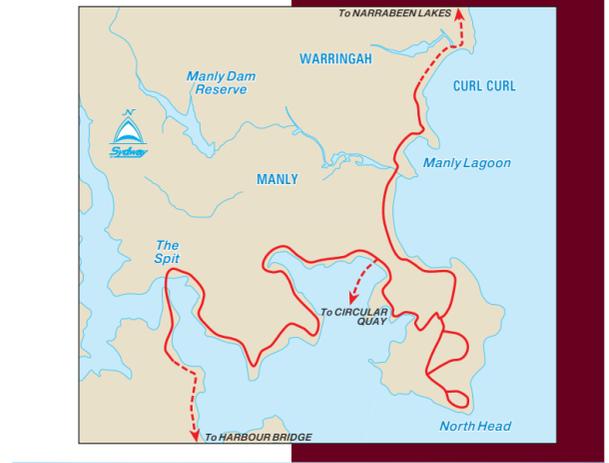


Walking COASTAL SYDNEY

Manly Lagoon to North Head and The Spit



Manly to the City (Manly Council)

it's exhilarating & healthy



Manly Scenic Walkway at North Harbour Reserve (Manly Council)

North Head Walk

Starting at Manly Wharf (F5), this walk takes you to the Fairfax Lookout at North Head. Proceed via The Corso, Manly and Shelly beaches, the Sydney Harbour National Park track to Blue Fish Road and the Sydney Harbour Federation Trust track to the Gatehouse Visitor Centre. Take one of two routes south, exiting at the stile near the North Fort entrance before proceeding along the Scenic Drive to the Fairfax Lookout (H7).

Return to the Trust land via the stile and take the alternate route to the Gatehouse Visitor Centre. Note the route to the former Quarantine Station (access by shuttle bus only). Proceed to Collins Beach Road and to Collins Beach, Little Manly Point Reserve and Manly Wharf.

Note that a large part of North Head is within Sydney Harbour National Park and the North Head Sanctuary. All flora and fauna are protected. Domestic animals are not permitted. Walkers should keep to the designated route, carry plenty of water, obey all signage and proceed only during daylight hours. There are no public toilets south of the Gatehouse Visitor Centre. Check current route and timetable for bus 135. **5hr walking 11km**

Go to the following websites for information about tours of the North Head Sanctuary (former School of Artillery) www.harbourtrust.gov.au, North Fort www.northfort.org.au and Q-Station (former Quarantine Station) www.qstation.com.au

Manly Scenic Walkway- Manly to the Spit

Commencing at Manly Wharf (F5), the walk proceeds west around Manly Cove past the Art Gallery & Museum and Oceanworld to North Harbour Reserve. At Forty Baskets Beach enter Sydney Harbour National Park, which includes Reef Beach, Dobroyd Head and Grotto Point. The route traverses Clontarf beach and Fisher Bay to the Spit Bridge (C5).

To get a bus back to Manly Wharf, cross under the Spit Bridge and proceed north to the bus stop for buses 143,144 and 169. For City or Chatswood buses cross the Bridge on the eastern side to the bus stop (C6).

Alternatively, take the overland route back to Manly via Gallipoli steps, New Street West to North Harbour Reserve and the Fairlight Walk to Manly Wharf.

Obtain brochure Manly Scenic Walkway from Manly Visitor Information Centre near the wharf, or from www.manly.nsw.gov.au >Attractions>Walking Tracks>Manly Scenic Walkways-Brochure. **4hr walking one way 10km**

As the map shows, with the interconnecting red and green routes, there are many walks on offer. Walks may be short or long, or follow any route, according to individual choice.

Walking Coastal Sydney

For information on Sydney's Great Coastal Walk from Barrenjoey to Cronulla, which includes the 50km Northern Beaches Walk, see www.walkingcoastalsydney.com.au

The Trunk Walking Routes of Sydney Coast and Harbour

- Coastal Walk
- Harbour Circle Walk
- Great North Walk
- Federation Track
- Spit to Manly Walk
- Harbour to Hawkesbury Track
- Other tracks

Approximate Walking Times in Hours and Minutes
e.g. 1 hour 45 minutes = 1hr 45

BROCHURES

- 1: Barrenjoey to Narrabeen Lakes
- 2: Narrabeen Lakes to Manly Lagoon
- 3: Manly Lagoon to North Head & The Spit
- 4: Spit to Harbour Bridge
- 5: Harbour Bridge to South Head & Clovelly
- 6: Clovelly to Cronulla
- 7: La Perouse to Sydney Airport
- 8: Cook Park Trail
- 9: Harbour Circle Walk
- 10: Harbour to Great North Walk

Manly Lagoon to North Head and The Spit

This magnificent walk features the famous Manly Beach, Shelly Beach, and North Head which dominates the entrance to Sydney Harbour. It also links to the popular Manly Scenic Walkway between Manly Cove and The Spit.

