

LONG WALK HOME

EVENT GUIDE

Long Walk Home is proudly brought to you by:



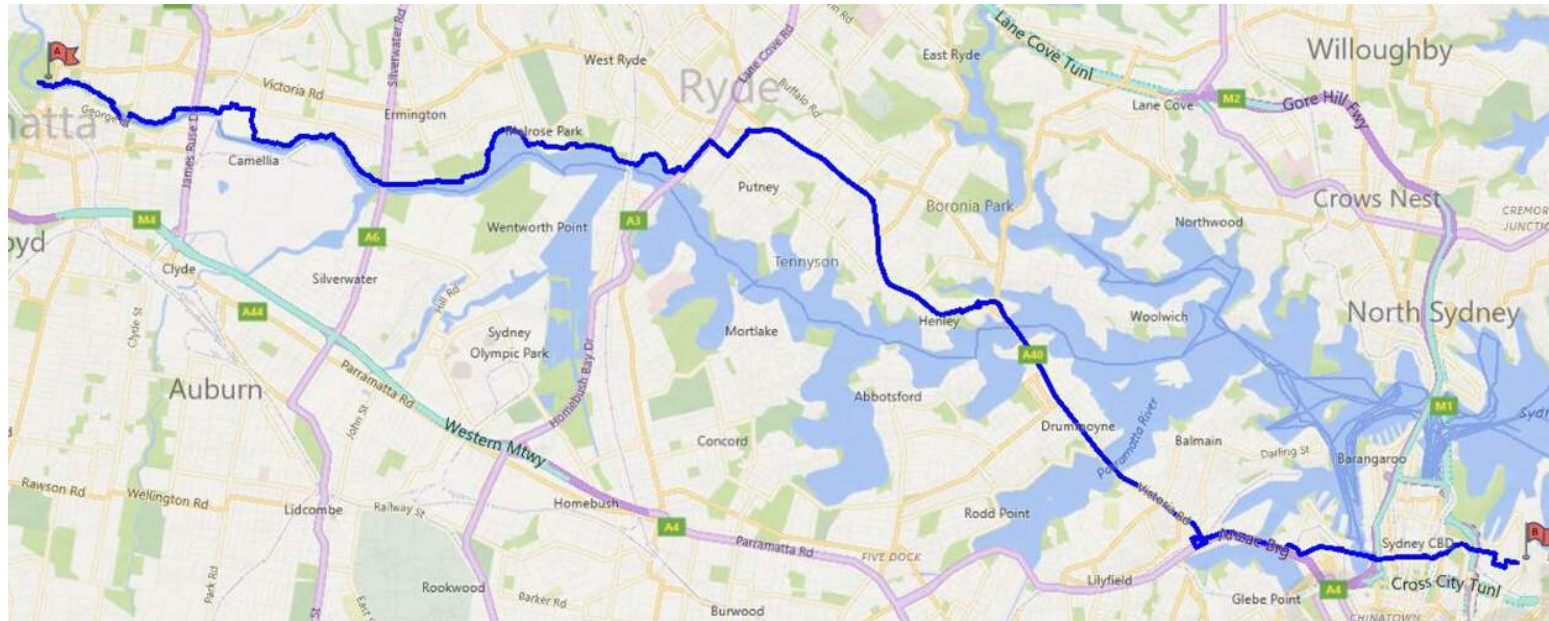
**WAYSIDE
CHAPEL**



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.

LONG WALK HOME



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

LONG WALK HOME

- ☐ 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 course)
- ☐ 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 with snacks but you are encouraged to bring your own snacks too

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



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

TOILETS



**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



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.

FAQ'S



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 are unable 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

