

Checkpoint 1

Water, refreshments and first aid

Way to go!

You have walked 5km.

1

41. Take stone stairs to left of green building onto Bungaree's Walkway
42. Continue climbing on track to Gunners Barracks. At the end of the stairs turn left and cross Suakin Road to continue up on the trail path.
43. At the top of the trail path, stay right and follow the sign to Georges Head Lookout. Turn left down the short stairs and continue the trail path to Balmoral Beach.
44. Stay on track until you reach Middle Head Road.

11. Take stairs on right out of park to Kurraba Road, turn right, cross Ben Boyd Road - **Don't follow the Bondi to Manly walk sign**
12. Cross Wycombe Road at the traffic lights, turn left to cross again at the traffic lights. Turn right to continue along Kurraba Road (on the left side of the road).
13. Follow the footpath and veer left along Billong Street.
14. Turn left onto Shellcove Road.
15. Turn right onto Honda Road.
16. Turn right onto Bogota Avenue.
17. Stay on Bogota Avenue up the hill past Cremorne Reserve walkway.
18. Cross Milson Road to take the stairs up to Hodgson Avenue.
19. Continue straight on Hodgson Avenue (right side of the road).
20. Turn left and cross Hodgson Avenue at the intersection with Kareela Road, take the stairs down to Cremorne Walkway.
21. Veer left onto Bromley Ave (**Note: Bromley Ave is the pedestrian-only pathway**), follow the stairs, cross the wooden bridge and continue along waterfront past Mosman Rowers to Reid Park.
22. Continue around Mosman Bay to Ferry Wharf.
23. Across the carpark at Mosman Wharf take the stairs up to Mosman Street.
24. Continue up Mosman Street and cross to head straight on Trumfield Lane (follow the footpath on the left side of the road).
25. Cross Mcleod Street and stay on the right, taking the stairs up Mcleod Street towards Musgrave Street.
26. Cross Musgrave Street and continue on the pathway over the hill to Raglan Street.
27. Turn left on Raglan Street, then cross Raglan Street, down the stairs. Turn left to continue on Raglan street.

Follow the course signage

Start
24km

01. Walk along Hickson Rd and turn left to cross at the pedestrian light. After crossing, turn left, back along Hickson Rd.
02. Turn right up the stairs.
03. Walk through Dawes Point Reserve, turn left to stay under the bridge, and head towards the zebra crossing.
04. Cross George St using the zebra crossing, and head up the stairs.
05. At the top of the stairs, veer left along Cumberland Street. Cross Cumberland street to follow the footpath, until you get to the Harbour Bridge Stairs.
06. Take stairs down to Ennis Rd. Cross Broughton St. at the traffic lights.
07. Turn left towards Kirribilli Hotel.
08. Turn right on Willoughby Street then left on Winslow Street.
09. Continue down stairs, cross Milsons Park and continue on Hipwood Street to Clark Road.
10. Continue on Clark Road to stairs on right leading down into Anderson Park.

28. Turn right into Illawarra Street, head down to Little Sirius Cove.
29. Continue down the stairs to Little Sirius Cove.
30. Continue through Sirius Cove Reserve to the track to Taronga Zoo Wharf.
31. At the Curlew Camp historic site junction, turn left and follow the trail along the zoo boundary.
32. Continue straight, and don't take the stairs down to Whiting Beach.
33. At the Zoo Sky Car entrance, continue straight on Athol Wharf Road, past Taronga Zoo Wharf.
34. Near the Zoo's lower gate, turn right on to Bradleys Head walking track.
35. Continue straight ahead at the Athol Hall and Athol Beach junction.
36. Follow the track to HMAS Sydney Mast on the point.
37. At the hairpin turn on the roadway, go straight on the Taylors Bay walking track.
38. Follow track all the way to Clifton Gardens.
39. Cross Clifton Gardens and on to the far end of the beach.
40. Walk through the building complex and climb the stairs to the Chowder Bay Road turning circle.

