

# **EVENT GUIDE**

Long Walk Home is proudly brought to you by:







### **COURSE OUTLINE**

The Long Walk Home is a 28km walk from Parramatta Park to Kings Cross. The event is held on existing footpaths and cycleways and has been designed to have as few crossings of major roads as possible.





As a snapshot, the walk passes through the following suburbs:

- Parramatta
- Rydalmere
- Ermington
- Melrose Park
- Meadowbank

- Ryde
- Gladesville
- Huntley's Cove
- Drummoyne

- Rozelle
- Pyrmont
- Sydney CBD
- Kings Cross

Along the way, there will be various signage to point you in the right direction, as well as volunteers wearing orange vests. We also recommend you download the route onto your phone for quick access, or have this event guide handy in your phone to view the maps (pg 10 onwards ). We also recommend portable battery charger if you have one, as your phone battery will be empty if you use your maps for the whole walk.

## **SAFETY INFORMATION**

The Long Walk Home route has been designed with your safety in mind. As a participant of Long Walk Home, it is your responsibility to:



- Read this Event Guide
- Print the Event Guide and bring it on event day
- Follow directional on course signage and ensure you only walk on footpaths and cycle ways
- Follow pedestrian road rules as you would in your day to day life
- Use traffic lights and pedestrian crossings as per the route
- Don't cross at red traffic lights
- Wear the high vis participant event shirt provided to you
- Carry the suggested items with you (as outlined in Packing List Below)

### **PACKING LIST**

Comfortable walking shoos	НОМІ
Comfortable walking shoes	
Comfortable active wear	
Comfortable back pack for your gear	
Drink bottle (you will be able to refill your water bottle on course)	
A fully charged phone (your battery will be exhausted by the end of the cour	se
A portable phone charger (if you have one)	
Rain jacket	
Umbrella	
Sunscreen	
Head torch or hand held torch	
Glo sticks or fun glow in the dark lights	
Snacks – we will have stations along the road w snacks but you are encouraged to bring your ow	



# THE START OF THE COURSE



The start of the course is at Pavilion Flats, Parramatta Park. Access via George Street Gates or Macquarie Street Gates (please note the start location is different to 2018 event)

There are 2 toilets located near the start area. There are a further 3 toilets 5 minutes walk at the Bowling Green Car Park and Next to Park Cafe

Please arrive at 4pm to complete your registration. The event will begin from 5pm.

We will arrange for you to receive your event t-shirt prior to the event day.

Key phone numbers: Event Manager - Lydia Bruce: 0409 937 880 Relationships Executive - Kamila Chylewski: 0466 372 768

### **FOOD AND DRINK**

# LONG WALK HOME

# We have 3 checkpoints along the course where we will provide snacks and water to refill your drink

#### bottle:

#### 1. Melrose Park Playground, Lancaster Av, Melrose Park (8km mark)

- 2. Waruda Place, Huntley's Cove (16km mark)
- 3. Henley Marine Drive Park, Drummoyne (21km mark)

Please note – there are large stretches (5km or up to 1.5hrs) where there are no toilets or water bubblers. We encourage you to visit Service Stations or McDonalds to use the bathrooms, buy water or grab a snack if you need. Please note – if you cross the road to visit a service station or shop, please make sure you return to the original side of the road to ensure you follow the correct route.

# FIRST AID

First aid will be located at each of the checkpoints. Please ensure you call the following numbers if you require first aid

Event Manager - Lydia Bruce: 0409 937 880 Relationships Executive - Kamila Chylewski: 0466 372 768





#### There are over 10× public toilets along the course. Please ensure you look at the signage.

### Refer to maps for toilet locations at URL

### bit.ly/LongWalkMap

There may be long sections of

the course without toilets or water bubblers – so please make sure you refill your drink when you see a bubbler and use the public toilets along the course

### **END OF THE COURSE**

# LONG WALK HOME

#### WHERE DOES THE WALK END

The finish line of Long Walk Home is at Fitzroy Gardens in Potts Point, the park right next to Kings Cross Police Station and the famous El Alamein Fountain.

#### WHAT HAPPENS AT THE FINISH LINE

When you arrive at the finish line, there will be Wayside Chapel staff members and volunteers ready to greet you. This will be a designated Long Walk Home space where you can relax and recap your 28km. There will be a range of light refreshments available snacks, sandwiches and drinks. This won't be enough food to make a substantial dinner, however there are many food and drink options nearby. There will also be a photo wall, where you have the opportunity to take some photos with your friends and colleagues. Please note, the space will have to close at 1am.

#### **GET HOME AFTER THE EVENT**

You will need to organise your own transportation home from Fitzroy Gardens. After your walk, we recommend organising lifts, or splitting a ride sharing service. If you are getting a lift home, there is a 24 hour Secure Parking station, which is only a 5 minute walk from the finish point, where your driver can have 30 minute free parking. For public transport, Kings Cross Station is a 5 minute walk away, but please note the station closes at 2am.



