

Walking COASTAL SYDNEY



Narrabeen Lakes to Manly Lagoon



Narrabeen Head and Lakes (David Messent)

it's exhilarating & healthy

Warringah Coastal Walk - Narrabeen Lakes to Manly Lagoon

Commence at Narrabeen shopping centre (F/G at 1-2) and proceed north along the lagoon foreshore turning down Albemarle St to the beach. Narrabeen and Collaroy beaches form the longest stretch of sand on the Northern Beaches. The route passes close to the Surf Life Saving Clubs (SLSC) and proceeds behind the dunes between Narrabeen and Devitt Streets. Leave Fishermans Beach at the boat ramp (G4) for the climb to Long Reef headland, with the option of descending to the rock shelf below.

Continue south along Long Reef and Dee Why beaches or take the alternate track through the dunes close to Dee Why Lagoon. At the end of Dee Why beach, climb the stairs at the rockpool to the cliff-top walk to Dee Why Head. Proceed along Curl Curl beach and at the southern rockpool climb the stairs to Fishermans Walk and McKillop Park. Continue to Freshwater Beach taking the path and streets over the headland to North Steyne and Manly (F8).
5hr 30 walking 12km

Narrabeen Lakes Foreshore Walk

Start at Berry Reserve behind Narrabeen shops (cnr Pittwater and Waterloo Streets) (F/G at 1-2) and proceed along the foreshore to the Jamieson Park picnic areas and bushland. Follow the track to where South Creek meets the Lakes (near James Wheeler Place). At this point proceed south by South Creek Rd to the bus stop at Wheeler Heights shops (E3). For return trip catch bus 146 to Dee Why (Pittwater Road and Howard Avenue) and change for Narrabeen shops or the City. Buses L85, L88 or L90.

A foreshore track linking South Creek and Deep Creek is proposed by both Warringah and Pittwater Councils. For information about this link see their respective websites or www.walkingcoastalsydney.com.au When completed, this link will provide a superb circular walk around the whole of the foreshores of Narrabeen Lakes. For Friends of Narrabeen Lagoon Catchment see www.narrabeenlagoon.org.au 1hr 30 walking 5km

Manly Dam Reserve Walk

Manly Dam Reserve (Manly-Warringah War Memorial Park) is an extensive, tranquil bushland valley containing Sydney's largest freshwater lake created by the damming of Curl Curl creek in 1892. The reserve contains a wide variety of flora and fauna.

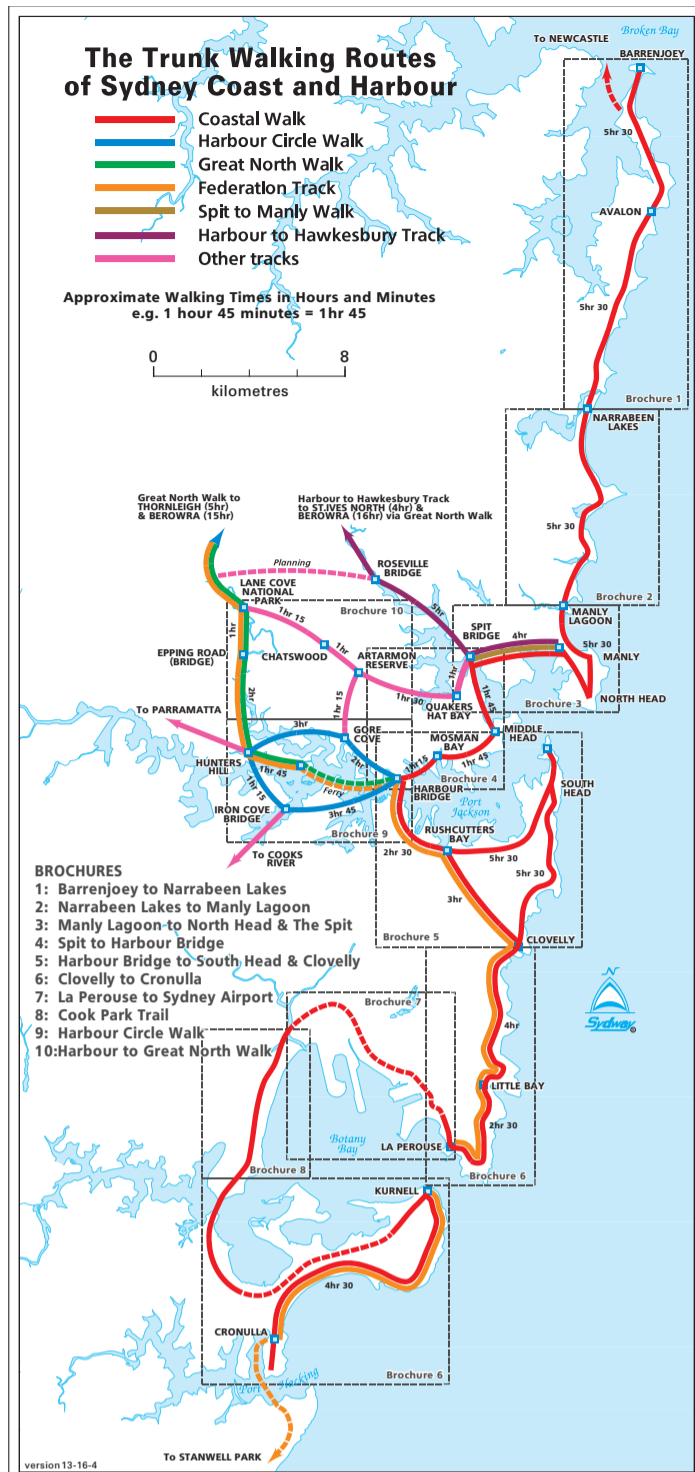
This circular walk follows the Circuit Track, the Wildflower Walk and the Nature Trail (B-C at 6-8). Entry to the walk is via a comprehensive network of feeder tracks from surrounding suburbs. Buses to the north and east 142, south 132 and west 169 (see map). From the nearest bus stops to the circular walk and return, add half to one hour to the walking time. Vehicular entry from King St, Manly Vale (C8). Note there are links to this reserve from the coast and from the 'Harbour to the Hawkesbury' track.

