

SECTION 4

SOKOL CLUB TO TANIA PARK

SECTION DISTANCE	TOTAL DISTANCE	FUN STOP 3 CLOSING TIME
10km	50km	Sunday 9.00am

WHAT3WORDS	MAP REFERENCE	DISTANCE	INSTRUCTIONS
tried.economies. unable		0.0km	Leave Fun Stop 3 - SOKOL Club by walking Grattan Crescent back down onto The Bluff Track.
leaps.driven.luxury	S4 - A	0.3km	At the signpost, turn left and continue walking along The Bluff Track. About 100m further down the trail, ignore Ghania Mountain Bike Track coming out on your left. Tag your photos as you pass Bluff Lookout: #campqulaitytrek
hype.damp.detail	S4 - B	0.5km	After Bantry Bay Picnic Area, Bay Track becomes Timbergetters Track. Follow this track uphill until you reach Seaforth Oval.
broken.upset. couches	S4 - C	2.3km	After Bantry Bay Picnic Area, Bay Track becomes Timbergetters Track. Follow this track uphill until you reach Seaforth Oval.
edit.camera.speech	S4 - D	3.0km	At the junction turn right and walk towards the Seaforth Oval car park. Follow the footpath around the car park near the building.
bars.thanks.allows	S4 - E	3.3km	At the car park exit, cross Wakehurst Parkway via the pedestrian crossing. Once across, turn right and head along Wakehurst Parkway keeping left near the houses.
exile.engine.maps	S4 - F	3.9km	At the furthest pedestrian crossing at the intersection of Wakehurst Parkway and Castle Circuit, cross the road and turn left continuing south on Wakehurst Parkway.
dairy.raced.burn	S4 - G	4.3km	At the major bend and corner with Dalwood Avenue, continue straight and down Dalwood Avenue, keeping the road to your left. When safe, cross Dalwood Avenue at the corner with MacMillan Street to use the footpath on the other side of the road to avoid walking over residential front lawns. Continue past Peacock Street. Residential Area - Please keep noise to a minimum!
pump.game.dark	S4 - H	4.6km	Turn left into Ellery Parade and continue along the footpath.
stump.layers.tent	S4 - I	5.2km	Turn right into Panorama Parade. Cross Ponsonby Parade with care. Residential Area - Please keep noise to a minimum!
could.paint.holds	S4 - J	5.6km	At the end of Panorama Parade, take the Gallipoli Steps down until you reach Battle Boulevard. Extreme caution to be used on steps, particualry in wet/dark conditions. During the event Trail Marshals will support your descent. At the bottom of the steps, continue towards Manly Road. Residential Area - Please keep noise to a minimum!
table.fuzzy.cans	S4 - K	5.8km	Just before Manly Road, take the path to your right to walk past the car parking area.
grape.milk.scales	S4 - L	6.0km	Near the water prior to Spit Bridge, take the steps down to walk underneath Manly Road to the other side. Continue to walk along Manly to Spit Bridge Walk, keeping the water to your right. Watch out for other path users and cyclists.
wiped.voters.bulb	S4 - M	6.5km	Stay on Manly to Spit Bridge Walk, passing the beaches of Fisher Bay and Sandy Bay.
wizard.violin.windy	S4 - N	7.5km	After Clontarf Marina, keep right and walk around Clontarf Reserve, keeping the water to your right. Why not tag a pic of the harbour? Tag us: #campqualitytrek
banana.exist.enable	S4 - O	7.8km	After the Sewage Pumping Station, cross over the grass area to Monash Crescent. Walk parallel to the beach along Monash Crescent. At the end of Monash Crescent, head down towards the water again to continue along Manly to Spit Bridge Walk.

SECTION 4 CONTINUED....

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empty.brand.myself	S4 - P	8.7km	At the T-junction near Castle Rock Beach, turn right and a few metres further, turn left to continue your walk along Manly to Spit Bridge Walk.
landed.bland.sings	S4 - Q	9.2km	At the intersection with Grotto Point Lighthouse Track, continue straight to stay on Manly to Spit Bridge Walk.
herb.laser.secure	S4 - R	9.8km	At the T-junction near Tania Park, walk straight and then around a corner and some stairs up. Cross Dobroyd Scenic Drive and enter Tania Park. Tag that backdrop as you come up the stairs!!! #campqualitytrek
police.once.scout		10km	You have reached the Finish! - Tania Park, Balgowlah Heights.

SECTION 4 TRAIL PROFILE



NOTES

