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COTTESLOE BEACH

OCEAN ADVENTURE



SWIM

The swim is an ocean swim at Cottesloe Beach. The swim course will be a rectangle or straight line depending on conditions and entries on the day.

Requirements:

Bathers, Goggles, Swim Cap, Sunscreen



CYCLE

From Transition, the cycle mount is in the car park. Cycle course follows Marine Pde south, left turn into Avonmore Tce, right turn into Gibney St, left turn into Marine Pde turning at Curtin Ave (south turn). Return is via Marine Pde with the turn in the Transition car park.

Lap Distance: 5km

Requirements:

Bike, Helmet, Shoes, Shirt/Top, Water Bottle



PADDDLE

Paddle course is south from Cottesloe Beach to turn at Mosman Beach just prior to the foot bridge over the rail line before returning to Cottesloe Beach. The paddle section will remain inside the course marked by buoys close to shore.

Lap Distance: 6km

Requirements:

Ski/Paddle Craft, Paddle
PFD recommended



RUN

The run course is initially a path run to the Cottesloe Surf Life Saving Club where you take the steps to the beach for a beach run and scramble over the rock outcrops (groynes). The run includes the Vlamingh Memorial just prior to the turn on Mosman Beach.

Lap Distance: 6km

Requirements:

Running Shoes, Cap, Sunscreen

Cottesloe Beach Marine Parade, Cottesloe

Transition

Main Transition is located in the Marine Parade Car Park.

Facilities

Toilets, Cafes, Hotels & Shops

Parking







Parking is available in Main Car Parks on Marine Parade - there will be a drop off area for paddle craft.
There will be a drop off area for paddle craft

Marine Parade will close by 5:30am on the event day.

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COURSE MAP

-  TRANSITION AREA
-  FINISH
-  SWIM COURSE
-  CYCLE COURSE
-  PADDLE COURSE
-  RUN COURSE