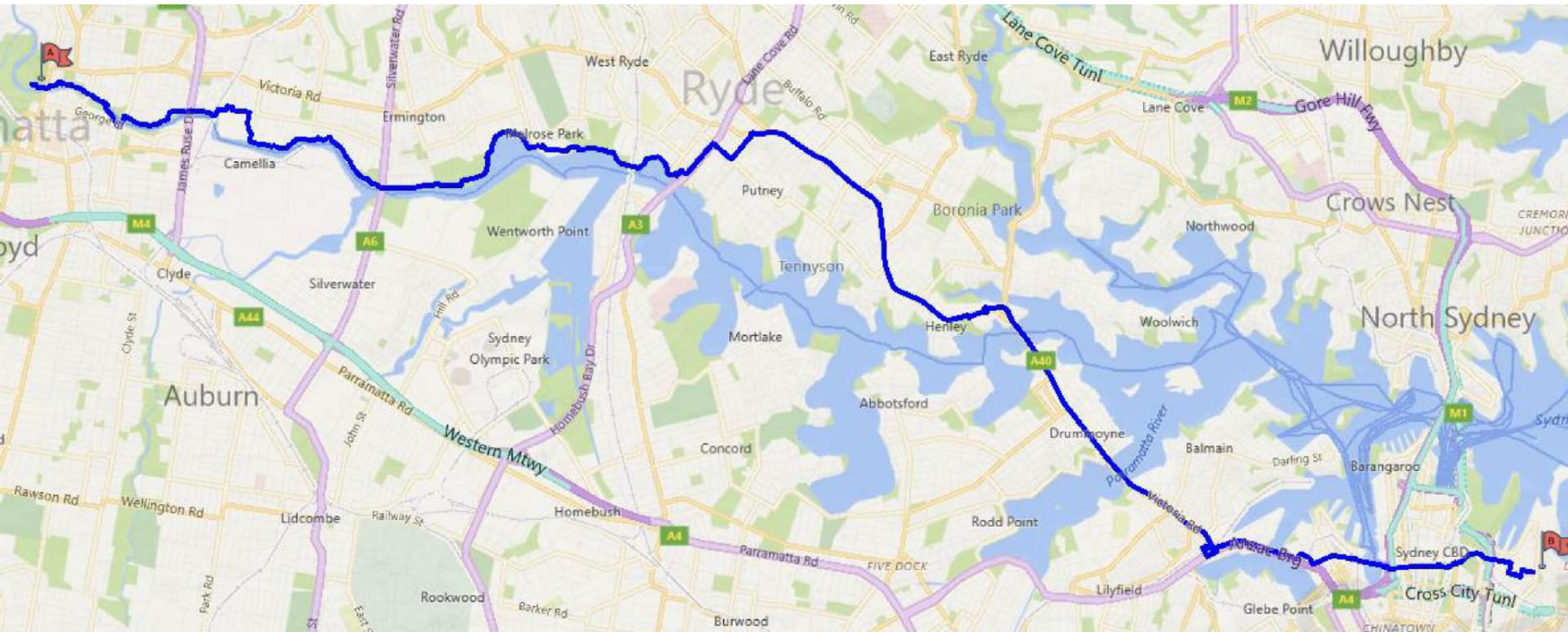
LONG WALK HOME 2019

Course Maps



**WAYSIDE
CHAPEL**




Course Overview



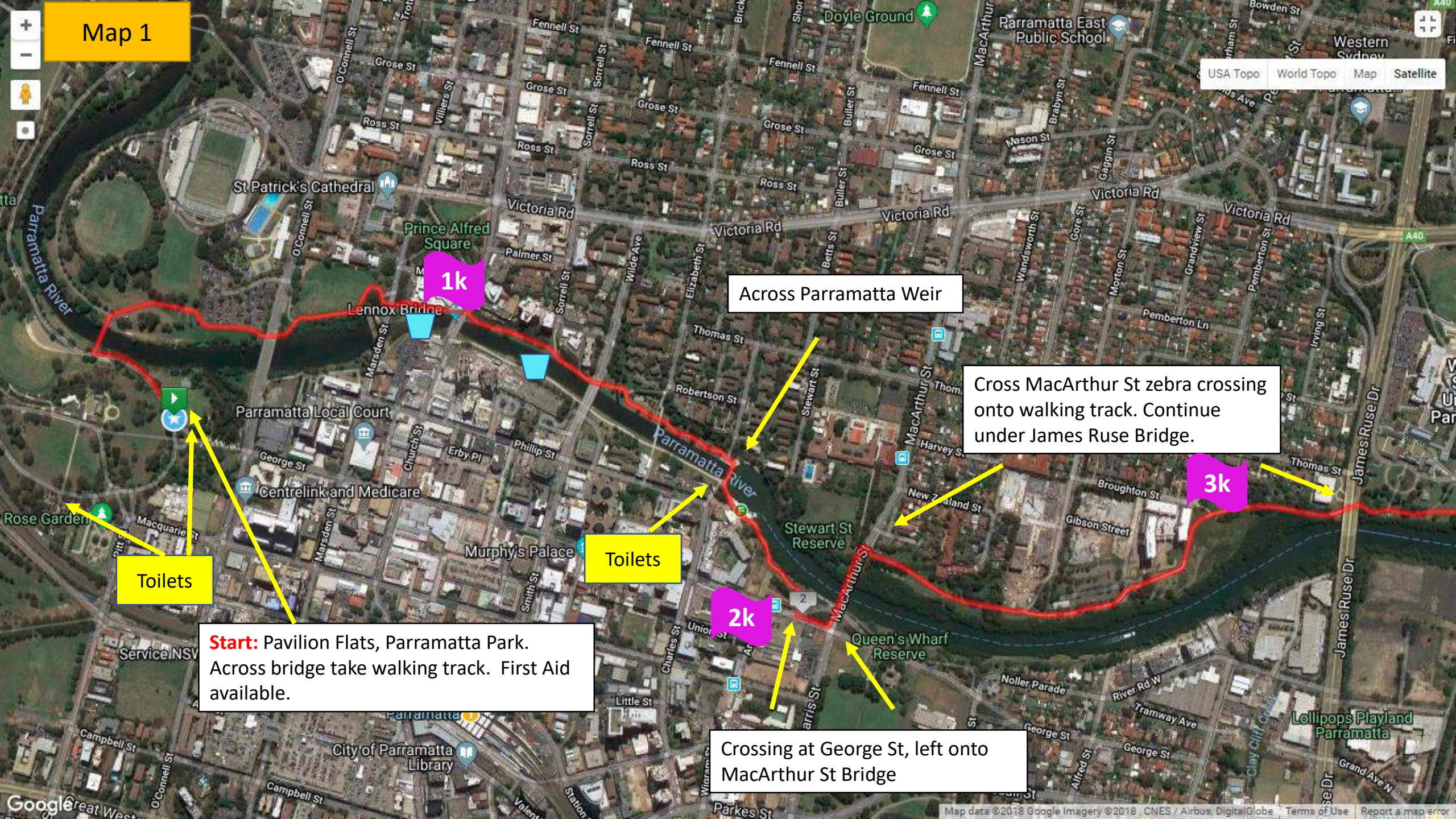
Course Maps

Please review the following Long Walk Home course maps.

Key:

Water	
Toilet	
Kilometre Markings	

Map 1



Start: Pavilion Flats, Parramatta Park.
