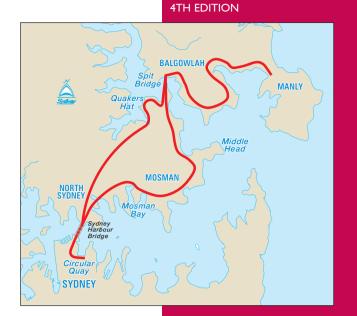


Harbour Bridge to Manly via Spit





Middle Harbour and the Spit Bridge

it's exhilarating & healthy

A TWO DAY WALK

Day I – Milsons Point to Spit Bridge by the Middle Harbour (West) route then on to Manly for an overnight stay.

Day 2 – Take the bus from Manly to the Spit then walk by the Harbour (East) route to Milsons Point

A THREE DAY WALK

Day I – Milsons Point to Spit Bridge by the Middle Harbour (West) route then on to Manly for an overnight stay.6hrs 18km

Day 2 – Take the bus from Manly to the Spit then walk Spit Bridge to Roseville Bridge (see Land & Property Management Authority 'Harbour to Hawkesbury Walking Track' brochure). From Roseville Bridge take the bus to Chatswood for overnight accommodation.

5hrs 11km

Day 3 – From Chatswood using the 'Harbour to Great North Walk' brochure (see Companion Brochures) proceed via Artarmon Reserve, Gore Cove and the Harbour foreshore back to Milsons Point.

4hrs 10km

A FOUR DAY WALK

Days I & 2 – Same as days I & 2 of three day walk starting at Milsons Point and finishing at Chatswood.

Day 3 – From Chatswood use the 'Harbour to Great North Walk' to proceed via Lane Cove National Park and the Great North Walk to Hunters Hill.

4hrs 15min 10km

Day 4 – From Hunters Hill take the red direct route back to Milsons

Accommodation

Most of the overnight stops are at transport hubs providing the option for Sydney residents to return home and other visitors to return to more central hotels or guest houses then use public transport to get to the start of the next day's walk. The overnight stop locations do have accommodation and, although the range may not be comprehensive, finding accommodation there will add to the sense of a continuous walk, provide the opportunity (if tired legs allow it) to further explore these areas and, if so inclined, allow an early start the next day.

For information on bed and breakfast, historic hotels and other accommodation to suit your budget see Tourism NSW www.visitnsw.com, Sydney Visitors Centre www.sydneyvisitorcentre.com or www.mynrma.com.au

Further Information

The Trunk Walking Routes of Sydney Harbour and Coast

Coastal Walk Harbour Circle Walk

Great North Walk

Federation Track

Other tracks

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

BROCHURES

8: Cook Park Trail

9: Harbour Circle Walk

1: Barrenjoey to Narrabeen Lakes

6: Clovelly to Cronulla
7: La Perouse to Cook Park (planned)

10:Gladesville Bridge to Ryde Bridge 11:Ryde Bridge to Parramatta (2011)

2: Narrabeen Lakes to Manly Lagoon 3: Manly Lagoon to North Head & The Spit

4: Harbour Bridge to Spit & Manly 5: Harbour Bridge to South Head & Clovelly

Spit to Manly Walk

Harbour to Hawkesbury Track

ARRABEE LAKES

This brochure is one of a series under the theme 'Sharing Sydney' Harbour' for walks near the Harbour and 'Walking Coastal Sydney' covering coastal walks from Barrenjoey to Cronulla as shown on the Trunk Walking Routes diagram. For adjacent connecting walks see Manly Lagoon to North Head & the Spit and Harbour to Great North Walk, while south of the Bridge see Harbour Bridge to South Head and Clovelly or explore the inner harbour west of the Bridge with A Harbour Circle Walk.

Although material in these brochures is downloadable from www.walkingcoastalsydney.com.au or www.walkingsydney.net, printing out brochures such as these may be a problem and it would be better to obtain the actual brochures/maps. Subject to print runs, these are free from these bodies and the Councils below. In some cases they will also have supplementary material relevant to these walks. All maps are also available on the 'Sydney Walker' mobile phone app.

Department of Planning and Infrastructure

Information Centre, 23 Bridge St, Sydney 2000. Tel 9228 6111.

www.planning.nsw.gov.au/harbour and follow link to 'Walking Sydney Harbour'

Land & Property Management Authority

I Prince Albert Road, Queens Square, Sydney 2000. Tel: 9228 6666. The Sydney Map shop on the ground floor has copies of the Harbour to Hawkesbury Walking Track brochure and a map and guide to The Great North Walk. See also www.lands.nsw.gov.au

Sydney Harbour Federation Trust

Best Avenue, Georges Heights, Mosman 2088. Tel 8969 2100.

