

# Walking COASTAL SYDNEY

## Barrenjoey to Narrabeen Lakes



View south from Barrenjoey Lighthouse (David Messent)

it's exhilarating & healthy

### Pittwater Coastal Walk - Barrenjoey to Avalon

The northernmost access point to Sydney's Great Coastal Walk is Barrenjoey Beach on Pittwater at the western end of Beach Road, North Palm Beach (F2).

This walk climbs the magnificent Barrenjoey Headland to its historic Lighthouse, with stunning views over Broken Bay and Pittwater. Descend and cross the dunes to travel south along the beach. Proceed over the headland to Whale Beach via McKay Reserve and follow Whale Beach Road to Bangalley Head, the highest point on Sydney's northern coastline. From there walk to Avalon Beach with its shopping centre, accommodation and transport (G6). Bus L90. **5hr 30 walking 13km**

### Pittwater Coastal Walk - Avalon to Narrabeen Lakes

Beginning at Avalon Beach Surf Life Saving Club (SLSC) (G6), this walk proceeds over Bilgola Head to secluded Bilgola Beach and around the southern headland to Newport Beach. Past Bungan Castle the walk drops down to Bungan Beach, then over Mona Vale Headland to Bongin Bongin, Mona Vale and Warriewood beaches. Continue on to Turimetta Head and beach, Narrabeen Head, Narrabeen lagoon and Narrabeen's shopping centre with transport and accommodation (B7). Buses L88 & L90. **5hr 30 walking 13km**

### Resolute Track - West Head

Take the 9am ferry from Palm Beach wharf (F3) to Great Mackerel Beach wharf (E2). Proceed north along the beach across the sand bar to enter the bushland track in Ku-ring-gai Chase National Park, passing Resolute and West Head beaches (both accessible), climbing to West Head Lookout (E1) with extensive views. Follow the track west to main Picnic area, crossing the road for Koolewong loop walk with views north. Proceed via Red Hands Cave, left at rock engravings to the track above Resolute Beach and on to Mackerel Wharf. See [www.environment.nsw.gov.au](http://www.environment.nsw.gov.au) click on 'Visiting a park' and select Ku-ring-gai Chase National Park, then 'Facilities & things to do' and 'Culture and history'.

Allow 7hrs: 5hrs walking, 1hr lunch and breaks and approximately 1hr for the ferry trip over and back. Be at Mackerel Wharf no later than 5pm for the return ferry. [www.palmbeachferries.com.au](http://www.palmbeachferries.com.au) (Tel: 9974 2411). Water Taxi (0415 408 831). **5hr walking 9km**

### Warriewood Wetlands

Starting from Warriewood Shopping Centre near Jacksons Road entrance (B5), proceed from the bus stop and enter the wetlands on the western side of the Centre. Follow the boardwalk and pathway to Garden St, turn left and then right into Irawong Reserve and on to the waterfall. Retrace steps to Garden St, cross and re-enter wetlands, then proceed along track and boardwalk to Katoa Close, crossing the reserve to return to the start.

