, then turn right onto Cove St; right onto Short St, then left onto Marine Pde. Walk along Watsons Bay Beach to Gibsons Beach, passing Doyles on the Wharf, Dunbar House, Vaucluse Yacht Club and Watsons Bay pilot Station.
- Turn left just before Gibsons Beach Reserve onto Marine Parade. Turn right at Hopetoun Ave for 110m, then turn right onto The Crescent. At 18 The Crescent veer right onto the reserve towards the Parsley Bay Bridge. If you miss it, it's a long way around!
- Turn right onto Fitzwilliam Rd and follow it for 240m. Veering right towards Wentworth Rd. Cut across Vaucluse Park, to Coolong Rd, turn left then right back on to Wentworth Rd. Continue to follow Wentworth Rd and onto Vaucluse Rd.
- Turn right onto Steele Point Rd for 55m before turning right at the sign at that says "Workshop > 1 Steel Point Rd". Then after a quick 32m, turn right onto Mount Trefle Track. Travel through the bush track to Steele Point Rd at Greycliffe House and turn left.
- After 100m, you will be led through one of Sydney's hidden treasures... the Hermitage Foreshore Walking Track which passes small, secluded beaches.
- Hermitage Foreshore Walking Track will finish as you reach Bayview Hill Road. Turn right onto Tivoli Ave, past the iconic Kambala School onto New South Head Road, turn right. Follow this road which leads you into Rose Bay.
- Cut through Tingira Memorial Park to turn right onto Vickery Ave. Follow the waterside path around Lyne Park to join the coastal path adjacent to New South Head Rd.
- Cut through Rose Bay Park on your right to Wunulla Rd. Keep left when Wunulla Rd splits and continue along the footpath for another 260m.
- Turn right down the secret stairs between 3 and 5 Wyuna Rd to Wolseley Rd and turn left. Follow Wolseley Road all the way around Point Piper and check out the most amazing houses.
- Returning to New South Head Rd, turning right for 100m. Turn right down St Mervyns Ave to Seven Shillings Beach. Wander the sand, then exit the beach using the furthest set of steps opposite the Murray Rose Pool.
- Follow the (many) steps up past Woollahra Council before turning right back onto New South Head Rd. Veer right onto William Street, Double Bay. Turn right down Beach Rd, then left to travel along the coastline of Double Bay Beach.
- At the end of the beach, you'll enter Steyne Park, the Double Bay Luv Stop! 14 km to go, Woohoo!
- Grab a snack, refill your water and take a quick rest! When you're leaving, make sure you cross the timing point as a team and that your bib is on your front!

Double Bay Luv Stop to Kirribilli Finish



KEY

— Route

--- Next/Previous Section



Finish



Luv Stop



Public Toilets



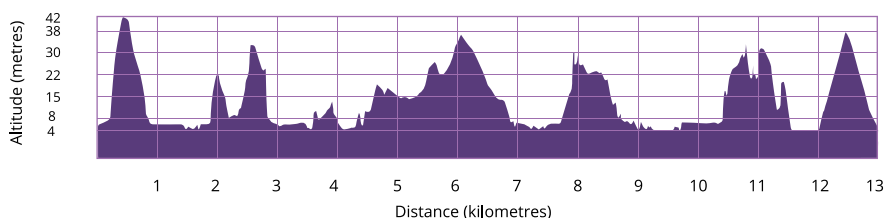
Road Crossing



SYDNEY COASTREK 60KM, 45KM & 30KM

Double Bay Luv Stop to Kirribilli Finish

Distance	Cumulative distance			Must leave Finish by
	30km event	45km event	60km event	
± 13.5km	± 30km	± 45km	± 60km	12:30am Sat 26 March



