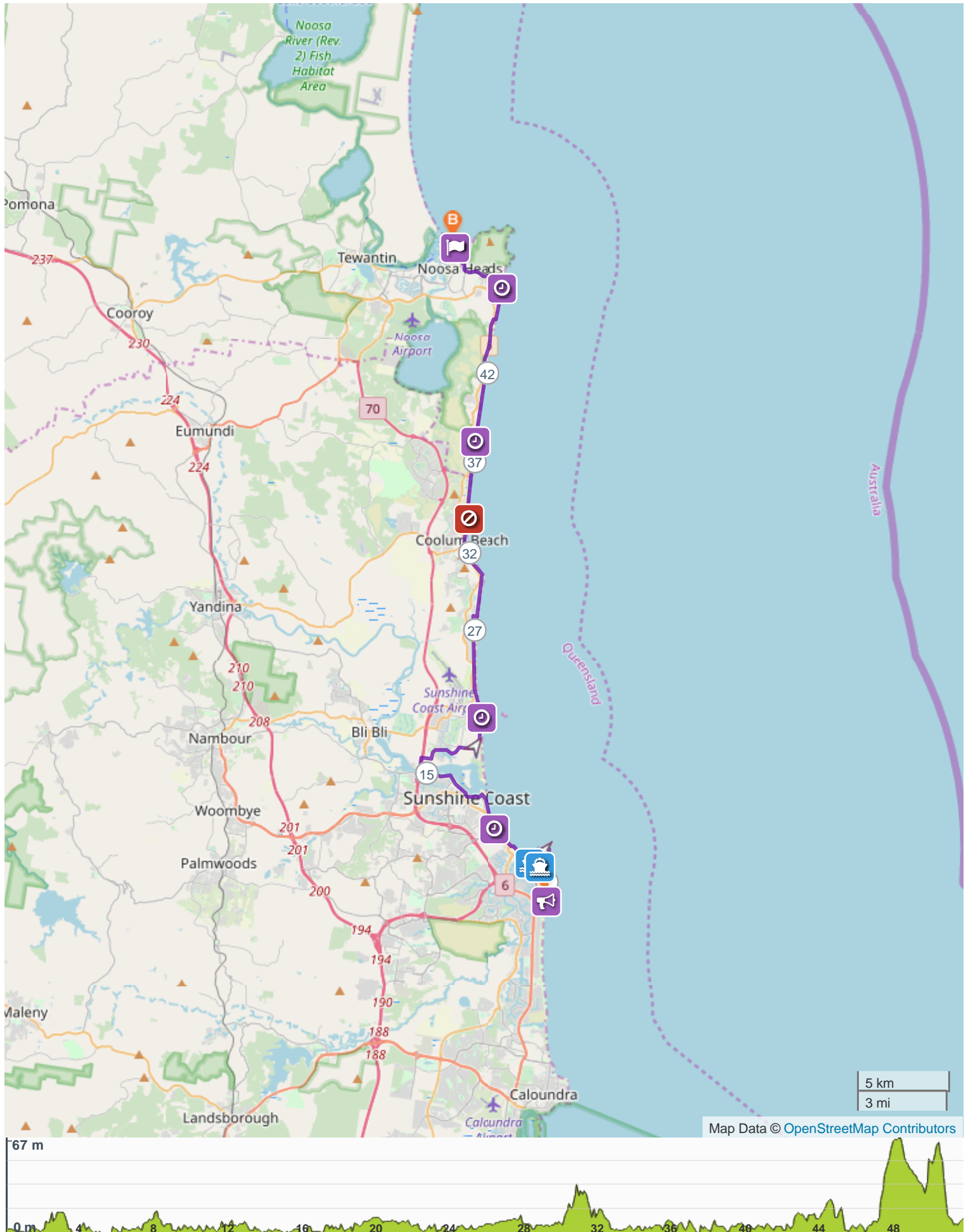










# Coastrek Sunshine Coast 2024 - 50km Map Guide





## ROUTE DIRECTIONS

No	Km	Turn	Directions
1	0.000		 50km start on beach
2	2.010	←	After 2km, turn left to exit beach
3	2.066	→	Turn right onto coastal pathway towards Point Cartwright Reserve
4	2.569	→	Turn right to continue on Nature Walk, Pt Cartwright
5	2.734		Continue up the hill towards the lighthouse
6	2.764		Keep right
7	2.979	↘	Turn sharp right to follow path
8	3.133	↗	Veer right to follow path
9	3.585	←	Turn left to continue on path
10	3.978	↗	Continue straight with the water on your right
11	4.833		 You've reached La Balsa Jetty Boat Ramp. Wait here for the Luv Boat
12	5.543	→	 Disembark the Luv Boat at Parkyn Parade Jetty
13	5.879	←	Cross Parkyn Parade at the pedestrian crossing.
14	5.936		Continue through the grassy reserve.
15	5.952	↖	Continue onto beach via Beach Access 193
16	5.978	↖	Stay on the beach for about 1km to the rocky outcrop at the end of the beach.
17	7.283	↖	Exit Beach
18	7.366	↗	Follow footpath (do not enter the caravan park). Stay on the footpath until you reach Alexandra Headland Surf Club
19	8.822	↗	Follow the path in front of the surf club on the beach side.
20	8.972	↗	 You've reached the Alexandra Headland Luv Stop! Buhk Family Park, Alexandra Parade ±8.5km mark Site closes: 8:30am Toilets, water, podiatry, physio, first aid, snacks, timing point
21	9.091	↗	Jump back onto the via Beach Access 156. Continue on the beach for about 1.5km until you pass Maroochydore SLSC.
22	10.718	↖	Exit beach at Beach Access 141.
23	10.847	←	Turn left & follow the path along Cotton Tree Parade
24	11.132	↗	Turn right onto Cotton Tree Aquatic Centre Carpark
25	11.287	←	Turn left at the Boatshed
26	11.417	→	Turn right to follow the Coastal Pathway

