



## Written Trail Directions - Sydney 2009

**The START to CHECKPOINT 1**  
**PARSLEY BAY to COWAN PARK**  
CP1 is in Cowan Park, Bujwa Bay Road, Cowan

**Grade: 4**  
**Stage Distance: 15kms**  
**Cumulative: 15kms**

1. Commence at car park at end of George Street at Parsley Bay.
2. From Parsley Bay follow Federation Foreshore Walkway around Flat Rock Point to Danger Road.
3. Follow Danger Road turning left past Hawkesbury River Railway Station to intersection with Brooklyn Road.
4. At intersection turn right into Brooklyn Road and cross road safely to footpath on opposite side.
5. Immediately prior to bridge over railway, turn left at the signposted trailhead onto the Great North Walk (GNW).
6. At top of short climb from trailhead, turn right onto fire trail and follow the GNW marker posts to Brooklyn Dam.
7. At Brooklyn Dam continue on fire trail around southern end of dam **[Milestone 4km]**.
8. On far side of the dam, continue on the fire trail as marked by GNW marker posts.
9. Ensure you take the left fork as marked by GNW marker post and continue to ascend along the marked fire trail.
10. Near conclusion of fire trail at GNW route signage, turn left onto GNW foot track **[Milestone 7.5km]**.
11. Continue to follow GNW marker posts towards Jerusalem Bay. Prior to steep descent to Jerusalem Bay you will pass a sign stating 'Jerusalem Bay >' and '< Brooklyn Dam' **[Milestone 9.5km]**.
12. Continue along GNW past Jerusalem Bay to footbridge across F3 Freeway.
13. Shortly after footbridge over Freeway, turn left and follow GNW marker posts alongside railway line. Ascend stairs up on to eastern platform of Cowan Railway Station.
14. Once on platform, turn left and only use designated pedestrian crossing point to safely cross railway line. Proceed onto and along western platform to exit ramp prior to northern end of platform.
15. Follow ramp from the railway platform to pedestrian crossing across the Pacific Highway. Cross safely.
16. At far side, turn right onto footpath beside Pacific Highway and continue to Fraser Road.
17. At Fraser Road, turn left and cross road onto footpath and continue to intersection with Chandler Avenue.
18. Turn right into Chandler Avenue. Use the footpath and the left hand side of the road to continue to Cowan Park situated at the end of road. This is Checkpoint 1.

**NOTE: Due to restrictive space, Checkpoint 1 is CLOSED to Support Crews during the event. You will not be able to meet your support crew until Checkpoint 2. Water, electrolyte drinks and only basic foodstuffs will be provided at Checkpoint 1 so ensure you carry your own supplies.**

**Trail Grades: Grade 1 is considered the easiest section and Grade 5 the most difficult.**



## Written Trail Directions - Sydney 2009

### CHECKPOINT 1 to CHECKPOINT 2

**COWAN PARK to BEROWRA COMMUNITY CENTRE**

CP2 is located in Berowra Community Centre, The Gully Road, Berowra

Grade: 5 (hardest)

Stage Distance: 14kms

Cumulative: 29kms

**NOTE: Due to restrictive space, Checkpoint 1 is CLOSED to Support Crews during the event. You will not be able to meet your support crew until Checkpoint 2. Water, electrolyte drinks and only basic foodstuffs will be provided at Checkpoint 1 so ensure you carry your own supplies.**