They have a Walking Taronga to Balmoral brochure. For information on the Middle Head, Georges Heights, Chowder Bay or HMAS Platypus sites see www.harbourtrust.gov.au

National Parks & Wildlife Service

Governors Road, Middle Head, 2088. Tel: 9960 6266.

They provide information on Sydney Harbour National Park walks, brochures on Middle Head fortifications and conduct tours booked by tel 9247 5033 or www.nationalparks.nsw.gov.au

Mosman Council

Mosman Square, Spit Junction 2088. Tel: 9978 4000.

Brochures for walks in Mosman are available from the Community Information and Advice Library or from www.mosman.nsw.gov.au.

North Sydney Council

200 Miller Street, North Sydney 2060. Tel: 9936 8100.

Publications describing walks in North Sydney are available from Council's Customer Service Centre or Stanton Library or from www.northsydney.nsw.gov.au and follow the link to 'recreation'.

Harbour Bridge to Spit Bridge Walks

The routes between these two bridges embrace main and Middle Harbour views, a cross section of some of Sydney's most interesting residential streets with a mixture of Federation style and opulent modern architecture. There are also reminders of the span of history from Aboriginal times, from the First Fleet, from times when it was a base for whaling and times of war or threat of war when fortifications were built to guard the harbour. The routes wind over headlands and ridges, skirt many viewpoints and pass through parks, rainforest remnants and bushland.

At the Spit Bridge longer distance walkers can join the Harbour to Hawkesbury (Manly to Cowan) Track which then connects with the Great North Walk to Newcastle. For a circle, you could then take the Great North Walk back through the Lane Cove National Park to the Harbour Bridge (see adjacent Trunk Walking Routes map).

This brochure suggests two main walks (marked in red) from the Harbour Bridge to the Spit Bridge and from there on to Manly (see below). It also indicates a variety of loop or short cut routes marked in green. These enable the walk to be broken into smaller segments to be tackled over several days. They allow you to explore significant areas not covered by the main routes, for example, a network of paths over the Mosman headlands including the former military bases and fortifications. For more details see the brochure 'Walking Taronga to Balmoral' available free from Harbour Trust, National Parks and Mosman Council.

The Harbour (East) Route- From the Harbour Bridge this route skirts the foreshores of the main harbour at Cremorne Point and Mosman Bay, past Taronga Zoo and Middle Head then via Balmoral and Chinamans Beach to the Spit.

5hrs 15mins

The Middle Harbour (West) Route - This route diverges from the main harbour route at Ben Boyd Road then north via Barry and Young Streets to Middle Harbour at Primrose Park, following waterfront properties to Quakers Hat and Beauty Point then via waterfront reserve as far as Spit Bridge.

2hrs 35mins

Spit Bridge to Manly Walk

This walk, through sections of the Sydney Harbour National Park, Council foreshore reserves and beaches, provides one of the finest walks in the environs of a major city anywhere in the world. Starting and finishing close to water level at beachside suburbs, midway the walk climbs up through the National Park over native coastal heath past Aboriginal rock carvings to the heights at Balgowlah offering expansive views across to the Heads guarding the entrance to the harbour.

In places the routes involves moderately steep climbs up steps cut into dramatic rock outcrops affording glimpses of secluded beaches below and overhanging slabs of ochre-stained sandstone above. Generally however the grades are gentle, bearing in mind that these are bush tracks rather than sealed suburban walkways.

3hrs

For more details see the 'Manly Scenic Walkway' brochure at www.manly.nsw.gov.au

Manly Council

I Belgrave Street, Manly 2095 Tel: 9976 I 500.

Various walking brochures including Manly Scenic Walk available from the Customer Service Centre, Library or from www.manly.nsw.gov.au.

Willoughby City Council

3 | Victor Street, Chatswood 2067. Tel: 9777 | 1000.

Brochures on cycling and walking and mobility maps available from the Customer Service Centre or downloadable from www.willoughby.nsw.gov.au.

Sydney Coastal Councils Group Inc

Level 12 Town Hall House, 456 Kent Street, Sydney 2000. Tel 9246 7702

Walking Times

The walking times noted in the text and on the walking times map are walking times only and based on a modest walking speed of approximately 2.5 to 3 kilometres per hour, depending on the terrain. Add on time for breaks, lunch, a swim, or just the pleasure of leisurely looking around. If you are a reasonably fit walker and your time is short, the walks of course can be covered in less time than shown.

