

Manly to Seaforth Oval



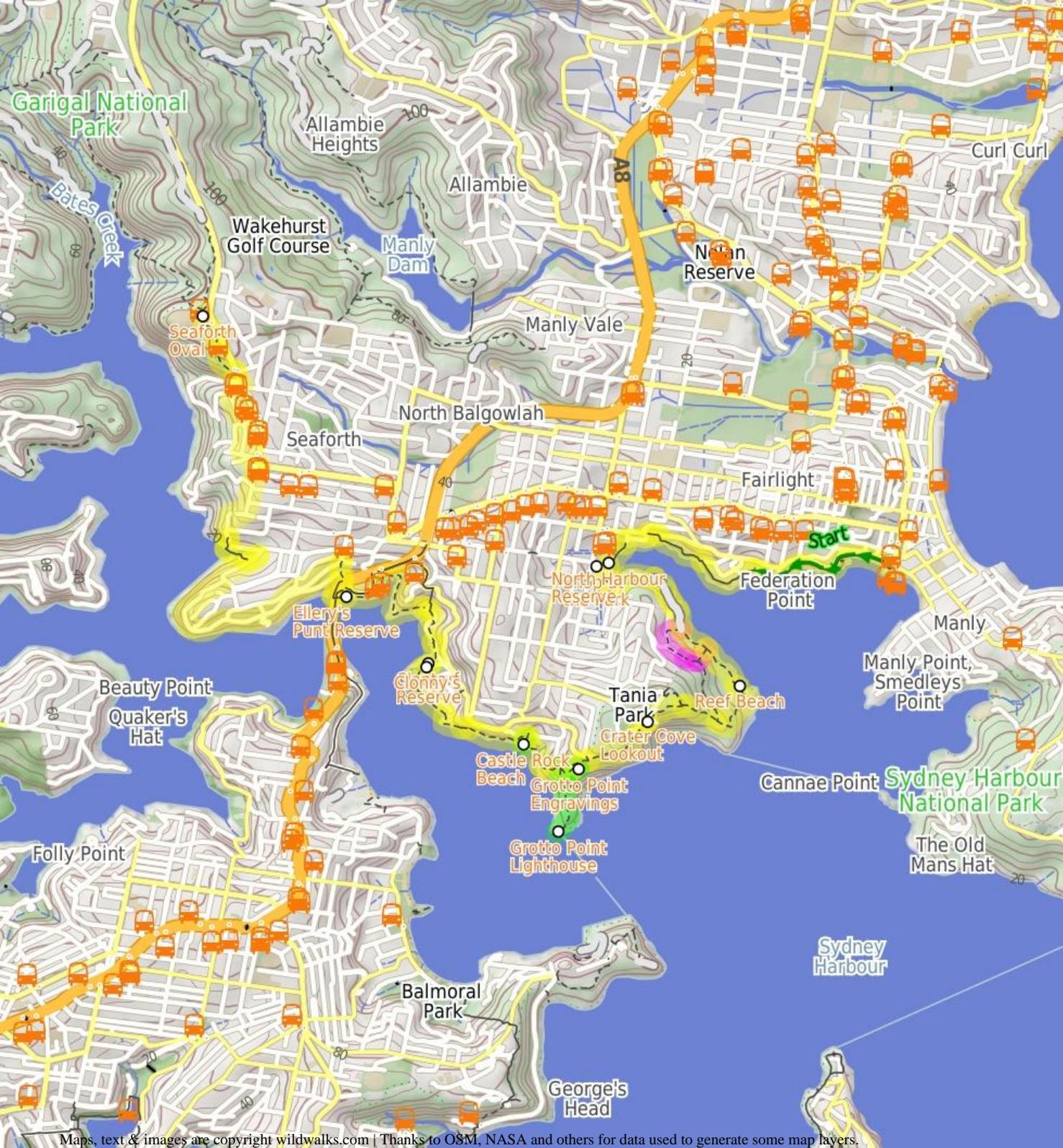
5 hrs 45 mins

Moderate track

3

13.7 km One way  **624m**

This walk follows the Manly to Spit Scenic Walkway, then continues past The Spit Bridge to Seaforth Oval. The walk provides magnificent bushland and Harbour scenes with many small beaches, reserves and coves to stop at. A very scenic and fun walk along the Harbour. Stop for a coffee or ice-cream at one of the cafes along the way.



North Harbour Reserve

North Harbour Reserve is a large open parkland on the intersection of Lower Beach and Condamine Streets. The park has shaded play equipment for children, free Electric BBQ's, tap water, picnic tables, Garbage/recycling bins, some shady trees, and a public toilet (at the top end of the park). The park looks across the top of North Harbour and provides some great views. The 'Shop at the Park' provides cafe food and lunch.

Shop at the Park

This neat little Café can be found on Lower Beach street (just near Condamine St) opposite North Harbour Reserve and a stone's throw away from the Manly to Spit walking track. Open Wed-Sun from 8am to 5pm (closed Monday and Tuesdays), the cafe serves hot and cold drinks (good coffee), hot food, fresh fruit and a full lunch menu. There is room inside for a few people to sit comfortably, or take the food across the road to the reserve.

Reef Beach

Reef Beach is a strip of sand facing north-east, towards the Manly Ferry Terminal in North Harbour. The beach is in Sydney Harbour National Park and has toilet facilities about 80m behind the beach. The beach was once a nudist beach, but clothing is no longer optional. The beach is fairly well protected from surf and provides a great place to rest and enjoy the views when walking around Dobroyd Head.

Crater Cove Lookout

From this fenced lookout, vistas far out to sea can be enjoyed, with Middle and South Heads just in view. Many yachts sail past, with the container ships out to sea. This is a popular spot for watching the start of the Sydney to Hobart race, or for watching whales as they pass by Sydney.