1. Depart checkpoint at Cowan Park into Chandler Avenue and continue to intersection with Fraser Road.
2. Turn left onto footpath alongside Fraser Road and continue to intersection with Pacific Highway. Turn right across Fraser Road onto footpath beside Pacific Highway.
3. Continue along Pacific Highway to Great North Walk (GNW) trailhead immediately prior to boat sales yard.
4. Enter GNW and continue to follow trail markers to crossing of Glendale Road [**Milestone 2.5km**]. Continue across Glendale Road as signposted to Berowra Waters.
5. Continue to follow GNW marker posts to Berowra Waters. At waters edge of Berowra Creek at Berowra Waters continue along Kirkpatrick Way to GNW trailhead opposite road intersection with Berowra Waters Road.
6. Re-enter GNW bush trail at trailhead on Berowra Waters Road [**Milestone 8.5km**] and continue to follow marker posts towards Berowra.
7. At junction of single file track with fire trail turn right as signposted to Berowra.
8. Continue along fire trail following GNW marker posts straight past signposted track to 'Crosslands' [**Milestone 11.5km**] and on to Crowley Road.
9. Upon reaching Crowley Road, turn left onto unmarked bush track behind community hall and tennis courts.
10. Exit track and turn right into King Street, and continue to crossing of Berowra Waters Road at pedestrian crossing opposite Berowra Christian Community School. (Note: This crossing point is not a standard pedestrian crossing so care must be taken when crossing the road as vehicles are not required to stop when crossing is not managed by wardens).
11. Re-enter King Street and continue to Berowra Community Centre, via the stairs which are located on the bend at the junction with Boundary Street. Checkpoint 2 will be situated within the community centre.

**NOTE: Due to limited parking at Checkpoint 2, during the event Support Crews are asked to arrive no more than 30 minutes prior to their team's expected arrival and to depart promptly after their team's departure.**

**Trail Grades: Grade 1 is considered the easiest section and Grade 5 the most difficult.**



## Written Trail Directions - Sydney 2009

### CHECKPOINT 2 to CHECKPOINT 3

#### BEROWRA COMMUNITY CENTRE to APPLE TREE BAY

CP3 is located at Apple Tree Bay within Ku-ring-gai Chase National Park

Grade: 4

Stage Distance: 13.5kms

Cumulative: 42.5kms

**NOTE: Due to limited parking at Checkpoint 2, during the event Support Crews are asked to arrive no more than 30 minutes prior to their team's expected arrival and to depart promptly after their team's departure.**

1. Exit Berowra Community Centre and take stairs from car park back up to King Street.
2. Follow King Street to crossing of Berowra Waters Road at pedestrian crossing opposite Berowra Christian Community School. (Note: This crossing point is not a standard pedestrian crossing so care must be taken when crossing the road as vehicles are not required to stop when crossing is not managed by wardens).
3. After crossing Berowra Waters Road, turn right to continue along footpath beside Berowra Waters Road.
4. At intersection of Berowra Waters Road and Arcadia Crescent, turn left into Arcadia Crescent. Continue into Creole Street to intersection with Holliday Avenue.
5. Turn right into Holliday Avenue and continue to Joalah Crescent. Turn right into Joalah Crescent and continue for approximately 100 metres to gated fire trail on left hand side of road.
6. Enter fire trail and continue to a steep concreted descent prior to a signposted junction with the Great North Walk (GNW). Care is required at this intersection to avoid confusion as the loop through Checkpoint 2 reconnects with the GNW trail at this location. During the event you will experience 2-way traffic from this point until instruction number 8.
7. Turn right onto the fire trail and continue to a left-hand junction with a single file track which is signposted to 'Crosslands' **[Milestone 2.5km]**.
8. Descend the single file GNW track towards Crosslands and continue until track junction at Calna Creek footbridge.
9. At junction at Calna Creek footbridge **[Milestone 4.5km]**, turn left into Benowie Walking Track (Lyrebird Gully) and continue to follow GNW marker posts to Mt Ku-ring-gai.
10. At end of bush track ascend sealed access road to Glenview Road.
11. Cross Glenview Road onto footpath beside Pacific Highway and continue to pedestrian footbridge. Cross Pacific Highway via pedestrian footbridge.
12. At end of footbridge, cross roadway and continue onto footpath beside Church Street (and over railway and Freeway).
13. At intersection of Church Street and Leeming Street, cross Church Street and enter pedestrian walkway opposite Leeming Street. Continue along pedestrian walkway to its conclusion at Harwood Avenue.
14. Turn right into Harwood Avenue and continue via footpath to its conclusion at fire trail gate at beginning of Mt Ku-ring-gai Track **[Milestone 10km]**.
15. Enter and continue along Mt Ku-ring-gai Track to its conclusion at junction with Berowra Track at waters edge of Cowan Creek.
16. Turn right into Berowra Track and continue to Apple Tree Bay where Checkpoint 3 will be situated.