#### WHERE ARE THE THREE CHECKPOINTS?

Melrose Park playground – Lancaster Avenue,
Melrose Park (~8 km)

- Waruda Place, Huntley's Cove (~16 km)
- Henley Marine Drive Park, Drummoyne (~21 km).



If you do not reach the third checkpoint by 10.30pm you will be asked to catch a taxi, Uber or transport to the finish area or to head home.

#### IS THE WALKING ROUTE CLOSED TO THE PUBLIC AND EXCLUSIVE TO LONG WALK HOME PARTICIPANTS?

No. We will be sharing the path with other users so please be careful of bikes, runners and other walkers. You should observe all road rules and be courteous to other members of public.

#### WHAT IF I OR SOME OF MY FRIENDS GET LOST?

Use your map to navigate. Use the Maps app on your phone(make sure your start with a fully charged phone). if you are unsure where to go after you have used the above, or if you've lost touch with a member of your team and areunable to reach them, please call Kamila on 0466 372 768 or Lydia on 0409 937 880.

#### WHAT IF I START FEELING UNWELL OR GET INJURED DURING THE WALK?

If you feel seriously ill, experience chest pain, or get injured by a cyclist or motor vehicle, please get help by calling 000 immediately. Minor injuries such as blisters can be treated at one of the three food, water and first aid stations. For anything else, please call Kamila on 0466 372 768 or Lydia on 0409 937 880.

#### HOW LONG WILL IT TAKE ME TO FINISH THE WALK?

That depends partly on you and your team and your fitness level(s). We anticipate the walk taking less than **7 hours**. If you are unable to reach the Brett Park checkpoint (near Birkenhead Point) by 10.30pm, we will be asking you to withdraw from the Long Walk Home and seek alternative forms of transport (i.e. bus, taxi or Uber) either to the finishing point or home.

#### WHAT IF I CAN'T FINISH THE WALK AND DECIDE TO ABANDON IT?

If you decide not to finish the walk and abandon it, you must let us know by calling or texting either Kamila or Lydia (numbers above) There will be transport options available to those who choose not to complete the Long Walk Home including ferry, buses and trains. You must reach the Birkenhead Point by 10.30pm (the cut-off time) to continue in the walk.

#### All FAQ's at longwalkhome.com.au/faqs

# LONG WALK HOME 2019 Course Maps





### WAYSIDE CHAPEL

# **Course Overview**



# Course Maps

Please review the following Long Walk Home course maps.

#### Key:

Water	
Toilet	Toilets
Kilometre Markings	1k



Map 2

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James Ruse Dr

James Ruse Dr

Lollipops Playland Parramaila

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Jan es Ruse,

#### Sydney University Parramatta...

Circular O

From James Ruse Bridge continue on walking track to a crossing at Brodie St.

Parramatta Wharf - Rydalmere Wharf ----

North on Brodie St, right crossing Alan St, onto walking track.

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South St

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**Plyde** 

Continue to right onto Parramatta Valley Cycleway

Circular Quay - Parrama

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Map 3

Google .

South St

#### Rydalmere Public School

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cionera St

Toilets Water

Continue on Parramatta Valley Cycle way taking Rydalmere Ferry Access path

Grand Ave

Silverwater Park 🈔

ken St

John St

Continue on Parramatta Valley Cycle way past George Kendall Riverside Park 31

Satellite

Map

George Kendall Riverside Park,

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Rydalmere East Public School

Lindsay AV

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Wilson Park 🤗

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Ano

Right of Lancaster Ave on to walking track near Archers Ck.

Melrose Family Day Care

**Crowley Cres** 

Parramatta River

Sydney Olympic Park - Barangaroo --- Circular Quay - Parramatta

Parramatta River

Sydney Olympic

Circular Quay - Parramatta

Sydney Olympic Park Wharf Bowden St. Three crossings, two of which are zebra crossings.

Wentworth Point

Meadowbank Park

S MARSHA

Meadowbank Park Playground

Adelaide St

Smalls Creek 🧐

Continue on walking track to

**11k** 

Map data ©2018 Google Imagery ©2018 , CNES / Airbus, DigitalGlobe Terms of Use Report a map error

Quay - Parramatta

**Toilets** 

Memorial Park

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**Charity Point** 

Meadowbank ()

Map

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River



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Cross Regent St. Cross Morrison Rd onto Gladstone Ave

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Gerard St

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Ashburn Pl

Banjo Paterson Park

Bernard Av



Lane Cove River

Linley Point

Hunters Hill

Point

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Private Hospital

The Avenue

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🎭 Hunters Hill High School 🤜

Tarban Creek Bridge

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St. Joseph's College Hunters Hill Mark st 2

Boronia Ave

Mark St

John St

Gladesv

**18**k

Batemans Rd

772-

Continue on Victoria Rd. Crossing at Massey St, Cowell St, Junction St, Batemans Rd, Hillcrest Ave, Sunnyside St, Manning Rd, Salter St, Mortimer Lewis Dr (East & West)

Joly Parao

glade erve

River Res

Mortime

Checkpoint 2. Refreshments & First Aid available.

