Manly Lagoon to North Head and The Spit

This magnificent walk features the famous Manly Beach, Shelley 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, Berryman to Narrabeen Lakes and Narrabeen Lagoon to Manly Lagoon, complete the series of Manly walking routes, each containing detailed maps to guide walkers on their way.

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 9970 4300. www.manlytourism.com Free brochures cover attractions, regional maps, accommodation, food and transport, and include a Manly Walking Guide, Sydney’s Northern Beaches Visitor Guide also downloadable from www.whereiswet.com.au and the tour map's regional Network from whereiswet.com.au

For places where the maps are available, please check the map for details on the aboriginal heritage and culture of the Northern Beaches region.

Wearing Helmets

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.

For more information about the Sydney Harbour Federation Trust, which manages the Sydney Harbour National Park, and the Royal National Park, contact the Sydney Harbour National Park’s Visitors Information Centre on Corner Argyle and Playfair Streets, The Rocks 2000. Also at 33 Wheat Road, Kensington 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 Aquarium Aquatic Centre kiosk (B1), Seafords shops (C3), and Balmoral Beach Surf Lifesaving Club (C5). Most Surf Life Saving Clubs (SLS) have toilets and toilets.

Taxis and water taxis can also be used. For a taxi call Manly Cabs on 131 500 and for water taxi information call City of Manly Council’s free Hop, Skip & Jump Community bus – timetable and route information from the Manly Visitor Information Centre.

Walking Times

The Walking Times diagram below sets out approximate walking times along the coast from Manly Wharf to 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!

Food and Drink

Food and drink can be found along the main route (red) at North & South Curl Curl, Freshwater, Manly Town centre, Shelly Beach, North Fort Park (West to Sun) (G7), Manly Hospital kiosk (G5), Little Manly reserve, North Harbour reserve, Clontarf Reserve, The Spit and Balmoral.

Accommodation

The Manly region has a wide range of accommodation, including hotels, serviced apartments, guest houses, BB and bed and breakfast accommodation. For more detailed information visit the Manly Visitor Information Centre at Manly Wharf.

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

Further Information

For more information about the Coastal Walks the routes they employ and places of interest see the following:

Sydney Coastal Councils Group Level 10, The Hour Glass, North Street, Sydney 2000 Tel 9270 7702 For the coastal walk and walking maps and brochures background notes, visit the website and other useful information, visit www.walkingsydneycoastly.com.au

Books on Walks and History

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

Warringah Council and Descs Why Library

For a walk on the north side of the Spit, turn to the Warringah Council and Descs Why Library.

Pittwater Council and Mona Vale Library

These libraries have walking maps and details on walking routes around Sydney’s Northern Beaches.

National Parks and Wildlife Service

Information Centre for Sydney Harbour National Park situated at Campsie Cottage, 110 George Street, The Rocks 2000 Tel 9247 2133. Information about all Sydney National Parks and Wildlife Service parks is available from the website www.nps.nsw.gov.au

Department of Planning

23 Bridge Street, Sydney 2000 Tel 9228 3232 Brochure relevant to walking around Sydney Harbour.

Sydney Harbour Federation Trust

23 Bridge Street, Sydney 2000 Tel 9228 3232 Brochure relevant to walking around Sydney Harbour.


Sydney Harbour Federation Trust

Best Avenue, off Sussex Street, Mosman 2088 Tel 9965 2100. Information about all Sydney National Parks and Wildlife Service parks is available from the website www.nps.nsw.gov.au

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