**Trail Grades: Grade 1 is considered the easiest section and Grade 5 the most difficult.**



## Written Trail Directions - Sydney 2009

### CHECKPOINT 3 to CHECKPOINT 4

**APPLE TREE BAY to KU-RING-GAI CREATIVE ARTS HIGH SCHOOL**  
 CP4 is located at Ku-ring-gai Creative Arts High School, Bobbin Head Road,  
 North Turramurra

**Grade: 3**  
**Stage Distance: 8kms**  
**Cumulative: 50.5kms**

**NOTE: The section of trail between Checkpoint 3 and 4 is CLOSED FOR TRAINING AT NIGHT to ensure your personal safety and as a condition of Oxfam Australia's use set by the NSW National Parks and Wildlife Service.**

1. Depart Apple Tree Bay via entry roadway. Approximately 200 metres along roadway turn right up bush track signposted to 'Regional Office'.
2. Continue up bush track to Ku-ring-gai Chase Road. Cross road and continue through National Parks Regional Office car park to track head of Birrawanna Track.
3. Take lower left fork of Birrawanna Track and continue to Ku-ring-gai Chase Road trailhead. At trailhead continue to your right towards The Bobbin Inn.
4. Continue past The Bobbin Inn and turn right into Bobbin Head Picnic Grounds. Continue through picnic grounds to Gibberagong Track footbridge at far end.
5. Cross footbridge and continue along mangrove boardwalk [**Milestone 2km**]. At junction signposted 'Rainforest' turn right and continue along unmarked Gibberagong Track. (Caution: The Gibberagong Track is at times slippery and narrow and includes numerous steep drop-offs. For this reason the section of trail between Checkpoint 3 and 4 is closed to training at night).
6. Take care to locate an indistinct unsignposted track junction on your left approximately 150 metres prior to the trail crossing a creek. Turn left and ascend indistinct track to unmarked fire trail. If you do reach the creek crossing you have gone too far. (Note: Care is required at this location to ensure correct route is taken).
7. At top of climb, turn right onto unmarked fire trail [**Milestone 6km**] and continue to the junction with Murrumbidgee Fire Trail then pass through the two gates prior to entering the cul-de-sac at the end of Murrumbidgee Road.
8. Continue along Murrumbidgee Road to intersection with McTaggart Road. Turn left into McTaggart Road and then shortly after turn right into Kirkpatrick Street.
9. Continue along Kirkpatrick Street to intersection with Du Faur Street. Turn right into Du Faur Street and shortly after turn left into Bobbin Head Road. Continue along footpath beside Bobbin Head Road.
10. Cross road to Ku-ring-gai Creative Arts High School in which Checkpoint 4 will be established during the event.

**NOTE: Due to restrictive space, Checkpoint 4 is CLOSED to Support Crews during the event. Under no circumstances are the grounds of Ku-ring-gai Creative Arts High School to be accessed (except during the event).**

**Trail Grades: Grade 1 is considered the easiest section and Grade 5 the most difficult.**



## Written Trail Directions - Sydney 2009

### CHECKPOINT 4 to CHECKPOINT 5

**KU-RING-GAI CREATIVE ARTS HIGH SCHOOL to ST IVES SHOWGROUND**  
CP5 is located in St Ives Showground, Mona Vale Road, St Ives

Grade: 3  
Stage Distance: 9kms  
Cumulative: 59.5kms

**NOTE:** Due to restrictive space, Checkpoint 4 is **CLOSED** to Support Crews during the event. Under no circumstances are the grounds of Ku-ring-gai Creative Arts High School to be accessed (except during the event).

**NOTE:** Due to a locked gate access is not possible between Ku-ring-gai Wildflower Gardens and St Ives Showground (except during the event weekend).

