

Taronga Zoo to Manly



8 hrs

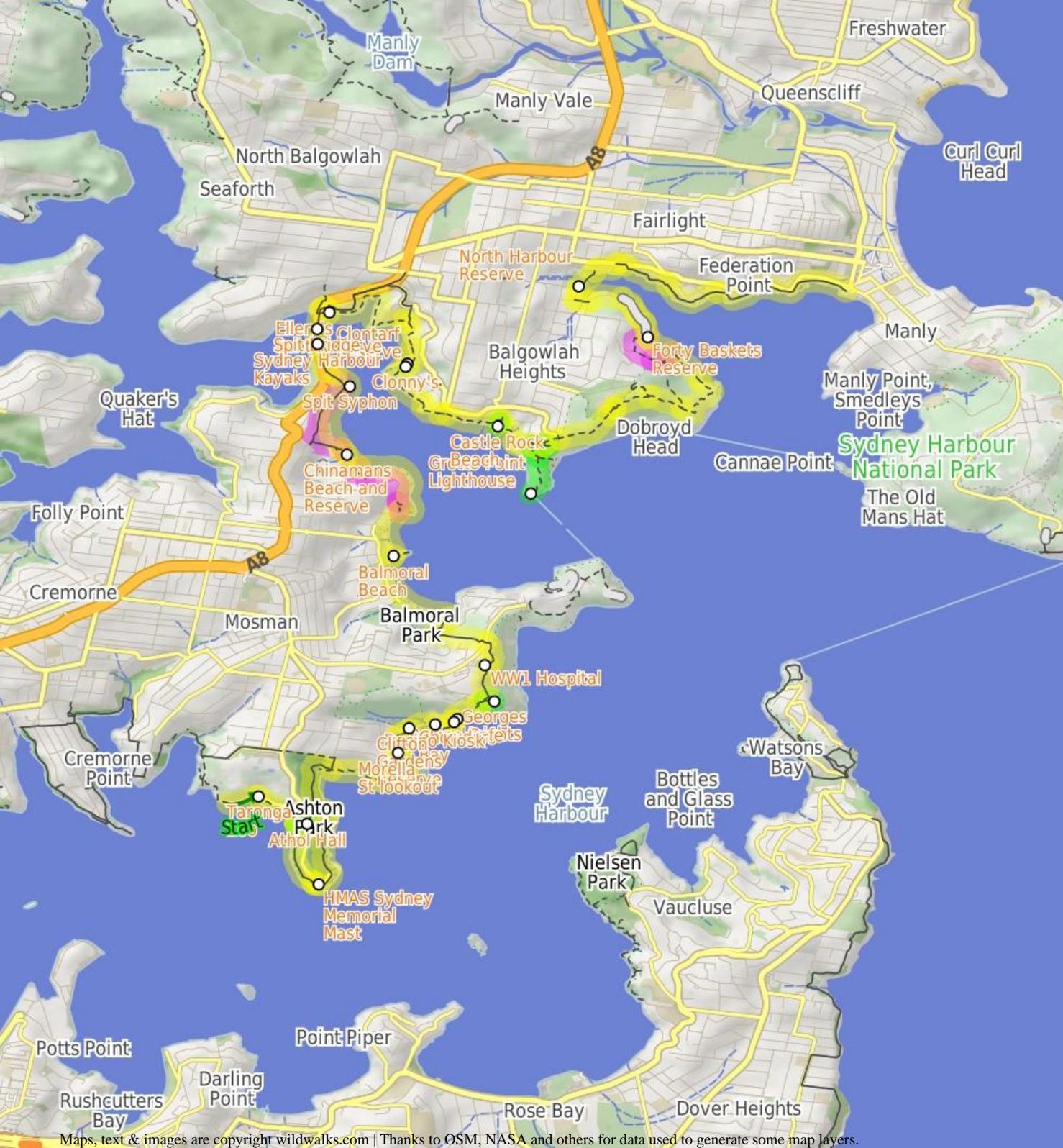
Hard track

18.9 km One way

▲ 746m

4

This very long day walk has some stunning views, excellent heritage sites, a Zoo and beautiful beaches. What more could you ask for? The many sidetrips and places to stop and enjoy the views, having a coffee at the Bacino Bar or fish and chips on Balmoral Beach, will all make this walk an excellent way to ease into longer distance walking. The walk spends most of its time on the coast, and follows the Spit to Manly walk for the last half.



Taronga Zoo

Taronga Zoo was founded in 1916, with the vision of imitating the Hamburg Zoo's bar-less exhibits. Since its opening, Taronga Zoo has directed more attention to research, education and conservation efforts to support the animals. Taronga Zoo is open everyday 9am-5pm. Phone: +61 2 9969 2777 or email: groups@zoo.nsw.gov.au. [More info.](#)

Athol Hall

Athol Hall, built in 1908, was once a hotel. Sections of the original building date back to the 1800's. The hall has an excellent vantage point over the harbour with the Sydney Opera House, Harbour Bridge and city all well within its scope. Athol Hall today is a cafe and function centre with the cafe open Tues-Fri and Sun, 11am-3pm. [More info.](#)

HMAS Sydney Memorial Mast

The HMAS Sydney Memorial Mast was erected in 1934, following the HMAS Sydney's decommissioning in 1928. The mast stands as a sign of respect for 'Australian officers, sailors and ships lost at sea and in combat'. HMAS Sydney itself was a Chatham Class light cruiser which saw action in WW1. [More info.](#)

Morella St lookout

This informally named clearing behind some houses on Morella St provides a great view across the harbour. The fairly large clearing has been maintained and is a good place to stop if wanting to avoid the large groups at Clifton Gardens.

Clifton Gardens Reserve

Clifton Gardens was developed as a picnic spot in the late 1800s, with a local hotelier building a wharf and dance pavilion. In 1909, Sydney Ferries Ltd purchased the estate, and further developed the area, including a large swimming enclosure. The structure burned down in 1956. Today, Clifton Gardens is touted as 'remnant bushland', offering birdwatching, a netted swimming enclosure, change rooms, a fenced playground, and of course, spectacular views over Chowder Bay. A short bush track leads through to Rawson Oval.

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](#))
- 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:

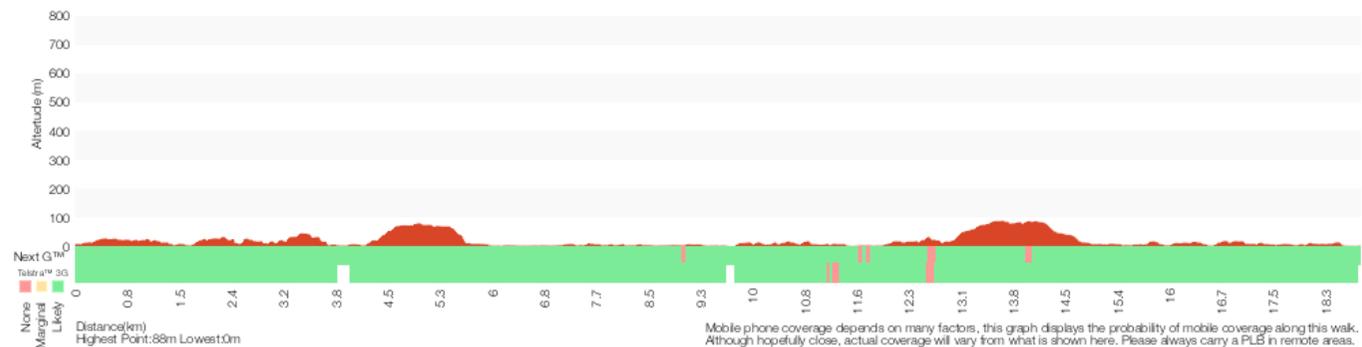
- T** Take adequate supplies of food, water, navigation and first aid equipment.
- R** Register your planned route and tell friends and family when you expect to return.
- E** Emergency beacon (PLB's) should be carried on walks with significant gaps in mobile coverage (check terrain profile).
- K** Keep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



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.



