

# **Sydney Coastrek 2019 Route Information**

## **Rushcutters Bay Park to Tania Park, Balgowlah Heights (near Manly) (30km and 60km events)**

1. 30km teams will begin their journey at Rushcutters Bay Park, a beautiful harbour side location. It is advised to arrive here by public transport (bus or train). The 60km trekkers will pass through Rushcutters Bay for their half way LUV Stop. The speedy 60km teams may even overtake the 30km starts so keep a look out and cheer these amazing teams as they pass through!
2. Follow the water's edge through the park, then take the stairs up past Elizabeth Gardens through the back streets to Potts Point. Down Challis Ave to the McElhone Stairs. You'll be glad you're going down these and not up!
3. Meander through Woolloomooloo wearing your Hi-vis vest and following traffic marshal directions.
4. Pass by Woolloomooloo and step up into the Royal Sydney Botanical Gardens an oasis of 30 hectares in the heart of the city. Established in 1816, it is home to an outstanding collection of plants from Australia and overseas.
5. Along the foreshore of the garden where it meets the water you'll admire the iconic Opera House before walking around it to see this masterpiece from all angles.
6. Around Circular Quay the bustling ferry hub servicing the surrounding suburbs to the city.
7. Through the Rocks, a neighbourhood of historic laneways in the shadow of Sydney Harbour Bridge. The Rocks was the first European settlement in Australia in 1788.
8. Find the stairs up to the Cahill Expressway. Here you will walk across the iconic Sydney Harbour Bridge and appreciate this gorgeous viewing point showcasing where you have come from and where you are headed on your journey today.
9. You will exit the bridge on the northern end down several flights of stairs walking through residential areas and then onto the stunning foreshore path linking Milsons Point Station to your LUV Stop at Clifton Gardens.
10. Along this foreshore pathway you will pass through Cremorne Point Reserve with a view back toward the Harbour Bridge, stunning Mosman Bay and onto the steep streets of Mosman.
11. Drop down into Sirius Cove and through bush tracks leading past the back of Taronga Zoo and on to Bradley's Head for more spectacular views. This is a great spot to stop for a break and meet your support crew.
12. Bradley's Head walking track takes you through more bush trail, past Taylors Bay and into Chowder Bay and Clifton Gardens Reserve where you will find your LUV Stop with services and facilities to keep you happy and motivated for the remainder of your journey.

13. The Clifton Gardens stop is 18km into the 30km event, and 48km into the 60km event. This is also a great spot for your support crew to meet you as there is plenty of parking.
14. Once you have hydrated and refuelled, continue along the water and pass by the famous Ripples Restaurant.
15. Lucky you've had your break as there's a hill climb ahead! Stop for a rest half way up to Middle Head to take in the view from George's Heights Lookout.
16. Continue through this bushy trail all the way out to Middle Head forts, as far as you can go until you reach a superb lookout spot reaching across to the southern side of Sydney Harbour Heads, looking back to where you came from.
17. Here you can also explore Middle Head's Military significance, including the tunnels, sandstone gun pits and infamous Vietnam War-era 'Tiger Cages'. You can also see a view of Manly and your finish line at Dobroyd Head – so close, yet so far!!!
18. Through bushland and a series of stairs you'll soon drop into Balmoral. Walk the full stretch of Balmoral Beach, and maybe stop into one of the many cafes, before making your way up through a hidden bush trail at the north end.
19. You'll pop out onto a small residential stretch, before cutting across Rosherville Reserve and past Chinamans Beach. Here's your chance for a quick toilet and water refill stop.
20. A short but steep uphill onto Parriwi Road, a long stretch all the way back down to The Spit Bridge, passing Middle Harbour Harbour Yacht Club.
21. Hit the Spit Bridge that connects the north shore to the northern beaches. You'll be unlucky if the bridge is going up for the boats to pass, but you can use this short break for a stretch.
22. Once across, take a right down to Fisher Bay Walk which is the start of the famous Spit to Manly walk. You're on the home stretch now!!
23. You'll soon reach Clontarf Reserve which is a great last spot to meet your support crew, as this is the most accessible spot on the last section of trail, with plenty of parking, toilets, water stations and a café open during business hours.
24. Leaving Clontarf Reserve, follow the sand along for 400m until you reach another bush trail. If the tide is high you have the option of taking the back residential streets here, but be sure to cut back in to access the trail.
25. This final stretch of bush trail will challenge you! Watch your step and use your head torch at night. There are plenty of twists and turns, ups and downs, and hidden beaches, to make your final 2km magical.
26. Amongst the bush trail of Dobroyd Head you will hear the cheers from the finish line to keep you powering on! Soon you will pop up off the trail, up that final set of stairs, and into Tania Park finish line. You made it – well done!!!