Grotto Point Engravings

The engravings at Grotto Point depict kangaroos, fish and what appears to be boomerangs. The engravings are in quite good condition, considering their age. We have already lost so much of this region's history that historians are not entirely sure if this is the land of the Gayamagal or the Cammeraygal clan. Please take a great deal of care at this site to ensure the longevity of this history. [More info.](#)

Before You walk

Bushwalking is fun and a wonderful way to enjoy our natural places. Sometimes things go bad, with a bit of planning you can increase your chance of having an enjoyable and safer walk. Before setting off on your walk check

- 1) Weather Forecast ([BOM Metropolitan District](#))
- 2) Fire Dangers ([Greater Sydney Region, unknown](#))
- 3) Park Alerts ([Sydney Harbour National Park, Garigal National Park](#))
- 4) Research the walk to check your party has the skills, fitness and equipment required
- 5) Agree to stay as a group and not leave anyone to walk solo

Think before you TREK

The 'Think before you TREK' program developed by NSW Police & NPWS promotes the benefits of planning ahead for your bushwalking trip by using an easy to remember acronym:

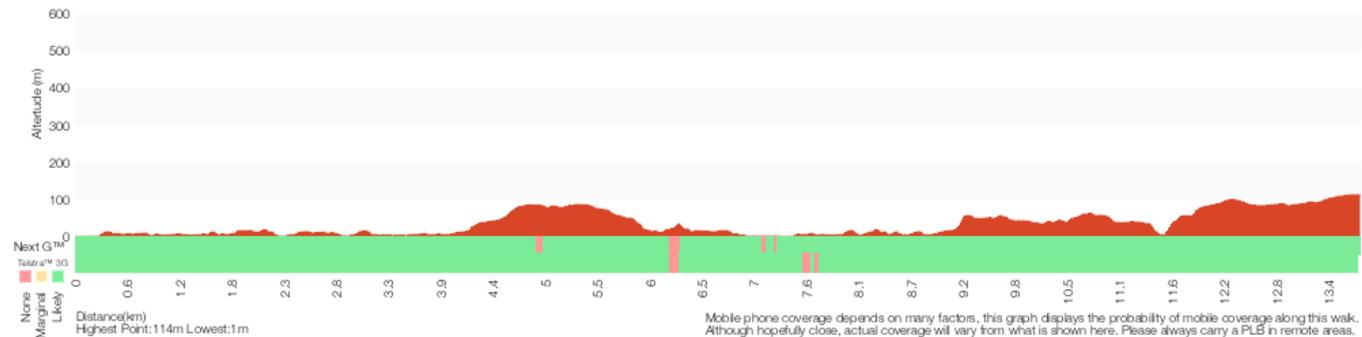
- T** Take adequate supplies of food, water, navigation and first aid equipment.
R Register your planned route and tell friends and family when you expect to return.
E Emergency beacon (PLB's) should be carried on walks with significant gaps in mobile coverage (check terrain profile).
K Keep to your planned route and follow the map and walking trails.

Topo Maps

The maps provided on wildwalks are helpful, but there are times where you may need maps covering a broader area. Maps that cover this walk include;

1:25 000 Map Series:91303N PARRAMATTA RIVER, 91302N SYDNEY HEADS

1:100 000 Map Series:9130 SYDNEY



Mobile phone coverage depends on many factors, this graph displays the probability of mobile coverage along this walk. Although hopefully close, actual coverage will vary from what is shown here. Please always carry a PLB in remote areas.

Grade

This walk has been graded using the AS 2156.1-2001. The overall grade of the walk is determined by the highest classification along the whole track.

3 Grade 3/6 Moderate track	
Length	13.7 km One way
Time	5 hrs 45 mins
Quality of track	Formed track, with some branches and other obstacles (3/6)
Signs	Directional signs along the way (3/6)
Experience Required	Some bushwalking experience recommended (3/6)
Weather	Storms may impact on navigation and safety (3/6)
Infrastructure	Limited facilities, not all cliffs are fenced (3/6)

Are you ready to have fun?

Please ensure you and your group are well prepared and equipped for all possible hazards and delays. Check park closures, weather information and Fire Danger Rating before setting out. Optional side trips and alternate routes noted are not included in this walk's overall grade, length or time estimate. Please allow extra time for resting and exploring areas of interest. The authors, staff and owners of wildwalks take care in preparing this information but will not accept responsibility for any inconvenience, loss or injury you may experience. Please take care, have fun - Happy Walking.

Getting there You can get to Manly Wharf (gps: -33.7996, 151.2843) by car, ferry or bus. Car: There is free parking available.

You can get back from Seaforth Oval (gps: -33.782, 151.2373) by car or bus. Car: There is free parking available.

Find up to date and more information including; travel directions, weather, park closures and walker feedback at <http://wild.tl/mtso>

0 | Manly Wharf

(1.9 km 38 mins) From the ferry wharf, this walk follows the 'Fairlight Walking Track' towards 'Manly Ocean World', keeping Manly Cove beach to the left of the footpath. The walk heads to the other side of Manly Cove and up to the footpath on Commonwealth Parade, behind Ocean World. The walk turns left and passes Manly Waterworks, then follows the yellow footpath (keeping the water on the left). The walk heads through the open parkland, behind the houses and passing several information signs and great views. The path passes an ocean pool, and comes down the hill to the grassy area above Fairlight Beach.

Continue straight: From the beach, this walk follows the footpath up the hill keeping the water to the left. The path winds behind the houses through the open parkland, following the water. The walk passes picnic chairs and some nice views before coming out of the park at the end of Bolingbroke Parade.

Turn left: From the end of the road, the walk follows the wide footpath, keeping the water to the left. The concrete footpath then winds around the back of some apartment buildings through some open parkland. Soon the footpath heads up a hill to come to Lauderdale Avenue.

Veer left: From the intersection, the walk follows 'The Spit' sign up the footpath along Lauderdale Avenue. After passing a couple of houses the footpath comes to an intersection at the top of King Avenue.

