

SYDNEY TRAIL INFORMATION

FROM	TO	STAGE DISTANCE	TOTAL DISTANCE	SECTION DESCRIPTION	DIFFICULTY RATING*	CHECKPOINT CLOSING TIME
START (UBD Ref: 56 K11) Parsley Bay, George Street, Brooklyn	CHECKPOINT 1 Cowan Park, Bujwa Bay Road, Cowan	15km	15km	The first section tracks through the northern-most reaches of Ku-ring-gai Chase National Park via wide fire trails across the ridge tops before connecting with a rocky and at times steep bush trail past the beautiful Jerusalem Bay before the ascent into the village of Cowan.	4	CP1 Closes Friday 4pm
CHECKPOINT 1 (UBD Ref: 75 C12) Cowan Park, Bujwa Bay Road, Cowan	CHECKPOINT 2 Berowra Community Centre, The Gully Road, Berowra	14km	29km	After departing Cowan, this section soon presents some of the greatest challenges of the entire trail. The trail to the mid way point of this section at the township of Berowra Waters presents a number of steep descents and climbs coupled with a real sense of remoteness. Shortly after the final challenging climb out of Berowra Waters, the route then follows easier undulating fire trails to the outer Sydney suburb of Berowra.	5	CP2 Closes Friday 10pm
CHECKPOINT 2 (UBD Ref: 94 L12) Berowra Community Centre, The Gully Road, Berowra	CHECKPOINT 3 Apple Tree Bay, Ku-ring-gai Chase National Park	13.5km	42.5km	This section begins by retracing your route into Berowra before a short and sharp descent back to Berowra Creek. From the junction at Calna Creek the trail climbs to the suburb of Mt Ku-ring-gai and then continues over the ridge top down towards Cowan Creek and into the picturesque Apple Tree Bay.	4	CP3 Closes Saturday 7am
CHECKPOINT 3 (UBD Ref: 114 M10) Apple Tree Bay, Ku-ring-gai Chase National Park	CHECKPOINT 4 Ku-ring-gai Creative Arts High School, Bobbin Head Road, North Turramurra	8km	50.5km	After a short climb up and over a ridge, the trail travels through the popular picnic areas at Bobbin Head to a mangrove boardwalk from where the section then becomes challenging as it follows a narrow and rugged yet beautiful bush trail. The section concludes with easy fire trails and some suburban streets.	3	CP4 Closes Saturday 9am
CHECKPOINT 4 (UBD Ref: 134 M11) Ku-ring-gai Creative Arts High School, Bobbin Head Road, North Turramurra	CHECKPOINT 5 St Ives Showground, Mona Vale Road, St Ives	9km	59.5km	After departing suburbia, the trail re-enters Ku-ring-gai Chase National Park and follows more beautiful bush trails to suburban St Ives. A series of fire trails then lead into Ku-ring-gai Wildflower Gardens, which offer temporary relief on sealed cycle paths before veering into a final fire trail to the showground.	3	CP5 Closes Saturday 3pm
CHECKPOINT 5 (UBD Ref: 155 K2) St Ives Showground, Mona Vale Road, St Ives	CHECKPOINT 6 Kambora Public School, Kambora Avenue, Davidson	12km	71.5km	To begin the section retraces the route through the Wildflower Gardens, before some brief contact with suburbia. Upon re-entering the bush, the trail follows a series of interconnected undulating fire trails to exit at the suburb of Davidson.	2	CP6 Closes Saturday 9pm
CHECKPOINT 6 (UBD Ref: 155 N16) Kambora Public School, Kambora Avenue, Davidson	CHECKPOINT 7 Davidson Park, Garigal National Park, Killarney Heights	10km	81.5km	Predominately a windy, narrow and at times rugged bush track beside Middle Harbour Creek, this section also includes wider more straightforward fire trails at either end of the section.	3	CP7 Closes Sunday 2am
CHECKPOINT 7 (UBD Ref: 176 A13) Davidson Park, Garigal National Park, Killarney Heights	CHECKPOINT 8 Ararat Reserve, Grattan Crescent, Frenchs Forest	7.5km	89km	The undulating bush trails on this section wind past unique features including a number of small inlets of Middle Harbour, the historic Bantry Bay Magazine buildings and The Natural Bridge.	2	CP8 Closes Sunday 6am
CHECKPOINT 8 (UBD Ref: 176 L10) Ararat Reserve, Grattan Crescent, Frenchs Forest	FINISH (UBD Ref: 217 F10) Georges Heights Oval, Middle Head Road, Mosman	11km	100km	The final section begins with the last of the bush trails before entering suburbia. Once in suburbia the route tracks through some of Sydney's most picturesque suburbs. The final kilometre offers spectacular views of Sydney Harbour.	1	FINISH Closes Sunday 10.00am

NOTE: CHECKPOINT 1 & 4 ARE STRICTLY NO ACCESS FOR SUPPORT CREWS. *Difficulty rating: 1 is easiest stage, 5 most difficult.