

# Thank you FOR VISITING MANLY

We hope you have enjoyed the walk. Volunteers help maintain this walkway mostly through bush regeneration programmes. If you wish to help, contact Manly Council on 9976 1500 or Sydney Harbour National Park 9960 6266. The local area of the National Parks and Wildlife Service also runs environmental activities for corporate groups. They can be contacted for further information on the above number.

Please Remember

- Keep to the track to minimise erosion.
- Keep well away from cliff edges at all times.
- Supervise children at all times.
- All fauna, flora, Aboriginal sites and rock formations are protected.
- No fires allowed. Be aware of fire bans. Fires can destroy lives and property.
- No vehicles, motorbikes, bicycles or horses are allowed on the track.
- No Dogs/Domestic Pets allowed on: beaches, National Park land (please see alternate route for dogs on map).
- Take your rubbish when you leave.

## FURTHER ENQUIRIES

Manly Council

1 Belgrave Street Manly 2095  
PO Box 82 Manly NSW 1655  
T: 9976 1500 F: 9976 1400  
[www.manly.nsw.gov.au](http://www.manly.nsw.gov.au)  
[www.manlytourism.com](http://www.manlytourism.com)

Department of Environment, Climate Change & Water  
(Parks & Wildlife Division)  
Sydney Harbour National Park

Information Centre, Cadmans Cottage  
110 George Street, The Rocks 2000  
T: 9247 5033 (Group Tours available)  
[www.environment.nsw.gov.au](http://www.environment.nsw.gov.au)



Manly  
**SCENIC WALKWAY**  
MANLY TO SPIT BRIDGE    MANLY TO NORTH HEAD





SYDNEYSIDERS ARE BLESSED  
TO HAVE THE FINEST  
NETWORK OF WALKING  
TRACKS IN THE WORLD

ONE OF THE MORE FAMOUS  
AND MOST SCENIC OF  
ROUTES IS THE MANLY TO  
SPIT WALKWAY

## Discover the majestic entrance to Sydney Harbour

Encompassing panoramic views of the majestic entrance to Sydney Harbour and extensive swathes of native bushland walkers are able to contrast old and new Australia, as they pass by modern harbourside suburbs juxtaposed with Aboriginal sites, native coastal heath and pockets of sub-tropical rainforest.

The Manly to Spit Bridge walk was a joint project between Manly Council and the National Parks and Wildlife Service and was opened in 1988. It is almost 10km long and takes 3 to 4 hours to walk at a steady pace in each direction. The numerous entrance points allow you to choose any of the seven shorter section walks. Access points, parking and public transport are marked on the map.

All flora, fauna, Aboriginal sites, rock formations and historic structures are protected on the Walk.

No domestic pets/dogs are allowed in the National Park. However an alternative dog route is provided.

Like all great projects, the walkway is constantly evolving. In 2006 the walkway was extended to incorporate North Head. Walkers are now able to access the cliff tops of this remarkable headland via Shelly Beach and the recently formalised Blue Fish Track – a joint funded project by the Department of Infrastructure Planning and Natural Resources, National Parks and Wildlife Service, and Manly Council. This circuit walk is 9km long and takes approximately 4 hours to complete.

Once on North Head, visitors can also walk through Sydney Harbour Federation Trust land via a series walking tracks. A visitor information centre is open to the public and provides information about this property and North Head.



Sydney Harbour National Park is managed by the National Parks and Wildlife Service, on behalf of the people of New South Wales. The park you see today, has been formed on Hawkesbury sandstone approximately 180 million years old. The stone is quite soft and has been carved over millions of years into high cliffs, ridges and rock formations of great beauty which are now home to a diverse array of native flora and fauna.

The Guringai speaking members of the Kameragal clan of Aborigines were the original inhabitants of this landscape and they used these areas for food gathering and social activities. In the late 1700s, Governor Arthur Phillip estimated that 1,500 Aborigines lived between Botany Bay and Broken Bay. There is much evidence of this occupation in the park including rock carvings, burial sites and middens. There is also a declared Aboriginal place at Reef Beach, which acknowledges the importance of this area to indigenous people.

