

North Ryde Ramble

START

At Waterloo Park, cnr Waterloo Rd and Trafalgar Pl., NORTH RYDE

- 0.0 across Waterloo Park into Libya Pl.
 0.3 R Taranto Rd
 0.4 L Culloden Rd
 0.6 R Talavera Rd
 2.4 L Khartoum Rd
 2.9 R Fontenoy Rd
 3.6 L Lane Cove Rd
 3.8 R Riverside Dr. Lane Cove Park (drink stop!)
 6.6 R Scribbly Gums/Currawong
 7.1 L Plassay Rd (Caravan Park)
 8.1 R Delhi Rd
 8.8 R Epping Rd
 9.3 R Wicks Rd
 9.8 L Waterloo Rd
 11.7 into University Ave at Macquarie University
 12.0 R onto path immediately after water course and goes onto Eastern Rd (drinks between buildings). Run to end. L along paths to Gymnasium Road
 12.5 R Gymnasium Rd
 13.2 across Culloden Rd into Waterloo Rd
 13.5 Wave to StAR hosts in Waterloo Park
 13.7 R Vimera Rd. Run to end under expressway.
 L Down concrete drive to Browns Waterhole. Cross river.
 14.7 L Along track. The way tends to veer left on the way out
 17.7 R Malton Rd (drink stop)
 18.0 into Day Rd
 18.7 R Sutherland Rd
 19.0 L Cheltenham Rd across railway bridge
 19.1 R The Crescent
 across Front of Scout Hall and back of tennis courts
 20.1 onto Beecroft Village Green. Run to top.
 20.5 cross Copeland Rd
 into Wongala Cres.
 At the end of the road, go down stairs and come up into Wongala Cres.
 21.9 L Sprint up Boundary Rd
 22.0 R City View Rd
 22.2 R Pennant Hills Rd
 23.6 R Station St
 24.1 across Orchard Rd into Handley Ave
 24.4 into Thornleigh Park – keep left (drink stop)
 Take track on top left hand side of park and follow arrows.
 Turn right and head down path towards river.
 25.0 Turn right before river.
 25.2 L at intersection and head back down to the river and cross.
 R after crossing river. CAUTION: track is a bit rough.
 Take it easy – follow arrows to Browns water hole
 29.5 R Follow concrete drive to top and under expressway
 30.0 into Vimera Rd
 30.2 L at park fence. Follow footpath in park.
 30.4 R at back of shopping centre and sprint to finish.
 30.7 **FINISH**



Sydney Striders
 PO Box R1227, Royal Exchange, Sydney, NSW 1225
<http://www.sydneystriders.org.au>
North Ryde Ramble
30 km map
 Start/Finish at Waterloo Park,
 Cnr Waterloo Rd and Trafalgar Pl, North Ryde
 Revised 16 Oct, 2012.

Short Option 'A'

(Subtract 6km)

- 0.0 R Lane Cove Road
 0.8 R Waterloo Road
 Rejoins Course

Short Option 'B'

(Subtract 6km)

- 0.0 Right after River Crossing
 go up steep hill.
 Follow markings in the bush
 1.0 Right into Pennant Hills
 Park Road
 1.2 Left onto sidetrack and
 follow down to the river
 3.2 Left onto bush track
 Rejoins Course

**The
END**



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Legend

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