No	Km	Turn	Directions
27	11.862	➔	Turn right over the bridge and follow Duporth Ave.
28	12.790	↗	Veer right onto Picnic Point Esplanade and follow the Coastal Pathway until Maroochy River inlet.
29	13.530	↖	Walk under the bridge, over the bridge and back under the bridge to rejoin the Coastal Pathway on Bradman Avenue Foreshore.
30	14.168	↖	Continue straight past the Chambers Island Bridge.
31	15.302	↖	Turn left & cross Bradman Avenue at Deena Street traffic lights.
32	15.328	➔	Turn right towards the bridge.
33	15.582	↘	Turn right to enter the bridge on Sunshine Motorway to cross the Maroochy River.
34	16.354		Stay on pathway, do not turn onto Godfreys Rd.
35	16.613	➔	Turn right at the red and white sign that reads, 'Private Property - Warning'. Enter the private property which is a large grassland area. We have permission to enter this property on event day only. DO NOT enter during training.
36	17.136	←	At the end of the clearing, turn left.
37	17.493	↗	Turn right onto Sails Court.
38	17.561	←	Carefully cross Stillwater Dr and turn left to join the walking path.
39	17.742	↗	Turn right and follow the pathway along Lake View Drive.
40	18.327	↗	Cross bridge.
41	18.410	➔	Turn right to continue on the walking path.
42	18.638	➔	Turn right to cross bridge.
43	18.700		Follow pathway along Baywater Drive.
44	18.845	←	Cross the Baywater Dr to continue on the path along Seahorse Drive.
45	19.223	←	Cross Seahorse Drive and follow the pathway along Nojoor Road
46	19.436	➔	Cross Nojoor Road & follow Coastal Pathway along Ocean Drive
47	22.000	↗	Turn right into Power Memorial Park, Mudjimba & head towards Mudjimba SLSC.
48	22.145	↗	 <p>You've reached the Mudjimba Luv Stop, Mudjimba Esplanade. ±30km to go Site closes: 12:30pm Toilets, water, podiatry, physio, first aid, snacks, timing point</p>
49	22.161		Head towards Mudjimba Beach.
50	22.243	↖	Walk north along the beach for approx 3.5km
51	25.704	←	Turn off the beach at Marcoola SLSC.
52	25.766	↗	Turn right to head north along the Marcoola Esplanade.
53	26.222	↖	Walk through the fence and follow the Marcoola Yaroomba Foreshore Coastal Pathway.
54	27.639	←	Turn left
55	27.662	➔	Take the sandy path right towards the beach via BA94

No	Km	Turn	Directions
56	27.802	←	Head north along the beach for approx 2.2km
57	29.993		When you reach the rocky headland, depart beach left via the concrete ramp.
58	30.076	↗	Walk around the carpark on the path
59	30.128		Continue on the Foreshore Trail.
60	30.276		Keep right onto Foreshore Trail
61	30.972	↗	Turn right to follow the Coastal Pathway (Coolum Beach - Point Arkwright)
62	30.973	→	Turn right
63	31.365	→	Turn right
64	31.523	↖	Turn slight left
65	31.692	↓	Turn right around the carpark towards Point Perry, check out the view!
66	31.957	→	Turn right onto Coolum Coastal Boardwalk
67	31.961		Continue on the Coastal Pathway.
68	32.095	→	Turn right
69	32.138	→	Turn right onto Coolum Coastal Boardwalk
70	32.407	↗	Turn left before Coolum SLSC to enter Coolum beach, then turn left to walk along the beach.
71	32.536		20km to go! Jump onto Coolum Beach & continue north.
72	33.899		 Potential water crossing - Stumers Creek Potential shoes off zone
73	33.909		 Alt route - Stumers Creek If Stumers Creek is above knee-height and/or rushing water towards the sea on event day, please await further instructions at Coolum SLSC, and via event SMS. You may be advised to take the alt route. The Alt route map can be found on Capra - Coastrek Sunshine Coast collection.
74	38.064	←	Exit beach at BA58 towards Peregrian SLSC.
75	38.152	↗	 You've reached the Peregrian Luv Stop! 5-11 Kingfisher Drive, Peregrian. ±14km to go Site closes: 5:30pm Toilets, water, podiatry, physio, first aid, snacks, timing point
76	38.203	↗	Depart the Peregrian Luv Stop via the Beach Access and head north along the beach.
77	42.425	←	Exit beach at BA44.
78	42.550	→	Turn right onto the Coastal Boardwalk
79	44.880		Keep right
80	45.129	↘	Turn right onto the beach at BA38.
81	45.243	←	Continue north along Sunrise Beach & Sunshine Beach for approx 1.8km.

No	Km	Turn	Directions
82	47.051	←	Exit beach at BA33 up the concrete ramp towards Sunshine Beach SLSC.
83	47.155	↗	 <p>You've reached the Sunshine Beach Kiss Stop! Ed Webb Park, Duke St, Sunshine Beach  ±4.5km to go  Site closes: 8pm  Toilets, water, first aid, timing point</p>
84	47.834	↖	Turn slight left onto Solway Drive
85	50.763	→	Turn right & cross over Halse Lane
86	50.976	←	Turn left in front of the Noosa SLSC carpark
87	51.033	→	Turn right towards Main Beach
88	51.094	←	Turn left onto Main Beach Boardwalk
89	51.684	←	Continue straight ahead
90	51.744		Be careful crossing Claude Batten Drive
91	51.801		 <p>Woohoo! Congratulations, you made it to the finish!</p>