

Waypoints

Leg	Name / Position / Elevation	Bearing	Distance	Ascent	Time	Comments	Photo
0	start 33°51.673'S, 151° 12.726'E 2 m					Meet Circular Quay. Cross road to under train station, R, follow under tracks to lift up to Cahill Expressway. Walk to gardens.	
1	park 33°51.680'S, 151° 12.807'E 10 m	096°T	126 m	8 m	0:02	Enter park take gate on L. Cross park to Lion Gate.	
2	gate 33°51.960'S, 151° 13.114'E 11 m	138°T	756 m	9 m	0:13	Cross park to Lion Gate. Cross Mrs Macquaries Rd x2, veer L to bridge to roof of building on harbour front, follow roof to end and down steps. Follow Cowper Wharf Rd.	
3	stairs 33°52.137'S, 151° 13.357'E 1 m	131°T	662 m	0 m	0:10	Up. steep	
4	R 33°52.131'S, 151° 13.428'E 22 m	084°T	111 m	21 m	0:03	R side of street	
5	cross 33°52.153'S, 151° 13.517'E 30 m	106°T	143 m	8 m	0:02	Ped Crossing over Macleay St.	
6	R 33°52.149'S, 151°	080°T	42.7 m	0 m	0:00	Turn R then say 20m take little lane on L down to	
Totals:			8.07 km	183 m	2:37		

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	13.544'E 30 m					Elizabeth Bay. R at bottom.	
7	fork 33°52.178'S, 151° 13.587'E 18 m	130°T	133 m	1 m	0:03	Take R up to gardens, veer L down steps in mid park, or follow Billard Ave to Beare Pk - toilets	
8	toilets 33°52.217'S, 151° 13.754'E 2 m	105°T	286 m	1 m	0:06	Up Ithacia St, cross Bay Rd then down next L. Holdworth Rd.	
9	steps 33°52.367'S, 151° 13.738'E 3 m	185°T	298 m	14 m	0:07		
10	M tea 33°52.494'S, 151° 13.837'E 1 m	147°T	280 m	0 m	0:04	M. tea under cover of sports stadium or alternate cafe across park. Both toilets.	
11	Park 33°52.447'S, 151° 14.056'E 1 m	076°T	376 m	0 m	0:05	Keep forshore on L and up Yarranabbe Rd - L fork, to Thornton St.	
12	L 33°52.118'S, 151° 14.337'E 36 m	036°T	836 m	36 m	0:16	L to McKell Pk - toilets and great views. U turn down Darling Pt Rd to Eastborne Rd and down Marthron steps. Cross park to beach.	
13	toilets 33°52.013'S, 151° 14.367'E 6 m	013°T	199 m	0 m	0:06	great view if hot water stop.	
14		192°T	627 m	39 m	0:13		
Totals:			8.07 km	183 m	2:37		

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	L 33°52.336'S, 151° 14.286'E 43 m					Left down Eastbourne Rd to Marathon Steps.	
15	Park 33°52.458'S, 151° 14.468'E 1 m	129°T	365 m	0 m	0:09	Cross park, to beach.	
16	R 33°52.421'S, 151° 14.650'E 0 m	077°T	336 m	0 m	0:05	R into Beach Rd. L then R to William St.	
17	Redleaf 33°52.337'S, 151° 14.930'E 17 m	070°T	757 m	21 m	0:13	Wet weather alternate, Redleaf council building veranda, toilets under Annex. Lunch in park or in shade of beach. Beach toilets not always clean.	
18	lunch 33°52.275'S, 151° 14.897'E 1 m	335°T	124 m	0 m	0:03	Shade and wet weather alt lunch.	
19	ramp 33°52.323'S, 151° 14.997'E 22 m	120°T	180 m	22 m	0:04	Ramp to NS Head Rd. Keep on Lside of road.	
20	Crossing - Finish 33°52.272'S, 151° 15.313'E 3 m	079°T	638 m	2 m	0:11	Ped Crossing/lights to bus to catch train to Edgecliff Station or alt continue to ferry.	
21	finish- alt 33°52.271'S, 151° 15.750'E 1 m	090°T	792 m	2 m	0:12	Alt Rose Bay Wharf and coffee. Ferry 30m to city.	
Totals:			8.07 km	183 m	2:37		