

Track Information



Location	Distance Kms	Accumulated distance from start	Track surface	Gradient
MacMasters Beach				
Copacabana	1.4	1.4	Beach sand If tide and waves are high, there may be a rock scramble at the foot of the Middle Headland####	Level***
Captain Cook Lookout	1.6	3.0	Road	Long steady climb with 2 short steep sections
Winney Bay	1.2	4.2	Road, then grass, concrete steps down hill, board walk, concrete steps uphill then gravel and grassy track (maybe some boggy bits)	Downhill, steep steps in sections, one short uphill stretch with steps.
Avoca Water Tower	0.9	5.1	Gravel road	Steady climb uphill
Avoca Beach Surf Club	0.9	6.0	Concrete steps and grassy path	Downhill
North Avoca Surf Club	1.6	7.6	Beach Sand	Level***
Scenic Hway crossing Terrigal	1.2	8.8	Road	Long steady uphill. Stop/Go man to assist road crossing
Terrigal Surf Club	1.1	9.9	Road	Downhill then level. Take care crossing roads

*** Either or both Cockrone and Avoca Lagoons may be open, requiring either a shuttle bus detour or wading through water. Check this website on the day for details. If the lagoons are open, Lifeguards will be on duty to assist crossing the water.

If the waves are breaking over the rocks then the options are:

1. Brave it and dash between waves – a life guard will be on duty if this situation occurs
2. Detour by walking up Gerda Road, taking first right into Warri Cresc, taking first right into Tudibaring Pde then returning to the beach via the Bounty Hill Track near the bottom of the hill on Tudibaring Pde