Across bridge take walking track. First Aid available.

Toilets

Across Parramatta Weir

Cross MacArthur St zebra crossing
onto walking track. Continue
under James Ruse Bridge.

Crossing at George St, left onto
MacArthur St Bridge

Map 2

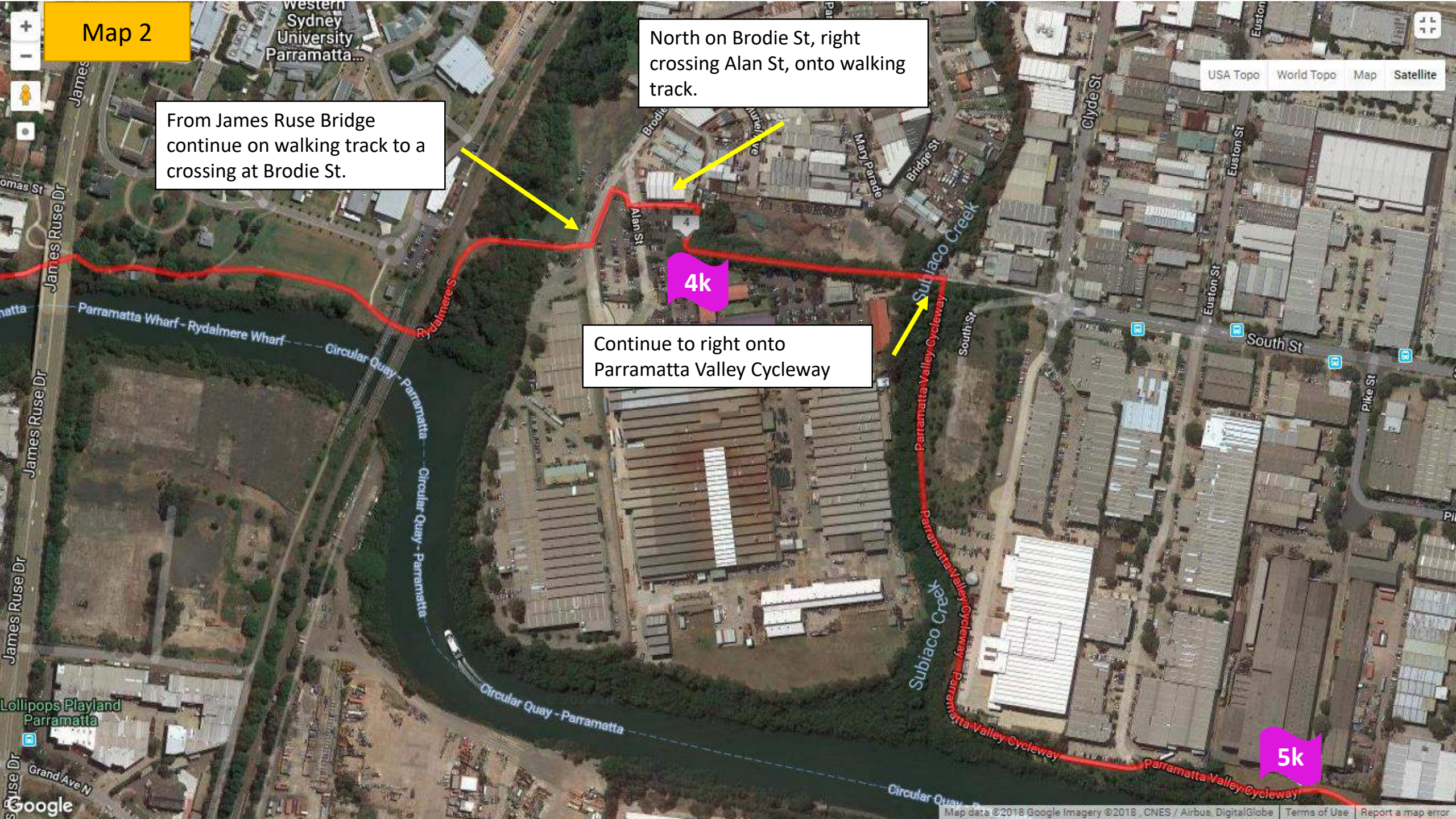
From James Ruse Bridge continue on walking track to a crossing at Brodie St.