Grade 4/6
Hard track

Length	18.9 km One way
Time	8 hrs
Quality of track	Rough track, where fallen trees and other obstacles are likely (4/6)
Signs	Minimal directional signs (4/6)
Experience Required	Moderate level of bushwalking experience recommended (4/6)
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 Taronga Zoo Wharf (gps: -33.8458, 151.2398) by car, ferry or bus. Car: There is free parking available.

You can get back from Manly Wharf (gps: -33.7996, 151.2843) by car, ferry or bus. Ferry: Ferrys run in both directions between Circular Quay and Manly approximately every 45 minutes. 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.it/tz/m>

0 | Taronga Zoo Wharf

(220 m 4 mins) From the wharf, the walk heads uphill along the footpath beside the road to the Taronga Zoo entrance at the pedestrian crossing.

0.22 | Taronga Zoo

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0.22 | Taronga Zoo Entrance

(410 m 9 mins) Turn right: From the opposite the zoo entrance, the walk heads down the ramp leaving the road up to the left. The track soon leads to a lookout with a set of bench seats and good harbour views. The walk continues along the footpath to a wire fence then follows the 'Walking Track' sign along the hillside to climb a few steps and cross a wooden bridge. The track comes to the corner of Athol Hall's grass clearing.

Veer right: From the intersection, the walk heads down the stairs then continues along the hill for a short time. The walk descends more stairs to a signposted intersection.

0.63 | Optional sidetrip to Athol Hall

(70 m 2 mins) Turn left : From the intersection, this walk follows the sign to 'Athol Hall' up the stairs, crossing a large grassy area. The walk then continues up to Athol Hall entrance. At the end of this side trip, retrace your steps back to the main walk then Veer left.

0.63 | Athol Hall

Athol Hall, built in 1908, was once a hotel. Sections of the original building date back to the 1800's. The hall has an excellent vantage point over the harbour with the Sydney Opera House, Harbour Bridge and city all well within its scope. Athol Hall today is a cafe and function centre with the cafe open Tues-Fri and Sun, 11am -3pm. [More info.](#)

0.63 | Int. Borogegal Walking Trail and Athol Hall Trk

(670 m 16 mins) Continue straight: From the stairs, this walk heads around the hillside with the harbour below on the right. The walk travels across large sections of boardwalk which undulate slightly as the walk comes up to a trail (which leads to a bench overlooking Sydney Harbour). From the trail, this walk keeps contouring along the hillside, south and tending left, to the intersection, signposted as the way to 'Cannons picnic area'.

Continue straight: From the intersection, this walk heads towards the car

park, keeping the harbour to the right. The walk leads approximately 10m to the intersection with a track (leading down to Bradleys Head Amphitheatre).

Veer left: From the intersection, this walk heads along the footpath next to the car park for a short distance, until it comes to be above the flag pole, HMAS Sydney Mast.

1.3 | HMAS Sydney Memorial Mast

The HMAS Sydney Memorial Mast was erected in 1934, following the HMAS Sydney's decommissioning in 1928. The mast stands as a sign of respect for 'Australian officers, sailors and ships lost at sea and in combat'. HMAS Sydney itself was a Chatham Class light cruiser which saw action in WW1. [More info.](#)

1.3 | HMAS Sydney Mast, Bradleys Head

(1.5 km 34 mins) Continue straight: From the intersection, this walk heads along the footpath, keeping the road to the left, for about 150m to where the road bends sharply left. From this point, this walk heads along boardwalk, on your right, keeping the water glimpses to your right. The board walk soon end and this walk follows the track along the side of the hill for about 600m to come to an intersection with a sign pointing back to 'Bradleys Head'.

Continue straight: From the intersection, this walk heads into Taylors Gully, with Taylors Bay below on the right. The track continues for approximately 300m, contouring around the hill with views of Taylors Bay on the right. Tending right, this walk enters and exits Taylors Gully, to continue approximately 250m to the signposted intersection at the beginning of the houses, on the left.

2.77 | Taylors intersection

(680 m 16 mins) Continue straight: From the intersection, the walk heads along the line of the houses, on the left, for approximately 140m. The track passes a Japanese Submarine information sign on the right as it continues along sections of boardwalk track, to the intersection next to the last house. The walk heads up the stairs below the last house to be met by a large sandstone staircase on the left and a track to the front.

Continue straight: From the intersection, this walk heads away from the house and clearing along the fairly flat track keeping the water glimpses to your right. The path soon leads to a clear three-way intersection with a 'Ashton Park' sign pointing back along the track.

Turn left: From the intersection, this walk follows 'Clifton Gardens' sign gently up the hill. The track leads through the bush for a short time to soon come to another three-way intersection, this one marked with a 'Morella Rd' sign (on your left).

3.44 | Bottom of Morella Rd track

(170 m 4 mins) Veer left: From the intersection, this walk follows the main track keeping the water glimpses to your right (and the Morella Rd track to your left). The track gently works its way around the hill to come to a sign point back to 'Ashton Park' and a large clearing with good views behind some houses.

3.61 | Morella St lookout

This informally named clearing behind some houses on Morella St provides a great view across the harbour. The fairly large clearing has been maintained and is a good place to stop if wanting to avoid the large groups at Clifton Gardens.

3.61 | Morella St lookout

(80 m 3 mins) Turn right: From the intersection, this walk follows 'Clifton Gardens' sign downhill along the concrete path, behind the line of houses. The path leads down the hill, following a series of steps past a bench seat to come to a 'T' intersection (with Sarah's Walk, part way down a set of steps).

3.68 | Bottom of Sarahs walk steps

(250 m 5 mins) Turn right: From the intersection, this walk heads down the steps that soon flatten out as the footpath leads around the headland under a few sandstone overhangs. The walk soon comes to a 'Foreshore Path' sign pointing back along the path at the south-western end of Clifton Gardens.

Turn right: From the intersection, this walk heads down onto the beach, towards the wharf in the middle of the beach. The walk passes an Illawarra Flame tree, as it heads approximately 100m along the beach to the start of the wharf.

3.94 | Clifton Gardens Reserve

Clifton Gardens was developed as a picnic spot in the late 1800s, with a local hotelier building a wharf and dance pavilion. In 1909, Sydney Ferries Ltd purchased the estate, and further developed the area, including a large swimming enclosure. The structure burned down in 1956. Today, Clifton Gardens is touted as 'remnant bushland', offering birdwatching, a netted swimming enclosure, change rooms, a fenced playground, and of course, spectacular views over Chowder Bay. A short bush track leads through to Rawson Oval.

3.94 | Clifton Gardens Baths

(210 m 5 mins) Continue straight: From the wharf, this walk heads towards the playground-end of the beach. The walk leads along the beach, passing the playground and rocky outcrop on the left to tend right onto a boardwalk. The boardwalk takes the walk to the lower gate of Chowder Bay.