Important contacts

In an emergency please call 000
Should you require support on the course please contact the Event Control Centre on 1800 770 122.

Please be sure to always observe the road rules and stick to designated walkways and paths.

Don't forget to keep to the left, we are on public footpaths.

And please respect the environment by disposing of rubbish thoughtfully.

walkforkidscancer.org.au



Checkpoint 3
Water, refreshments and first aid
WOW! 21km!
You're so close to the finish.

Finish

Follow the course signage

Checkpoint 2
Water, refreshments and first aid
Going famously 14km.
You're over halfway!

Start
10km

- 59. Turn right onto Rosherville Road (careful - this looks like a driveway) and walk down to the pedestrian path to Rosherville Reserve.
- 60. Just after the playground turn right onto Chinamans beach. Walk to the end of the beach to continue up the stairs (follow Manly to Bondi Walk signage).
- 61. At the top of the stairs cross McLean Cres and continue on the footpath left of Cyprian Street.
- 62. At the top of the hill, cross Cyprian Street to take the stairs up to Parrivi Road. Continue right towards Spit Road.
- 63. Cross the traffic lights at Spit East Car Park and stay right of Spit Road - continue along the footpath past the shops towards Spit Bridge.
- 64. Stay right and follow the path down to go underneath Spit Bridge. Follow the footpath to loop back up, to cross Spit Bridge on the left side of Spit Road.
- 65. Cross the Spit Bridge on the left side.
- 66. At end of Spit Bridge turn left down the stairs that loop underneath the bridge.
- 67. Continue on Sandy Bay Track to Clontarf Reserve.
- 68. Cut across Clontarf Reserve past the playground towards Checkpoint 3 at the end.
- 69. Go around the big concrete building, cross through the small reserve and turn right onto Monash Avenue.
- 70. At the end of Monash Avenue, head down the path to the beach. Turn left onto the Spit to Manly Walk.
- 71. Follow the Spit to Manly Walk (this is a bush track around 8km long) making sure to follow all signs to Manly Scenic Walk.
- 72. At the Castle Rock Beach track junction, take a right turn, then a quick left back on the Spit to Manly Walk.
- 73. Continue straight ahead through Lighthouse track junction.
- 74. At the end of Grotto Point Track, go up and cross Dobroyd Scenic Drive. Go up the stairs and turn right onto Tania Park, towards the finish line.

- 45. Do NOT cross at the zebra crossing, continue on the board walk to stay on the right of Middle Head Road.
- 46. After Burnt Orange Cafe, at the bus stop on Middle Head Road, turn right off the path and continue down the slope on the grass.
- 47. From the grass, cross Chowder Bay road and walk into the car park at the most right entry. Continue through the carpark to the walking track.
- 48. Follow the walking trail and veer left at the top of the stairs, to head straight over the grass - pass the tennis court to Checkpoint 2.
- 49. Walk out of the checkpoint through the lane way, and turn left on the footpath.
- 50. Follow the footpath around through the carpark, and cross Chowder Bay road.
- 51. Continue on the footpath, and turn right at the bus stop zebra crossing to cross Middle Head Road. Stay on the footpath and follow Middle Head Road past the fence line.
- 52. Turn right towards Balmoral Beach (this is at the zebra crossing, do not cross here).
- 53. Turn right at the oval and follow the path to Balmoral Beach.
- 54. Stay on the right to veer around the carpark and continue left towards Balmoral Beach boulevard.
- 55. Just past the Bathers Pavillion, veer left across the grass up to The Esplanade and continue north to the turning circle.
- 56. At the turning circle, ascend the stairs up to Wyargine Street.
- 57. Walk along Wyargine Street and cross Stanton Road continuing along Burran Avenue.
- 58. Stay on Burran Avenue which turns into Hopetoun Avenue.



SCHF Sydney Children's Hospitals Foundation

Walk for Kids with Cancer Trail Map

The Rocks to Balgowlah Heights
Sunday 24 March 2024

Raising vital funds for childhood cancer.

Presenting Partner
Heartland MOTORS

Flip to the inside for map