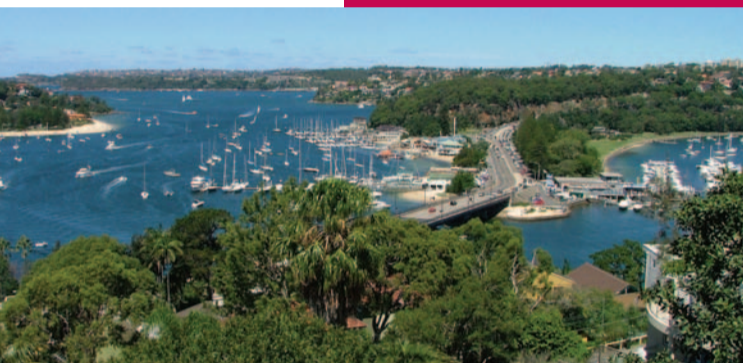


Harbour to Spit Walks



Middle Harbour and the Spit Bridge

it's exhilarating & healthy

A Three Day Walk (see Accommodation)

NB: *The Manly Scenic Walkway*, *The Harbour to Hawkesbury Track* and *The Great North Walk* is not marked by yellow bars (see Signage) but wooden directional posts.

Day 1 Milsons Point (C6) to Spit Bridge (F1) by the Central Route, then to Manly (H1) by the *Manly Scenic Walkway*.
5hr 45 walking 10km

Day 2 Take the bus from Manly to the Spit, then walk Spit Bridge (F1) to Roseville Bridge (E1) (this section is strenuous walking - use the Department of Lands *Harbour to Hawkesbury Walking Track* brochure). From Roseville Bridge take the bus to Chatswood (see Accommodation).
5hr walking 11km

Day 3 Chatswood (E1) (use the *Harbour to Great North Walk* brochure - the following map references refer to that brochure), Artarmon Reserve (F2), Gore Cove (F5) and then Harbour foreshore back to Milsons Point (H6).
4hr walking 10km

A Four Day Walk (see Accommodation)

Days 1 & 2 Milsons Point (C6) via Spit Bridge (F1) to Manly (H1); Spit Bridge to Roseville Bridge (E1), same first two days as Three Day Walk.
5hr 45 and 5 hr walking 11 & 10km

Day 3 Chatswood (E1) (use the Harbour to Great North Walk brochure map references refer to it), Lane Cove National Park (B1), Great North Walk to Hunters Hill (B5).
4hr 15 walking 10km

Day 4 Hunters Hill (B5) taking the red direct route back to Milsons Point (C6).
5hr walking 12km

Accommodation

All overnight stops are at excellent transport hubs. The Two, Three and Four Day Walks can be done from one accommodation point such as Central or North Sydney. There is accommodation at or near overnight stops, but it is not as comprehensive.

For information on bed and breakfast, historic hotel and other accommodation see Sydney Visitors Centre www.sydneyvisitorcentre.com and www.mynrma.com.au for accommodation and other information.

Further Information

The following additional materials are relevant to this brochure. All are free unless otherwise indicated.

Harbour Bridge to Spit Bridge Walks

The routes between these two bridges embrace inner and outer harbour views, a cross section of some of Sydney's most interesting residential streets, as well as a span of history from Aboriginal times, the First Fleet, whaling, Federation and Harbour fortifications. In addition, the routes wind over headlands and ridges, skirt many view points and pass through many parks, gardens, rainforest remnants and bushland.

At the Spit Bridge (F1), longer distance walkers can join the Harbour to Hawkesbury (Manly to Cowan) Track which then connects with *The Great North Walk* to Newcastle. For a circle, you would then take *The Great North Walk* back through the Lane Cove National Park to the Harbour Bridge. You can also continue from the Spit Bridge to Manly as described as an example of a one day walk. For these major routes see the *'Trunk Walking Routes'* diagram below the main map.

This brochure outlines three main walks (marked in red) from the Harbour Bridge to the Spit Bridge.

1. The Central Route

From the Harbour Bridge (C6) the route goes around the Harbour to Mosman Bay (E5), then through charming Federation houses, parks and shopping centres to Middle Harbour (E2) and the Spit Bridge (F1). For continuation to Manly see: 'A One Day Walk'.
2hr 45 walking 8.5km

2. The Harbour Route

From the Harbour Bridge (C6) the route goes around the foreshore past the Taronga Zoo (F5) and Middle Head (H3) to the Spit Bridge (F1). Superbly scenic, some of the wonderful variants marked in green add even more sights to savour. These can be done later, or the route walked in sections.
4hr 30 walking 12km

3. The West Route

From the Harbour Bridge (C6) the route leaves the main Harbour earlier than the other routes and goes via Ben Boyd Road (D4) to see more of Middle Harbour (E2), then via Quakers Hat to the Spit Bridge (F1). From this route you can fork west to Artarmon (A2), Chatswood (A1), and the Lane Cove National Park.
5hr walking 11km

Exploring Mosman Headlands

A brochure *Walking Taronga to Balmoral* details a network of paths which explore the Mosman headlands including the former military bases and fortifications. Free copies are available from Harbour Trust, National Parks and Mosman Council.

