**Early Morning Run (EMR) to the Flinders Foreshore Reserve on Sunday the 8th of January 2023**

The EMR starting point is the Western car park at the Southland Shopping Centre, 1239 Nepean Highway, Cheltenham 3192.

Please arrive at 7.30AM for an 8.00AM start.

This is a self catering BBQ or Picnic at Flinders.

Contact Ralph Stewart on 0421 325 535 if you need assistance.

| Km | Miles | Instruction | Comment |
| --- | --- | --- | --- |
| 0 | 0 | TR | Out of Car Park |
| 0.2 | 0.1 | TR | Nepean Highway ( continues to Frankston and Mornington) |
| 38.2 | 23.7 | TR at lights | Into Craigie Rd, Mount Martha |
| 39.1 | 24.3 | TL | Into the Esplanade ( continue to Dromana) |
| 46.8 | 29.1 | Veer Right | Under tunnel and into Marine Drive |
| 50 | 31.1 | TR at lights | Point Nepean Rd |
| 51.5 | 32 | TL | McCulloch St ( C789) |
| 52.4 | 32.6 | TR | Arthurs Seat Rd |
| 60.5 | 37.6 | TR | Mornington-Flinders Rd C787 |
| 74 | 46 | Veer Left | Cook St C777 Flinders |
| 75.7 | 47 | TR | The Esplanade |
| 76 | 47.2 | TL | Bass St |
| 76.2 | 47.3 |  | Arrive at Flinders Foreshore at the carpark at the BBQ end |