Obtain brochure Walking at Manly Dam from the Manly Visitor Information Centre or visit the Warringah Council website www.warringah.nsw.gov.au 3hr 30 walking 8km

As the map shows, with the interconnecting red and green routes, there are many walks on offer. Walks may be short or long, or follow any route, according to individual choice.

Walking Coastal Sydney

For information on Sydney's Great Coastal Walk from Barrenjoey to Cronulla, which includes the 50km Northern Beach Walk, see www.walkingcoastalsydney.com.au



Walking in Manly Dam Reserve (Warringah Council)

Food and Drink

Food and drink can be found along the main route (red) adjacent to Narrabeen Head carpark (G1), shops at Narrabeen, Collaroy, Dee Why Beach and North Steyne, and Harbord Diggers (F at 7-8).

On the loops and link walks (green), food and drink is available at Narrabeen Lakes (F/G at 1-2), Wheeler Heights shops (E3), the corner of Telopea and Hilma Streets (F3), Warringah Mall (D6), Allambie Heights shops (C6), Warringah Aquatic Centre kiosk (B6), Frenchs Forest shops (A5), and North Balgowlah shops (C8). Most Surf Life Saving Clubs (SLSC) have kiosks and toilets.

Toilets, which are marked on the map 'T', are available in most areas.

Accommodation

Accommodation along the coastal and green routes in Warringah includes the Sydney Lakeside Holiday Park for cabins and camping (G1), Hotel Sands (G2), the Sydney Beachouse YHA (G3), and the Travelodge at Brookvale (E6).

For accommodation generally visit www.wherewelcome.com.au >Places to Stay; www.manlytourism.com >Accommodation>Phone Book>Northern Beaches; www.sydneybeaches.com.au >Accommodation; Tourism NSW www.visitnsw.com >Accommodation; NRMA www.myrnma.com >Travel>Find Accommodation; and www.stayz.com.au

Further Information

For more information about the Coastal Walks, the regions they explore, and places of interest, see the following:

Sydney Coastal Councils Group
Level 14, Town Hall House, 456 Kent Street Sydney 2000 Tel: 9246 7702
For the coastal and harbour walking maps and brochures, background notes, links to websites and other useful information, visit www.walkingcoastalsydney.com.au

Books on Walks and History
There are a number of books that are relevant and useful to walking in Warringah and the Northern Beaches. These include: *Sydney Best Walks* by Alan Fairley (Envirobook 2006), *Sydney's Best Harbour & Coastal Walks* by Katrina O'Brien (Woodslane Pty Ltd 2007), *Take a Walk on the North Side* by Linda C. Wood (cappie.wood@bigpond.com 2004), *Hiking for Health* (ShoroC Councils reprint 2003), *Favourite Walks in Warringah for Older People* (Warringah Council 2007), *Pictorial History Warringah* by Jim Boyce (Kingsclear Books 2006), *Sydney's Northern Beaches* by David Messent (David Messent Photography 2007), and *Pictorial Memories Manly to Palm Beach* by Alan Sharpe (Kingsclear Books 2004).