The Loops

As the route bypasses a number of significant peninsulas and bays, and the historic fortifications at Middle Head (H3), local loops (each marked green on the map) have been added covering these areas. This enables the walk to be broken into smaller segments to be explored over several days, including the local loops of your choice.

Department of Planning

23 Bridge Street, Sydney 2000. Tel: 9228 6111

This and the two companion brochures can be obtained from the Department, and from Harbour Councils and tourist information centres. They can also be downloaded from the website www.planning.nsw.gov.au/harbour click 'Walking Sydney Harbour'. The site includes other information such as a list of walks, places of interest and other published material. N.B. This website has links to all relevant Councils and Bodies.

Department of Lands

1 Prince Albert Road, Queens Square, Sydney 2000. Tel: 9228 6666
The Harbour to *Hawkesbury Walking Track* brochure with map. A map and guide of *The Great North Walk* (\$11) can be purchased from Sydney Map Sales in Queens Square. *The Great North Walk Guide Book 1988* (out of print) is available from libraries. See www.lands.nsw.gov.au - use search 'walks'.

Sydney Harbour Federation Trust (Harbour Trust)

Best Avenue, off Suakin Drive, Georges Heights, Mosman 2088. Tel: 8969 2100
Walking Taronga to Balmoral brochure. For tours and information on the Middle Head (H3), Georges Heights (G4), Chowder Bay (G5) and HMAS Platypus site (C/D5) as well as the Trust's other sites in Sydney Harbour including Woolwich Dock and Parklands site and Cockatoo Island. See www.harbourtrust.gov.au

National Parks & Wildlife Service

Governors Road, Middle Head, 2088. Tel: 9960 6266
For information on all parks and walks within them - especially Sydney Harbour National Park. Brochures on the fortifications at Middle Head and *Walking Taronga to Balmoral* are available, and the service conducts Tours of Middle Head. Bookings Tel: 9247 5033 See www.nationalparks.nsw.gov.au

Mosman Council

Mosman Square, Spit Junction 2088. Tel : 9978 4000
All brochures are available from the Community Information and Advice Library or downloadable from www.mosman.nsw.gov.au
Your Walking Guide to Mosman - 10 selected walks
Mosman Walks for Older People - six brochures
Balmoral Self Guided Heritage Walk
Walking Taronga to Balmoral

North Sydney Council

200 Miller Street, North Sydney 2060. Tel: 9936 8100.
There are a number of brochures and publications available from the Customer Service Centre and Stanton Library. These include
Walking North Sydney
North Sydney Circle Walks (6 brochures)
Historical Society Walks (10 brochures)
Headland/Bushland Walks
Heritage Series Walks
Plaque Series
All are downloadable from www.northsydney.nsw.gov.au - click 'recreation'.

Companion Brochures

In addition to this brochure, the northern areas of Sydney feature in two companion brochures: *A Harbour Circle Walk* and *Walking-Harbour Bridge to The Great North Walk*. These are indicated on the *'Trunk Walking Routes'* map on this brochure. The individual agencies produce individual local walking brochures listed below, and see the joint brochure *Walking Taronga to Balmoral* produced by Sydney Harbour Federation Trust.

Walking Times

Most people will want to walk through this area in bite-sized sections of between 2 and 5 hours linked by public transport. Suggestions for a variety of times and transport options are described.

Some might spread a 5 hour walk over a leisurely day and lunch at one of the many pleasant rest stops. Two day or longer walks are possible using either overnight accommodation or public transport, either within the routes in this brochure, or including those in the companion brochures. The continuations into adjoining brochures are shown.

The 'Walking Times' diagram

This diagram will help you choose your own route. Remember that the times marked are walking times only and are based on a walking speed of approximately 2.5 to 3.0 kilometres per hour, depending upon the terrain. Add your own time for breaks, lunch or just looking.

Personal Care

The walk requires average fitness. Take care as it includes a variety of terrain and pathway conditions. Use sunscreen, carry water and wear a hat and good walking shoes.

Public Transport

Public transport is readily available at regular intervals along the way (see map). This allows considerable flexibility in entering and exiting the route.

Note - not all services operate every day.

Trains: Go regularly between all stations in this brochure.

Buses: Go regularly along Military Road (E4) and Spit Road (F3) through the middle of the walks, and connect particularly around the inner and outer Harbour at Neutral Bay (D5), Cremorne Point (E6), Mosman (E5), South Mosman (E5), and Taronga Zoo (F5) Wharfs, and Balmoral Beach (G3).

