Manly Lagoon to North Head and The Spit

The 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 coastal walk networks, connecting Brodie Bay in Sydney's north to Pittwater in the south, travelling through rugged headlands, secluded beaches, lagoons, bushland and the bays and harbours of coastal Sydney.

This maps covers the route from Manly Lagoon to Manly Cove via North Head. Two comprehensive maps - one of the North Beaches and another of Narrabeen Lakes to Manly Lagoon, complete the Northern Beaches section while two additional maps cover the route 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 Bouldin 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 loops links and links marked green.

Loop Walks and Links

There are several loop walks, including the bushland circular track through Manly Dam Reserve and the main Manly and Curl Curl Cafes. Green space corridors and selected sites 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 4393). Free brochures cover attractions, regional maps, accommodation, food and transport, and include Manly Guides. Sydney's Northern Beaches Visitor Guide is also downloadable from www.zwarrenco.com.au and the tourist map Sydney's Northern Beaches free from www.walkingcoastalsydney.com.au.

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

Visit Manly council's www.manly.nsw.gov.au, or Contact/Mandys Councils or relevant visitor centres.

The Walking Volunteers have worked closely with Coastal and Harbour Councils or relevant visitor centres.

Food and Drink

Food and drink can be found along the main route (red) at North & South Curl Cafes, Freshwater, Queenscliff/Manly town centre, Shelly beach, North Fort cafe (Weds to Sun) (Q7), Manly Baths kiosk (G4), Little Manly reserve, North Harbour reserve, Clontarf Reserve, The Spit and Balmoral.

On the loops and Link walks (green) food and drink is available at Warringah Mall, Warringah Aquatic Centre kiosk (B2), Seaforth shop (C5), and Baldigah Heights (New Street West) (D3). Most Surf Life Saving Clubs (SLS) have lockers and takeaways.

Toilets, which are marked on the map, are available in most areas. On the North Head section there are public toilets only at Shelly Beach (C5). The Gatehouse Visitor Centre (G6) and Little Manly Cove (96). Accommodation


Further Information

For more information about the Northern Beaches visit the Walking Sydney Harbour section of the walking map available from Manly Library at Market Place, Manly. Brochures and information available from www.manly.nsw.gov.au, or Contact/Mandys Councils or relevant visitor centres.

Sydney Northern Beaches Visitors Association

Free tourist map with information on the Northern Beaches www.sydneybeaches.com.au

Manly Environment Centre


Pittwater Council and Mona Vale Library

Pittwater Park, 10 Warringah Park Drive, Mona Vale. Tel: 9973 8551. Provide Walking and other relevant brochures. Visit Manly Library at Market Place, Manly. Brochures and information available from www.manly.nsw.gov.au, or Contact/Mandys Councils or relevant visitor centres.

Coastal Environment Centre

Lake Park Road Narrabeen 2101 (next to the Lakehead Holiday Park) Tel: 9976 6757. Provides environmental information and education. See also: www.warrington.nsw.gov.au/En Environment Warringah Council and Dee Why Library


Transport

The Walking Sydney Harbour section of the walking map available from Manly Library at Market Place, Manly. Brochures and information available from www.manly.nsw.gov.au, or Contact/Mandys Councils or relevant visitor centres.

Sydney Harbour Federation Trust


Manly Visitor Information Centre

The Forecourt Market Place, Manly. Tel: 9976 1430. Major tourist centre. Brochures include attractions, regional maps, transport and accommodation. See www.msmay.com.

Manly Council

1 Belgrave Street, Manly (the Corso). Tel: 9976 1500. Manly Library at Market Place, Manly. Brochures and information available from www.manly.nsw.gov.au (for relevant sections see ‘Manly Information’ above).

www.wherebothome.com.au

Where to stay compendium free guide to the Northern Beaches. www.wherebothome.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 pathways, conditions and terrain, including bush tracks, uneven ground, footpaths, beaches, roads, 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, and bring drinking water and a water bottle. Although cold drinks can often be bought along the way, this cannot always be relied on. Take a water bottle and a small bag of food and drink along with you.

Always be reliable on. Take a comfortable backpack and, if you wish, swimwear 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 interchanges are at Manly Wharf (F5) and Warringah Mall (D2).

The following bus routes from Manly Wharf are particularly useful: 135 & 136 for Mona Vale, 136 for the local council, 136, 149 & 146 to Chatswood and 132, 142, 146 for Manly Cove Reserve.

For public transport timetables, planning a walk, and maps, including the Northern Region Bus Guide, visit: Infiniti Tel: 13 1000 031300 Each bus stop has its own number. For the next bus due dial 33100 and follow the prompts.

Taxis and water taxis can also be useful. For a taxi call Manly Cab on 13 11 11 or for water taxi call phone number link contact your local council. 13 26 46, Manly Council has a free Hi Hop & Skip service. Community bus – timetables 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.

Lauderdale Road Walk - Sydney Harbour Heritage trail

This walk can be found at the Manly and Warringah Council websites (for relevant sections see ‘Manly Information’ above). 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

Commuting 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 Parade. Ascend to North and around the Harbour to The Spit. It contains walking for links across the Manly region from the coast to Seaforth Oval and the Spit, down to Flower lane and the adjacent walking route. The times marked are walking times based on a walking speed of between 2m and 3km per hour depending on the terrain and weather conditions. Add extra time for breaks, lunch or a swim.

Route Marking

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

Walk your 8km

Acknowledgements and Suggestions

This brochure and its companion brochures have been developed by the Sydney Coastal Councils, which includes several of the Sydney Local Government Authorities, including Manly Shire, Warringah Shire, Pittwater Council, Mosman Council, Balmoral shire, Mosman Council and the Sydney Harbour Federation Trust. The Sydney Coastal Councils Group is responsible for the coordination and distribution of this project.

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 natural and cultural highlights of the 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, National Parks and Wildlife Services, the Sydney Harbour Federation Trust and the Sydney Street Directions Mapping Division.

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The Sydney Coastal Councils Group is responsible for the coordination and management of this project, including managing the website www.walkingcoastalsydney.com.au. If you experience any problems accessing the website or have suggestions or improvements please contact Nic Robertson, Leigh Shaenig-Herriot, Cameron Sparks, Graham Spindler (Society & Culture) or Pam Hardie (Walking Sydney Harbour) on (02) 9936 8050.

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Australian Conservation Foundation

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