1.95 | Int of King and Lauderdale avenues

(220 m 5 mins) Turn left: From the intersection, the walk follows King Avenue down the hill. The road soon turns to the right, then left, and comes to a small turning circle at the end of the road.

2.16 | End of King Avenue

(230 m 5 mins) Continue straight: From the end of the road, this walk follows the footpath down the hill to the steps at the bottom of the reserve. The walk then continues along the water's edge, around North Harbour reserve, keeping the water to the left. At the other end of the park, the walk climbs up the stairs to the intersection of Beach Lane and North Harbour St.

2.39 | North Harbour Reserve

North Harbour Reserve is a large open parkland on the intersection of Lower Beach and Condamine Streets. The park has shaded play equipment for children, free Electric BBQ's, tap water, picnic tables, Garbage/recycling bins, some shady trees, and a public toilet (at the top end of the park). The park looks across the top of North Harbour and provides some great views. The 'Shop at the Park' provides cafe food and lunch.

2.39 | Shop at the Park

This neat little Café can be found on Lower Beach street (just near

Condamine St) opposite North Harbour Reserve and a stone's throw away from the Manly to Spit walking track. Open Wed-Sun from 8am to 5pm (closed Monday and Tuesdays), the cafe serves hot and cold drinks (good coffee), hot food, fresh fruit and a full lunch menu. There is room inside for a few people to sit comfortably, or take the food across the road to the reserve.

2.39 | Int of Beach Ln and North Harbour St

(120 m 3 mins) Veer left: From the intersection, this walk follows the 'MSW to the Spit' sign along North Harbour St, up the hill. The road soon leads to a footpath heading between the houses on the left at the intersection of the Clarence St.

2.51 | Int of Clarence and North Harbour Sts

(100 m 2 mins) Turn left: From the intersection, this walk follows 'The Spit' sign along the footpath, down the hill away from Clarence St. The footpath then crosses a bridge (and a wonderful waterfall after rain). On the other side of the bridge, the footpath leads to Gourlay Ave.

2.61 | Int of Gourlay Avenue and Clarence Street footpath

(250 m 5 mins) Veer left: From the intersection, this walk follows 'The Spit' sign down Gourlay Ave, then bends to the right and soon passes the last house. The road then passes a fairly large parking area on the right and continues down the hill to the sharp bend near the end of the road, next to the blue metal gate.

2.85 | End of Gourlay Avenue

(450 m 9 mins) Veer right: From the hairpin bend just before the end of the road, this walk heads around the metal gate, keeping the water on the left. The walk follows the fairly flat footpath to an intersection with a set of stone and dirt stairs (uphill to the right).

Continue straight: From the intersection, this walk heads away from the stairs and follows the sealed footpath, keeping the water on the left. The path gently winds down the hill to soon come to another intersection with a set of stairs and handrail (uphill to the right).

Continue straight: From the intersection, this walk follows the footpath down the hill, to the toilet block, keeping the water below to the left.

Continue straight: From the toilet block, this walk follows the footpath (keeping the water on the left) through Forty Baskets Reserve. The track passes the swings, picnic tables, water fountain and the ocean pool, then heads around the back of the beach to the signposted intersection of the 'Manly Scenic Walk Alternate Route'.

3.3 | Alternate Route South end of Forty Baskets Reserve

(560 m 15 mins) Turn right: From the intersection, this walk heads away from the water and up through the laneway. The laneway leads up to Beatty St, where the walk turns left to continue to the end of the road.

Continue straight: From the end of Beatty St, the walk heads past the signs and down to a wooden boardwalk. The track then climbs up to a sign posted intersection.

Turn left: From the intersection, this walk follows the sign to 'Manly' along the flat track. The walk soon continues down sets of alternating wooden and stone steps, which lead to a signposted intersection. Now Turn right to rejoin the main walk.

3.3 | South end of Forty Baskets Reserve

(590 m 11 mins) Veer left: (This section of track may not be passable at higher tides, alternate route provides drier option). From the intersection, this walk follows the 'Manly Scenic Walkway' sign down along the beach and along the rocks, keeping the water to the left. On the other side of the bay, a formal track appears next to the large National Park sign. The walk follows this pathway past a few more signs, heading up the stone steps. The track

soon flattens out and comes to the intersection with the 'alt route' track on the right.

Continue straight: From the intersection, this walk follows the sign to 'The Spit via Reef Beach', keeping the water on the left. The track is flat for a short time before heading down past a toilet block and then coming to a bench and platform behind Reef Beach.

3.89 | Reef Beach

Reef Beach is a strip of sand facing north-east, towards the Manly Ferry Terminal in North Harbour. The beach is in Sydney Harbour National Park and has toilet facilities about 80m behind the beach. The beach was once a nudist beach, but clothing is no longer optional. The beach is fairly well protected from surf and provides a great place to rest and enjoy the views when walking around Dobroyd Head.

3.89 | Reef Beach platform

(1.1 km 23 mins) Continue straight: From the bench seat and platform behind Reef Beach, this walk heads up the hill keeping the water on the left. The track soon passes a rock shelf on the left, and as it continues up the hill, the walk passes a few more good view points to then meet a fenced lookout. From the lookout, the track heads up the hill further to come to a signposted intersection.

Continue straight: From the intersection, this walk follows the sign to 'The Spit', up the hill. The track heads up the hill, with the heath on the right becoming thicker as the track gains altitude. As the track winds up the hill, it reaches a rock platform with great views over Manly, before continuing up to the signposted intersection with track to Arabanoo Lookout to the right.

Veer left: From the intersection, this walk follows 'The Spit' arrow along the hillside as it winds through the thick scrub to the start of a boardwalk. The walk leads further around the hillside to the edge of the park and down onto the fenced Crater Cove lookout.