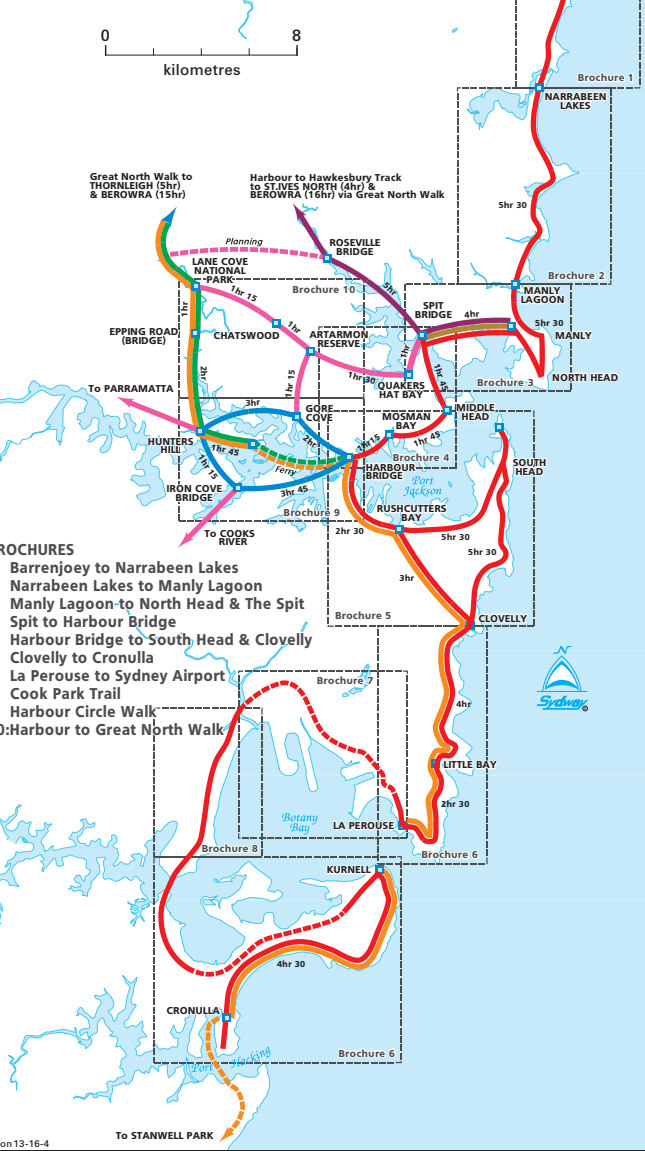
This walk can be extended via two green links to the coast. The extended walk includes Narrabeen lagoon (north), Narrabeen and Turimetta Headlands and Warriewood beach (B-C at 5-6). Add a further 2 hours to your walking time if you choose this option. **1hr 30 walking 3.5km**

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.

### 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



Looking across Pittwater to the National Park (Pittwater Council)

### 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](http://www.walkingcoastalsydney.com.au)

### Food and Drink

Food and drink can be found along the main route (red) at north and south Palm Beach, Whale Beach, Avalon shops, Bilgola kiosk, Newport shops, Mona Vale, above Warriewood Beach, adjacent to the Narrabeen Head car park, and Narrabeen shops.

On the loops and link walks (green), food and drink is available from shops at Palm Beach (Pittwater), Careel Bay (G5) and North Avalon (G5), the Newport Arms (C2), Winereremmy Bay kiosk (B3), Church Point, Warriewood Shopping Centre, and cnr Garden St and Powder Works Rd (B6). Most Surf Life Saving Clubs (SLSC) have kiosks and toilets.

Toilets, which are marked on the map 'T', are available in most areas.

### Accommodation

The Pittwater region has a range of accommodation, including hotels, motels, guest houses, hostels, B&B and backpacker accommodation, cabins and camping. Accommodation can be found at Palm Beach, Whale Beach, Avalon, Bilgola Plateau, Newport, Mona Vale, Narrabeen, Collaroy, Church Point, Scotland Island, Pittwater YHA and The Basin.

For detailed information visit [www.wherewelcome.com.au](http://www.wherewelcome.com.au) >Places to Stay; [www.manlytourism.com.au](http://www.manlytourism.com.au) >Accommodation>PhoneBook>NorthernBeaches; [www.sydneybeaches.com.au](http://www.sydneybeaches.com.au) >Accommodation; Tourism NSW [www.visitnsw.com.au](http://www.visitnsw.com.au) >Accommodation; NRMA [www.mynrma.com.au](http://www.mynrma.com.au) >Travel>Find Accommodation; and [www.stayz.com.au](http://www.stayz.com.au)

### Further Information

For more information about the Coastal Walks, the regions they explore and places of interest, see the following:

**Sydney Coastal Councils Group**  
Level 14, Town Hall House, 456 Kent Street, Sydney 2000 Tel: 9246 7702.  
For the coastal and harbour walking maps and brochures, background notes, links to websites and other useful information, visit [www.walkingcoastalsydney.com.au](http://www.walkingcoastalsydney.com.au)