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

Continue to right onto Parramatta Valley Cycleway

4k

5k



Map 3

Toilets
Water

Continue on Parramatta Valley
Cycle way taking Rydalmere Ferry
Access path

Continue on Parramatta Valley
Cycle way past George Kendall
Riverside Park

6k

7k

8k

Map 4

9k

Parramatta Valley Cycle right onto Waratah St, then right into Wharf Rd. boat ramp car park.

Toilets

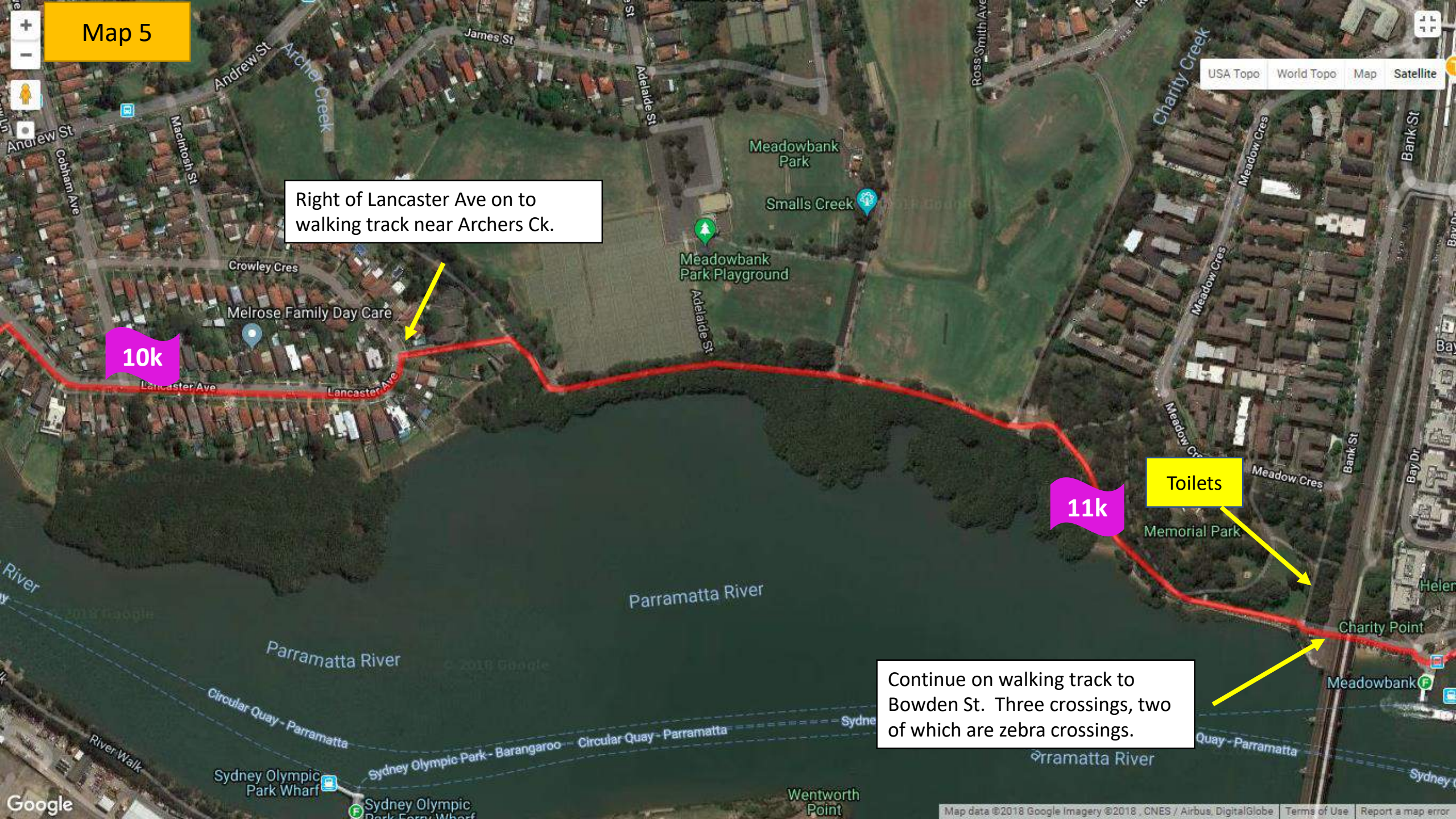
Right onto walking track

Right on to Lancaster Ave.