4.14 | Bacino Kiosk

The Bacino Kiosk, just next to Clifton Gardens, is a smaller version of the Bacino Bar above at Chowder Bay. This kiosk supplies passers-by with a home-blend coffee and sandwiches, and all at a reasonable price (\$5-12). The Kiosk is open from 7am-4pm every day, except Christmas and bad weather. [More info.](#)

4.14 | Chowder Bay Lower Gate

(230 m 4 mins) Continue straight: From the gate, this walk heads towards the wharf approximately 80m away. The walk soon passes Bacino Kiosk on the left, and continues along the foreshore footpath to the start of the wharf.

Turn left: From the wharf, this walk heads directly away from that wharf, heading up the stairs. At the top of the stairs, this walk follows the footpath right, around a flag pole and house on the left. The walk continues past a round-about, to the start of a car park, opposite Bacino Bar.

4.37 | Chowder Bay

Chowder Bay looks over Sydney Harbour, to Vaucluse and Rose Bay. The bay is named after the food of the American whalers stationed at Clifton Gardens, 'clam chowder'. Chowder Bay then became a Submarine Mining Depot in 1889. Today, Chowder Bay still has great views from the remaining military buildings on the hillside. One of the newer buildings houses a cafe, and other buildings stand as monuments to their former use. Chowder Bay offers great views with easy access to Clifton Gardens for a swim.

4.37 | Roundabout at end of Chowder Bay Road

(20 m 1 mins) Turn left: From the road, this walk heads north away from the harbour to the base of the stone steps on the left hand side of Bacino Bar.

4.39 | Bacino Cafe

The Bacino Bar is in Building No.2 at Chowder Bay, with great views across Sydney Harbour. The bar sells pastas, panini, arancini, tramezzini, stuffed eggplant and biscotti, along with homemade sandwiches and treats. The Bacino Bar prices are reasonable, ranging between \$5-12 for the delicacies, and their coffee is made of their own blend. The bar is open every day from

7am- 4pm except for Christmas. A public toilet is available at the Eastern end of the building. [More info.](#)

4.39 | Int. Bacino Bar back deck and Chowder Bay Trk

(270 m 7 mins) Continue straight: From the intersection behind Bacino Bar, the walk heads up the steep stone steps, away from the cafe. The track then tends right, across the hill for a short time climbing the uneven stairs to meet the road and signposted intersection.

4.66 | Int. Gunners' Barracks drive way and Chowder Bay T

(60 m 1 mins) Turn right: From the intersection, this walk heads across the road to head up the bush track on the hill for approximately 50m, to the signposted intersection behind 'Georges Head Lookout'.

4.72 | Optional sidetrip to Georges Head Lookout

(70 m 1 mins) Turn right: From the intersection, this walk follows the sign to Georges Head Lookout, down the hill to the circular paved lookout above the fortifications. At the end of this side trip, retrace your steps back to the main walk then Turn right.

4.72 | Georges Heights

Georges Heights is a gun emplacement with a commanding 180degree view over the entrance to the harbour. The old gun emplacements are still in position, with their arcs of fire explained in the signs nearby. The view from this lookout is magnificent.

4.72 | Int. Chowder Bay Trk and Georges Heights Rd

(380 m 7 mins) Continue straight: From the intersection, this walk follows the signs to 'Balmoral Beach' up the hill for a short while. The track opens out to a clearing on the left which has some old structures in it. This is the World War 1 hospital.

5.1 | WW1 Hospital

This military hospital was in use from 1916 to 1923, and could treat up to 420 troops at any one time. Sydney Harbour Trust completed restoration of the buildings mid-2005. These buildings are New South Wales' only surviving military hospital buildings from WW1.

5.1 | Int. WW1 Hospital and Chowder Bay Trk

(840 m 21 mins) Veer right: From the intersection, this walk heads up and across the hill, leaving the WW1 hospital behind on the left. The path continues up the hill, passing a sculpture (a bit overgrown on the right), then bending left (passing through a gate that is locked overnight at 6pm) up to Middle Head Rd. The walk crosses the road to the signposted intersection on the other side.

Continue straight: From the intersection, this walk follows the sign to 'Balmoral Beach' downhill away from the road. The walk heads down many flights of stairs and turns right, through a fence. The track then turns left to continue down more stairs, which lead the walk across a bridge and next to an oval with a signposted intersection.

Turn right: From the intersection, this walk heads toward the sea, keeping the oval to your left. The walk passes '1st Balmoral Sea Scouts' on the right before coming to the car park.

5.94 | Balmoral Park car park

(860 m 14 mins) Continue straight: From Balmoral Park car park, this walk heads onto the beach and follows along it, past the pipe and wharf, then continues up the beach to then head up the stairs onto the bridge, connecting the small rocky island to the promenade above the beach.

6.8 | Balmoral Beach

Balmoral Beach takes its name from the royal castle at Braemar in Scotland.

This is a beautiful beach, with a great foreshore walk overlooking the sandy beach. The beach is a popular spot with locals and visitors, for sun baking, swimming and having a picnic. Balmoral Beach has very little surf, with a sheltered, easterly aspect. There is also a shark-net swimming area, toilets, shops, cafes and plenty of beach to share on a sunny day.

6.8 | Rocky Point Bridge

(480 m 8 mins) Continue straight: From the bridge, this walk heads along the beach to the north, keeping the sea to the right, towards the headland. The walk heads along the beach for approximately 200m, to the intersection just off the beach, past the last beachfront house.

7.27 | Alternate Route Int. Wyargine Reserve Trk and Balm

(850 m 18 mins) Veer left: From the intersection just behind the beach, this walk winds up stairs away from the beach, to a rocky outcrop where the track turns. The walk then continues up the hill to meet the signposted intersection at the end of Stanton Rd.

Continue straight: From the intersection, this walk heads up the road following 'Stanton Rd' then 'Burran Ave' signs, to veer left onto Hopetoun Ave. The walk soon passes Kirk Oswald Ave (off to the left). After a while the road again splits into two levels, opposite the intersection of Armitage Rd.

Turn right: From the intersection, this walk heads down the hill, following the sign 'Armitage Lane' along the road, and around to the left into Rosherville Rd. The walk continues along the footpath, passing a large boulder and a bench on the right before winding down behind the playground in Rosherville Reserve. The track passes the playground, taking the closest access track to the southern end of Chinamans Beach. Now Turn sharp left to rejoin the main walk .

7.27 | Int. Wyargine Reserve Trk and Balmoral Beach

(840 m 16 mins) Turn right: (This section is only possible at low tide and with calm seas.) From the intersection, this walk heads away from the houses and towards the rockshelf, keeping the bush on the left. The walk keeps the water to the right as it weaves around the rockshelf for approximately 500m, to some boat sheds with rail tracks into the water. From these boat sheds, the walk continues to follow the rocky headland to the beach.

8.12 | Chinamans Beach Reserve South

(160 m 3 mins) Turn right: From the end of the beach, this walk heads along the sand, keeping the water to the right, until near the middle of Chinamans Beach. A wood-railed track heads off to the toilet block on the left, marking the intersection.

8.28 | Chinamans Beach and Reserve

Chinamans Beach and Reserve are wonderful places to have a picnic or a swim, with lots of areas to sit in the sun or shade beside the clear water. The beach does not provide any surf with its north-easterly aspect, but is perfect for launching your kayak or boat into the harbour. Chinamans Reserve has some parking, play equipment, toilets and road access by McLean Cres.

8.28 | Middle of Chinamans Beach

(70 m 1 mins) Continue straight: From the intersection, this walk heads along the beach with the water to the right. The walk leads to the stairs at the end of the beach.