#### Books on Walks and History

There are a number of books that are relevant and useful to walking in Pittwater and the Northern Beaches. These include: *Sydney Best Walks* by Alan Fairley (Envirobook 2006), *Sydney's Best Harbour & Coastal Walks* by Katrina O'Brien (Woodslane Pty Ltd 2007), *Take a Walk on the North Side* by Linda C. Wood (cappie.wood@bigpond.com 2004), *Hiking for Health* (ShoroC Councils reprint 2003), *Pictorial History Pittwater* by Joan Lawrence, (Kingsclear Books 2006), *Sydney's Northern Beaches* by David Messent (David Messent Photography 2007), and *Pictorial Memories Manly to Palm Beach* by Alan Sharpe (Kingsclear Books 2004).

### Barrenjoey to Narrabeen Lakes

This wonderful walk is dominated by a series of rugged natural headlands with extensive views of the coast and Pittwater, sweeping and secluded beaches and further south, wetlands feeding into Narrabeen Lagoon.

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 headlands, beaches, lagoons, bushland and the bays and harbours of coastal Sydney.

This map covers the route from Barrenjoey to Narrabeen Lakes. Two companion maps, *Narrabeen Lakes to Manly Lagoon* and *Manly Lagoon to North Head & The Spit*, 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](http://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 is marked red on the map, with loop walks and links marked green.

### Loop Walks and Links

There are a number of loop walks, including those to Barrenjoey Headland, McKay Reserve, Bangalley Head, Stapleton Park, Angophora Reserve, Crown of Newport Reserve, Warriewood Wetlands and Narrabeen Lagoon, plus a link to Church Point. This integrated network of red and green routes can be used to create walks of varying lengths and times.

### Pittwater Information

For information and brochures relevant to Pittwater and the Northern Beaches region, visit Pittwater Council's Customer Service Centre and Library at 1 Park Street, Mona Vale or 59A Old Barrenjoey Road Avalon (Tel: 9970 1111), and [www.pittwater.nsw.gov.au](http://www.pittwater.nsw.gov.au) >Environment>Bushland/Coastal & Marine/ Coastal Environment Centre/Water & Waterways; >Recreation>Beaches and Headlands/ Regional Parks/ Parks & Reserves; >Council>Council Information; and website/ library>Local History>Pittwater's Past. Be aware that website references can change over time.

See also the Coastal Environment Centre (CEC) (B6), Lake Park Road, North Narrabeen (Tel: 9970 1675), and the Manly Visitor Information Centre at Manly Wharf (Tel: 9976 1430) [www.manlytourism.com](http://www.manlytourism.com). Free brochures include Sydney's Northern Beaches Visitor's Guide also downloadable from [www.wherewelcome.com.au](http://www.wherewelcome.com.au) and the tourist map Sydney's Northern Beaches from [www.sydneybeaches.com.au](http://www.sydneybeaches.com.au) >map.

Visit [www.aboriginalheritage.org](http://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 Barrenjoey Head and Narrabeen Lakes. It contains walking times for links from the coast to Clareville Beach, Church Point and the Warriewood Wetlands.

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!

A comprehensive list can be found on the Sydney Coastal Councils Group's website [www.walkingcoastalsydney.com.au](http://www.walkingcoastalsydney.com.au). Books can be obtained from local libraries, selected bookshops and from the publishers.

#### Pittwater Council and Mona Vale Library

Village Park, 1 Park St, Mona Vale 2103 (B 3/4) Tel: 9970 1111.  
Avalon Library at 59A Old Barrenjoey Rd, Avalon 2107 Tel: 9918 3013.  
Brochures and information available. Visit the Council website [www.pittwater.nsw.gov.au](http://www.pittwater.nsw.gov.au) (for relevant sections see 'Pittwater Information' above).

#### wherewelcome.com.au

Comprehensive free guide to the Northern Beaches  
[www.wherewelcome.com.au](http://www.wherewelcome.com.au)

#### Sydney's Northern Beaches Visitors Association

Free tourist map with information on the Northern Beaches  
[www.sydneybeaches.com.au](http://www.sydneybeaches.com.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](http://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](http://www.warringah.nsw.gov.au)  
For the library see [www.wls.nsw.gov.au](http://www.wls.nsw.gov.au) and link to Local Studies.