5.02 | Crater Cove Lookout

From this fenced lookout, vistas far out to sea can be enjoyed, with Middle and South Heads just in view. Many yachts sail past, with the container ships out to sea. This is a popular spot for watching the start of the Sydney to Hobart race, or for watching whales as they pass by Sydney.

5.02 | Crater Cove Lookout

(670 m 15 mins) Veer right: From the intersection, this walk heads up the hill, towards the road and away from the sea. The walk soon comes to an intersection with the Tania Park stone steps on the right.

Turn left: From the intersection, this walk follows the Arabanoo Walk, keeping the water on the left. The track continues away from the rock platform for a short time, coming to an unnamed lookout on another rock platform.

Continue straight: From the intersection, this walk heads along the hillside keeping the harbour below and to the left of the track. The walk crosses several separate sections of boardwalk and rock platforms, coming to the intersection with the signpost 'Castle Rock Beach 800m'.

Continue straight: From the intersection, this walk follows the 'Castle Rock Beach 800m' sign along the bush track and down the stone steps, keeping the ocean to the left. The track winds down the hill until it flattens out at the intersection with a short track (heading to the Grotto Point engravings track) on the left.

5.69 | Optional sidetrip to Grotto Point Engravings

(40 m 1 mins) Continue straight: From the intersection, this walk heads down the hill, beside a wooden sleeper, passing an engraving of a kangaroo on the right. The short track soon comes to a large rock platform with the rest of the engravings, and information signs. At the end of this side trip, retrace your

steps back to the main walk then Turn left.

5.69 | Grotto Point Engravings

The engravings at Grotto Point depict kangaroos, fish and what appears to be boomerangs. The engravings are in quite good condition, considering their age. We have already lost so much of this region's history that historians are not entirely sure if this is the land of the Gayamagal or the Cammeraygal clan. Please take a great deal of care at this site to ensure the longevity of this history. [More info.](#)

5.69 | Grotto Point Engravings track

(110 m 3 mins) Turn right: From the intersection, this walk follows the bush track heading down the hill, away from the engravings. The track soon heads down some rock step to the signposted intersection of the Grotto Point Lighthouse track.

5.8 | Optional sidetrip to Grotto Point Lighthouse

(550 m 11 mins) Turn left : From the intersection, this walk follows the Grotto Point Lighthouse arrow along the rocky bush track, winding down a gentle hill, coming into more dense bush as it winds to the intersection of the Grotto Point Lighthouse and the Grotto Point Cliffs tracks.

Veer right: From the intersection, this walk winds down the hill, passing an old, blank signpost. The track wanders through dense bush and along the ridge, flattening out for a while until it drops down another hill towards the end of the point, coming to the Grotto Point Lighthouse. At the end of this side trip, retrace your steps back to the main walk then Turn left.

5.8 | Grotto Point Lighthouse

Surrounded by a white picket fence, the small Grotto Point Lighthouse overlooks Middle Head. The light was designed in the early 1900s by the architect Maurice Festu to assist ships entering the harbour. Construction started in 1910, with the lighthouse being commissioned on September 1 1911.

5.8 | Int of Grotto Point Lighthouse and Manly to Spit t

(400 m 11 mins) Continue straight: From the intersection, this walk follows the 'Castle Rock Beach' and 'The Spit' arrow down through the bush, following the rocky track as it winds along to the fenced rest area with a bench seat.

Continue straight: From the rest area, this walk follows the bush track, keeping the water on the left, heading around the headland and winding along the side of the hill. The track passes some fenced-off rock platforms and heads down some rock steps to a wooden bridge. The walk crosses the bridge and continues along the bush track, winding steeply down some concrete steps to the bottom. The track continues back up and along, winding through the bush until it comes across a short boardwalk then to a signposted intersection of the Castle Rock beach footpath.

6.19 | Optional sidetrip to Castle Rock Beach

(50 m 1 mins) Continue straight: From the intersection, this walk leads down the concrete steps to Castle Rock Beach. At the end of this side trip, retrace your steps back to the main walk then Veer left.

6.19 | Castle Rock Beach

Castle Rock Beach can be found a short walk down from the Manly-to-Spit walking track, near Ogilvy Road. This small, secluded beach is a great spot for those wanting a quieter day at the beach, instead of the more popular and larger beaches in the area.

6.19 | Int of Manly to Spit track and Castle Rock Beach s

(30 m 1 mins) Turn right: From the intersection, this walk follows 'The Spit'

sign up the concrete steps away from the water to a signposted intersection.

6.22 | Int of Manly to Spit track and Ogilvy Road steps

(1.2 km 25 mins) Turn left: From the intersection, this walk follows the 'Clontarf Wharf' sign across a boardwalk and up the hill. The track passes around the hill tending right, onto a boardwalk bridge. The walk then continues to undulate steeply in parts as it alternates between stone steps and boardwalk, passing some small tracks to the water on the left. This walk crosses over a rockshelf behind some houses, to come to a signposted intersection, with the 'Access to Cutler & Amiens Rd' track off to the right.

Continue straight: From the intersection, this walk follows 'The Spit' sign, keeping the water to the left. The track heads down the rocky steps and along the passage of the rocks to a signposted intersection, with the tiny Board Beach down to the left.

Continue straight: From the intersection, this walk follows the sign to 'The Spit', heading up the stone steps and then around the hill. The track undulates mildly before turning left and down onto a beach, passing a 'Spit to Manly walkway' information sign. From the bottom of the stairs, this walk heads across the beach, passing one house to come to the sign pointing along the 'M.S.W. High Tide Access via Monash Cres' track.

Continue straight: From the southern end of Clontarf Beach, the walk follows the beach passing the houses. After the last house, the walk continues past the large concrete structure and into the Clontarf Reserve. The walk then heads across the open grassy area, passing the toilets and picnic shelter on the right, then rounds to the front of Clonny's Cafe.