8.34 | Alternate Route Int. Grecia Lane Trk and Chinamans

(1.1 km 25 mins) Turn left: From the base of the stairs (at the northern end of Chinamans Beach), this walk heads up the stairs away from the beach, to the intersection with Cyprian St. The track heads to the right, up Cyprian St, to the intersection with Parriwi Rd. At Parriwi Rd, the walk turns right, around

the railing and up the hill. The walk continues along Parriwi Rd for some time, down to the intersection with Spit Rd. The walk continues along Spit Rd, to the driveway entry to Middle Harbour Yacht Club car park. Now Veer right to rejoin the main walk .

8.34 | Int. Grecia Lane Trk and Chinamans Beach Reserve N

(860 m 16 mins) Veer right: From the intersection, this walk heads along the rocky shoreline with the water to the right, as it weaves around the houses to a small beach. The walk continues over some sandy sections between the rocks for approximately 700m, to come to a large Sydney Water building, the Spit Syphon. The walk climbs onto the concrete platform of the Spit Syphon to continue along the road, passing 'The Shores' restaurant and a boat ramp. The walk continues past the Middle Harbour Yacht Club building to the main entrance facing the car park.

9.2 | Spit Syphon

The Spit Syphon was built between 1922 and 1925 by the Public Works Department. It was necessary in order to pump sewage from the north without interfering with water transport. The building is styled with Egyptian influences as displayed by its tall, square concrete walls. [More info.](#)

9.2 | Middle Harbour Yacht Club entrance

(70 m 1 mins) Veer left: From the entrance of Middle Harbour Yacht Club, this walk heads away from the buildings to the road.

9.28 | Int. Middle Harbour Yacht Club car park and Spit R

(280 m 5 mins) Turn right: From the intersection, this walk heads along Spit Rd towards the bridge, keeping the shops on your right. The walk heads along the road to where it splits, to go over the bridge, opposite 'Sydney Harbour Kayaks'.

9.56 | Sydney Harbour Kayaks

Sydney Harbour Kayaks, at the southern end of the Spit Bridge, provide sales and rentals of kayaks. One hour in a single plastic kayak costs \$20, and a double \$40. The enterprise also provides tours of the harbour, catering for individuals through to large groups. For further information and bookings, contact: info@sydneyharbourkayaks.com.au or (02) 99604389 [More info.](#)

9.56 | Spit Bridge South

(350 m 6 mins) Continue straight: From the intersection, this walk heads over the Spit Bridge, with the road to the left of the footpath. The walk crosses the bridge to where it meets the road down to Ellery's Punt Reserve, first on the right.

9.91 | Spit Bridge

The Spit Bridge was originally built in 1924 to replace the punt service. The current Spit Bridge was built during the 1950's. The bridge is a bascule bridge, as it's middle section can be raised to allow tall ships through. This ability of the bridge does, however, stop traffic on a major arterial road, which has caused the bridge to be the centre of some controversy. The Spit Bridge carries the Spit Rd and the Manly Scenic Walkway.

9.91 | Int. Spit Rd and Ellery's Punt Reserve Road

(40 m 1 mins) Veer right: From the intersection, this walk heads downhill away from the main road for approximately 20m to the intersection below the bridge, on the left.

9.95 | Int. Ellery's Punt Rd and Avona Cres Trk

(60 m 1 mins) Veer right: From the intersection, this walk heads down the hill towards the water. The walk soon comes to Ellery's Punt Reserve car park on the right. This walk continues past this, down the footpath to the signposted intersection.

10.01 | 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.

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

(980 m 22 mins) Turn left : From the intersection, this walk heads along the footpath, keeping the water on the right of the track as it passes a few information signs. The track soon becomes dirt as it winds around the cove into Fisher Bay. The walk heads down a series of steps and passes over some boardwalk bridges in Fisher Bay, to then climb up the hill on the other side, with a few more steps and staircases along the way. From here, the walk winds around the side of the hill up a few stairs, out to the point (between Fisher and Sandy Bays) where the track becomes a metal grate for a short time. From the point, there are great views over Middle Harbour and across to the Spit Bridge. The track then continues around the cove and into Sandy Bay, where the walk heads down some stairs and then down a wooden ramp to come to the end of Sandy Bay Rd.

11 | End of Sandy Bay Rd

(40 m 1 mins) Continue straight: From the end of Sandy Bay Rd, this walk heads along the road, keeping the water to the right, coming to the signposted intersection with Fairbairn Ave.

11.04 | Int. Sandy Bay Rd and Fairbairn Ave

(480 m 9 mins) Continue straight: From Sandy Bay, this walk follows Sandy Bay Road along the shoreline, keeping the water on the right. At the other end of the beach, the road comes to a footpath on the left marked with a series of yellow posts. The walk follows the 'Mitchell Walkway' up the stair between the rocks. From the top of the stairs, the walk follows a small track which passes the houses before leading down another set of stairs and across Sandy Bay Rd at the pedestrian crossing, to the Clontarf Marina. Turn left: From Clontarf Marina, this walk follows the footpath along Sandy Bay Road, keeping the water on the right. About 100m from the marina, the footpath turns right and heads into 'Clontarf Reserve'. The walk passes the 'Manly Scenic Walkway' signpost and heads over the grass towards the children's play area, then past the public phone to Clonny's Cafe.

11.53 | 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.](#)

11.53 | 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.](#)

11.53 | Clontarf Reserve (Clonny's)

(500 m 8 mins) Veer right: From the front of Clonny's cafe, the walk heads towards the water, then turns left to head though the park. Passing the toilets and picnic shelters (on the left), the walk then comes to the end of the driveway passing through the park. From the end of the driveway, the walk heads onto the sand, turning left and following the beach in front of the houses until coming to the intersection with the 'Monash Cres' track, near the

far end of the beach. (At high tide, the track detours to avoid the beach by heading along Monash Crescent, following the blue 'MSW high tide access' signs).

12.02 | Monash Cres Track

(680 m 17 mins) Continue straight: From the intersection, this walk keeps the water to the right as it heads towards the rocky end of the beach. The walk then follows the 'Castle Rock' sign up the stairs and around the hill for some time, going up and down steps before turning right down some stone cut steps to a signposted intersection, above the tiny Board Beach. Continue straight: From the intersection, this walk follows the 'Manly' sign (keeping the water to the right) as it passes up the stairs between the rocks. The track soon comes to a signposted intersection, with the 'Access to Cutler & Amiens Rd' off to the left.

Continue straight: From the intersection, this walk follows the 'Manly' sign as it heads up the slight hill and across the rock shelf, keeping the water on the right. The walk then steps off the rockshelf to continue along the hillside, undulating steeply in parts. The track is board-walked in many places, with a few access points to the water along the way. The walk crosses a bridge before continuing left around the hill to a well signposted intersection.

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

(30 m 1 mins) Turn right: From the intersection, this walk follows the 'Manly Scenic Walk' arrow down the concrete steps towards the water, to the signposted intersection of the 'Manly to Spit' and 'Castle Rock' beach tracks.

12.73 | Optional sidetrip to Castle Rock Beach

(50 m 1 mins) Veer right: 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 Continue straight.

12.73 | 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.

