




# Coastrek Sydney 2026 - 30km Event

## ROUTE INFORMATION

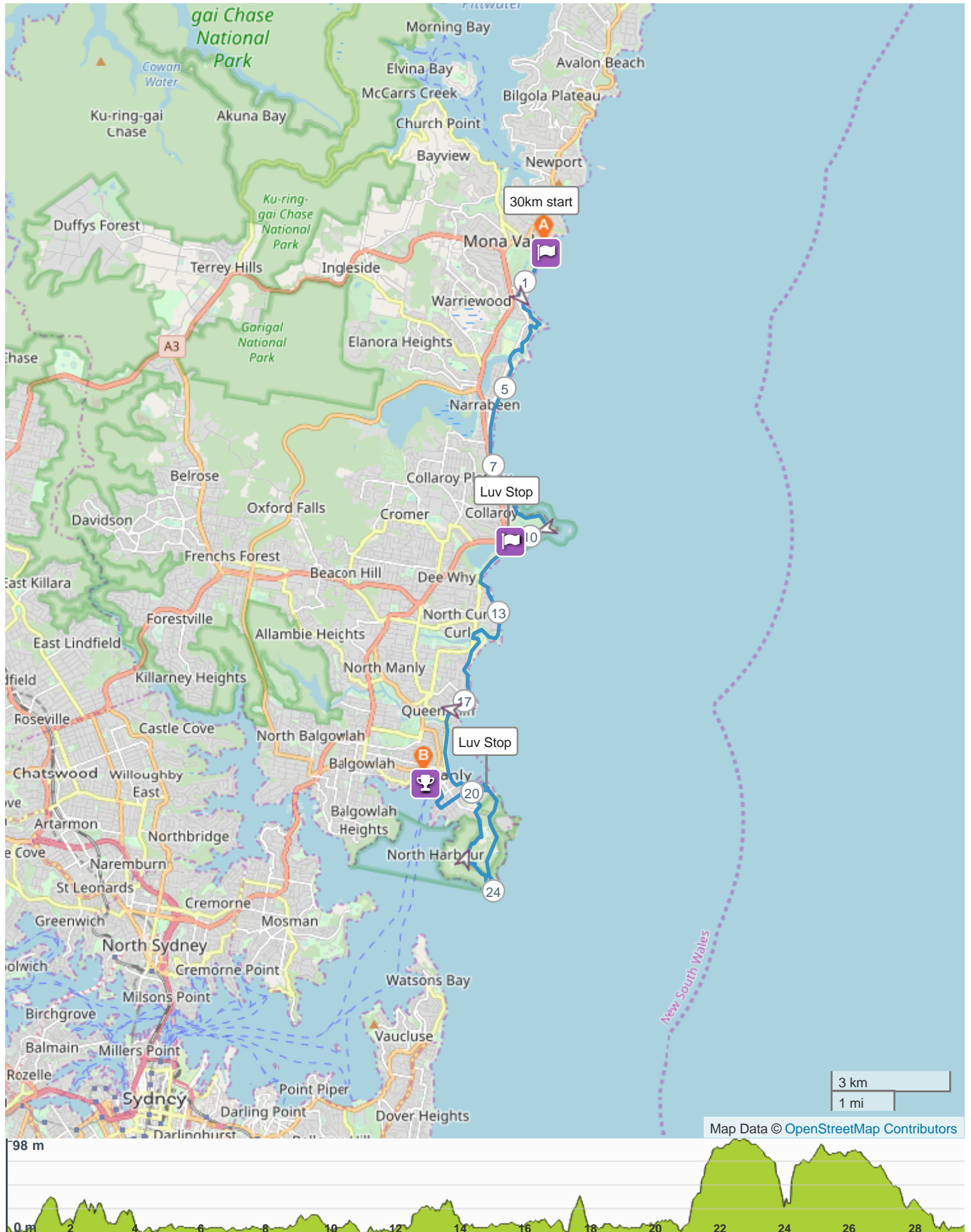


ROUTE LENGTH	29.539 km
ASCENT	491 m
DESCENT	490 m
HILLS	⬆ 44.5%   ⬇ 39.6%   ➡ 15.9%
TERRAIN	Mixed 
START	<b>LAT:</b> -33.679081, <b>LNG:</b> 151.313896






















