

Sydney Coastrek 2019 Route Information

Maroubra to Rushcutters Bay (60km event only)

1. Starting on the sparkling beach of Maroubra, in the Eastern Suburbs of Sydney you'll follow the coastal footpath past Mahon Pool, Mistral Point and Rob Walker Rock Pool.
2. South Coogee Wetlands is an area of regenerated coastal wetlands that are now very accessible thanks to a newly built boardwalk which you will follow onto Trenerry Reserve, a flat expanse of green perfect to widen your stride and take in the great views of the ocean.
3. 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.
4. Pass Coogee Surf Club and drop down onto Coogee Beach. Use this opportunity to break the pavement pounding – take off those shoes, paddle in the sea, and stroll the soft white sand. 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.
5. 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.
6. 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.
7. Highlights include Gordons Bay, Clovelly Beach, 500m long cliff top board walk with views to Calga Reserve, Bronte to Tamarama taking the easiest part of the coast walk, before dropping past the iconic Icebergs swimming pool in Bondi's south.
8. 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.
9. Once you've walked the length of the beach, wind your way up the north end of Bondi along Military Road. Follow direction from traffic marshals and wear your high vis along these road crossings.
10. The Military Road section takes you off the coast slightly but we will keep you on the coastal pathway wherever possible! Keep an eye out for Raleigh St leading onto Raleigh Reserve to lead you back onto the coastal pathway. You will again be brought onto Military Rd at Weonga Rd, past Dudley Page Reserve, then back onto the coastal path at Lancaster Rd
11. Be sure to take in the view from Dudley Page Reserve, with the stunning Sydney harbour as your team selfie backdrop!
12. Get back onto the coastline and follow the timber walkway leading you into Diamond Bay Reserve with million-dollar views over dramatic cliffs - this is the start of Federation Cliff walk. 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.

13. Keep hugging the coast until you reach your first LUV Stop at Christison Park. You are 16.5km into your journey! That's more than $\frac{1}{4}$ of the way woohoo! We will look after you here with services and snacks.
14. 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.
15. Continue towards The Gap along the coastal cliff walk, eventually dropping down into Watsons Bay. Follow route marking or maps.me carefully to ensure you are taking the correct path.
16. The walk from Watsons Bay to Rose Bay is a reasonably flat and easy path through the streets of Vaucluse.
17. Don't miss the path to Parsley Bay suspension bridge, off The Crescent. If you miss it, it's a long way around!
18. Walk across Parsley Bay suspension bridge along the widening streets. You'll need to keep careful watch of your maps.me and route marking through this section as there are a few twists and turns.
19. At the end of Coolong Rd, you'll be in for a treat! Enter Nielsen Park, step onto Shark Beach, and you will be led through one of Sydney's hidden treasures... the Hermitage Foreshore Walk which passes small secluded beaches.
20. Hermitage Foreshore Walk will finish as you reach Bayview Hill Road then Tivoli Ave, past the iconic Kambala School onto New South Head Road. Follow this road which leads you into Rose Bay and past Lyne Park.
21. Lyne Park is a great spot for your support crew to meet you (4km before LUV Stop), with plenty of parking and a café and toilet available.
22. Past Lyne Park, continue along New South Head Road, past Rose Bay Police Station, then Woollahra Council, before dropping into William Street, Double Bay.
23. Continue past Steyne Park, and don't miss the turn off onto Yarranabbe Rd leading you onto the waterfront for more gorgeous views, and past Rushcutters Bay Marinas, into Rushcutters Bay Park for your next LUV Stop!
24. Past Yarranabbe Park and the Cruising Yacht Club for views of Garden Island and the Sydney Harbour Bridge. Whilst in the area you will see some magnificent nineteenth century properties including 'Carthona', 'Lindesay' and 'Swifts.'
25. Following the harbour, you will reach Rushcutters Bay Park, your second LUV Stop and a chance to refuel. You're now half way WOOHOO!