7.4 | Clonny's

Clonny's is a neat kiosk and restaurant inside Clontarf Reserve. The kiosk is open 7 days (but may close dependant on weather and demand) and serves ice creams, drinks, chips, hot foods, and coffee. For those seeking something finer the restaurant is open for lunch on Saturdays and Sundays serving a 2 course meal for \$55. Phone on (02) 9948 2373. [More info.](#)

7.4 | Clontarf Reserve

Clontarf Reserve is a great picnic area and beach on Sandy Bay Rd, Clontarf. The large park provides great facilities with picnic tables, covered shelters, shaded children's play ground, a kiosk & restaurant, and toilets. The beach in the park has a netted swimming area. The park also has tap water, a public phone, showers and garbage/recycling facilities. There are plenty of shade trees in the park. There is a fee for parking in and around the reserve and the park is well managed by Manly Council. [More info.](#)

7.4 | Clontarf Reserve (Clonny's)

(480 m 9 mins) Veer left: From Clonny's Cafe, this walk heads past the public phone, then across the grass staying between the water (on the left) and the driveway. After passing the BBQ, the walk turns left at, and follows, the footpath along Sandy Bay Rd. About 100m down the road, the footpath comes to the front of the Clontarf Marina and a pedestrian crossing.

Turn right: From Clontarf Marina, this walk heads over the pedestrian crossing and up the stairs. The track passes the houses then leads down the stairs at the end of the clearing, back to Sandy Bay Rd. Once on the road, the walk turns right and heads alongside the bay until coming to an intersection with Sandy Bay Rd and Fairbairn Ave.

7.88 | Int. Sandy Bay Rd and Fairbairn Ave

(40 m 1 mins) Continue straight: From the intersection, this walk heads behind the beach with the water on the left, to the end of Sandy Bay Rd.

7.92 | End of Sandy Bay Rd

(980 m 22 mins) Continue straight: From the end of Sandy Bay Rd, this walk heads under the 'Manly Scenic Walkway' sign, keeping the water to the left.

The walk follows the clear track out to the point between Sandy and Fisher bays, climbing some stairs along the way until coming to the metal platform and scenic views of Middle Harbour and the Spit Bridge. From the point, the walk continues again on a dirt bush track keeping the water on the left, and heading into Fisher Bay. In the bay, the walk heads down a few stairs to cross a section of boardwalk into the apex of Fisher Bay. The track then continues out of the bay by winding around the hill, up some stairs to the paved footpath of Ellery's Punt Reserve, where the 'Manly Scenic Walkway' map and info sign marks the intersection.

8.91 | Ellery's Punt Reserve

Ellery's Punt Reserve is a very nice grassed area on the north eastern side of the Spit Bridge. The reserve has road access and parking, and seems to be a popular spot for fishing from the bank. There is also seating and shaded areas.

8.91 | Int. Ellery's Punt Reserve Rd and Manly Scenic Wal

(230 m 5 mins) Continue straight: From the 'Manly Scenic Walkway' map and info sign, this walk heads across the grass following the coast line, keeping the water to the left and heading towards the "Ellery's Punt Reserve" sign. From the sign, the walk passes under the Spit Bridge and then up the flight of stairs that come to the end of Battle Boulevard.

Continue straight: From the end of the cul-de-sac, this walk follows Battle Bvd up the road to the car park just near the intersection with Manly Road.

9.14 | Int. Battle Boulevard and Manly Rd

(160 m 4 mins) Turn left: From the car park, the walk crosses to the other side of Battle Boulevard and follows the footpath up the hill for a short distance, to the signposted Gallipoli Steps. From here, the walk heads up the Gallipoli Steps to the top of the hill, where it flattens out and follows the short path to the intersection with Edgecliff Esplanade.

9.3 | Top of the Gallipoli Steps

(2.1 km 46 mins) Turn sharp left: From the intersection, the walk follows the track marker along the Edgecliff Esplanade, keeping Middle harbour down to the left. At the intersection with Palmerston Place, the walk turns left and heads down the short hill before turning right onto Seaforth Crescent. From here the walk follows Seaforth Crescent all the way around the top of the headland, providing frequent views of middle harbor over and inbetween the houses, until it reaches the 'T' intersection with Princes Promenade. At the intersection, the walk turns left onto Seaforth Crescent, heading down the gentle hill, and almost immediately bending to the right. The walk continues along the road for a little while longer until it comes to the intersection with the narrow road, heading down the hill to the left, just before the Seaforth Scout Hall.

Turn left: From the intersection, the walk follows the track marker along the narrow road, heading down the hill with the Seaforth Scout Hall on the right. The walk continues down to the intersection at the top of the concrete steps (heading down the hill to the right).

11.36 | Int of Sangrado Street and the Powder Hulk Bay foo

(260 m 9 mins) Turn right: From the intersection, the walk follows the track marker down the concrete steps and along the footpath. The footpath winds down the hill, crossing two small footbridges and comes to the waters edge, where it passes the North Ridge Sailing Club, then continues along for a little while to the intersection at the bottom of a long set of concrete steps.

Turn right: From the intersection, the walk follows the track marker up the concrete steps. The walk follows the steps all the way up the hill to a driveway, which it crosses and continues up the steps on the other side, climbing up to the top of the hill at the intersection with Jenner Street.

11.62 | Top of the Jenner Street Steps

(1.6 km 30 mins) Turn left: From the intersection, the walk follows Jenner Street up the hill. The walk turns left into Abernethy Street and continues to the end of the road. From here the walk climbs up a concrete staircase to the end of Harvey Street, which it follows. The walk then turns left into Dalwood Avenue and continues to the end of the road where it comes to the intersection of Clontarf Street. From here, the walk continues straight onto Clontarf Street, and soon turns left onto Callicoma Road, then turns right onto Acacia Road (which becomes Castle Circuit) and continues all the way along to the end of the footpath, where it comes to a small reserve on the right. From here, the walk follows the track marker through the reserve for a little distance to the Wakehurst Parkway, where it turns left and follows the side of the road to a bus stop almost directly opposite the intersection with Armstrong Street.

