Trailwalker Toetwinkler

STAR	т	Georges Heights Oval, Suakin Drive, Mosman		72
0.0				
	L	Suakin Drive Middle Head Rd		
0.2	L			
0.9	R	Muston St		Sydney Striders
1.2	R .	Raglan St to bottom; L along The Esplanade (W,T)		PO Box R1227, Royal Exchange, Sydney, NSW 1225
2.7	onto	beach to end. Up steps, then Right into Stanton Rd		http://www.sydneystriders.org.au
3.1	R	Burran into Hopetoun (lower road)		Trailwalker Twinkletoe
3.5	R	Rosherville Rd.; path into then across reserve		20-30 km map
3.7	R	Maclean St, into Cyprian St. Up steps and R Parriwi		Start/Finish at Georges Heights Oval,
4.9	R	Spit Rd (stay on RHS) *Short Option*13.5 km tu	ırnaroun	Suakin Drive, Mosman. Revised 20 Jun., 2011.
5.3	L	Under bridge on path; then up and over bridge on I	_HS	Revised 20 Juli., 2011.
5.7	R	Up steps on Battle Blvd near Spit Rd.		
5.8	Up	Panorama Pde. L Ellery Pde. R Dalwood		SHORT+ BUSH OPTIONS
7.2	L	Clontarf St, L Callicoma Rd; R Acacia Rd		ort subtracts 11.6 km. 18.4 km total.
7.6	R	Castle Circuit		Bush adds 0.9 km: 30.9 km total.
7.6	L	Wakehurst Pkwy	SHORT	OPTION
8.0	L into	bush at bus stop opposite Armstrong.	0.0	cross Parkway. Turn L. Then R Judith St.
8.5	past	Seaforth Oval (W,T)	0.5	R Manning; R Bardoo becomes
8.7	into	bush track at N end of oval at sign	Woodbi	ne
9.0	strt	on bush track parallel to rd** Bush option **	2.1	R Water Reserve Rd [rejoins long course]
11.4	strt	on along Bantry Bay Rd	BUSH C	
11.7	past	Grattan Ave **Bush option rejoins**	0.0	L Timbergetters track (down!)
12.4	R	footpath over Parkway; To Aquatic Centre.	0.9	R along Bay track by Bantry Bay
12.4	IX	(W,T at fields). **Road option**	1.6	cross creek by fallen tree – path is on left
12.0	D		2.3	L Bluff Track. R at fork 1 km later.
13.0	R	across fields to near skate ramp	3.3	into Grattan Cres past Ararat Res (W,T)
13.0	down	steps to pipeline. L on firetrail, over ladder. Onto	3.6	L Bantry Bay [rejoins 30-km course]
		Curl Curl Track. Follow track down hill, across	5.0	E Bana y Bay [rejoins 50 km coarse]
140		iretrail etc.		
14.9	arrive	at edge of reservoir. Stay on trail by water.		ROAD OPTION
16.7	arrive	at car park (W,T); follow road.		
17.6	pass	playground $(W,T) => R$ on bush track.	0.0	Adds 0.4 km. 30.4 km total.
17.6 17.9	pass R	playground (W,T) => R on bush track. at top of hill onto firetrail. *Road rejoins*	0.0	Adds 0.4 km. 30.4 km total. exit carpark on rd; R Aquatic Drive.
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