1. Depart checkpoint at Ku-ring-gai Creative Arts High School and turn right onto Bobbin Head Road and continue past National Park toll gates.
2. Approximately 10 metres past toll gates turn right off Bobbin Head Road into roadway to the Sphinx Memorial. Prior to Memorial turn right onto sealed pathway to the Sphinx Fire Trail.
3. At junction with Sphinx Fire Trail turn right and immediately left into the Sphinx Walking Track. Continue to its conclusion at junction with Warrimoo Walking Track.
4. Turn right onto Warrimoo Walking Track and shortly after cross a creek via high water path or across stone boulders. After the second creek crossing via chiseled path across large stone boulders [**Milestone 2km**], ascend track to connect with fire trail. Continue on fire trail to its conclusion at Timbarra Road (opposite intersection with Warrimoo Avenue).
5. Cross Timbarra Road into Warrimoo Avenue and continue along Warrimoo Avenue to intersection with Phillip Road.
6. Turn left into Phillip Road. Continue along Phillip Road to beginning of fire trail at the end Phillip Road.
7. Enter fire trail and continue to junction with trail to Ku-ring-gai Wildflower Gardens (as signposted 'Wildflower Gardens 250m').
8. Enter fire trail to Wildflower Gardens and continue to junction with sealed cycleway within Gardens [**Milestone 6.5km**].
9. Turn left onto sealed cycleway (Solander Trail) and continue to junction with Browns Trail (also sealed).
10. Turn left into Browns Trail cycleway and continue to junction with Muller Track (near signposted 'Dip' sign). 40 metres past Muller Track junction turn left into unmarked and unnamed fire trail to St Ives Showground. **NOTE: Due to a locked gate on the unmarked and unnamed fire trail off Browns Trail access is not possible between Ku-ring-gai Wildflower Gardens and St Ives Showground (except during the event weekend).**
11. Continue along fire trail and turn right at junction marked with a blue arrow and horse sign. Continue along dirt road past equestrian area to St Ives Showground main arena in which Checkpoint 5 will be established.

**Trail Grades: Grade 1 is considered the easiest section and Grade 5 the most difficult.**



## Written Trail Directions - Sydney 2009

### CHECKPOINT 5 to CHECKPOINT 6

ST IVES SHOWGROUND to KAMBORA PUBLIC SCHOOL

CP6 is located at Kambora Public School, Kambora Avenue, Davidson

Grade: 2

Stage Distance: 12kms

Cumulative: 71.5kms

**NOTE: Due to a locked gate, access is not possible between St Ives Showground and Ku-ring-gai Wildflower Gardens (except during the event weekend).**

1. Exit main arena at St Ives Showground via dirt road towards Princess Anne Equestrian Area. (Caution: Beware of horses). (Note: Instructions 1 to 4 retrace the route into Checkpoint 5).
2. Immediately prior to reaching the equestrian clubhouses and other facilities, veer right and continue to follow fire trail. At junction marked with blue arrow and horse sign, turn left and continue along fire trail.
3. Upon reaching sealed cycleway (Browns Trail), right turn and continue following white line via a right turn into Solander Trail which is also sealed. Pass Endlicher Point [**Milestone 2km**] and continue to junction with fire trail (signposted 'Management Vehicles Only'). Turn right into fire trail.
4. Continue along fire trail and at intersection signposted 'Wildflower Garden 250m' turn left and continue to western end of Kitchener Street.
5. Continue up Kitchener Street to intersection with Mona Vale Road. Cross Mona Vale Road via pedestrian crossing at traffic lights [**Milestone 5km**]. Continue along Kitchener Street to gated entry to unnamed and unsignposted fire trail on left immediately after Trevalgan Place.
6. Enter fire trail and continue to next junction after short concreted descent. Turn left and continue to junction with dirt road. Turn right onto dirt road.
7. Continue on dirt road to junction signposted to 'Pump House'. Turn right and continue past pump house. After passing pump house, at the next vague intersection veer left away from the overhead powerlines. Then shortly thereafter turn right and continue on main fire trail to steel gate at National Park boundary. Pass through gate and continue on fire trail (now known as Quarry Track).
8. Turn right at junction of Quarry Track and Bare Creek Track [**Milestone 8.5km**]. Continue on Bare Creek Track to junction with Cascades Track (as signposted '< Cascades Track >').
9. Turn left into Cascades Track and continue to 'The Cascades'. At The Cascades [**Milestone 10km**], turn left and continue up fire trail to Stone Parade.
10. At end of fire trail, turn left into Stone Parade and continue to intersection with Borgnis Street. Turn right into Borgnis Street and shortly after turn right into Kambora Avenue.
11. Continue along Kambora Avenue to entry steps into Kambora Public School in which Checkpoint 6 will be established.