13.22 | Wakehurst Pkwy Bus stop

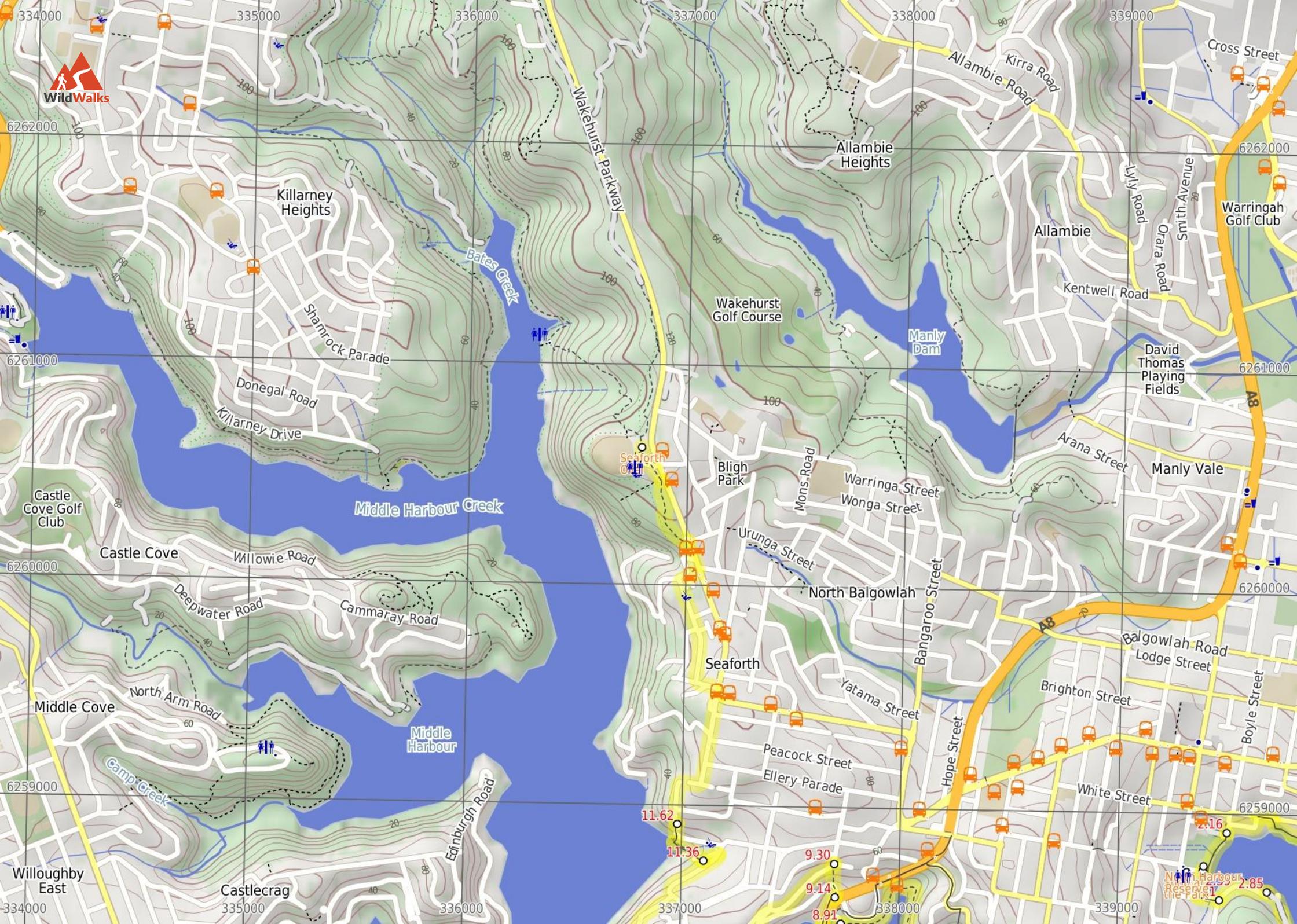
(530 m 9 mins) Turn left: From the intersection, this walk follows the track behind the bus stop, heading away from the road and down through the bush. The walk steps over a few fallen trees and passes small rock outcrops, continuing along until passing a track marker and heading up to the end of a long grassy clearing, from which the playground at Seaforth Oval is clearly visible.

Veer left: From the intersection, the walk heads across the long grassy clearing towards the play equipment. Upon reaching the play equipment, the walk then follows the asphalt path, heading up on the right-hand side of the club house to the car park. Here, it turns left, passing the club house and coming to the information signs on the other side of the car park.

13.74 | Seaforth Oval

Seaforth Oval is a large playing oval on the Wakehurst Parkway in North Balgowlah. It is managed by Manly Council, who have also recently been upgrading the Timber Getters Track in association with NPWS. There is a distant view of Chatswood from the oval. There are toilets, but they are usually locked. There is a large car park, shelter and sign with information about the Harbour to Hawkesbury walk. [More info.](#)