10k

Checkpoint 1.
Refreshments & First Aid available.

Map 5

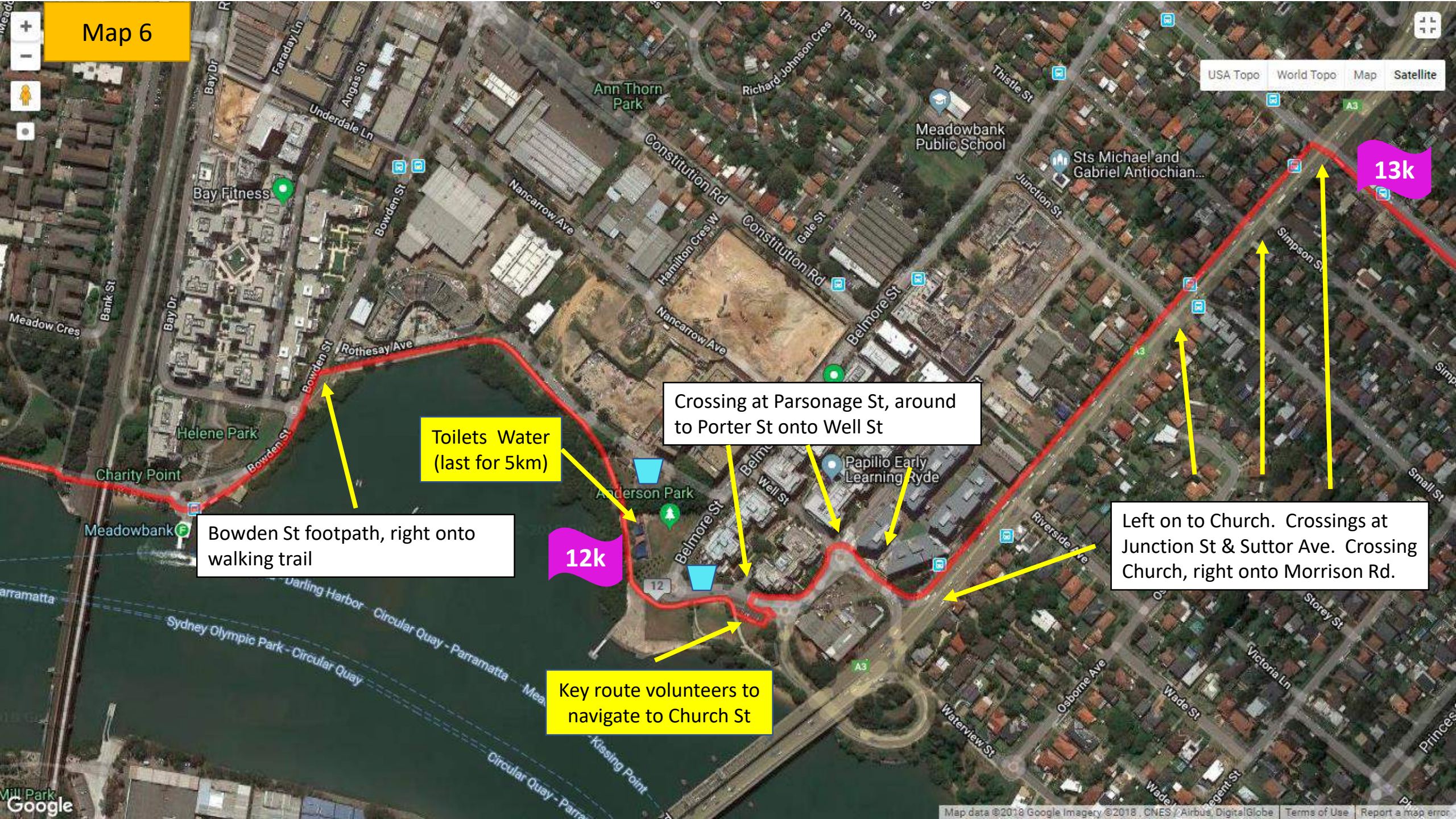


Right of Lancaster Ave on to walking track near Archers Ck.

Toilets

Continue on walking track to Bowden St. Three crossings, two of which are zebra crossings.