A comprehensive list can be found on the Sydney Coastal Councils Group's website www.walkingcoastalsydney.com.au Books can be obtained from local libraries, selected bookshops and from the publishers.

Narrabeen Lakes to Manly Lagoon

This is a splendid coastal walk featuring significant headlands, sweeping beaches and four lagoons, with links to the extensive waterways of Narrabeen Lakes (also known as Narrabeen Lagoon) and Manly Dam Reserve.

The walk forms part of one of the world's great urban coastal walks, connecting Broken Bay in Sydney's north to Port Hacking in the south, traversing headlands, beaches, lagoons, bushland, and the bays and harbours of coastal Sydney.

This map covers the route from Narrabeen Lakes to Manly Lagoon. Two companion maps, *Barrenjoey to Narrabeen Lakes* and *Manly Lagoon to North Head & The Spit*, complete the Northern Beaches section, while two additional maps cover the continuation to Cronulla. For these and additional regional maps visit www.walkingcoastalsydney.com.au, coastal and harbour Councils or relevant visitor centres.

The Sydney coastal walk links by ferry to Bouddi and Brisbane Water National Parks in the north and Royal National Park in the south.

The coastal route is marked red on the map, with loop walks and links marked green.

Loop Walks and Links

There are a number of loop walks, including Long Reef and Dee Why Lagoon, Curl Curl and Manly Lagoons and the bushland circular track through Manly Dam Reserve. There are green space corridors from the coast linking to Narrabeen Lakes and Manly Dam Reserve. This integrated network of red and green routes can be used to create walks of varying lengths and times.

Warringah Information

For information and brochures relevant to Warringah and the Northern Beaches region, visit Warringah Council Civic Centre and Library at 725 Pittwater Rd, Dee Why 2099 (Tel: 9942 2111) and www.warringah.nsw.gov.au For the library see www.wls.nsw.gov.au and link to Local Studies.

See also the Coastal Environment Centre (CEC) (G1), Lake Park Road, North Narrabeen (Tel: 9970 1675), and the Manly Visitor Information Centre at Manly Wharf (Tel: 9976 2430) www.manlytourism.com Free brochures include Sydney's Northern Beaches Visitor's Guide also downloadable from www.wherewelcome.com.au and the tourist map Sydney's Northern Beaches from www.sydneybeaches.com.au >map.

Visit www.aboriginalheritage.org for details on the aboriginal heritage and culture of the Northern Beaches region.

For additional information, including Councils, National Parks and other websites, walking brochures and relevant books, see 'Further information' below.

Walking Times

The **Walking Times diagram** sets out approximate walking times along the coast between Narrabeen Lakes and Manly Lagoon. It contains walking times for links from the coast to South Creek (Narrabeen Lakes), Manly Dam Reserve (north), and Seaforth Oval.

The times marked are walking times based on a walking speed of between 2km and 3km per hour, depending on the terrain and weather conditions. Add extra time for breaks, lunch or a swim!

Warringah Council and Dee Why Library
725 Pittwater Road, Dee Why 2099 (F5) Tel: 9942 2111.
Brochures and information available.
Visit the Council website www.warringah.nsw.gov.au

wherewelcome.com.au
Comprehensive free guide to the Northern Beaches
www.wherewelcome.com.au

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

Coastal Environment Centre
Lake Park Road, North Narrabeen 2101 (next to the Lakeside Holiday Park) Tel: 9970 1675.
Provides environmental information and education.
See www.pittwater.nsw.gov.au >Environment.

Manly Council
1 Belgrave Street, (cnr The Corso) Manly 2095 Tel: 9976 1500. Manly Library at Market Place, Manly.
Brochures and information available. See www.manly.nsw.gov.au >Council>Manly Tourism; >Environment>Marine & Coastal/Manly Highlights; >Attractions>Walking Tracks; and >Library>Local Studies Collection.

Manly Visitor Information Centre
The Forecourt Manly Wharf, Manly 2095 Tel: 9976 1430.
Major tourist centre. Brochures include attractions, regional maps, transport and accommodation. See www.manlytourism.com

Pittwater Council and Mona Vale Library
Village Park, 1 Park St, Mona Vale 2103 Tel: 9970 1111.
Avalon Library at 59A Old Barrenjoey Rd, Avalon Tel: 9918 3013.
Brochures and information available. See www.pittwater.nsw.gov.au >Environment>Coastal & Marine/Bushland/Water & Waterways; >Recreation>Beaches and Headlands/Regional Parks/Parks & Reserves; >Council>Council Information; and website/library>Local History.