12.73 | Int of Manly to Spit Track and Castle Rock Beach s

(400 m 11 mins) Turn left : From the intersection, this walk follows the 'Manly' arrow up the rock steps. The bush track soon crosses a short boardwalk and continues along the rocky track that follows the side of the hill. Soon, the track turns down the hill and winds down to the bottom and steeply back up via concrete steps. The walk then flattens out and crosses a wooden bridge. From the bridge, the track continues up some rock steps, winding up and along the side of the hill, passing some fenced-off rock platforms and coming to the fenced rest area with a bench seat. Continue straight: From the rest area, this walk follows the bush track up the rock steps and along the side of the hill, keeping the water to the right. The track continues steadily up to the 4-way signposted intersection.

13.12 | Optional sidetrip to Grotto Point Lighthouse

(550 m 11 mins) Turn right: 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 right.

13.12 | 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.

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

(110 m 3 mins) Continue straight: From the intersection, this walk follows the 'Manly' arrow up the bush track and rock steps. The track winds around to the intersection of the Grotto Point Engravings track, found at the small bench seat and the large wooden sleeper.

13.23 | Optional sidetrip to Grotto Point Engravings

(40 m 1 mins) Turn right: 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 Continue straight.

13.23 | Grotto Point Engravings track

(960 m 21 mins) Turn left: From the intersection, this walk heads up the stone steps, keeping the water below on the right. The track winds to the top of the hill, to the intersection with a track off to the left and a sign pointing back to 'Castle Rock Beach'.

Continue straight: From the intersection, this walk follows 'Crater Cove Lookout 700m' sign along bush track, keeping the water to the right. The walk crosses several separate sections of boardwalk and rock platforms as it winds through the heath, to come to a large rock platform with great views at the unnamed lookout in southern Crater Cove .

Continue straight: From the lookout, this walk follows the bush track along the hillside, keeping the water out to the right. The track continues for a short while until coming to an intersection at the base of some stairs on the left.

Turn right: From the intersection, this walk follows the bush track down the short hill towards the ocean, soon coming to the Crater Cove Lookout.

Veer left: From Crater Cove Lookout, this walk heads up onto the boardwalk, away from the fenced lookout. The track follows the cliffs, keeping the water views to the right. As the boardwalk finishes, the walk continues along a bush track which winds through the scrub to the signposted intersection with a track on the left, which points to Arabanoo Lookout.

14.2 | Int. Arabanoo Lookout Trk and Manly Scenic Walkway

(1.2 km 24 mins) Veer right: From the intersection, this walk follows the 'Manly' sign down the hill. The track winds slightly as it heads down the spur, with low heath and views of Manly most of the way down, coming to a clear rock shelf. The walk then continues with thick green heath on the right and less dense heath on the left, before coming to the signposted intersection. Continue straight: From the intersection, this walk follows the 'Manly via Reef Beach' sign down the hill to a fenced lookout. From the lookout, the track heads further along the hillside to wind down past some more views. The track soon passes by a large rock shelf, as it comes close to the water and then comes to a boardwalk with bench seat behind Reef Beach. Continue straight: From the intersection, this walk heads up the hill, keeping the water on the right. The track soon passes a toilet block on the left and then flattens out before coming to the signposted intersection with the high-tide alternate route on the left.

15.39 | Alternate Route Int. Alternate High Tide Route and

(560 m 15 mins) Turn left : From the intersection, this walk follows the sign for 'Alternate route to Manly during Hightides', heading up the alternate rock and wooden steps. The walk passes an interesting sandstone feature on the

left before leading up to a flat section of track. The walk soon comes to a sign posted intersection.

Turn right: From the intersection, the walk follows the bush track down and across the wooden boardwalk, then up to Beatty St.

Continue straight: From the intersection, this walk heads along Beatty St away from the bushland. The walk passes Geddes St on the left to continue to houses number 28 and 30 Beatty St. The walk turns right to head down the laneway between these two houses to an intersection beside the beach. Now Turn left to rejoin the main walk .

15.39 | Int. Alternate High Tide Route and Manly Scenic Wa

(240 m 4 mins) Continue straight: (This section of track may not be passable at higher tides, alternate route provides drier option). From the intersection, this walk follows the 'Manly via Forty Baskets Beach' sign along the well-defined track, keeping the water on the right. Soon the walk heads down a series of stone steps, passing some National Park signs onto the rock beach. From here, the walk follows the beach/rocks till coming to an intersection with a narrow laneway on the left, just past the start of the hardened footpath.

15.62 | Forty Baskets Reserve

Forty Baskets Reserve is a beach side parkland and swimming area, east of Beatty St, Balgowlah Heights. The yellow sand beach faces east, towards Manly and North Head, and is fairly well protected from large waves. The reserve has picnic tables, a bubbler (drinking fountain), tap, swings, netted swimming area, open grassy area, some shady trees, and a large toilet/shower and change area. The toilet has a fancy electronic and self-cleaning system, very cool (sounds silly, but check it out). The toilets and showers are accessible to people in wheelchairs, and a wide sealed footpath provides roll-in access from the end of Gourlay Ave.

15.62 | South end of Forty Baskets Reserve

(450 m 9 mins) Veer right: From the intersection, this walk follows the footpath across Forty Baskets Reserve (keeping the water on the right). The footpath heads behind the beach, the ocean pool, the picnic tables, water fountain and swings, then heads up the small incline to where the track meets the toilet block at the northern end of the reserve.

Continue straight: From the toilet block, the walk follows the footpath up the gentle hill, keeping the water on the right. The footpath soon comes the intersection with a set of stairs, uphill to the left.

Continue straight: From the intersection, this walk follows the footpath up the gentle hill, keeping the water to the right. The path soon comes to another intersection with a set of stone and dirt stairs (uphill to the left).

Continue straight: From the intersection, this walk follows the footpath, keeping the water below on the right. Soon, the walk passes around a blue metal gate then continues on to the hairpin bend at the end of Gourlay Ave, just above a small marina.

16.07 | End of Gourlay Avenue

(250 m 5 mins) Veer left: From the gate, this walk heads up Gourlay Ave along the road. The road soon starts to flatten out and passes a car park on the left. The walk then follows the road around the left-hand bend to come to the intersection with a track heading between the houses on the right, signposted with an arrow pointing to 'North Harbour Reserve 0.5km'.

16.31 | Int of Gourlay Avenue and Clarence Street footpath

(100 m 2 mins) Veer right: From the intersection, this walk follows the 'Manly' arrow down the hill and across the bridge (and a wonderful waterfall after rain). On the other side, the footpath leads up to Clarence St.

16.42 | Int of Clarence and North Harbour Sts

(120 m 3 mins) Turn right: From the intersection, this walk follows the

'Manly' sign down along North Harbour St. The road then comes to the top of a set of stairs (heading down to North Harbour Reserve) at the intersection of Beach Ln (unsignposted).

16.54 | 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.

16.54 | Int of Beach Ln and North Harbour St

(230 m 5 mins) Veer right: From the intersection, this walk follows 'MSW to Manly' down the stairs, towards the water. Once at the edge of the water, the walk turns left and follows the footpath along the waters edge, around North Harbour reserve. At the other end of the park, the walk follows the footpath up the stairs to the end of King Avenue (aka Boyle St at this point).

16.76 | End of King avenue

(280 m 6 mins) Continue straight: From the intersection, the walk follows King Road, as it bends to the right, then left up the gentle hill, reaching a 'T' intersection with Lauderdale avenue.