**NOTE: Under no circumstances are the grounds of Kambora Public School to be accessed (except during event).**

**Trail Grades: Grade 1 is considered the easiest section and Grade 5 the most difficult.**



## Written Trail Directions - Sydney 2009

**CHECKPOINT 6 to CHECKPOINT 7****KAMBORA PUBLIC SCHOOL to DAVIDSON PARK****CP7 is located at Davidson Park in Garigal National Park, Killarney Heights****Grade: 3****Stage Distance: 10kms****Cumulative: 81.5kms**

**NOTE: Under no circumstances are the grounds of Kambora Public School to be accessed (except during event).**

1. Depart checkpoint at Kambora Public School and retrace route via Kambora Avenue, Brogins Street and Stone Parade to the beginning of Cascades Track.
2. Enter the Cascades Track and continue back to 'The Cascades'. At The Cascades **[Milestone 2km]** veer left to enter Middle Harbour Creek Track as signposted. (Note: The Harbour to the Hawkesbury Walking Track marker posts indicate the opposite direction of travel).
3. Continue along Middle Harbour Creek Track keeping the creek to your right. (Note: Trail is at times narrow and rugged so extra care is required).
4. At track junction with Bungaroo Track **[Milestone 5km]**, the track becomes known as 'Governor Phillip Walk'.
5. Continue along Governor Phillip Walk. At junction with concrete service road (Davidson Track) continue straight ahead under pipeline.
6. Continue to follow track alongside creek. Eventually the trail veers left away from the main creek to cross Carroll Creek **[Milestone 7.5km]** above the high tide mark via a series of stepping stones. After crossing creek, turn right at fork into Lyrebird Track which returns to continue following alongside Middle Harbour Creek.
7. The Lyrebird Track enters a small grassy clearing **[Milestone 8.5km]** and then continues as a fire trail all the way to Davidson Park.
8. Upon entering the parklands of Davidson Park, continue to amenities block near which Checkpoint 7 will be located.

**NOTE: The gates to the Davidson Park picnic areas are locked at night from "sunset to sunrise" by the NSW National Parks and Wildlife Service (except during the event). Check local signage to confirm BEFORE you leave your vehicles during training walks.**

**Trail Grades: Grade 1 is considered the easiest section and Grade 5 the most difficult.**



## Written Trail Directions - Sydney 2009

### CHECKPOINT 7 to CHECKPOINT 8

#### DAVIDSON PARK to ARARAT RESERVE

CP8 is located on Ararat Reserve, Grattan Crescent, Frenchs Forest

Grade: 2

Stage Distance: 7.5kms

Cumulative: 89kms

**NOTE: The gates to the Davidson Park picnic areas are locked at night from “sunset to sunrise” by the NSW National Parks and Wildlife Service (except during the event). Check local signage to confirm BEFORE you leave your vehicles during training walks.**

1. Depart Davidson Park checkpoint location near amenities block and continue through parklands towards Roseville Bridge. Shortly after traveling under bridge, veer to left to locate trailhead of Flat Rock Track on opposite side of ramp down from Roseville Bridge.
2. Enter Flat Rock Track and continue to junction with Magazine Track [**Milestone 3km**].
3. Turn right into Magazine Track and at next trail junction turn left down towards beach.
4. Continue to follow Magazine Track past beach and then past the rear of the decommissioned military site in Bantry Bay. (Caution: Beware of barbed wire fence alongside trail behind old military site).
5. The Magazine Track becomes Bates Creek Track (as signposted) near the intersection with a service trail from end of Tipperary Avenue. Continue on Bates Creek Track veering right across a short concrete causeway across Bates Creek.
6. Continue on Bates Creek Track to a four way junction with a fire trail from Cook Street and the Currie Road Track [**Milestone 6km**].
7. Continue straight-ahead onto the Currie Road Track to the junction with the Natural Bridge Track.
8. Turn right into the Natural Bridge Track and continue to the junction of Natural Bridge Track and The Bluff Track.
9. Turn left on to The Bluff Track and continue to its conclusion at the end of Grattan Crescent.
10. From end of Grattan Crescent veer right into Ararat Reserve which is the location of Checkpoint 8.