The walk forms part of one of the world's great urban coastal walks, connecting Broken Bay in Sydney's north to Port Hacking in the south, traversing rugged headlands, sweeping beaches, lagoons, bushland, and the bays and harbours of coastal Sydney.

This map covers the route from Manly Lagoon to Manly wharf via North Head. Two companion maps, *Barrenjoey to Narrabeen Lakes* and *Narrabeen Lakes to Manly Lagoon*, complete the Northern Beaches section, while two additional maps cover the continuation to Cronulla. For these and additional regional maps visit www.walkingcoastalsydney.com.au, coastal and harbour Councils or relevant visitor centres.

The Sydney coastal walk links by ferry to Bouddi and Brisbane Water National Parks in the north and Royal National Park in the south.

The coastal route and its harbour link are marked red on the map, with loop walks and links marked green.

Loop Walks and Links

There are several loop walks, including the bushland circular track through Manly Dam Reserve and tracks around Manly and Curl Curl Lagoons. Green space corridors and selected streets are incorporated into an integrated network of walks connecting to the coast and the harbour. This network can be used to create walks of varying lengths and times.

Manly Information

For information and brochures relevant to Manly and the Northern Beaches region, visit the Manly Visitor Information Centre at the Forecourt, Manly Wharf (Tel: 9976 1430) www.manlytourism.com Free brochures cover attractions, regional maps, accommodation, food and transport, and include Manly Visitors Guide, Sydney's Northern Beaches Visitor's Guide also downloadable from www.wherewelcome.com.au and the tourist map Sydney's Northern Beaches from www.sydneybeaches.com.au >map.

For places of interest along the way see www.walkingcoastalsydney.com.au

Visit Manly Council's website www.manly.nsw.gov.au >Council>Manly Tourism; >Environment>Marine & Coastal/Manly Highlights; >Attractions>Walking Tracks; and >Library>Local Studies Collection. See also www.warringah.nsw.gov.au for information on Manly Dam Reserve. Be aware that website references can change over time.

Go to www.aboriginalheritage.org for details on the aboriginal heritage and culture of the Northern Beaches region.

For additional information, including Councils, National Parks and other websites, walking brochures and relevant books, see 'Further Information' below.

Walking Times

The **Walking Times diagram** sets out approximate walking times along the coast between Dee Why Head and North Head and around the Harbour to The Spit. It contains walking times for links across the Manly region from the coast to Seaforth Oval and Manly Dam reserve.

The times marked are walking times based on a walking speed of between 2km and 3km per hour, depending on the terrain and weather conditions. Add extra time for breaks, lunch or a swim!

Sydney's Northern Beaches Visitors Association
Free tourist map with information on the Northern Beaches www.sydneybeaches.com.au

Manly Environment Centre
41 Belgrave Street, Manly 2095 Tel: 9976 2842.
Provides environmental information including maps, brochures and reports www.mec.org.au

Coastal Environment Centre
Lake Park Road, North Narrabeen 2101 (next to the Lakeside Holiday Park) Tel: 9970 1675.
Provides environmental information and education.
See www.pittwater.nsw.gov.au >Environment

Warringah Council and Dee Why Library
725 Pittwater Road, Dee Why 2099 Tel: 9942 2111.
Brochures and information available. Visit www.warringah.nsw.gov.au For the library see www.wls.nsw.gov.au and link to Local Studies.

Pittwater Council and Mona Vale Library
Village Park, I Park St, Mona Vale 2103 Tel: 9970 1111.
Avalon Library at 59A Old Barrenjoey Rd, Avalon Tel: 9918 3013.
Brochures and information available. See www.pittwater.nsw.gov.au >Environment>Coastal & Marine/Bushland/Water & Waterways; >Recreation>Beaches & Headlands/Regional Parks/Parks & Reserves; and >Council>Council Information; and website/library>Local History.

Department of Planning
23 Bridge Street, Sydney 2000 Tel: 9228 6333.
Brochures relevant to walking around Sydney Harbour.
See www.planning.nsw.gov.au/harbour >Walking Sydney Harbour.

National Parks and Wildlife Service
Information Centre for Sydney Harbour National Park situated at Cadmans Cottage, 110 George Street, The Rocks 2000 Tel: 9247 5033.
For information about relevant National Parks, including Sydney Harbour, Garigal, Ku-ring-gai Chase, Botany Bay, the Royal, Bouddi and Brisbane Water, visit www.environment.nsw.gov.au click on 'Visiting a park' and select a park.

Sydney Harbour Federation Trust
Best Avenue, off Suakin Drive, Mosman 2088 Tel: 8969 2100.
Information about the Sydney Harbour Federation Trust, which manages North Head Sanctuary (former School of Artillery) at North Head, former Defence lands at Middle Head and Georges Heights, the Macquarie Lightstation at Vaucluse and the Marine Biological Station at Camp Cove, can be found on the website www.harbourtrust.gov.au >The Sites.
For brochures visit the Gatehouse Visitor Centre at North Head or the above address in Mosman.