Ferries: Timetables should be checked, but there are regular services to Kirribilli, Neutral and Mosman Bays and Taronga Zoo.

For bus, train and ferry trip planning and timetables.

Infoline Tel: 131 500 visit www.131500.com.au

Manly Council

1 Belgrave St, Manly 2095 Tel : 9976 1500.

All brochures are available from the Customer Service Centre, Library or downloadable from www.manly.nsw.gov.au
Manly Scenic Walkway - *Manly to Spit Bridge*
Map of Manly - 13 walks
The Heart of Manly Heritage Walk - \$3.50

Willoughby City Council

31 Victor St, Chatswood 2067. Tel : 9777 1000

Wheeling & Walking in Willoughby,
Walking Tracks - Artarmon to Middle Harbour, Ferndale, Flat Rock Gully, Mowbray Park, North Arm, Railway to River and Blue Gum Reserve.
Historical Historical Walks - Griffin Federation, Castlecrag, East Ward, Naremburn, St Leonards to Artarmon.
Wilsch's Walk.
Mobility Maps - Chatswood CBD - Willoughby Centres.

Step Inc

Detailed walking maps of the Lane Cove Valley and Middle Harbour can be purchased from Step Inc and Map World - 280 Pitt Street, Sydney and Willoughby Road, Crows Nest (\$20 each - members \$15). See www.step.org.au

Books on Walking Sydney

There are a number of books on walking Sydney that are relevant to these walks. These are obtainable from libraries, bookshops and tourist offices.

Signage

It is expected that standard signage will be introduced over time.

On Council signs, these include the 'yellow' walking person 

location maps with the international yellow 

and small yellow directional markings along the path.

straight ahead 

wrong direction 

turn right 

turn left 

Short Walks using Public Transport 2 to 4 hours

The choice of walks is many. The following are examples of walks between 2 and 4 hours walking including some local loop walks, and a variety of transport options.

USING FERRIES (NB. Sydney Ferries - *Go Walkabout* brochure)
Cremorne Point Wharf (E6) to Taronga Zoo Wharf (F5)
Using Mosman Loop. 1hr 30 walking 4km

Jeffrey Street Wharf (C6) to Cremorne Point Wharf (E6)
Starting at Jeffrey Street Wharf (or at Milsons Point train station) using the Kirribilli and Kurraba Point Loops to Cremorne Point Wharf from which bus services operate. 1hr 30 walking 4km

USING BUSES

Spit Junction/Cowles Road (F3) to Spit Bridge (F1)
Using the Quakers Hat (E2) option. 1hr 30 walking 4km

USING FERRIES AND BUSES

Taronga Zoo Wharf (F5) to Spit Bridge (F1)
Using Cowles Road and Quakers Hat Route. 1hr 30 walking 4km

Taronga Zoo Wharf (F5) to Balmoral Beach (G3)
Using Bradleys Head loop, and Harbour Route to Balmoral Beach. 3hr 30 walking 10km

USING TRAINS AND FERRIES

Milsons Point (C6) to Mosman Bay Wharf (E5)
Using the Kurraba Point and Cremorne Point Loops. 2hr walking 5km

A One Day Walk

Morning: Milsons Point (C6) to Spit Bridge (F1) by the Central Route for lunch. 2hr 45 walking 8km

Afternoon: Spit Bridge (F1) to Manly (H1), then a ferry or bus back. (see Manly Council - *Manly Scenic Walkway* brochure) 3hr walking 10km

A Two Day Walk (see Accommodation - Manly)

Day 1 Milsons Point (C6) to Spit Bridge (F1) by the Central Route, then to Manly (H1) - by the *Manly Scenic Walkway* 5hr 45 walking 18km

Day 2 Spit Bridge (F1). Take the bus from Manly to the Spit then walk by the Harbour Route to Milsons Point (C6). 4hr 30 walking 12km

Acknowledgments and Suggestions

These brochures have been developed by the *Walking Volunteers*. They are: Jim and Therese Archibald, Neil and Pam Hardie, Phil Jenkyn, Ian Napier, Bill (Co-ordinator) and Nedra Orme, Don and Laura Riddell, Leigh Shearer-Heriot, Cameron Sparks and Graham Spindler. The Walking Volunteers are a group of individuals who enjoy exploring areas on foot. They believe that walking is one of the most effective and economical ways to: combat obesity, fight pollution and reduce congestion on our roads. Their achievements are far reaching.

The Walking Volunteers have worked closely with the Department of Planning, relevant Councils and Authorities and the Sydway Street Directories mapping division.

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

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Email: harbour@planning.nsw.gov.au