









## ROUTE DIRECTIONS

No	Km	Turn	Directions
1	0.000		 30km start on beach
2	0.001		Walk north along the beach for approx 3.5km
3	3.461	←	Turn off the beach at Marcoola SLSC.
4	3.524	↗	Turn right to head north along the Marcoola Esplanade.
5	3.979	↖	Walk through the fence and follow the Marcoola Yaroomba Foreshore Coastal Pathway.
6	5.397	←	Turn left
7	5.420	→	Take the sandy path right towards the beach via BA94
8	5.559	←	Head north along the beach for approx 2.2km
9	7.751		When you reach the rocky headland, depart beach left via the concrete ramp.
10	7.833	↗	Walk around the carpark on the path
11	7.885		Continue on the Foreshore Trail.
12	8.034		Keep right onto Foreshore Trail
13	8.730	↗	Turn right to follow the Coastal Pathway (Coolum Beach - Point Arkwright)
14	8.730	→	Turn right
15	9.122	→	Turn right
16	9.281	↖	Turn slight left
17	9.450	↓	Turn right around the carpark towards Point Perry, check out the view!
18	9.715	→	Turn right onto Coolum Coastal Boardwalk
19	9.719		Continue on the Coastal Pathway.
20	9.852	→	Turn right
21	9.896	→	Turn right onto Coolum Coastal Boardwalk
22	10.164	↗	Turn left before Coolum SLSC to enter Coolum beach, then turn left to walk along the beach.
23	10.294		20km to go! Jump onto Coolum Beach & continue north.
24	11.656		 Potential water crossing - Stumers Creek Potential shoes off zone
25	11.667		 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.
26	15.821	←	Exit beach at BA58 towards Peregian SLSC.

No	Km	Turn	Directions
27	15.909	↗	 <p>You've reached the Peregian Luv Stop! 5-11 Kingfisher Drive, Peregian. ±14km to go Site closes: 5:30pm Toilets, water, podiatry, physio, first aid, snacks, timing point</p>
28	15.961	↗	Depart the Peregian Luv Stop via the Beach Access and head north along the beach.
29	20.183	←	Exit beach at BA44.
30	20.307	→	Turn right onto the Coastal Boardwalk
31	22.637		Keep right
32	22.887	↘	Turn right onto the beach at BA38.
33	23.001	←	Continue north along Sunrise Beach & Sunshine Beach for approx 1.8km.
34	24.809	←	Exit beach at BA33 up the concrete ramp towards Sunshine Beach SLSC.
35	24.912	↗	 <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>
36	25.591	↖	Turn slight left onto Solway Drive
37	28.521	→	Turn right & cross over Halse Lane
38	28.733	←	Turn left in front of the Noosa SLSC carpark
39	28.790	→	Turn right towards Main Beach
40	28.852	←	Turn left onto Main Beach Boardwalk
41	29.442	←	Continue straight ahead
42	29.502		Be careful crossing Claude Batten Drive
43	29.559		 <p>Woohoo! Congratulations, you made it to the finish!</p>