## NOTES

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## ROUTE DIRECTIONS

No	Km	Turn	Directions
1	0.000		30km Start
2	0.814		Exit Mona - Exit Mona Vale beach at the Southern end, at Robert Dunn Reserve
3	0.994		Turn left to follow Narrabeen Park Pde
4	1.427		Turn left & take the stairs down to Warriwood Beach
5	1.652		Turn right to walk along Warriewood Beach
6	1.834		Exit Warriewood Beach at the Southern end, and ascend the grassy bank to the far (Eastern) corner of the Warriewood SLSC
7	1.936		Follow Warriewood walking track past the lookout, through Warriewood Park & towards Turimetta Head lookout
8	2.220		On your way up to Turimetta Head the track exits into a small grassy clearing. Stay to the left & follow track out to the Eastern-most point
9	2.805		Veer left to continue around Turimetta Headland
10	2.876		Turn left down the stairs towards Turimetta Beach
11	3.282		Exit Turimetta Beach at the Southern end, via the bush track
12	3.368		Walk through the grassy clearing and continue on the bush track towards Narrabeen Head
13	3.653		Turn sharp right to continue on the Narrabeen Headland bush track
14	3.778		Turn left to continue on Narrabeen Headland bush track
15	3.815		Take the wooden stairs down towards Narrabeen Lake carpark
16	4.157		Cross Narrabeen Lagoon via the Ocean St footbridge
17	4.279		Turn left into the carpark then up the stairs towards North Narrabeen SLSC.
18	4.441		Turn right onto Narrabeen Beach - enjoy the walk!
19	7.557		Exit Narrabeen Beach at the Southern end, just after The Collaroy. Continue along the foreshore concourse
20	7.851		Turn right up the stairs just before the public toilets towards Stanley & Florence Twight Reserve
21	7.938		Continue along the grassy verge immediately East of the houses, towards the stairs descending to Fisherman's Beach/The Basin
22	8.319		Continue along Fisherman's Beach & past the Long Reef Golf Course clubhouse. Follow footpath & grassy verge to the East end of Long Reef Headland access road
23	8.705		Carefully cross the road to join the Bicentennial Walkway (after the carpark) that will take you around Long Reef Headland
24	9.135		Veer right to continue on Bicentennial Walkway
25	9.482		Veer right to continue on Bicentennial Walkway
26	9.982		Keep right onto Bicentennial Walkway
27	10.049		Turn slight left onto Bicentennial Walkway
28	10.527		Keep left onto Bicentennial Walkway

No	Km	Turn	Directions
29	10.569		 Luv Stop - Long Reef
30	10.597	←	Exit the Luv Stop and head down onto Long Reef Beach towards Dee Why
31	11.999		Turn left - Turn left along the concourse at Ted Jackson Reserve towards the Luv Stop
32	12.098	↖	Exit Dee Why beach & walk along the path towards Dee Why pool
33	12.325	↗	Turn right up the stairs after the public toilets and turn right again to follow the coastal footpath
34	12.481		Turn left onto the bush track around the headland, keeping to the track around the outer edge
35	13.495	↖	Keep left onto Cobbers Way
36	13.574		Follow the path along the lagoon.
37	13.767	↘	Turn sharp right onto Cobbers Way
38	14.013	↙	Take the path down to the lagoon
39	14.015	↙	Turn sharp left
40	14.054	←	Turn left
41	14.055	↖	Follow the track alongside the lagoon
42	14.330	←	Turn left
43	14.562	←	Turn left & walk over Griffin Rd bridge
44	14.660	←	Turn left to follow the path into the park
45	14.880		Continue along the path along Curl Curl beach
46	15.830	→	Turn right up the stairs
47	16.424		At the end of the coastal pathway turn right up the stairs
48	16.440	↙	Turn left at Lumsdaine Dr, keeping to the footpath
49	16.554	↖	Continue on the footpath around the Mackillop carpark
50	16.780	↗	Follow footpath to the toilet block and take the stairs to the left towards Freshwater Beach
51	16.993		Turn left to walk along Freshwater Beach
52	17.338	↖	Exit Freshwater beach at the Southern end, via the windy ramp/stairs to Bridge Rd
53	17.566		Continue straight on Bridge Rd, over to the Queenscliff lagoon
54	17.894		Continue on the path following along beach
55	19.576	↖	Keep left past Manly SLSC, to follow the coastal path towards Shelly Beach
56	20.485	↖	Turn slight left onto Bower Street
57	20.503	←	Turn left and follow the path around Shelly Beach Reserve
58	21.007	←	Turn left onto Blue Fish Track
59	21.186	→	Turn right onto Blue Fish Track
60	21.288		Pass through the hole in the sandstone wall, watch your head! Continue on the windy bush path

No	Km	Turn	Directions
61	21.307	↓	Turn right onto Blue Fish Track
62	21.872	↖	Cross Bluefish Dr to the other side, then turn left to follow the path that travels alongside Bluefish Dr
63	21.989		Keep right to continue on the bush path (don't follow Bluefish Dr here, it veers off course!)
64	22.133		Continue straight at Gunner Rd
65	22.226	↗	Keep right onto the Avenue of Honour
66	22.968		At the fork, keep left to continue on the Avenue of Honour
67	23.099	↖	At the next fork, veer left to continue on the Avenue of Honour
68	23.177		FUN FACT: this cobblestone avenue was created as a memorial to local soldiers killed in the First World War
69	23.453	←	Turn left to follow the North Head Scenic Drive
70	23.634	←	Turn left onto Fairfax Walking Track
71	24.226	←	Exit the Fairfax Track & walk towards North Head Scenic Dr
72	24.520	←	Turn left onto North Head Scenic Dr
73	24.835	↘	Cross over the pedestrian crossing & turn sharp right onto North Fort Road
74	24.858	↙	Turn sharp left onto the bush track
75	24.955	←	Turn left onto the trail
76	25.796	↗	Keep right towards St Barbaras Ave
77	26.098	←	Turn left onto North Fort Road
78	26.318	↗	Turn slight right onto North Head Scenic Drive
79	26.813	←	Turn right onto Bluefish Dr, then sharp left onto the trail
80	27.020	↘	Turn left through the wall & gate towards St Patrick's
81	27.459	→	Turn right down the stairs
82	27.571	←	Turn left onto Montpelier Place
83	27.590	→	Turn right onto Reddall Street
84	27.747	↖	Turn left onto Addison Rd
85	28.403	→	Turn right onto Stuart St
86	28.568	→	Turn right onto East Esplanade
87	28.616		Keep left to follow the path down towards Manly Cove past the Manly Yacht Club
88	28.813		Follow the Manly Cove foreshore past Manly Wharf
89	29.501	←	Turn left
90	29.539		 Finish Village - woohoo!