Personal Care and Comfort

Route Marking & Signage

It is the long term intention to have the main (red) routes indicated with the internationally recognised yellow directional markings as follows $-\,$



Note that the Manly Scenic Walkway, The Harbour to Hawkesbury Track and the Great North Walk are not marked by yellow bars but by wooden directional posts or National Parks signs.

Planning Your Walks

The suggested routes, both red and green, offer permutations that provide walks of varying length, difficulty and scenery. While the text describes starting at the Harbour Bridge and finishing at Manly, the direction can be reversed and a number of different starting points are possible, especially when a circle walk is planned. Accessing a starting point by car presents the problem of parking and returning to it (hence the attraction of circle walks) but fortunately the area of the walks is well served by buses and ferries, and the rail stations at Milsons Point and Circular Quay are convenient for those wishing to begin or end their walk at the Harbour Bridge. Bus route numbers are shown on the map. Timetables and routes should be checked at the Transport Infoline tel. 131 500 or www.131500.com.au

Following are a number of suggestions for walks of a few hours to a few days duration utilising public transport, but see the section on Companion Brochures to help you plan further walks to suit your own interests, fitness and time budgets.

SHORT WALKS

Cremorne to Zoo – Ferry from Circular Quay to Cremorne Point. Opposite the wharf take the steps up to the path that takes you down the east side of the peninsula, part of the East (red) route, and follow this as far as the ferry wharf at Taronga Zoo for a ferry back to the Quay.

Ihr 4km

Kirribilli to Cremorne – Ferry to Jeffrey Street or Milsons Point wharves (or train to Milsons Point station) then use the (green) Kirribilli and Kurraba Point loops before rejoining the (red) East route to Cremorne Point wharf for a ferry back to Circular Quay (or bus up to Military Road). **2hrs 6km**

Even shorter variants of this walk can be achieved by starting at any of the wharves on the Neutral Bay ferry circuit.

Spit Junction to Spit – Bus on Military Road to Cowles Road.Walk north to join the Middle Harbour route at Bay Street to Quakers Hat and the Spit for return by bus.

Ihr 20min 4km

Mosman Wharf to Balmoral – Ferry to Mosman then north on green route as far as Wolger Road then branch east at Keston Avenue for the green route leading to Plunkett Reserve and buses at the Balmoral Esplanade.

Ihr 3km

Taronga to Balmoral – Ferry to Taronga Zoo wharf then join the East (red) route to Balmoral for bus connections **3hrs 30min 10km** or retrace the previous route for a walk back to Mosman wharf. (See also Council websites for additional short walks)

ONE DAY WALKS

A Circle Walk – Starting at Milsons Point station take the main Harbour (East) route to the Spit for lunch then return via the West route (or vice versa).

8hrs

A Walk/Ferry RoundTrip — Starting at Circular Quay take the public lift from the plaza east of the station up onto the Cahill Expressway walkway (or walk west through the Rocks to Cumberland Street) for access to the Harbour Bridge walkway, then at Milsons Point proceed by the Middle Harbour (West) route to the Spit for lunch and in the afternoon walk the Spit to Manly route returning to Circular Quay by the Manly ferry.

Walking time 6hrs 30min

Acknowledgements and Suggestions

These brochures have been developed by The Walking Volunteers, a group of individuals who enjoy exploring areas on foot and through these publications hope to share that enjoyment. They believe that walking is one of the most effective means of maintaining health, in particular combating obesity. It is both recreation and a means of transport but without pollution and without adding to congestion on

While their achievements to date have been far reaching, this could not have been possible without the active cooperation of the various authorities and Councils referred to earlier and without the assistance of Sydway Street Directories mapping division.

This brochure was funded through a partnership of the Councils and agencies working on the project and the Sharing Sydney Harbour Access Program (SSHAP). The SSHAP funding partners, the Sydney Harbour Foreshore Authority, NSW Maritime and the Department of Planning and Infrastructure, share with Mosman and North Sydney Councils the vision to improve public access to, and enhance the recreational enjoyment of, Sydney Harbour and its tributaries for the people of Sydney and for its many visitors.

Please let the Program Coordinator know of any errors, omissions, or suggestions to improve future editions or other similar publications.

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First printed September 2005 Updated and reprinted April 2006, January 2007, July 2011 and October 2011

Photographs – Graham Spindler.

