

Waypoints

Leg	Name / Position / Elevation	Bearing	Distance	Ascent	Time	Comments	Photo
0	start 33°55.467'S, 151° 09.382'E 5 m					T4 Illawarra Line Station. Climb steps and turn left down stairs.	
1	circle 33°55.419'S, 151° 09.326'E 2 m	316°T	124 m	0 m	0:02	Circle near club house. Follow trail with river on Left.	
2	cross 33°55.355'S, 151° 08.584'E 1 m	276°T	1.34 km	8 m	0:21	Cross road bridge L, Illawarra Rd	
3	L bank 33°55.399'S, 151° 08.524'E 6 m	229°T	123 m	5 m	0:02	Follow trail on L bank - have river on R.	
4	M tea 33°55.124'S, 151° 08.235'E 1 m	319°T	857 m	7 m	0:14	Seats and morning tea and toilets in sports ground. 2 kms	
5	road 33°54.909'S, 151° 08.118'E 5 m	336°T	780 m	4 m	0:12	Cross Wardell Road - straight ahead to bridge. turn L	
6	under 33°54.623'S, 151° 06.937'E 2 m	286°T	2.25 km	7 m	0:35	Under rail bridge	
7	L 33°54.109'S, 151° 05.645'E 2 m	296°T	2.67 km	9 m	0:41	Cross Lees Ave / Second Ave turn L	
8	L Bank 33°54.140'S, 151° 05.627'E 2 m	205°T	116 m	0 m	0:01	Walk on L bank with river on R	
Totals:			15.6 km	88 m	4:11		

Leg	Name / Position / Elevation	Bearing	Distance	Ascent	Time	Comments	Photo
9	tennis 33°53.886'S, 151° 05.190'E 3 m	305°T	874 m	1 m	0:13	Tennis Courts on R turn L at street Maria St into Elliott. See playing fields, play ground and seat and toilets.	
10	lunch 33°53.893'S, 151° 05.085'E 5 m	265°T	199 m	2 m	0:03	Seats in shade and sun. retrace steps to trail with river on L walk on R bank. 8 kms	
11	river 33°53.732'S, 151° 04.719'E 7 m	298°T	937 m	4 m	0:14	Keep river on R.	
12	underpass 33°53.357'S, 151° 04.611'E 11 m	346°T	771 m	5 m	0:12	Underpass Liverpool Rd	
13	Leave Path 33°52.716'S, 151° 04.110'E 20 m	327°T	1.6 km	10 m	0:25	Turn R to Penbrook St	
14	right 33°52.555'S, 151° 04.146'E 23 m	011°T	302 m	3 m	0:04	Right to Barker Rd	
15	L 33°52.657'S, 151° 04.944'E 28 m	099°T	1.25 km	16 m	0:21	L into Redmyre Road	
16	finish 33°52.282'S, 151° 05.633'E 7 m	057°T	1.41 km	5 m	0:24	Strathfield Train station and coffee.	
Totals:			15.6 km	88 m	4:11		