Sydney Visitor Centre
Corner Argyle and Playfair Streets, The Rocks 2000. Also at 33 Wheat Road (behind IMAX Theatre), Darling Harbour Tel: freecall: 1800 067 676.
Relevant brochures and information, including Walking Coastal Sydney brochures. See also www.sydneyvisitorcentre.com

Southern and Harbour Councils
For relevant information about walking coastal Sydney south of Sydney Harbour and walking around Sydney Harbour, visit www.walkingcoastalsydney.com.au

Personal Care

Be aware that you are responsible for your own safety and that of any child with you. Take care and enjoy your walk.

The walks require average fitness, except for full-day walks which require above-average fitness and stamina. There is a wide variety of pathway conditions and terrain, including bush tracks, uneven ground, footpaths, beaches, rocks, steps and steep hills. Observe official safety, track and road signs at all times. Keep well back from cliff edges and be careful crossing roads.

Wear a hat and good walking shoes, use sunscreen and carry water. You will need to drink regularly, particularly in summer, as much of the route is without shade. Although cold drinks can often be bought along the way, this cannot always be relied on. Take a comfortable backpack and, if you wish, swimmers and a towel. Only swim between the flags on patrolled beaches.

Carry a mobile phone. In case of emergency dial 000 or 112 from GSM mobile.

Public Transport

Public transport is readily available at regular intervals along the way. Relevant bus stops with route numbers are marked on the map. This allows considerable flexibility when deciding where to begin and end your walk.

Ferries operate regularly between Circular Quay and Manly Wharf. Major bus interchanges are at Manly Wharf (F5) and Warringah Mall (D2).

The following bus routes from Manly Wharf are particularly useful: 155 & 156 for Mona Vale, 136 & 139 for the local coast, 136, 143 & 144 to Chatswood, and 132, 142 & 169 for Manly Dam Reserve.

For public transport timetables, planning a walk, and for maps, including the Northern Region Bus Guide:

Infoline Tel: 131-500 www.131500.info Each bus stop has its own number. For the next bus due ring 131500 and follow the prompts.

Taxis and water taxis can also be useful. For a taxi call Manly Cabs on 131 668 and for water taxi information call connect 12456. Manly Council runs a free Hop, Skip & Jump Community bus – timetable and route information from the Manly Visitor Information Centre.

Walking Manly

The choices of walks are many and varied. The following three walks highlight the significant natural and cultural diversity of the Manly region, the traditional land of the Guringai people.

Useful information about each walk can be found at the Manly and Warringah Councils' websites (for relevant sections see 'Manly Information' above). See also the books listed under 'Further Information' below.

Dogs on a lead are welcome on walks except on beaches, in National Parks, and other sensitive areas, including Manly Peace Park and Federation Point wildlife protection areas. Observe all official signage.

For each of the following walks, the walking times and distances are approximate.

Manly Coastal Walk

Commencing at Manly Wharf (F5), follow The Corso to the beachside Promenade. Turn north to Manly Lagoon (F3), circle the lagoon returning south via the water's edge to Manly Surf Pavilion. Ascend the stairs taking the right-hand fork to Reddall Street and proceed south to view the former St Patricks College. Descend to Bower lane and the rockpool, turning right to Shelly Beach and headland (G5). Return via Marine Pde and the Corso to Manly Wharf. Ferry from Manly Wharf to Circular Quay. **3hr walking 8km**

Route Marking

A variety of local signage exists. It is expected that the following internationally recognised marking system will be introduced over time along the red routes.



Acknowledgments and Suggestions

This brochure and its companion brochures have been developed by the Walking Volunteers. They include: Jim and Therese Archibald, Bill Avery, Neil and Pamela Hardie, Phil Jenkin, Geoff Lambert, Caroline Minoque, Ian Napier, Bill and Nedra Orme (Patrons), Don and Laura Riddell, Bruce Robertson, Leigh Shearer-Heriot, Cameron Sparks, Graham Spindler (Coordinator) and Paul Webb.

The Walking Volunteers are a group of individuals who are helping to develop a series of walking routes around Sydney Harbour, along the coastal areas of Sydney and regional links across Sydney. They believe that walking is pleasurable and healthy and a great way to enjoy the beautiful natural and cultural highlights of this City. Walking and the use of public transport are encouraged.

The Walking Volunteers have worked closely with Coastal and Harbour Councils, the Sydney Coastal Councils Group, the Department of Planning, the National Parks and Wildlife Service, the Sydney Harbour Federation Trust and the Sydney Street Directories Mapping Division.

This brochure was produced with the assistance of the Councilors and staff of Manly Council and the staff of the National Parks and Wildlife Service, the Sydney Harbour Federation Trust and Q Station. Funding was provided by all the above bodies.

The Sydney Coastal Councils Group is responsible for the coordination and management of this project, including managing the website www.walkingcoastalsydney.com.au Please inform the Group's Program Coordinator of any errors, omissions, or suggestions to improve future editions or other similar publications.

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First printed July 2008

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Logo photograph: Sydney's Northern Beaches Visitors Association.