Department of Planning
23 Bridge Street, Sydney 2000 Tel: 9228 6333.
Brochures relevant to walking around Sydney Harbour.
See www.planning.nsw.gov.au/harbour>Walking Sydney Harbour.

National Parks and Wildlife Service
Information Centre for Garigal and Ku-ring-gai Chase National Parks situated at Bobbin Head Road, Mt Colah 2079 Tel: 9472 8949.
For information about relevant National Parks, including Garigal, Sydney Harbour, Ku-ring-gai Chase, Botany Bay, the Royal, Bouddi and Brisbane Water, visit www.environment.nsw.gov.au click on 'Visiting a park' and select a park.

Sydney Visitor Centre
Corner Argyle and Playfair Streets, The Rocks, 2000. Also at 33 Wheat Road (behind IMAX Theatre), Darling Harbour Tel: 1800 067 676.
Relevant brochures and information, including Walking Coastal Sydney brochures. See also www.sydneyvisitorcentre.com

Southern and Harbour Councils
For relevant information about walking coastal Sydney south of Sydney Harbour and walking around Sydney Harbour, visit www.walkingcoastalsydney.com.au

Personal Care

Be aware that you are responsible for your own safety and that of any child with you. Take care and enjoy your walk.

The walks require average fitness, except for full-day walks which require above-average fitness and stamina. There is a wide variety of pathway conditions and terrain, including bush tracks, uneven ground, footpaths, beaches, rocks, steps and steep hills. Observe official safety, track and road signs at all times. Keep well back from cliff edges and be careful crossing roads.

Wear a hat and good walking shoes, use sunscreen and carry water. You will need to drink regularly, particularly in summer, as much of the route is without shade. Although cold drinks can often be bought along the way, this cannot always be relied on. Take a comfortable backpack and, if you wish, swimmers and a towel. Only swim between the flags on patrolled beaches.

Carry a mobile phone. In case of emergency dial 000 or 112 from GSM Mobile.

Public Transport

Public transport is readily available at regular intervals along the way. Relevant bus stops with route numbers are marked on the map. This allows considerable flexibility when deciding where to begin and end your walk.

The following bus routes are particularly useful: L85 limited stops from the City to Warringah Mall, then all stops to Mona Vale. L90 limited stops from the City to Mona Vale, then all stops to Palm Beach. L88 same as L90 but terminating at Avalon. Routes 155 & 156 from Manly Wharf to Church Point via Mona Vale. Routes 136 & 139 for the coast between Manly and Dee Why, 146 for Cromer, and 132, 142 & 169 for Manly Dam Reserve. Route 136 links Chatswood Railway Station to Manly Wharf via Dee Why shops (bus stop cnr Pittwater Road and Howard Avenue).

Major bus interchanges are at Manly Wharf and Warringah Mall.

For public transport timetables, planning a walk, or for maps, including the Northern Region Bus Guide:

Infoline Tel: 131-500 www.131500.info Each bus stop has its own number. For the next bus due, ring 131500 and follow the prompts.

Sydney Ferries operate regularly between Circular Quay and Manly Wharf. For a taxi call Manly Cabs on 131-668.

Walking Warringah

The choices of walks are many and varied. The following three walks highlight the significant natural and cultural diversity of the Warringah region, the traditional land of the Guringai people.

Useful information about each walk can be found at the Warringah Council website www.warringah.nsw.gov.au See also the books listed under 'Further Information' below.

Dogs on a lead are welcome on walks except on beaches, in National Parks, and other sensitive areas, including Dee Why Lagoon Wildlife Refuge and Long Reef Aquatic Reserve. Observe official signage at all times.

For each of the following walks, the walking times and distances are approximate.

Route Marking

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



Acknowledgments and Suggestions

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The Walking Volunteers are a group of individuals who are helping to develop a series of walking routes around Sydney Harbour, along the coastal areas of Sydney and regional links across Sydney. They believe that walking is pleasurable and healthy, and a great way to enjoy the beautiful natural and cultural highlights of this City. Walking and the use of public transport are encouraged.

The Walking Volunteers have worked closely with Coastal and Harbour Councils, the Sydney Coastal Councils Group, the Department of Planning, the National Parks and Wildlife Service, the Sydney Harbour Federation Trust, and the Sydney Street Directories Mapping Division.

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The Sydney Coastal Councils Group is responsible for the coordination and management of this project, including managing the website www.walkingcoastalsydney.com.au Please inform the Group's Program Coordinator of any errors, omissions, or suggestions to improve future editions or other similar publications.

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NSW National Parks and Wildlife Service

Logo photograph: Sydney's Northern Beaches Visitors Association.