



Harbour foreshore walk added to Seven Bridges Walk course

The annual Seven Bridges Walk (7BW) in Sydney, which is now in its fourth year, is being held on Sunday 25 October 2009 and this year the 25 kilometre course will include Barangaroo, a major urban renewal project near Millers Point on the western side of the Harbour Bridge.

Barangaroo's harbourside promenade will be opened for the day to allow participants to walk the length of the site from Walsh Bay to King Street Wharf. In previous years the course has taken walkers down Hickson Road but this year they will be able to continue along the waterfront.

The course will be open from 8.00am to 5.00pm on 25 October and you can register online at www.7bridgeswalk.com.au and this is a fantastic opportunity for everyone to get out and about in Sydney is FREE to participate in.

This year the Seven Bridges Walk will be part of Crave Sydney, a major new celebration of Sydney's unmatched way of life, offering 31 days of food, outdoor art and fun.

Participating in Seven Bridges Walk is a great way to stay fit and to raise money for charity. You can be a sponsored walker, make donations online at www.7bridgeswalk.com.au or show your support as you cross any of the Seven Bridges on event day.

As well as getting to walk along the foreshore at Barangaroo, walkers will also be able to cross the seven bridges on the 25 kilometre clockwise route. The bridges on the route are the Sydney Harbour Bridge, Pyrmont Bridge, ANZAC Bridge, Iron Cove Bridge, Gladesville Bridge, Tarban Creek Bridge and the Fig Tree Bridge.

You can start at any of the seven Villages and walk as much or as little of the course as you like. Each of the seven villages along the route will have food, music and activities. The villages will be located at Cadman's Cottage in the Rocks, Pyrmont Bay Park, King Georges Park in Rozelle, Hunter Hill Scout Hall, Blaxlands Corner Central Park in Lane Cove, Brennan Park in Wollstonecraft and Burton Street in Milsons Point.

For more information on Seven Bridges Walk visit www.7bridgeswalk.com.au and to plan your Crave Sydney experience, visit www.cravesydney.com.

Media contact Sam Crichton, Event Alliance International on Ph: 02 9963 9936 or Email: sam.crichton@eventalliance.com.au

