Waypoints

| Leg | Name / Position / Elevation | Bearing | Distance | Ascent | Time | Comments | Photo |
|-----|---|---------|----------|--------|------|--|-------|
| 0 | start 33°55.062'S, 151° 02.108'E 20 m | | | | | Bankstown Station to Fetherstone St. NB Memorial Gds, Courthouse, War Memorial and 2 tree plantings in memeory of fallen police. | |
| 1 | L 33°54.909'S, 151° 02.104'E 23 m | 359°T | 291 m | 3 m | 0:04 | L of Council Chambers -1963. Joseph Banks (1743-1820 erected 1995 (100yrs of Municipality) 15yrs a city. Paul Keating dedication- 2000. Civic Office Tower. Banks fountain plus other monuments. | |
| 2 | straight 33°54.945'S, 151° 02.064'E 23 m | 223°T | 132 m | 1 m | 0:02 | Return to Fetherstone, R into City Plaza, curve L then R. | |
| 3 | cross 33°55.076'S, 151° 02.039'E 23 m | 189°T | 246 m | 0 m | 0:03 | Cross to Restwell St | |
| 4 | L 33°55.152'S, 151° 02.086'E 21 m | 153°T | 197 m | 0 m | 0:03 | L, Greenfield St - past sports centre. R, Restwell past primary school. Enter City Gardens. Look to | |
| | | Totals: | 12.6 km | 135 m | 3:37 | | |

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|-----|--|---------|----------|--------|------|---|
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| | | | | | | Memorial Oval - check history. |
| 5 | R 33°55.351'S, 151° 02.071'E 15 m | 184°T | 371 m | 0 m | 0:06 | R into Ross then L Vimy. |
| 6 | cross 33°55.444'S, 151° 01.997'E 10 m | 213°T | 236 m | 0 m | 0:04 | Cross rd to Ruse Pk, follow path to stormwater channel. Ruse Pk |
| 7 | L 33°55.967'S, 151° 02.208'E 7 m | 161°T | 1.08 km | 1 m | 0:16 | L into Warren, cross Fairford St at lights, go under freeway. |
| 8 | path 33°56.115'S, 151° 02.357'E 5 m | 140°T | 468 m | 2 m | 0:07 | Keep to brown path, cross bridges when you come to them. |
| 9 | L 33°56.606'S, 151° 02.405'E 1 m | 175°T | 938 m | 1 m | 0:14 | keep L of Salt Pan Creek |
| 10 | climb 33°57.815'S, 151° 02.451'E 3 m | 178°T | 2.32 km | 19 m | 0:38 | Climb, up woodern steps, walk up Henry Lawson Drive to #1002. take L path between houses at bus stop. R at end. |
| 11 | R 33°58.054'S, 151° 02.380'E 37 m | 194°T | 464 m | 34 m | 0:10 | R into Clancy St. |
| 12 | L 33°58.037'S, 151° 02.268'E 41 m | 280°T | 174 m | 4 m | 0:03 | Walk along Clancy St & L into Villiers Res. |
| 13 | R 33°58.096'S, 151° | 202°T | 118 m | 1 m | 0:01 | R Villiers St. |
| | | Totals: | 12.6 km | 135 m | 3:37 | |
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| | 02.240'E 42 m | | | | | | |
| 14 | L 33°58.092'S, 151° 02.052'E 42 m | 272°T | 296 m | 1 m | 0:04 | L into Roma/ Playford St | |
| 15 | end 33°58.265'S, 151° 01.882'E 39 m | 219°T | 486 m | 2 m | 0:08 | At end of Playford St, L into reserve at play equipment. Take bush track behind equipment, follow to fork. | |
| 16 | go 33°58.275'S, 151° 01.811'E 42 m | 260°T | 110 m | 3 m | 0:01 | Go L under power lines. Uneven terrain, at reedy swamp head R to water and Alfords Bridge. | |
| 17 | beach 33°58.350'S, 151° 01.339'E 9 m | 259°T | 802 m | 10 m | 0:17 | Walk on beach to green & white pole. Some rock hopping, then take slightly higher track. | |
| 18 | R 33°58.374'S, 151° 01.227'E 3 m | 256°T | 179 m | 3 m | 0:03 | Turn R on grass past logs and rock piles. | |
| 19 | gate 33°58.441'S, 151° 01.070'E 2 m | 243°T | 272 m | 4 m | 0:05 | R at gate, L and walk beside road to + sign opp Boomerang Res. | |
| 20 | straight 33°58.016'S, 151° 00.924'E 12 m | 344°T | 816 m | 18 m | 0:14 | Follow The River Rd to R at Edinburgh Dr. Cross Neptune Pk. | |
| 21 | R 33°57.818'S, 151° | 048°T | 773 m | 17 m | 0:14 | R then L into Centaur St. Enter | |
| | | Totals: | 12.6 km | 135 m | 3:37 | | |

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|-----|--|---------|----------|--------|------|--|-------|
| | 01.188'E 20 m | | | | | Little Salt Pan Res | |
| 22 | Fbr 33°57.643'S, 151° 01.340'E 5 m | 036°T | 433 m | 0 m | 0:08 | Cross Footbridge, continue L in Virginius Res to Centaur | |
| 23 | cross 33°57.370'S, 151° 01.363'E 7 m | 004°T | 562 m | 4 m | 0:08 | Cross Uranus Rd then L and R into Reserve | |
| 24 | Left 33°57.186'S, 151° 01.111'E 9 m | 311°T | 540 m | 3 m | 0:08 | L into Montgomery Av, R into River Rd to Revesby Station. | |
| 25 | station 33°57.148'S, 151° 00.913'E 12 m | 283°T | 337 m | 3 m | 0:05 | Finish. | |
| | | Totals: | 12.6 km | 135 m | 3:37 | | |