

Captain Cook Run/Walk (15.2km/7.2km)

**Shortcut – turn
back at top of
steps (9.6km)**

At the bottom end of Chico, go straight
across Del Mar and down the steps.

At the bottom of the steps, go straight across Pueblo and into the
park down the short dirt path and turn left along the concrete
path.

When the concrete path nears school fence follow the rough track
keeping the fence on your left and continue up the steps.

Cross Del Mar and continue up the steps.

At the top of the steps, go straight across Oceano and continue up
Vista.

At the T-intersection after the short climb up Vista, turn left on
Vista Ave North.

Run through the Lookout Car Park and follow
the official walking track to the Lookout.

Behind Winney
Bay follow the
main fire-trail
back up to water
tower at Cape
Three Points
Road.

Run down Del
Monte until
reaching the park
on the right (look
for "5 Lands
Walk" sign), then
cross the park
diagonally to
reach the single
track path descen-
ding to Winney
Bay.

