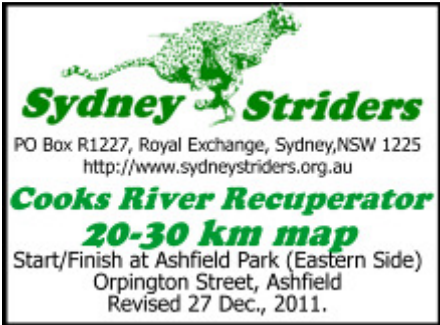


Cooks River Recuperator (30km Option)

- 0.0 Across Park to Cnr Ormond and Pembroke St
- 0.2 R Along Ormond St, Left into Bruce St
- 0.4 R Take pedestrian crossing to other side of and continue along Hume highway
- 0.7 L Victoria St
- 2.2 R Into Canterbury Rd
- 3.7 R Just before Bridge over Cook River – Enter Bike Path
- 4.1 R/L Around Railway Bridge, continue on bike path for the next 6k, crossing Brighton Ave (5.5k) Fifth Av (6.6k), Lees Av (7.1k), under Punchbowl Rd(7.6k), Maria St (8k), under Waters Rd (8.3k), under Hume Hwy (9.3k) after Cave Rd keep going left (Water, Water)
- 11.0 R Melville Ave, Left into Newton Road
- 11.7 L Barker Rd, Follow wall around for 20m
- 11.8 R Bike track and onto Mitchell Rd
- 12.3 R Arthur St, Left into Hampstead Rd
- 12.5 R Bike path (Water)
- 13.1 L Follow path, Bates St
- 13.2 R The Crescent
- 13.6 L Over Bridge into Bridge Rd
- 13.8 Cross Parramatta Rd into Hillcrest St
- 13.9 L Park Rd
- 14 R Bridge over motorway into Pomeroy St
- 14.4 L Bike track
- 15.9 R Toward Treillage/Wetlands
- 16.3 R Over bridge to toilets and water then under Homebush Bay Dr into Victoria St
- 16.8 Over Railway bridge and straight ahead
- 17.1 R Concord Rd
- 17.5 L Yaralla St, becomes Nullawarna Ave
- 18.1 R Norman St
- 18.7 R Majors Bay Rd
- 19.7 L Brewer St, Right into Spring Street
- 20.4 L Greenlees Av, becomes Empire Ave
- 21 R Salt St
- 21.3 R Burwood Rd
- 21.4 L Ward St
- 21.5 R Merceau Dr
- 21.6 L Lyons Rd West
- 23.3 R Great North Rd
- 23.5 L Barnstaple Rd (Water in Park)
- 24.8 R Henley Marine Drive
- 26.2 L Westlink
- 26.9 Take left side path under Bridge
- 28.5 Cross Marion St, go left then right and follow canal
- 29.2 L,L Go over bridge over Parramatta Rd
- 29.3 L Cook St
- 29.4 R Old Canterbury Rd
- 29.5 L Parramatta Rd
- 29.7 L Dover St
- 29.8 R Kensington Rd
- 30.5 L Liverpool Rd
- 30.6 R Gower St
- 30.7 Into Ashfield Park
- 31.0 Finish

SHORT OPTION A
(Subtracts 6.7 km. 24.3 km total)

- 0.0 R Track just before and onto Waters Rd
- 0.0 R Dean St
- 0.0 L Coronation St, Cross Hume Hwy and cont on The Boulevarde (Water before Hwy)
- 0.0 R Morwick St
- 0.0 L Wentworth St, over Railway
- 0.0 R Parramatta Rd, stay on this side of road (Water @ servo before ped bridge) cross pedestrian bridge to other side of Parramatta Rd
- 0.0 L Broughton Street
- 0.0 L Crane St becomes Lyons Rd West



SHORT OPTION B
(Subtracts 3.3 km. 27.7 km total)

- 0.0 R Part way up Barnstaple Rd, cut across Park at top of hill, diagonally
- 0.0 L First Ave
- 0.0 R Heath St
- 0.0 L Henley Marine Drive
- 0.0 R Timbrell Dr, cross CityWest Link and veer right up Chelmsford St
- 0.0 L Waratah Street
- 0.0 R Boomerang St, becomes Dalhousie St across Parramatta Rd into Ashfield Park
- 0.0 Finish




Sydney Striders
PO Box 81221, Royal Exchange, Sydney, NSW 1525
<http://www.sydneystriders.org.au>
Cooks River Recuperator
20-30 km map
Start/Finish at Ashfield Park (Eastern Side)
Orrington Street, Ashfield
Revised 27 Dec., 2011.

Legend	
	Toilet stop
	Water stop
	10 km mark