Despite the proximity of the park to the centre of Sydney, a great variety of wildlife still exists. Mammals in the park include the nocturnal Brush-tailed and Ringtail Possums, Long-nosed Bandicoots and the occasional Echidna. A Burton's Legless Lizard or an Eastern Water Dragon can be seen soaking up the sun as can the odd Diamond python or Green Tree Snake. Stay quiet for a while and you may spot a Variegated Fairy-wren or New Holland Honeyeater or hear the unmistakable honk of a Fairy Penguin out for a day's fishing. High in the Sydney Red Gums colourful Rainbow Lorikeets noisily sip the nectar from the flowers during the day, with the Grey-headed Flying Fox taking up the night shift. These areas are a haven for our native fauna and it is imperative that dogs and cats not be allowed in. After all, our native creatures have enough to cope with as they compete with foxes, rabbits and introduced birds for food and shelter.

In spring the bush is a mass of wildflowers and new growth. Typical of the area is the Grass Trees *Xanthorrhoea* sp. Their characteristic long central woody stem contains the fruiting parts of the plants which generally only flower after fire. In the past, indigenous people manufactured these stalks into spears. During spring look out for flannel flowers and feel their velvety petals, you may also see some drumsticks and boronia as well. Feel free to take as many photos as you wish for memories, but remember to always leave the flowers behind so others may also enjoy them as well as the birds and insects that rely on them for their survival.

In more protected areas, like just past Castle Rock, larger trees can be found. The most conspicuous are the Sydney Red Gum *Angophora costata*. Close relatives of the gum tree, they possess beautiful smooth, reddish bark. Often, hollows in their dead branches provide much-needed homes.

## THE GURINGAI SPEAKING MEMBERS OF THE KAMERAGAL CLAN OF ABORIGINES WERE THE ORIGINAL INHABITANTS OF THIS LANDSCAPE



### POINTS OF INTEREST

#### 1. Fairfax Lookout

Enjoy the spectacular harbour and ocean views from Fairfax Lookout; one of Sydney's best vantage points. This is a great place to view Sydney in its coastal and harbour context, it is also a great place to view migrating whales from mid June each year and seabirds at any time of the year. The 15 minute Fairfax loop walk is a must!

#### 2. Blue Fish Heavy

Anti-Aircraft Battery  
A WWII installation that protected Sydney from enemy aircraft.

#### 3. Quarry

This area was quarried to make the extensive sandstone walls on the headland. It is now an ephemeral swamp, providing habitat for frogs and reptiles.

#### 4. Sandstone wall from 1880s

Built to separate the quarantine land from land owned by the Catholic church.

#### 5. Cabbage Tree Bay Coastal Walk

This walk between Manly and Shelly Beach takes you along the foreshore of the Cabbage Tree Bay aquatic reserve. Gain an insight into the unique marine life, plants, animals, history and attractions by viewing some unique eco-sculptures.

#### 6. Manly Pathway of Olympians

Celebrating more than 100 years of Manly residents who represented Australia in the Olympic Games. There are more than 83 plaques on the walk, continuously updated after each Olympics.

#### 7. Manly Art Gallery & Museum

Established in 1930 the gallery entertains and informs visitors with a changing programme of exhibitions as well as an important permanent collection of paintings and pottery. For opening hours telephone (02) 9949 1776.



### 8. Oceanworld

A magnificent aquarium which prides itself on its interactive nature. Tour guides, touch pools, shark shallows and seal sessions are just part of what goes on inside this circular building.

### 9. North Harbour Reserve

Large picnic area with open playing space, situated on 2 hectares of land reclaimed in 1938. The original road from Manly to Sydney, known as "Jenkins Road" started nearby.

### 10. Wellings Reserve

Named after Mr Leslie Wellings, a noted local historian and Town Clerk of Manly, who was awarded an M.B.E. for his services to Local Government. Native flora reserve. Open forest with Hawkesbury sandstone vegetation.

### 11. Forty Baskets Beach

This beach with stunning views to Manly is particularly pleasant in the mornings. The origin of this unusual name remains a mystery, however research indicates it has been used as early as 1859.

### 12. Reef Beach

Also known as "Pirates Camp", a camping area was established there during the 1930s Depression. Today the camp is no longer in existence but easy access and peaceful surroundings makes it an attractive destination for many day visitors.