WildWalks

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Kirra Road

Allambie Road

Allambie Heights

Killarney Heights

Bates Creek

Wakehurst Parkway

Allambie

Allambie

Warringah Golf Club

Shamrock Parade

Wakehurst Golf Course

Manly Dam

Kentwell Road

David Thomas Playing Fields

Donegal Road

Killarney Drive

Arana Street

Manly Vale

Castle Cove Golf Club

Middle Harbour Creek

Seaforth

Bligh Park

Warringah Street

Wonga Street

Willowie Road

Cammaray Road

Urunga Street

North Balgowlah

Seaforth

Yatama Street

Balgowlah Road

Castle Cove

Deepwater Road

Cammaray Road

North Balgowlah

Bangaroo Street

Balgowlah Road

Middle Cove

North Arm Road

Middle Harbour

Seaforth

Yatama Street

Brighton Street

Middle Cove

Camp Creek

Peacock Street

Ellery Parade

White Street

Willoughby East

Castlecrag

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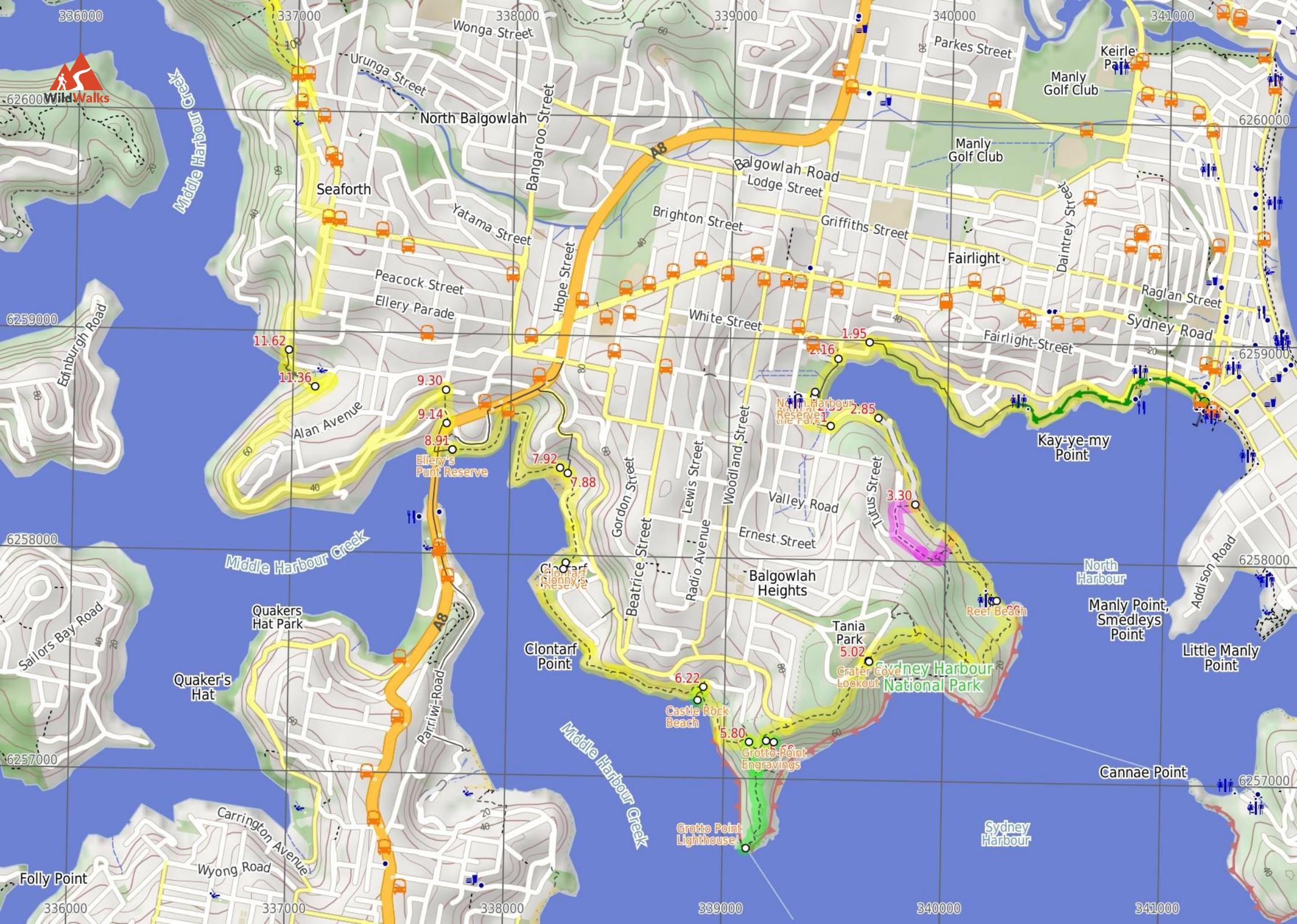
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North Harbour Reserve
The Park