TRACK NOTES

- Depart the Luv Stop and walk-up Ocean Ave to the edge of the park, then turn right onto Marathon Mews then take the stairs up to Marathon Rd.
- Cross and turn left onto Darling Point Rd, take a hairpin right turn onto Yarranabbe Rd and safely cross Yarranabbe Rd so you are walking on the left-hand-side of the road.
- Take a sharp left turn onto New Beach Rd via the steps down and designated pedestrian crossing towards Yarranabbe Park. Walk alongside the park on New Beach Rd, past the Cruising Yacht Club of Australia with views of Garden Island and the Sydney Harbour Bridge.
- Veer right off New Beach Rd to wander through Rushcutters Bay Park along the waters edge.
- Exit the park via the stairs up to Holdsworth Ave. After 100m, turn left at Elizabeth Bay Rd, cross Roslyn Gardens at the zebra crossing, then cross Elizabeth Bay Road using the designated pedestrian crossing. Continue straight to travel along Ithaca Rd to Billyard Ave. Cross Billyard Ave to walk on the right-hand-side and turn left. After 245m, cross Billyard Rd again and take the steps up between 17 and 19 Billyard Ave.
- Weave through the houses to Challis Ave, walk along Challis Ave to Victoria St and turn left. After a quick 40m, turn right, while safely crossing Victoria St to take the McElhone stairs down to Cowper Wharf.
- Continue straight to cross Cowper Wharf Roadway at the traffic lights.
- Turn left to walk passed the Cowper Bay wharves. Veer slight right to travel along the front of the wharf terraces, the across the timber bridge towards Mrs Macquarie's Chair.
- Continue along the water side pathway passed Andrew Boy Charlton Pool to Mrs Macquarie's Point. Check out that view!
- Turn around and take the higher-level walkway towards Mrs Macquaries Rd. Follow Mrs Macquaries Rd to Art Gallery Rd. Cross Art Gallery Rd at the zebra crossing and turn left. Continue along Art Gallery Rd for 90m, before turning right through the Domain (just before the café).
- Cross Hospital Rd at the zebra crossing, around the State Library of NSW. Use the Zebra crossing to Macquarie Street and turn right. Crossing the entry/exit to the Eastern Distributor using the traffic lights before continuing down Macquarie St to the Opera House.
- Admire the Sydney's Iconic landmarks while veering left around the Allen C Lewis Fountain to walk along the water side of Circular Quay.
- Travel past the Circular Quay wharves to the Oversea Passenger Terminal (OPT). Turn left at Circular Quay West with the Museum of Contemporary Art on your left.
- Cross George St at the zebra crossing, the continue straight up Argyle Street (mall).
- Veer right at Munich Brauhaus to continue on Argyle Street on the right-hand-side footpath.
- Turn right onto Lower fort Street. After 250m, cross Lower Fort Street at the Harbour View Hotel using the zebra crossing. Continue Lower fort street, same way, but you're now on the left-hand-side footpath.
- At the end of Lower fort Street, take the two sets of steps down to Hickson Road and turn left.
- After approx. 100m, cross Hickson road carefully, using the concrete islands. Continue on Hickson road to your left.
- Pass pier 1 and make your way through a small carpark to wander across a bridge over the water towards pier 2/3.
- Take the stairs up through the breezeway of pier 2/3. Take the steps down then veer left. Take the stairs up through the breezeway of pier 4/5. Take the steps down then veer left, again.
- Pass the restaurants, cafes, sculptures and pier 6/7, within the Walsh Bay precinct. Until you get to pier 8.
- Turn right to follow the pathway around Pier 8. Once you have made it around the pier, stay straight to exit the Walsh Bay precinct follow the pedestrian path adjacent to a boom gate.
- Turn left on exit, before turning right into Barangaroo Reserve.
- Enjoy a stroll along Wulugul Walk to The Cutaway. Just before The Cutaway, turn left up the stairs to Munn St and turn right.
- Cross High St to travel along Argyle Place. Cross Kent St at the zebra crossing to continue along Argyle St. After 65m, veer right onto Watsons Road.
- Pass through the Bridge Stairs archway, taking the steps down (keep left).
- After passing under the bridge via to Bridge Stairs, take a sharp hairpin left turn to continue up the Bridge Stairs.
- Exit the stairwell and veer left to follow the ramp alongside the Bridge to your left.
- Cross the Sydney Harbour Bridge, a complete picturesque walk with plenty of gorgeous viewing points.
- Exit the Harbour bridge footway via the stairs down to Broughton St. Cross Broughton St at the traffic lights to the other side and turn left.
- Turn right down Willoughby St to McDougall St and turn left.
- Pass the Ensemble Theatre, before finally turning right into Milson Park. **YOU DID IT!**

COASTREK 2022
EVENT MAP BOOK
WALKING FOR MENTAL HEALTH

SYDNEY



www.coastrek.com.au



Proudly supporting

**Beyond
Blue**