

MS WALK RUN+ROLL

SUNDAY 29 MAY | SYDNEY | Metcalfe Park – Pyrmont

#MSWalk | 1300 733 690 | walkrun@ms.org.au

mswalk.org.au

4km Course

1 lap of orange course

8km Course

2 laps of orange course



Toilets



Water



First Aid



Food / Drink



Information

Rest Site 1 Waterfront Park



EPIC VIEW'S
HERE!

PIRRAMA
PARK

JONES BAY
WHARF

DARLING ISLAND RD

METCALFE
PARK

PYRMONT BAY
PARK

Start / Finish Metcalfe Park



Rest Site 2 (8km only) Metcalfe Park



THE STAR LIGHT
RAIL STATION



THE STAR



PYRMONT FERRY STOP
& DARLING HARBOUR

ANZAC
BRIDGE

REFINERY DR

BOWMAN ST

PIRRAMA RD