



Guys Favourite Runs

1. Freshwater to Long Reef point via Curl Curl Board Walk 8k return.

Starting at Freshwater Beach, follow the headland track around towards Curl Curl, past the ocean pool (careful on the rocks), up the ramp and carry on north, Lumsdaine drive. Take the track to your right and follow the scenic board walk to Curl Curl surf club. take the road to Dee Why, through the car park behind Dee Why SLSC and follow the track through Dee Why Lagoon reserve, across the Inlet (sometimes a bit tricky so be prepared to get your feet wet). Here you'll continue north up the beach (good training for Pub to Pub!) and take the path leading to past Long Reef golf course all the way to the top of the headland.

2. Queenscliff - North Head Return 12k.

Start and finish and Cafe Splat and enjoy a well earned Latte after your run! From Queenscliff rd head to Shelly beach via north Steyne. At Bower st car park follow coastal track into parkhill reserve on route to North Head. Continue on track through hole in wall, past WW2 gun placements, across metal boardwalks and behind Royal Artillery school. Here you continue north along tracks and loop round North Head Scenic dr. Head down Darley rd and back to beach front for last push towards your latte.

3. Spit Bridge to Manly 9km or 18km if you come back.

Soak up the sunshine and spectacular vistas of Middle Harbour on this scenic walkway through bushland, secluded bays, harbour beaches and rainforest areas. Enthusiastic runners can go the whole 9km (18km if you come back as well) but there are entry & exit points along the whole way. During the summer months, feel free to take your swimmers and stop off on the way or at Manly for a swim. There are water taps and bubblers along the route. Start at Spit bridge and follow the signs!

4. Manly Dam 8k.

One of North Shores most scenic bushland runs circumnavigating Manly Dam. Start by heading up King st keeping the dam on your right. Follow to the top carpark and join the Manly Dam Circuit walk. Make sure you turn right when you reach the fire trail at about 3.5k's. Follow the Firetrail and rejoin the track leading back to Manly Dam

5. Manly to Palm Beach 30k's.

This run was designed to bridge the perceived gap of runs between the marathon and some longer ultras. Whilst run all on-road, the course is extremely scenic and is off the main roads as much as possible. The course follows the coast from Manly to Palm Beach and 14 beaches along the way. You will encounter some stunning views as you make your journey to the turnaround at Palm Beach. A marathon distance can also be run from Manly to Palm Beach and running back to the Newport Arms!