

Cooks River Recuperator-Yeo Start (30km Option)

- Start L Victoria St
 0.2 R Into Canterbury Rd
 1.7 R Just before Bridge over Cook River – Enter Bike Path
 2.1 R/L Around Railway Bridge, continue on bike path for the next 6k, crossing Brighton Ave (3.5k) Fifth Av (4.6k), Lees Av (5.1k), under Punchbowl Rd (5.6k), Maria St (6k), under Waters Rd (6.3k), under Hume Hwy (7.3k) after Cave Rd keep going left (Water)
 9.0 R Melville Ave, Left into Newton Road
 9.7 L Barker Rd, Follow wall around for 20m
 9.8 R Bike track and onto Mitchell Rd
 10.3 R Arthur St, Left into Hampstead Rd
 10.5 R Bike path (Water)
 11.1 L Follow path, Bates St
 11.2 R The Crescent
 11.6 L Over Bridge into Bridge Rd
 11.8 Cross Parramatta Rd into Hillcrest St
 11.9 L Park Rd
 12 R Bridge over motorway into Pomeroy St
 12.4 L Bike track
 13.9 R Toward Treillage/Wetlands
 14.3 R Over bridge to toilets and water, then under Homebush Bay Dr into Victoria St
 14.8 Over Railway bridge and straight ahead
 15.1 R Concord Rd
 15.5 L Yaralla St, becomes Nullawarna Ave
 16.1 R Norman St
 16.7 R Majors Bay Rd
 17.7 L Brewer St, Right into Spring Street
 18.4 L Greenlees Av, becomes Empire Ave
 19 R Salt St
 19.3 R Burwood Rd
 19.4 L Ward St
 19.5 R Merceau Dr
 19.6 L Lyons Rd West
 21.3 R Great North Rd
 21.5 L Barnstaple Rd (Water in Park)
 22.8 R Henley Marine Drive
 24.2 L Westlink
 24.9 Take left side path under Bridge
 26.5 Cross Marion St, go left then right and follow canal
 27.2 L, L Go over bridge over Parramatta Rd
 27.3 L Cook St
 27.4 R Old Canterbury Rd
 27.5 L Parramatta Rd
 27.7 L Dover St
 27.8 R Kensington Rd
 28.5 L Liverpool Rd
 28.6 R Gower St
 28.7 L Ormond Street
 29.0 L Bruce Street
 29.2 R Take Pedestrian Crossing to other side of and continue along Hume Highway
 29.5 L Victoria Street
 31.0 Finish!!

SHORT OPTION A

(Subtracts 6.7km, 24.3 Total)

- R Track just before and onto Waters Road
 R Dean Street
 L Coronation Street, Cross Hume Highway and Continue on The Boulevard (Water before Hwy)
 R Morwick Street
 L Wentworth Street over Railway
 R Parramatta Road, stay on this side of road (Water at Servo before pedestrian bridge)
 Cross pedestrian bridge to other side
 L Broughton Street
 R Crane Street, becomes Lyons Road West

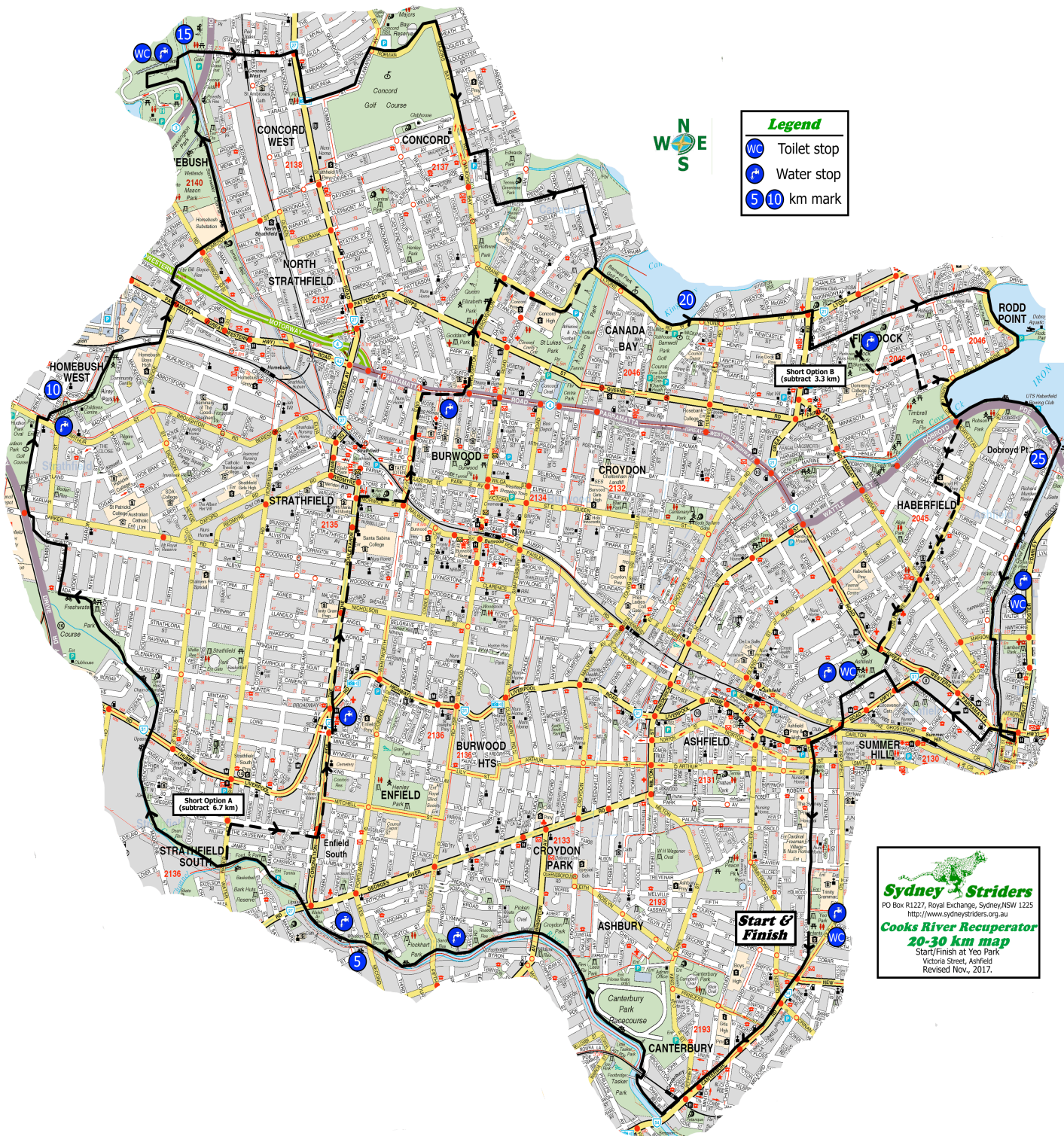


Sydney Striders
 PO Box R1227, Royal Exchange, Sydney, NSW 1225
<http://www.sydneystriders.org.au>
Cooks River Recuperator
20-30 km map
 Start/Finish at Yeo Park
 Victoria Street, Ashfield
 Revised Nov., 2017.

SHORT OPTION B

(Subtracts 3.3km 27.7 total)

- R Part way up Barnstaple Rd, cut across Park diagonally at top of hill
 L First Avenue
 R Heath Street
 L Henley Marine Drive
 R Timbrell Dr, Cross City west Link and Veer right up Chelmsford Street
 L Waratah Street
 R Boomerang Street, becomes Dalhousie Street, across Parramatta Rd and rejoin In Ormond Street



Legend

- WC Toilet stop
- Water stop
- 5 10 km mark

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