Betts Park

Tarban Bay

King St

Figtree Rd

aruda <sub>Pl</sub> Riverside Girls High School

Glades Bay Park



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side Girls School

Map 10

Check Point 2 = Support Vehicles parked on Waruda Place will not impede on traffic or local community

A40

Checkpoint 2. **Refreshments &** First Aid available.

Victoria Rd

Participants walking in dark from here on

> Continue on walkway under bridge

> > te Burns Bay 201

Pilleys Point Rd

**Key route volunteers** to navigate to **Gladesville Bridge** 

67

Huntleys Point Rd

**19k** 

USA Topo World Topo Map

Tarban Creek

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Tarban C

Huntleys Point Rd

Victoria Rd Continue on Victoria Rd, take walkway to Huntleys Point Rd. Right up stairs.

A40 m

Betts Park

Rd

Victoria Rd

- Victoria Rd

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Map 12

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is to see this area on Geogle Map







Bruce St Bruce St Cla Merton St Toilets Water Servo

Rozelle Public School 💚

S Tali Gallery

Continue on Victoria Rd. Crossing at Crystal St, Wellington St, Darling St.

Map 16

Anytime Fitness

Continue on Victoria Rd. Crossing at Prosper St, Ellen St, Evans St.

The Universe

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24k A40 Sydney Community Prince St

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Quirk St

Continue on Victoria Rd. Crossing at MacKenzie St, Hartley St, Joseph St, Loughlin St, Robert St

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Punch Park

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World Topo

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White Bay Power Station

Care Centre 💚



The Crescent

Heritage

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TRX Training Sydney

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White Bay Power Station

Continue on Victoria Rd. Right onto Walking trail.

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Victoria Rd

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Carmichae Park

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#### Cross Anzac Bridge

Blackwattle Bay Park Continue across Anzac Bridge. Crossing at Quarry Master Dr onto Saunders St. Left onto Miller St.

Blackwalle Bay

AD

Continue on Victoria Rd. Crossing at Jones St, Mount St, Harris St, Pyrmont St, Edward St, Murray St.

Wentworth Park

Casino Wh

Pyrmont Bay Park

> Cross Pyrmont Bridge

> > Tumbalong

Palm Gr

Parling Harbour

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Darling Harbour Whatfill

HMB Endeavour replica Eximont Bay@

> ustralian National Maritime Museum

King Street W

Aquarium, Darling Harbour WILD LIFE.

Cockle Bay Wharl

Across Pyrmont Bridge through to Market St. Crossing at Kent St, Clarence St, York St, George St, Pitt St, Castlereagh St, Elizabeth St.

Wynyard Pa

Erskine St

Toilets - Base of

Pyrmont Bridge

Last toilet stop!

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Martin Pi-

Martin Place

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Anytime Fitness

Consulate General of the United States of America

ydney Tower Eye

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Map 19

**Map 20** 

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Cross Elizabeth St, Right onto Elizabeth St

e Hotel<sup>Aark</sup>

Hilton Sydney

Woolworths Town Hall

Starbucks

KFC George Street Sydney

Anzac Memorial

Liverpool St.

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Museum Station iquare 🤐

aloney's Hotel

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Mary's Cathedral St Mary's Cathedral Continue on

Bodhi

Cook Phillip Park Pool

Hyde Park The Sydney Boulevard Australian Museumm su

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Cross College St at St

William Street

Wilson Parking

Domain Car Park

Pullman Sydney Hvde Park の

Oxford Art Factory

Liverpool Street Gallery

Shady Pines Saloon

**The Tilbury Hotel** 

The Old

The Butler

Continue on Darlinghurst Rd Kings

Kings Cross Station William/St

Govindas Cinema and

Gelato Messina Darlinghurst Cho Cho San

**Finish Line** 

Challis A

Fitzroy Gardens, **Kings Cross El-Alamein** Fountain

> - El-Alamein Memorial Fo

Vibe Ho

Buffalo Dining Club

rane Bar Sydney

Goderich Ln

9s Cross Rd

Bayswate

Dominik Mersch Gallery

Rille any @2010 CNES / Airbus Mayor Too Map 21

Ms.G's

80 159 82 umpling and oodle House

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ling Jack's

Glider

199A

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Continue on Earl St

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196

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Springfield L

Springfield Lodge

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170

Quest Potts Point

McDonald's Kings Cross

Kings Cross Library Darlinghurst Rd

**Finish Line** 

Fitzroy Gardens, **El-Alamein Fountain Kings Cross** 

38A

Kellett Waso

40A

**Busshari Authentic** Japanese

Fitzroy Gardens

El-Alamein 👝 Memorial Fountain

-1A

Lido Suites

66-68

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13-15

Darlinghurst Rd

m Ten 117

119

The Bourbon

**28**k

Elizabe

Kings Cross

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Ln,

Secure Park

Toilets

**Cross Darlinghurst Empire** He Rd at Macley St traffic lights

18-20

Dumplings & Beer

220

100 - Hostel Sydaey