**Trail Grades: Grade 1 is considered the easiest section and Grade 5 the most difficult.**



## Written Trail Directions - Sydney 2009

### CHECKPOINT 8 to the FINISH

#### ARARAT RESERVE to GEORGES HEIGHTS OVAL

The FINISH is located on Georges Heights Oval, Middle Head Road, Mosman

Grade: 1

Stage Distance: 11kms

Cumulative: 100kms

1. Depart checkpoint at Ararat Reserve via path on far side of the oval (adjacent to amenities block) and turn right into Bantry Bay Road. Continue to its conclusion and enter the fire trail (known as the Engravings Track).
2. Continue on the Engravings Track until its conclusion at Seaforth Oval.
3. Continue through car parking area above Seaforth Oval [**Milestone 2.5km**] to clearing on far side of car park. At far south-eastern corner closest to Wakehurst Parkway, enter bush track as indicated by a trail marker post.
4. Follow bush track to exit near bus shelter beside Wakehurst Parkway (opposite Armstrong Street).
5. Turn right and walk alongside Wakehurst Parkway (with extreme care) until reaching footpath. Continue to follow footpath beside Wakehurst Parkway (which becomes Clontarf Street) until intersection with Dalwood Avenue.
6. Veer right into Dalwood Avenue and continue to intersection with Ellery Parade [**Milestone 4km**].
7. Turn left into Ellery Parade and continue to intersection with Panorama Parade.
8. Turn right into Panorama Parade and continue across Ponsonby Parade to intersection with Edgecliffe Esplanade. (Note: Take care when crossing Ponsonby Parade).
9. Cross Edgecliffe Esplanade at intersection with Panorama Parade and descend Gallipoli Stairs to Battle Boulevard.
10. Cross Battle Boulevard into small road beside main road and continue to access stairs to footpath across The Spit Bridge. (Note: The Bridge has regular opening times as shown on map above so a short delay may be experienced).
11. Cross The Spit Bridge and at far side turn right off footpath onto wooden stairs. Veer right at base of stairs and take pedestrian underpass under bridge. Turn right after exiting underpass and follow roadway to intersection of Spit Road and Parriwi Road.
12. Turn left into Parriwi Road and continue to bus shelter prior to Cyprian Street. At the bus shelter turn left and descend stone stairs onto Cyprian Street. Cross street onto footpath and continue to its conclusion at intersection with McLean Crescent.
13. Cross at intersection with McLean Crescent and descend stairs onto Chinamans Beach [**Milestone 7km**]. Immediately after reaching beach veer right onto path from beach into Rosherville Reserve.
14. Continue parallel to beach through parklands of Rosherville Reserve to access pathway up to Rosherville Road. Ascend pathway to Rosherville Road.
15. At intersection of Rosherville Road and Hopetoun Avenue, turn left and continue along footpath beside Hopetoun Avenue (which becomes Burran Avenue). At intersection of Burran Avenue with Stanton Road, continue to end of Stanton Road.
16. At end of Stanton Road descend stairs onto bush track to northern end of Balmoral Beach and then continue along Balmoral Beach to beginning of the pathway which commences near Bathers Pavilion.
17. Continue along pathway alongside beach to intersection of The Esplanade and Coronation Avenue.
18. Cross The Esplanade onto pathway behind pavilion on Balmoral Oval and follow the sealed footpath in an anticlockwise direction around the oval. At junction with pathway to Middle Head Road, turn right across footbridge and continue up steel stairs to Middle Head Road. (Note: These stairs are closed from "sunset to sunrise" so training at night is not possible).
19. Cross Middle Head Road [**Milestone 10km**] and enter bush path directly opposite crossing point. Continue on bush path to junction with Suakin Drive. (Note: The path from Middle Head Road is closed from "sunset to sunrise" so training at night is not possible).
20. Turn right into Suakin Drive and continue via footpath to Georges Heights Oval. **CONGRATULATIONS! You have reached the FINISH.**

**Trail Grades: Grade 1 is considered the easiest section and Grade 5 the most difficult.**