### 13. Crater Cove

The first hut was built in 1920s for use by weekend fishermen. Over the next fifty years, further huts were built and their use became more permanent. No one has lived in them permanently since the 1980s. The huts are still looked after by caretakers on behalf of the National Parks and Wildlife Service.

### 14. Tania Park

Named after Tania Verstak, a local Manly girl crowned "Miss Australia" in 1961 and "Miss International Beauty" in 1962. Magnificent views of Manly, Sydney Harbour and The Heads from this large playing field. Popular windy spot for kite flying.

### 15. Crater Cove Look-Out

Located directly across from Tania Park, this Look-out affords sweeping views of the harbour, the Heads and beyond. Below, almost on the shore line, the Crater Cove huts can just be seen amongst the vegetation.

### 16. Aboriginal Engraving Site.

Several Aboriginal engravings are readily accessible 20 meters from the main track. Images include boomerangs, fish, and giant wallabies and relate to local storylines. Please enjoy and respect this site and remain outside log barriers.

### 17. Grotto Point Lighthouse

A First Fleet survey party camped at Grotto Point on 28th January, 1788. The lighthouse was built in 1911 and guides ships entering Sydney Harbour when aligned with the Parriwi light at Mosman.

### 18. Castle Rock Beach

This is a popular little harbour beach on the boundary of the National Park. Access is via steps from Ogilvy Road.

### 19. Duke of Edinburgh Reserve

Named after Prince Alfred, Duke of Edinburgh. Note the dense heath and woodland vegetation on this damp hillside. Sandstone formations include a wave shaped rock and overhanging ledge above a strata of eroded shale.

### 20. Clontarf Beach

Site of an early Sydney picnic ground and dance hall. Prince Alfred survived an assassination attempt here in 1868 by Henry O'Farrell. The force of the bullet was slackened by the Prince's indian-rubber braces. The picnic shelter displays plaques showing a contemporary print of this event. The picnic ground was previously served by a ferry from Sydney.

### 21. Sandy Bay

A large sand flat is exposed at low tide. The sound of crabs scuttling and digging may be heard when walking over the firm sand.

### 22. Aboriginal Shell Midden

This protected archaeological site contains layers of shells, probably food refuse left by the Guringai Aborigines who inhabited the area.

### 23. Fisher Bay

Sub-tropical rainforest vegetation can be seen at the head of the bay and along the creek that runs into the bay.

### 24. Ellery's Punt Reserve

Site of a punt connecting Manly to the Spit for foot, horse, tram and vehicular traffic and originally commenced in the 1850s. The tram service ceased in 1939. The Walkway follows the old tram route for 200 metres towards Fisher Bay.

## MORE WALKS

For further information on other walks and brochures available include;

- Harbour to Hawkesbury Walking track
- Cabbage Tree Bay Eco Sculpture Walk
- Walking Coastal Sydney brochure series
- Bicentennial Coastal Walk
- Sydney Harbour Federation Trust walk

These brochures are available at Manly Visitor Information Centre. The Bicentennial Coastal Walk information is available from Warringah Council, phone 9942 2111. Sydney Harbour Federation Trust walk brochure available at the Gatehouse Visitor Centre open which is open 7 days 10am to 4pm.






Harbour to Hawkesbury Walking Track  
Refer to brochure

For Bicentennial Coastal Walk info  
contact Warringah Council 02 9942 2111

Transport Info Line  
P. 131 5000 or  
www.131500.com.au

Route	Distance	Time	Grade
Manly to Spit Bridge	10 km	4.5 hrs	Gentle to Medium
Manly to North Harbour Reserve	1.6 km	30 mins	Gentle to Medium
Manly to Clontarf Reserve	7.2 km	3.5 hrs	Gentle to Medium
Manly to North Head	9.5 km	4 hrs	Gentle to Medium
Sydney Harbour National Park	1.5 km	40 mins	Medium
Alternative Dog Route	2 km	2 hrs	Medium

	Manly Scenic Walkway
	Manly Scenic Walkway alternative dog route
	Main Track entry points

For walks through Mosman, contact Mosman Council 02 9978 4000