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Today's run is in 2 parts:

1. Whiteman Park to Perry Lakes (morning tea)
2. Perry Lakes to Applecross (lunch & meeting)

## 1. Whiteman Park to Perry lakes

### Overview:

- west out of Whiteman Park then south to Marshall Rd
- follow Marshall Rd (which becomes Beach Rd) all the way west across to the coast (with a little dog-leg left and right at Marmion Ave)
- follow the road down the coast to Oceanic Drive and into Perry Lakes

### Details

Miles		Km
0.0	Motor Museum car park entrance – zero your trip meters (distances are cumulative)	0.0
	Follow the signs out of Whiteman Park to the Beechboro Rd exit	
2.1	Turn left (south) into Beechboro Rd	3.3
2.6	Turn right (west) into Marshall Rd at the lights	4.2
	Follow Marshall Rd (which becomes Beach Rd) westwards	
12.5	Turn left into Marmion Ave, then immediately right into Beach Rd again	20.1
13.3	Turn left into West Coast Drive before plunging into the water	21.4
15.3	Follow the road around to the left to West Coast Drive (follow the big green sign). (You are now on Karrinyup Rd.)	24.6
16.0	Turn right at the lights into West Coast Drive (Marmion goes to the left, West Coast Drive goes to the right)	25.8
21.1	Turn left at the lights into Oceanic Drive	33.9
22.4	Turn right into Perry Lakes Drive	36.1
23.2	Turn left past the green “Perry Lakes Reserve” sign down towards the toilet block and parking areas.	37.4
	Break-out the morning tea	

## 2. Perry Lakes to Applecross

### Overview:

- Out of Perry Lakes and back across to the coast
- Down the coast to Fremantle
- Muster in the Captain Munchies car park (on Beach St before you get the railway station – over the railway line from the cruise terminal)
- Parade together through the “capuccino strip” along South Terrace
- Back to Beach St then follow the river as much as practicable around to Jeff Joseph Reserve in Applecross (near the intersection of Ardross St and The Strand)

### Details

Miles		Km
0.0	Perry Lakes carpark – zero your trip meters again	0.0
	Turn left into Perry Lakes Drive out of the car park	
0.2	Turn right into Stephenson Ave	0.3
1.1	Turn left into Rochdale Rd	1.8
1.8	Turn right into Alfred Rd at the lights	2.9
2.2	Turn left into West Coast Highway	3.6
3.0	Turn right into North St at the lights	4.9
3.7	Turn left into Marine Parade	6.0
6.0	Veer right at the roundabout to keep following the coast along Port Beach Rd	9.7
7.6	Turn left at the lights into Tydeman Rd	12.3
8.3	Turn right at the lights into Queen Victoria St	13.3
	Get into the right lane over the old traffic bridge as you have to turn right twice in close succession	
8.7	Turn right after crossing the bridge	14.0
8.8	Turn right at the lights, then left into Beach St	14.2
9.3	Turn right into the Captain Munchies car park. First vehicle here to pick a nice, obvious spot with lots of parking bays.	15.0
	We will wait (for a reasonable time) for (hopefully) all the cars to arrive, then immediately set off again in one big bunch. This is <b>NOT</b> the time to go and get a coffee from Captain Munchies!!	
	Turn right out of the Captain Munchies car park back into Beach St (which will become Elder Place and then Phillimore St)	

<b>Miles</b>		<b>Km</b>
9.6	Turn left into Market St (around the old stone building apposite the railway station)	15.5
9.8	Veer left into South Terrace	15.8
10.0	Turn left at the lights into Parry St	16.1
10.1	Veer right at the roundabout with the footy statue in the centre	16.3
	Parry St then does a 90 degree bend to the left, then veers left after the church straight back down to Captain Munchies	
10.7	Turn right into Elder Place (which then becomes Beach St)	17.2
11.1	Keep following Beach St as it veers left at the lights and heads down under the old traffic bridge and becomes Riverside Rd	17.9
	Follow Riverside Rd	
13.2	Turn left at the roundabout into Preston Point Rd (note still 50kph speed limit)	21.2
14.1	Turn left at the roundabout into Point Walter Rd	22.7
15.2	Turn right at the roundabout into Caroll Drive (which becomes Bourke Drive)	24.4
	Follow Bourke Drive around to Canning Hwy	
17.5	Turn left into Canning Hwy	28.1
18.0	Turn left into Dunkley Ave after the big, green Tomkins Park	28.9
	Dunkley Ave becomes Melville Beach Rd	
19.4	Turn right up the hill then across one stop sign	31.2
19.6	Turn left into Macleod Rd	31.6
19.8	Veer left into Ardross St	31.9
19.9	Turn right into The Strand and immediately left into the car park at Jeff Joseph Reserve	32.1
	Break-out the lunch!	