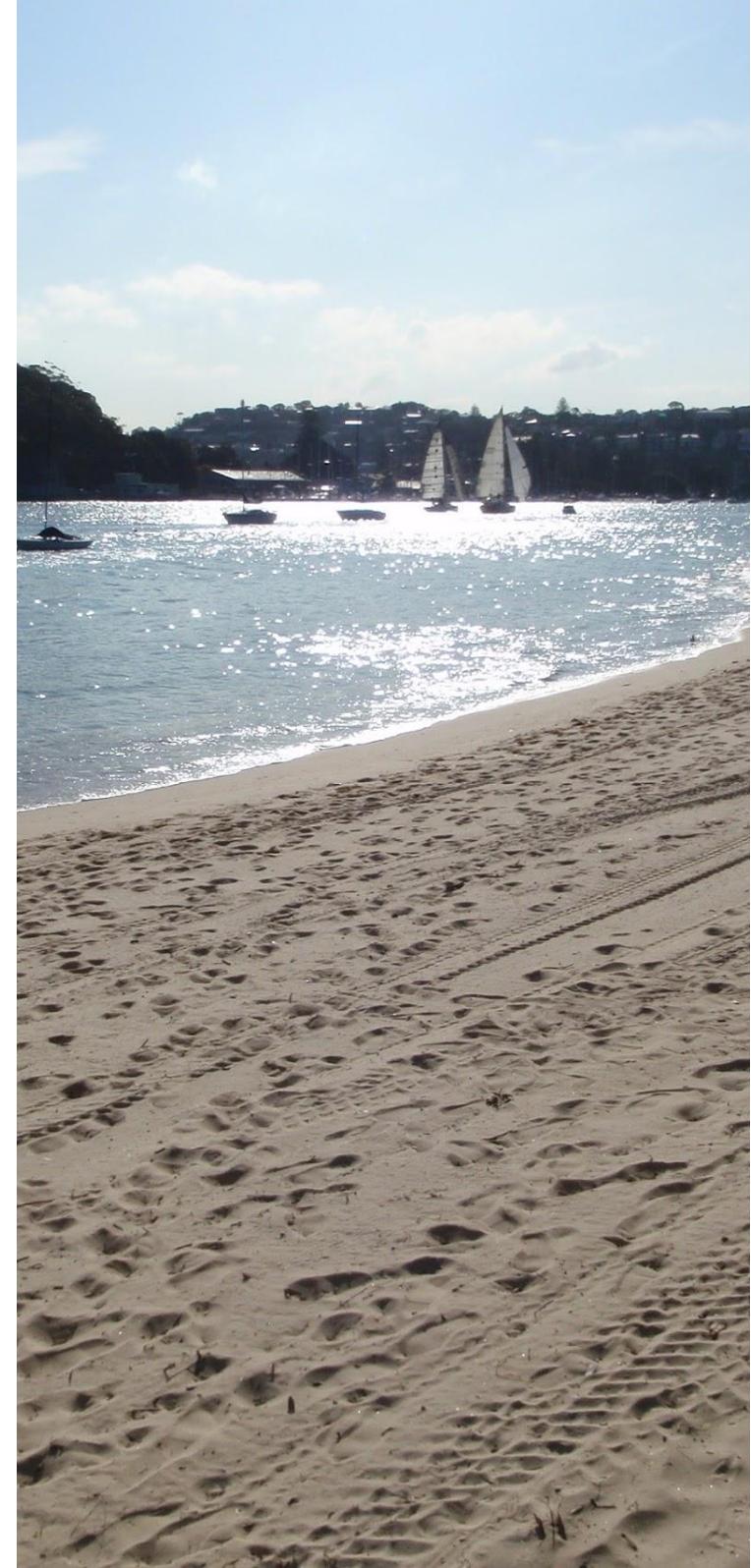
Turn right: From the intersection, the walk follows the footpath along Lauderdale Avenue, down the hill past the bus stop sign. After a couple of houses the footpath comes to a clearing on the right, with views of the water and a signposted intersection with the sealed 'Manly Scenic Walk' footpath.

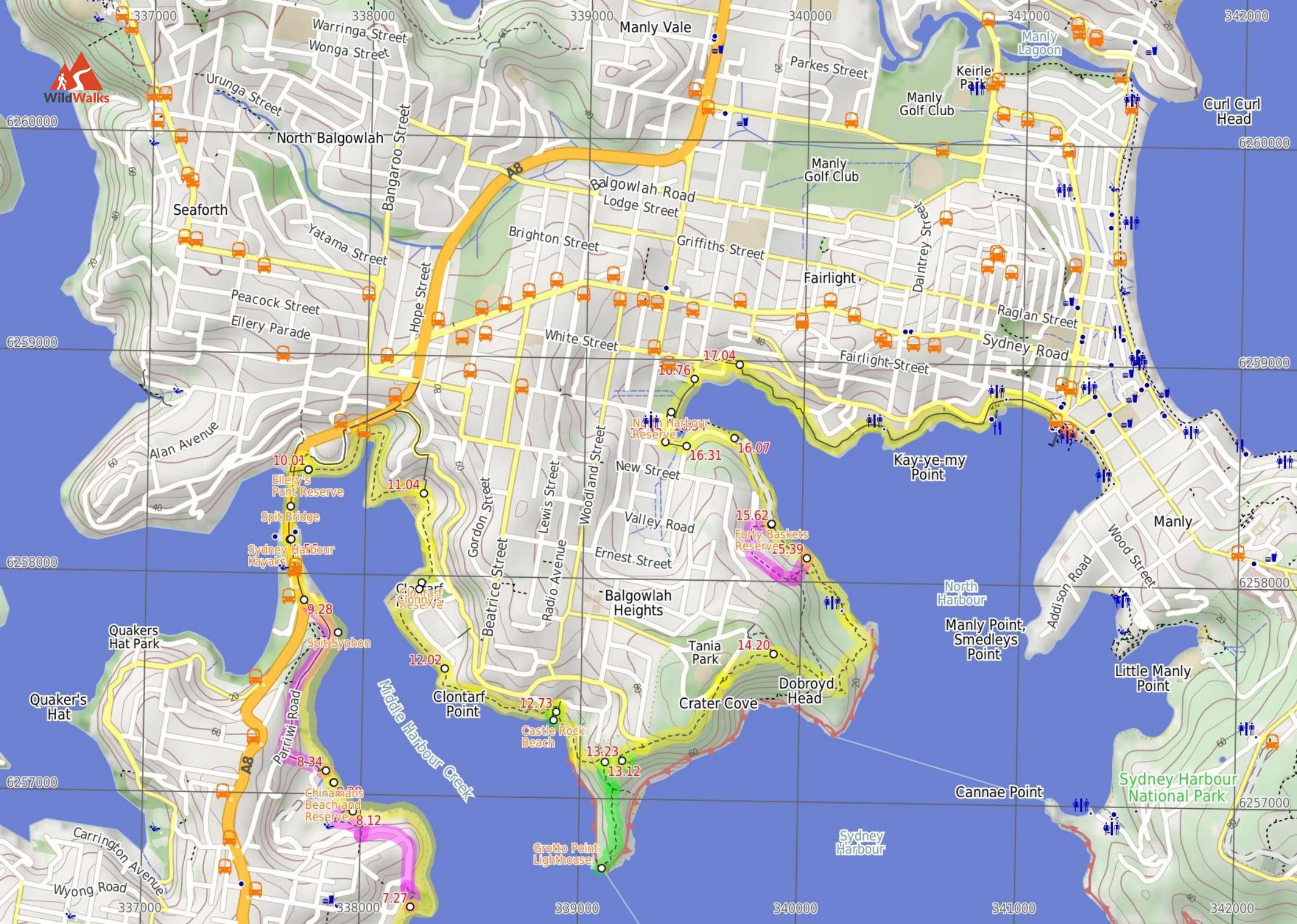
17.04 | Int. of Lauderdale avenue and Manly Scenic Walk

(1.9 km 37 mins) Veer right: From the intersection, the walk heads down the hill following the 'Manly' sign along the concrete footpath. With the water on the right, the track winds around the back of some apartment buildings through some open parkland, until the footpath comes to the end of Bolingbroke Parade.