Map 6



USA Topo World Topo Map Satellite

13k

Crossing at Parsonage St, around to Porter St onto Well St

Toilets Water
(last for 5km)

Bowden St footpath, right onto walking trail

12k

Key route volunteers to navigate to Church St

Left on to Church. Crossings at Junction St & Suttor Ave. Crossing Church, right onto Morrison Rd.

Map 7

Gladstone Ave cul de sac onto walking track, right onto Victoria Rd.

14k
Half Way

Crossing at Wardoo Ave, Eagle St, Cowell St.

13k

Continue on Victoria Rd. Crossing at Prince St, Lardelli Dr, Charles St

Motivational signage
NRMA

Cross Regent St. Cross Morrison Rd onto Gladstone Ave

Map 8



Map 9

USA Topo World Topo Map Satellite

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)

Checkpoint 2.
Refreshments &
First Aid available.

17k

18k

19k

Map 10

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

Checkpoint 2.
Refreshments &
First Aid available.

Participants walking in
dark from here on

Continue on walkway
under bridge

Key route volunteers
to navigate to
Gladesville Bridge

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

19k





Map 13



Cross Gladesville Bridge

20k

21k

Continue on Victoria Rd.
Crossing at Wolseley Rd.

Toilets & Water
McDonalds/Servo

Toilets Water
Servo

Checkpoint 3.
Refreshments & First Aid
available.

Continue on Victoria Rd. Crossing at
Seymour St, Lyons Rd, Edwin St, Day
St, Thorney St, Park Ave, Cary St

Cross Iron
Cove Bridge

22k

23k



Map 15 – close up
Checkpoint 3



Checkpoint 3.
Refreshments & First
Aid available.

Map 16

Toilets Water
Servo

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

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

24k

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



Map 17

Continue on Victoria Rd. Right onto Walking trail.

