

LEGENDS PROGRAM 2019/20

JANUARY 18 to FEBRUARY 29

The majority of the runs/walks are in the Sutherland Shire, many on beautiful courses in the Royal National Park (RNP). We start from 7.30am each Saturday and newcomers are welcome to join us. We often get together afterwards at a café for breakfast, or alternatively we all bring a blanket, thermos and something to eat for breakfast. All over usually by about 10am.

For further details contact Steve/Linda on 9520 8319.

Jan. 18 BULLI CYCLE TRACK (8.00 AM Start)

Meet at Café at Bulli Beach (parking available). North or south run options. Return for swim. *Breakfast at the Beach Café.*

Jan. 25 EAST HEATHCOTE

Meet at 7 Bottle Forest Road Heathcote. Various running options around Engadine and towards Loftus. Return back to East Heathcote on different tracks. *BBQ Breakfast/Picnic at the Henderson's house.*

Feb. 1 STANWELL TOPS

Meet at end of Stonehaven Road, Stanwell Tops. Run on road to Conference Centre and follow tracks south to waterfall, dam, and then to lookout. Return the same way. *Afterwards drive to the Palms Café, Lawrence Hargrave Drive, Stanwell Park for breakfast.*

Feb. 8 WANDA BEACH

Meet at northern car park overlooking beach. Take track through the sand hills. Cross over to the beach and run to Boat Harbour (or to the lighthouse) and return along the beach. *Swim afterwards followed by picnic.*

Feb. 15 DAROOK PARK, CRONULLA

Meet at end of Nicholson Parade, Cronulla. Run along the Esplanade to Wanda Beach sand hills and return. *Swim in bay followed by picnic.*

Feb. 22 FIGURE EIGHT POOLS

Take the turnoff to Garie Beach. Before Garie Lookout take the dirt track to the right which leads to Garrawarra Farm carpark. Run on the track downhill to the coast and proceed south to Burning Palms. Follow track to the rock platform and then towards Figure Eight Pool. *Swim possible if desired. Return same way for picnic at Garrawarra Farm.*

Feb. 29 WORONORA RIVER CAFÉ

Meet at car park beside Woronora River Bridge next to café. Various running options beside the river and local area. *Return for breakfast at Riverside Café.*