Turn right: From the end of Bolingbroke Parade, this walk follows the concrete footpath, keeping the water to the right. The path winds behind the houses, through the open parkland, following the water. The walk passes picnic chairs and some nice views before coming to Fairlight Beach and ocean bath.

Continue straight: From Fairlight Beach, this walk follows the wide yellow footpath past the pool, keeping the water on the right. The footpath continues behind the houses and past several information signs before emerging onto Commonwealth Parade. Once beside the road, the footpath bends left and heads past Manly Waterworks. Just before West Esplanade, this walk turns right and heads along the footpath, with Manly Cove beach on the right, and soon comes to the ferry wharf.





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km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
Start	Taronga Zoo Wharf -33.8458,151.2398 (GR Parramatta River, 371536)	11 -5	220 m 4 mins	From the wharf, the walk heads uphill along the footpath beside the road to the Taronga Zoo entrance at the pedestrian crossing.
0.22	Taronga Zoo Entrance -33.8452,151.242 (GR Parramatta River, 373536)	24 -15	410 m 9 mins	Turn right: From the opposite the zoo entrance, the walk heads down the ramp leaving the road up to the left.
0.63	Int. Borogegal Walking Trail and Athol Hall Trk -33.8477,151.2447 (GR Parramatta River, 376533)	9 0	70 m 2 mins	Optional sidetrip to Athol Hall. Turn left : From the intersection, this walk follows the sign to 'Athol Hall' up the stairs, crossing a large grassy area.
0.63	Int. Borogegal Walking Trail and Athol Hall Trk -33.8477,151.2447 (GR Parramatta River, 376533)	31 -40	670 m 16 mins	Continue straight: From the stairs, this walk heads around the hillside with the harbour below on the right.
1.30	HMAS Sydney Mast, Bradleys Head -33.8531,151.2463 (GR Parramatta River, 378528)	83 -80	1.5 km 34 mins	Continue straight: From the intersection, this walk heads along the footpath, keeping the road to the left, for about 150m to where the road bends sharply left.
2.77	Taylor's intersection -33.8427,151.2472 (GR Parramatta River, 378539)	59 -32	680 m 16 mins	Continue straight: From the intersection, the walk heads along the line of the houses, on the left, for approximately 140m.
3.44	Bottom of Morella Rd track -33.8426,151.2527 (GR Sydney Heads, 383539)	3 -14	170 m 4 mins	Veer left: From the intersection, this walk follows the main track keeping the water glimpses to your right (and the Morella Rd track to your left).
3.61	Morella St lookout -33.8413,151.2519 (GR Sydney Heads, 383541)	0 -17	80 m 3 mins	Turn right: From the intersection, this walk follows 'Clifton Gardens' sign downhill along the concrete path, behind the line of houses.
3.68	Bottom of Sarahs walk steps -33.8407,151.2522 (GR Sydney Heads, 383541)	3 -16	250 m 5 mins	Turn right: From the intersection, this walk heads down the steps that soon flatten out as the footpath leads around the headland under a few sandstone overhangs.
3.94	Clifton Gardens Baths -33.8391,151.2529 (GR Sydney Heads, 383543)	13 -10	210 m 5 mins	Continue straight: From the wharf, this walk heads towards the playground-end of the beach.
4.14	Chowder Bay Lower Gate -33.8387,151.2547 (GR Sydney Heads, 385544)	19 -5	230 m 4 mins	Continue straight: From the gate, this walk heads towards the wharf approximately 80m away.
4.37	Roundabout at end of Chowder Bay Road -33.8384,151.2561 (GR Sydney Heads, 386544)	6 0	20 m 1 mins	Turn left: From the road, this walk heads north away from the harbour to the base of the stone steps on the left hand side of Bacino Bar.
4.39	Int. Bacino Bar back deck and Chowder Bay Trk -33.8383,151.256 (GR Sydney Heads, 386544)	47 -2	270 m 7 mins	Continue straight: From the intersection behind Bacino Bar, the walk heads up the steep stone steps, away from the cafe.
4.66	Int. Gunners' Barracks drive way and Chowder Bay Trk -33.8368,151.2577 (GR Sydney Heads, 388546)	2 -1	60 m 1 mins	Turn right: From the intersection, this walk heads across the road to head up the bush track on the hill for approximately 50m, to the signposted intersection behind 'Georges Head Lookout'.
4.72	Int. Chowder Bay Trk and Georges Heights Rd -33.8365,151.2582 (GR Sydney Heads, 388546)	0 -2	70 m 1 mins	Optional sidetrip to Georges Head Lookout. Turn right: From the intersection, this walk follows the sign to Georges Head Lookout, down the hill to the circular paved lookout above the fortifications.
4.72	Int. Chowder Bay Trk and Georges Heights Rd -33.8365,151.2582 (GR Sydney Heads, 388546)	13 -11	380 m 7 mins	Continue straight: From the intersection, this walk follows the signs to 'Balmoral Beach' up the hill for a short while.
5.10	Int. WW1 Hospital and Chowder Bay Trk -33.8333,151.2585 (GR Sydney Heads, 389550)	9 -78	840 m 21 mins	Veer right: From the intersection, this walk heads up and across the hill, leaving the WW1 hospital behind on the left.
5.94	Balmoral Park car park -33.8291,151.2557 (GR Sydney Heads, 386554)	5 -9	860 m 14 mins	Continue straight: From Balmoral Park car park, this walk heads onto the beach and follows along it, past the pipe and wharf, then continues up the beach to then head up the stairs onto the bridge, connecting the sm...
6.80	Rocky Point Bridge -33.8234,151.2517 (GR Sydney Heads, 382560)	8 -3	480 m 8 mins	Continue straight: From the bridge, this walk heads along the beach to the north, keeping the sea to the right, towards the headland.

