

Waypoints

Leg	Name / Position / Elevation	Bearing	Distance	Ascent	Time	Comments	Photo
0	Start 33°52.017'S, 151°10.520'E 14 m						
1	Morning tea 33°51.518'S, 151°11.008'E 39 m	039°T	1.69 km	53 m	0:33	Morning tea and toilets in Gladstone Park	
2	Steep Ascent 33°51.516'S, 151°11.533'E 16 m	089°T	1.23 km	25 m	0:25	Very steep Water stop at end, before turning into Darling Street	
3	Lunch 33°51.119'S, 151°11.420'E 2 m	346°T	2.1 km	36 m	0:40	Lunch can be taken at picnic points within the part There are toilets available and there is an upper lookout There is also a Lower Circuit	
4	End 33°50.803'S, 151°11.154'E 8 m	324°T	1.4 km	30 m	0:26	There is a choice to catch the ferry at Birchgrove Wharf Or: Catch the Bus at the terminus on Louisa Road	
Totals:			6.42 km	145 m	2:05		