#### Manly Council

1 Belgrave Street, (cnr The Corso) Manly 2095 Tel: 9976 1500.  
Brochures and information available. See [www.manly.nsw.gov.au](http://www.manly.nsw.gov.au) >Council>Manly Tourism; >Environment>Marine & Coastal/Manly Highlights; >Attractions>Walking Tracks; and >Library>Local Studies Collection.

#### Manly Visitor Information Centre

The Forecourt Manly Wharf, Manly 2095 Tel: 9976 1430.  
Major tourist centre. Brochures include attractions, regional maps, transport and accommodation. See [www.manlytourism.com](http://www.manlytourism.com)

#### 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](http://www.planning.nsw.gov.au/harbour) >Walking Sydney Harbour.

#### National Parks and Wildlife Service

Information Centre for Ku-ring-gai Chase National Park situated at Bobbin Head Road, Mt Colah 2079 Tel: 9472-8949.  
For information about relevant National Parks, including Ku-ring-gai Chase, Garigal, Sydney Harbour, Botany Bay, the Royal, Bouddi and Brisbane Water, visit [www.environment.nsw.gov.au](http://www.environment.nsw.gov.au) click on 'Visiting a park' and select a park.

#### 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](http://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](http://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.

The following bus routes are particularly useful: L90 limited stops from the City to Mona Vale, then all stops to Palm Beach. L88 same as L90 but terminating at Avalon. Routes 191, 192 & 193 service local areas from Avalon. Routes 155 & 156 from Manly Wharf to Church Point via Mona Vale. Route 136 links Chatswood Railway Station to Manly Wharf via Dee Why shops (bus stop cnr Pittwater Road and Howard Avenue).

Major bus interchanges are at Manly Wharf and Warringah Mall.

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

Infoline Tel: 131-500 [www.131500.info](http://www.131500.info) Each bus stop has its own number. For the next bus due, ring 131500 and follow the prompts.

Taxis, water taxis and local ferries can also be useful. Local ferries depart from Palm Beach Wharf (Tel: 9974 2411) [www.palmbeachferry.com.au](http://www.palmbeachferry.com.au) and Church Point (0408 296 997). For Manly Cabs Tel: 131 668, and water taxis, Pink (0428 238 190) and Palm Beach (0415 408 831).

Sydney Ferries operate regularly between Circular Quay and Manly Wharf. See also [www.pittwater.nsw.gov.au](http://www.pittwater.nsw.gov.au) >Local Services>Public Transport.

### Walking Pittwater

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

Useful information about each walk can be found at the Pittwater Council website at [www.pittwater.nsw.gov.au](http://www.pittwater.nsw.gov.au) (for relevant sections see 'Pittwater Information' above). See also the books listed under 'Further Information'.

Dogs on a lead are welcome on walks except on beaches, in National Parks, and other sensitive areas, including Bangalley and Turimetta Headlands and Warriewood Wetlands. Observe official signage at all times.

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

### 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 Minogue, 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 Pittwater Council and the staff of the National Parks and Wildlife Service. Funding was provided by Pittwater Council, the Department of Planning (Metropolitan Greenspace Program) and the National Parks and Wildlife Service.

The Sydney Coastal Councils Group is responsible for the coordination and management of this project, including managing the website [www.walkingcoastalsydney.com.au](http://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.

Program Coordinator, Sydney Coastal Councils Group, Level 14, 456 Kent Street, Sydney 2000 Tel: 9246 7702

First printed July 2008

© Phil Jenkin & Leigh Shearer-Heriot Walking Volunteers 2008

Anyone is free to use this brochure, in whole or part, in any free publication, with an acknowledgment to the Walking Volunteers.

**PITTPATER COUNCIL**



**NSW National Parks and Wildlife Service**

Logo photograph: Sydney's Northern Beaches Visitors Association.