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7.27	Int. Wyargine Reserve Trk and Balmoral Beach -33.8194,151.2521 (GR Sydney Heads, 382565)	42 -43	850 m 18 mins	Alternate Route Int. Wyargine Reserve Trk and Balmoral Beach. Veer left: From the intersection just behind the beach, this walk winds up stairs away from the beach, to a rocky outcrop where the track turns.
7.27	Int. Wyargine Reserve Trk and Balmoral Beach -33.8194,151.2521 (GR Sydney Heads, 382565)	24 -25	840 m 16 mins	Turn right: (This section is only possible at low tide and with calm seas.) From the intersection, this walk heads away from the houses and towards the rockshelf, keeping the bush on the left.
8.12	Chinamans Beach Reserve South -33.8155,151.2493 (GR Parramatta River, 380569)	1 -5	160 m 3 mins	Turn right: From the end of the beach, this walk heads along the sand, keeping the water to the right, until near the middle of Chinamans Beach.
8.28	Middle of Chinamans Beach -33.8143,151.2483 (GR Parramatta River, 379571)	3 0	70 m 1 mins	Continue straight: From the intersection, this walk heads along the beach with the water to the right.
8.34	Int. Grecia Lane Trk and Chinamans Beach Reserve North -33.8138,151.2479 (GR Parramatta River, 378571)	55 -56	1.1 km 25 mins	Alternate Route Int. Grecia Lane Trk and Chinamans Beach Reserve North. Turn left: From the base of the stairs (at the northern end of Chinamans Beach), this walk heads up the stairs away from the beach, to the intersection with Cyprian St.
8.34	Int. Grecia Lane Trk and Chinamans Beach Reserve North -33.8138,151.2479 (GR Parramatta River, 378571)	18 -19	860 m 16 mins	Veer right: From the intersection, this walk heads along the rocky shoreline with the water to the right, as it weaves around the houses to a small beach.
9.20	Middle Harbour Yacht Club entrance -33.8071,151.2475 (GR Parramatta River, 378579)	1 -1	70 m 1 mins	Veer left: From the entrance of Middle Harbour Yacht Club, this walk heads away from the buildings to the road.
9.28	Int. Middle Harbour Yacht Club car park and Spit Rd -33.8068,151.2468 (GR Parramatta River, 377579)	1 -4	280 m 5 mins	Turn right: From the intersection, this walk heads along Spit Rd towards the bridge, keeping the shops on your right.
9.56	Spit Bridge South -33.8044,151.2462 (GR Parramatta River, 377582)	11 -2	350 m 6 mins	Continue straight: From the intersection, this walk heads over the Spit Bridge, with the road to the left of the footpath.
9.91	Int. Spit Rd and Ellery's Punt Reserve Road -33.8012,151.2464 (GR Parramatta River, 377585)	2 0	40 m 1 mins	Veer right: From the intersection, this walk heads downhill away from the main road for approximately 20m to the intersection below the bridge, on the left.
9.95	Int. Ellery's Punt Rd and Avona Cres Trk -33.801,151.2468 (GR Parramatta River, 377585)	0 -7	60 m 1 mins	Veer right: From the intersection, this walk heads down the hill towards the water.
10.01	Int. Ellery's Punt Reserve Rd and Manly Scenic Walkway -33.8015,151.2471 (GR Parramatta River, 377585)	51 -51	980 m 22 mins	Turn left : From the intersection, this walk heads along the footpath, keeping the water on the right of the track as it passes a few information signs.
11.00	End of Sandy Bay Rd -33.8022,151.2524 (GR Sydney Heads, 382584)	0 -2	40 m 1 mins	Continue straight: From the end of Sandy Bay Rd, this walk heads along the road, keeping the water to the right, coming to the signposted intersection with Fairbairn Ave.
11.04	Int. Sandy Bay Rd and Fairbairn Ave -33.8025,151.2528 (GR Sydney Heads, 383584)	11 -14	480 m 9 mins	Continue straight: From Sandy Bay, this walk follows Sandy Bay Road along the shoreline, keeping the water on the right.
11.53	Clontarf Reserve (Clonny's) -33.8063,151.2526 (GR Sydney Heads, 383579)	4 -1	500 m 8 mins	Veer right: From the front of Clonney's cafe, the walk heads towards the water, then turns left to head through the park.
12.02	Monash Cres Track -33.8096,151.2538 (GR Sydney Heads, 384576)	49 -31	680 m 17 mins	Continue straight: From the intersection, this walk keeps the water to the right as it heads towards the rocky end of the beach.
12.70	Int of Manly to Spit track and Ogilvy Road steps -33.8112,151.2595 (GR Sydney Heads, 389574)	0 -3	30 m 1 mins	Turn right: From the intersection, this walk follows the 'Manly Scenic Walk' arrow down the concrete steps towards the water, to the signposted intersection of the 'Manly to Spit' and 'Castle Rock' beach tracks.

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12.73	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. Veer right: From the intersection, this walk leads down the concrete steps to Castle Rock Beach.
12.73	Int of Manly to Spit Track and Castle Rock Beach steps -33.8114,151.2593 (GR Sydney Heads, 389574)	46 -16	400 m 11 mins	Turn left : From the intersection, this walk follows the 'Manly' arrow up the rock steps.
13.12	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 right: 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...
13.12	Int of Grotto Point Lighthouse and Manly to Spit tracks -33.8135,151.2617 (GR Sydney Heads, 391572)	8 -1	110 m 3 mins	Continue straight: From the intersection, this walk follows the 'Manly' arrow up the bush track and rock steps.
13.23	Grotto Point Engravings track -33.8134,151.2626 (GR Sydney Heads, 392572)	2 0	40 m 1 mins	Optional sidetrip to Grotto Point Engravings. Turn right: From the intersection, this walk heads down the hill, beside a wooden sleeper, passing an engraving of a kangaroo on the right.
13.23	Grotto Point Engravings track -33.8134,151.2626 (GR Sydney Heads, 392572)	50 -27	960 m 21 mins	Turn left: From the intersection, this walk heads up the stone steps, keeping the water below on the right.
14.20	Int. Arabanoo Lookout Trk and Manly Scenic Walkway -33.8091,151.2701 (GR Sydney Heads, 399577)	13 -88	1.2 km 24 mins	Veer right: From the intersection, this walk follows the 'Manly' sign down the hill.
15.39	Int. Alternate High Tide Route and Manly Scenic Walkway -33.8051,151.2717 (GR Sydney Heads, 400581)	31 -32	560 m 15 mins	Alternate Route Int. Alternate High Tide Route and Manly Scenic Walkway. Turn left : From the intersection, this walk follows the sign for 'Alternate route to Manly during Hightides', heading up the alternate rock and wooden steps.
15.39	Int. Alternate High Tide Route and Manly Scenic Walkway -33.8051,151.2717 (GR Sydney Heads, 400581)	6 -7	240 m 4 mins	Continue straight: (This section of track may not be passable at higher tides, alternate route provides drier option).
15.62	South end of Forty Baskets Reserve -33.8037,151.27 (GR Sydney Heads, 399583)	19 -21	450 m 9 mins	Veer right: From the intersection, this walk follows the footpath across Forty Baskets Reserve (keeping the water on the right).
16.07	End of Gourlay Avenue -33.8002,151.2681 (GR Sydney Heads, 397586)	12 -4	250 m 5 mins	Veer left: From the gate, this walk heads up Gourlay Ave along the road.
16.31	Int of Gourlay Avenue and Clarence Street footpath -33.8005,151.2658 (GR Sydney Heads, 395586)	5 -2	100 m 2 mins	Veer right: From the intersection, this walk follows the 'Manly' arrow down the hill and across the bridge (and a wonderful waterfall after rain).
16.42	Int of Clarence and North Harbour Sts -33.8004,151.2647 (GR Sydney Heads, 394586)	0 -8	120 m 3 mins	Turn right: From the intersection, this walk follows the 'Manly' sign down along North Harbour St.
16.54	Int of Beach Ln and North Harbour St -33.7993,151.265 (GR Sydney Heads, 394587)	12 -5	230 m 5 mins	Veer right: From the intersection, this walk follows 'MSW to Manly' down the stairs, towards the water.
16.76	End of King avenue -33.7978,151.2662 (GR Sydney Heads, 395589)	12 -8	280 m 6 mins	Continue straight: From the intersection, the walk follows King Road, as it bends to the right, then left up the gentle hill, reaching a 'T' intersection with Lauderdale avenue.

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km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
17.04	Int. of Lauderdale avenue and Manly Scenic Walk -33.7972,151.2684 (GR Sydney Heads, 397590)	51 -66	1.9 km 37 mins	Veer right: From the intersection, the walk heads down the hill following the 'Manly' sign along the concrete footpath.