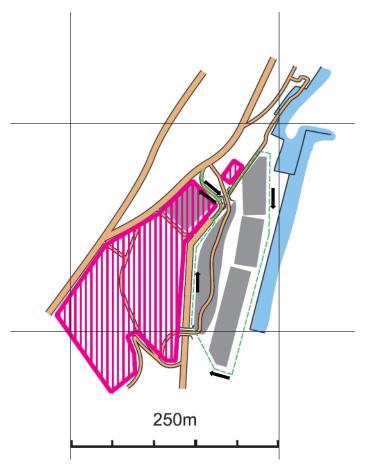


## Course "C" - The Middle Path

Instead of going down the broad angled path to Farm Cove, turn right onto the "Middle Path" which runs above Farm Cove. Continue to the end and re-join the main route at Mrs Macquarie's Point. Repeat in reverse when returning.



## Clockwise around apartments

Run down the steps immediately before the substation, turning left and doing a clockwise loop of the buildings, returning along the eastern footpath of Lincoln Crescent and back up the same stairs.

## Please exercise caution:

- 1. Stairs are uneven:
- 2. Fitness classes often use the northern grassed area at the foot of the stairs;
- There is a linked chain loop across the roadway at the Northern end of Lincoln Cr, meaning there are two spaces either side of the chain loop, and there may be foliage at eye height;
- 4. There is car park exit for the apartments on the right as you run back towards the stairs;
- 5. Lincoln Cr is a roadway so there may be vehicles using it.