**5.0km Old Noarlunga trail run**

<https://connect.garmin.com/modern/course/30480741>



Directions:

1. From the park, run towards the suspension bridge and cross over, turning left onto the single track
2. Continue to follow the track as it continues along the wider trail/road to the bottom of Old Coach Road
3. Take the Gorge track, to the left and continue to follow it till you reach the Pipeline
4. Run up the hill following the pipeline track until you reach the top fence
5. Turn right and follow the fence until the park gate (left) and Old Coach Road (Right)
6. Turn Right and follow Old Coach Road back down the hill
7. At the bottom, continue to the left back to the suspension bridge and the park

**10.2km Old Noarlunga trail run**

<https://connect.garmin.com/modern/course/30480849>



Directions:

1. From the park, run towards the suspension bridge and cross over, turning left onto the single track
2. Continue to follow the track as it continues along the wider trail/road to the bottom of Old Coach Road
3. Take the Gorge track, to the left and continue to follow it till you reach the Pipeline
4. Turn left down the pipeline and then right onto the Gorge track (single track)
5. Continue to follow the Gorge track for approx. 1km till you reach the road to the right
6. Turn right and go up hill, passing the gun club and continue along the road out to Seaview Road (Main road)
7. Turn right and follow Seaview road for approx. 1km
8. As Seaview Road swings to the left, turn right into Barytes Road, then right straight away and continue until you reach the national park fence
9. Enter the park and continue straight ahead along Tea Tree track for a short distance, then take a sharp left turn and follow until the park gate (left) and Old Coach Road (Right)
10. Turn Right and follow Old Coach Road back down the hill
11. At the bottom, continue to the left back to the suspension bridge and the park