25k

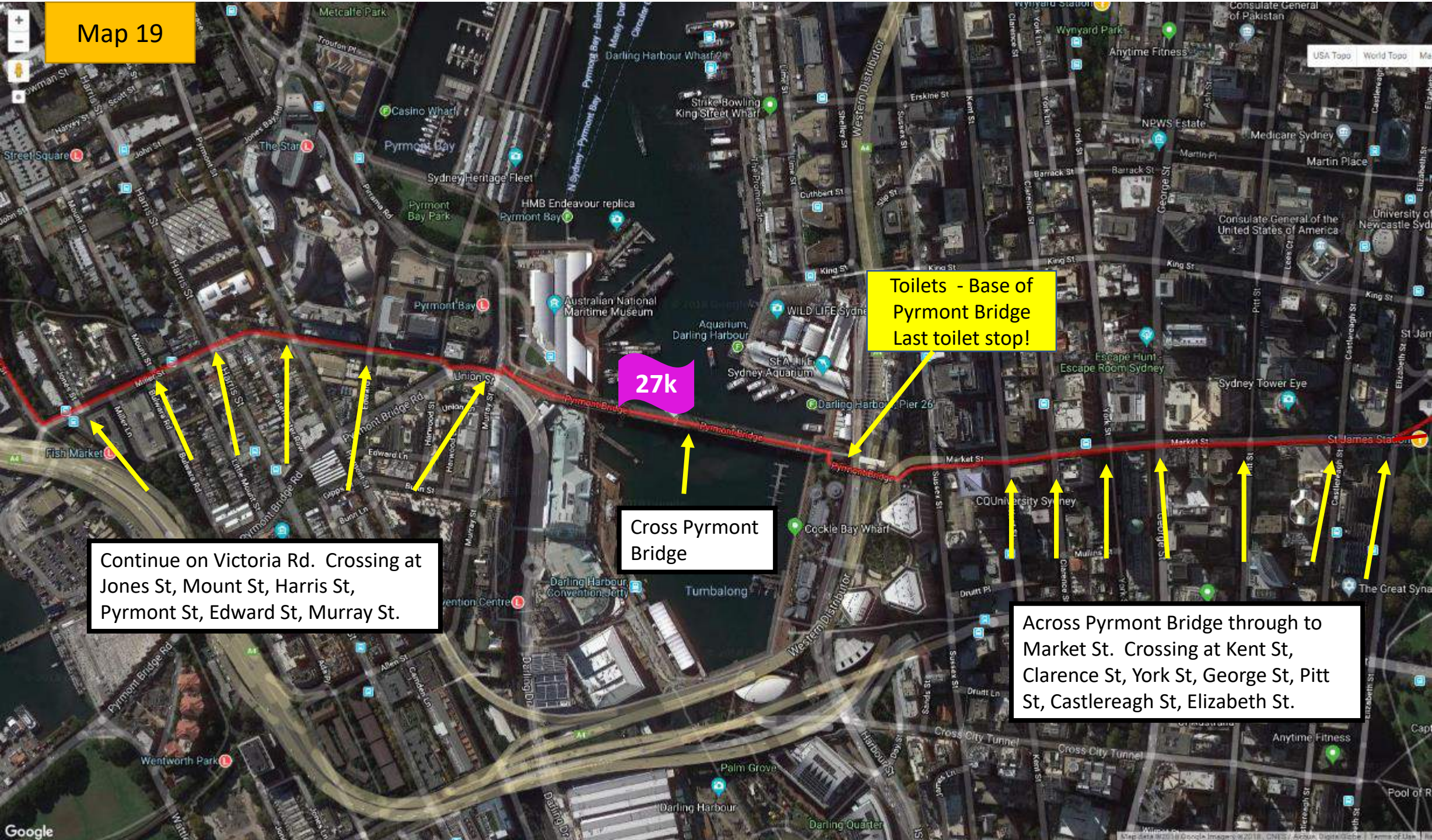
Map 18

Cross Anzac Bridge

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

26k

Map 19



Toilets - Base of
Pyrmont Bridge
Last toilet stop!