Summary navigation sheet for the Manly to Seaforth Oval



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
Start	Manly Wharf -33.7996,151.2843 (GR Sydney Heads, 412587)	67 -52	1.9 km 38 mins	From the ferry wharf, this walk follows the 'Fairlight Walking Track' towards 'Manly Ocean World', keeping Manly Cove beach to the left of the footpath.
1.95	Int of King and Lauderdale avenues -33.7971,151.2677 (GR Sydney Heads, 396590)	7 -11	220 m 5 mins	Turn left: From the intersection, the walk follows King avenue down the hill.
2.16	End of King Avenue -33.7978,151.2662 (GR Sydney Heads, 395589)	5 -12	230 m 5 mins	Continue straight: From the end of the road, this walk follows the footpath down the hill to the steps at the bottom of the reserve.
2.39	Int of Beach Ln and North Harbour St -33.7993,151.265 (GR Sydney Heads, 394587)	8 0	120 m 3 mins	Veer left: From the intersection, this walk follows the 'MSW to the Spit' sign along North Harbour St, up the hill.
2.51	Int of Clarence and North Harbour Sts -33.8004,151.2647 (GR Sydney Heads, 394586)	2 -5	100 m 2 mins	Turn left: From the intersection, this walk follows 'The Spit' sign along the footpath, down the hill away from Clarence St.
2.61	Int of Gourlay Avenue and Clarence Street footpath -33.8005,151.2658 (GR Sydney Heads, 395586)	4 -12	250 m 5 mins	Veer left: From the intersection, this walk follows 'The Spit' sign down Gourlay Ave, then bends to the right and soon passes the last house.
2.85	End of Gourlay Avenue -33.8002,151.2681 (GR Sydney Heads, 397586)	21 -19	450 m 9 mins	Veer right: From the hairpin bend just before the end of the road, this walk heads around the metal gate, keeping the water on the left.
3.30	South end of Forty Baskets Reserve -33.8038,151.27 (GR Sydney Heads, 399583)	32 -31	560 m 15 mins	Alternate Route South end of Forty Baskets Reserve. Turn right: From the intersection, this walk heads away from the water and up through the laneway.
3.30	South end of Forty Baskets Reserve -33.8038,151.27 (GR Sydney Heads, 399583)	17 -16	590 m 11 mins	Veer left: (This section of track may not be passable at higher tides, alternate route provides drier option).
3.89	Reef Beach platform -33.8077,151.2738 (GR Sydney Heads, 402578)	86 -15	1.1 km 23 mins	Continue straight: From the bench seat and platform behind Reef Beach, this walk heads up the hill keeping the water on the left.
5.02	Crater Cove Lookout -33.8102,151.2676 (GR Sydney Heads, 397575)	19 -38	670 m 15 mins	Veer right: From the intersection, this walk heads up the hill, towards the road and away from the sea.
5.69	Grotto Point Engravings track -33.8134,151.2626 (GR Sydney Heads, 392572)	2 0	40 m 1 mins	Optional sidetrip to Grotto Point Engravings. Continue straight: From the intersection, this walk heads down the hill, beside a wooden sleeper, passing an engraving of a kangaroo on the right.
5.69	Grotto Point Engravings track -33.8134,151.2626 (GR Sydney Heads, 392572)	1 -8	110 m 3 mins	Turn right: From the intersection, this walk follows the bush track heading down the hill, away from the engravings.
5.80	Int of Grotto Point Lighthouse and Manly to Spit tracks -33.8135,151.2617 (GR Sydney Heads, 391572)	4 -52	550 m 11 mins	Optional sidetrip to Grotto Point Lighthouse. Turn left : From the intersection, this walk follows the Grotto Point Lighthouse arrow along the rocky bush track, winding down a gentle hill, coming into more dense bush as it winds to the intersection of the Grott...
5.80	Int of Grotto Point Lighthouse and Manly to Spit tracks -33.8135,151.2617 (GR Sydney Heads, 391572)	16 -46	400 m 11 mins	Continue straight: From the intersection, this walk follows the 'Castle Rock Beach' and 'The Spit' arrow down through the bush, following the rocky track as it winds along to the fenced rest area with a bench seat.
6.19	Int of Manly to Spit Track and Castle Rock Beach steps -33.8114,151.2593 (GR Sydney Heads, 389574)	0 -11	50 m 1 mins	Optional sidetrip to Castle Rock Beach. Continue straight: From the intersection, this walk leads down the concrete steps to Castle Rock Beach.
6.19	Int of Manly to Spit track and Castle Rock Beach steps -33.8114,151.2593 (GR Sydney Heads, 389574)	3 0	30 m 1 mins	Turn right: From the intersection, this walk follows 'The Spit' sign up the concrete steps away from the water to a signposted intersection.

Summary navigation sheet for the Manly to Seaforth Oval



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
6.22	Int of Manly to Spit track and Ogilvy Road steps -33.8112,151.2595 (GR Sydney Heads, 389574)	32 -53	1.2 km 25 mins	Turn left: From the intersection, this walk follows the 'Clontarf Wharf' sign across a boardwalk and up the hill.
7.40	Clontarf Reserve (Clonny's) -33.8063,151.2527 (GR Sydney Heads, 383579)	14 -11	480 m 9 mins	Veer left: From Clonny's Cafe, this walk heads past the public phone, then across the grass staying between the water (on the left) and the driveway.
7.88	Int. Sandy Bay Rd and Fairbairn Ave -33.8025,151.2528 (GR Sydney Heads, 383584)	2 0	40 m 1 mins	Continue straight: From the intersection, this walk heads behind the beach with the water on the left, to the end of Sandy Bay Rd.
7.92	End of Sandy Bay Rd -33.8022,151.2524 (GR Sydney Heads, 382584)	51 -51	980 m 22 mins	Continue straight: From the end of Sandy Bay Rd, this walk heads under the 'Manly Scenic Walkway' sign, keeping the water to the left.
8.91	Int. Ellery's Punt Reserve Rd and Manly Scenic Walkway -33.8015,151.2471 (GR Parramatta River, 377585)	11 0	230 m 5 mins	Continue straight: From the 'Manly Scenic Walkway' map and info sign, this walk heads across the grass following the coast line, keeping the water to the left and heading towards the "Ellery's Punt Reserve" sign.
9.14	Int. Battle Boulevard and Manly Rd -33.8004,151.2468 (GR Parramatta River, 377586)	40 0	160 m 4 mins	Turn left: From the car park, the walk crosses to the other side of Battle Boulevard and follows the footpath up the hill for a short distance, to the signposted Gallipoli Steps.
9.30	Top of the Gallipoli Steps -33.799,151.2468 (GR Parramatta River, 377587)	82 -103	2.1 km 46 mins	Turn sharp left: From the intersection, the walk follows the track marker along the Edgecliff Esplanade, keeping Middle harbour down to the left.
11.36	Int of Sangrado Street and the Powder Hulk Bay footpath -33.7989,151.2403 (GR Parramatta River, 371587)	35 -31	260 m 9 mins	Turn right: From the intersection, the walk follows the track marker down the concrete steps and along the footpath.
11.62	Top of the Jenner Street Steps -33.7974,151.239 (GR Parramatta River, 370589)	78 -25	1.6 km 30 mins	Turn left: From the intersection, the walk follows Jenner Street up the hill.
13.22	Wakehurst Pkwy Bus stop -33.7858,151.2395 (GR Parramatta River, 370602)	23 -4	530 m 9 mins	Turn left: From the intersection, this walk follows the track behind the bus stop, heading away from the road and down through the bush.