27k

Cross Pyrmont
Bridge

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

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

Map 20

Cross Elizabeth St,
Right onto
Elizabeth St

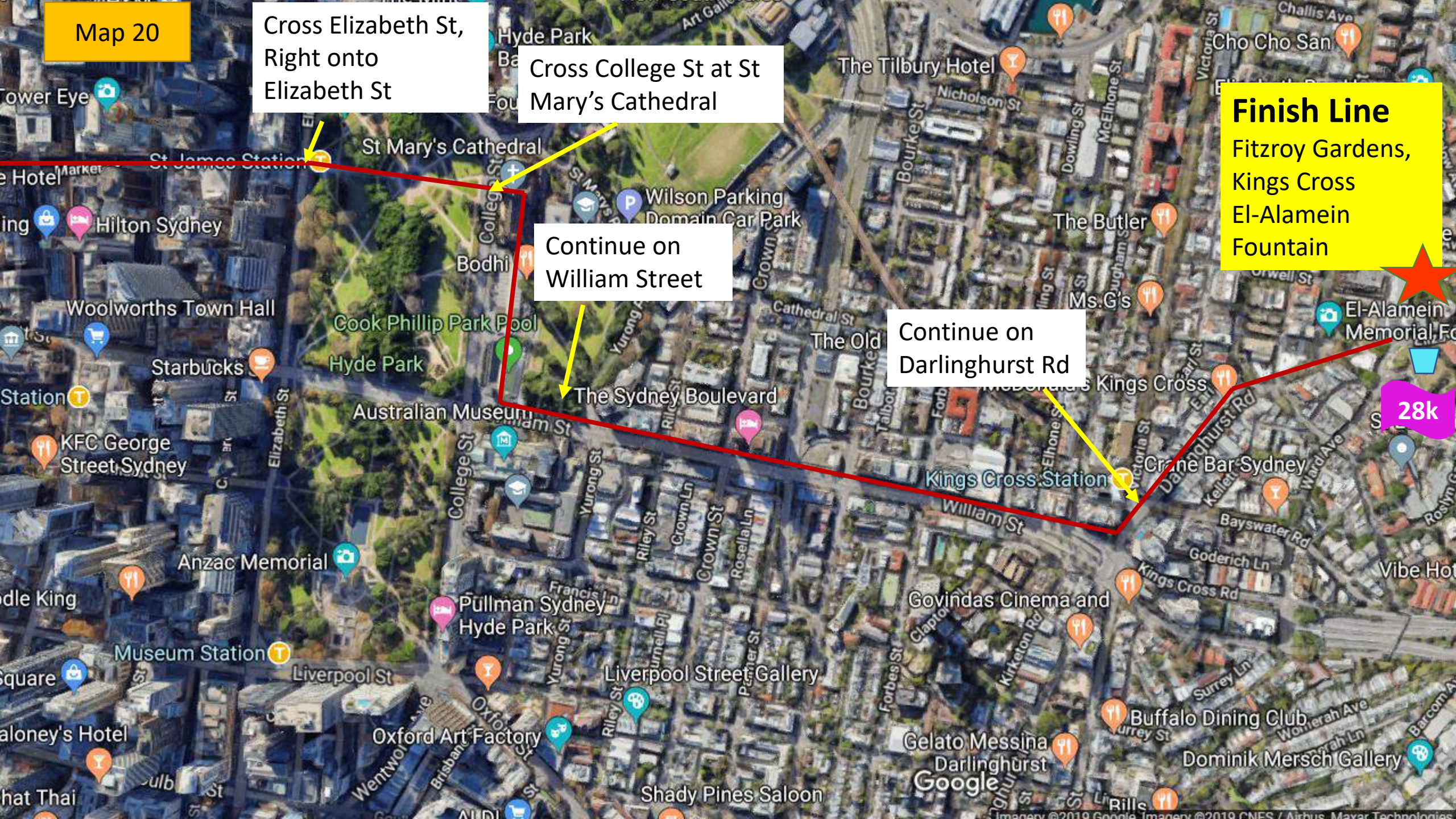
Cross College St at St
Mary's Cathedral

Continue on
William Street

Continue on
Darlinghurst Rd

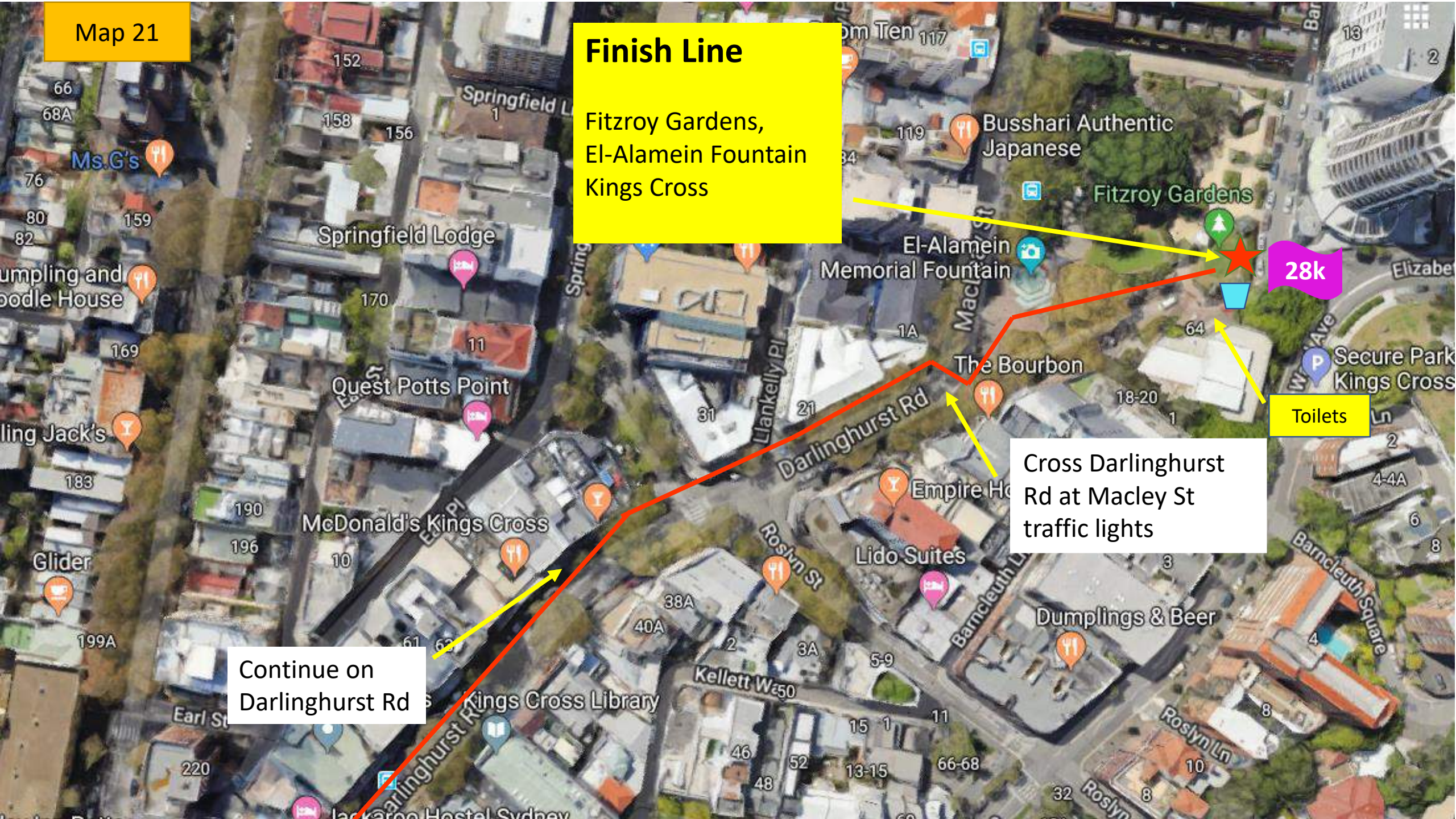
Finish Line
Fitzroy Gardens,
Kings Cross
El-Alamein
Fountain

28k



Finish Line

Fitzroy Gardens,
El-Alamein Fountain
Kings Cross



Continue on
Darlinghurst Rd

Cross Darlinghurst
Rd at Macleay St
traffic lights

Toilets

28k