

Welcome to Sydney's Northern Beaches

Sydney's Beach, Bush and Bay Experience

The Northern Beaches ... Sydney's beach, bush and bay wonderland!

The three Bs – beach, bush and bay – sum up the relaxed, outdoor lifestyle that is Sydney's beautiful Northern Beaches. Framed by bustling, vibrant Manly in the south and exclusive Palm Beach in the north, this spectacular 30km-long peninsula contains 22 glorious sandy beaches; three national parks; and numerous lakes, bays, basins and river waterways for fun (and escape). There's literally something for everyone on Sydney's beautiful Northern Beaches!

If you want to chill out in a romantic beach, bush or bay hideaway, it's here. If you're after a fun family holiday, it's here. For the more active, there's bush walking, surfing, diving, snorkelling, sailing, yacht charter, windsurfing, canoeing, kayaking, rock climbing, golf (there are six beautiful courses), tennis, tenpin bowling, and fishing, among others.

Alternatively, take a tour of the historic Quarantine Station at North Head, Aboriginal rock carvings in one of the Northern Beaches' three magnificent national parks, Barrenjoey Lighthouse at Palm Beach, the Bahá'í House of Worship at Ingleside or the Waratah Park Earth Sanctuary at Terrey Hills; enjoy a play or a movie; or wander through one of the many art galleries and open-air markets dotted along the peninsula.

Add to the mix superb restaurants (waterfront dining is available at Dee Why, Palm Beach, Cottage Point, and Manly, among others) and great mall and boutique shopping - and you have the perfect recipe for a day trip, weekend away, or extended holiday stay. Best of all, all this and a whole lot more is available within a short, half-hour ferry ride or 40-minute road trip from the city!

Where we are



How to get here

Location

The Northern Beaches are situated to the north of Sydney's CBD. They span from Manly to Palm Beach and west across to Terrey Hills.

Bus

For bus travel information please refer to the Sydney Buses Northern Beaches panel on the right.

Train

If you are traveling by train into the city and then taking the bus, the best setdown point is Wynyard Station and walk through to the bus stop in Carrington St. Alternatively, pick up a bus outside Central Station in Lee St (on the Broadway side of the station). There are no rail services on the Northern Beaches.

Ferry

If you are traveling by train and ferry, continue your train trip through to Circular Quay and jump on a Manly ferry (runs every half hour) at Wharf 3.

Call 131500 for more specific public transport details.

Road

If you are traveling by road from the city or airport, cross the Sydney Harbour Bridge and take the Falcon St exit, continue along Military Rd through Mosman and cross the Spit Bridge traveling up to Sydney Rd. At Sydney Rd, you can either turn right for Manly; continue straight through on the Burnt Bridge Creek Deviation to Condamine St and then Pittwater Rd for the lower Northern Beaches (Freshwater to Collaroy); or turn left and continue along the Wakehurst Parkway for the upper Northern Beaches (Narrabeen to Palm Beach), or via Wakehurst Parkway, Forest Way and then Mona Vale Rd for Akuna Bay, West Head and Cottage Point. If you are traveling from the north, follow the Pacific Hwy until Mona Vale Rd and turn left. If you are traveling from the west, follow the M2 Motorway until Ryde Road and turn left.

Private transport operators on the Northern Beaches include Forest Bus Services (02 9450 2277), Palm Beach Ferry Services for trips to the Basin and the Central Coast (02 9974 2411), Manly Cabs (131 668), Palm Beach and Hawkesbury River Cruises (02 9974 2159), Collaroy Airport Transfers (02 9984 1420), and Northside Shuttle for trips to Sydney International or domestic airport (02 9401 4654).



Sydney Buses Northern Beaches

Please refer to map shown right

For travel between the City and the Northern Beaches there are frequent bus services operating from Carrington St, Wynyard, including 183, 184, L84, 185, L85, 188, L88, 190, L90. (The L buses are faster, limited stop services). 188, L88, 190 and L90 terminate at Central Railway at the Southern end of the City.

Bus routes 155, 156, 159 and 169 operate along Pittwater Rd to Manly and Manly Wharf. Please change at Warringah Mall to connect to these services. From Manly you can travel on Sydney Harbour to Circular Quay aboard a Manly Ferry.

To speed bus services please purchase a ticket from a ticket reseller, usually newsagents near bus stops.

DayTripper (also available on bus) is a one-day ticket for bus, train and ferry travel*

TravelTens are 10 bus rides stored onto one ticket. They are 15% cheaper than single rides and save time and money.

Orange TravelPass permits unlimited travel for 7 consecutive days on all regular Sydney Buses south of Jacksons Rd Warriewood (North Narrabeen) and all regular Sydney Ferries** A purple, Pittwater Travelpass includes areas north of Jacksons Rd, Warriewood.

*DayTripper includes travel on All Sydney Buses, the blue and white Government buses, (except charter buses, special event and explorer buses), all Sydney Ferries (except cruises and high speed Manly JetCat services) and CityRail trains in the Sydney Metropolitan area.

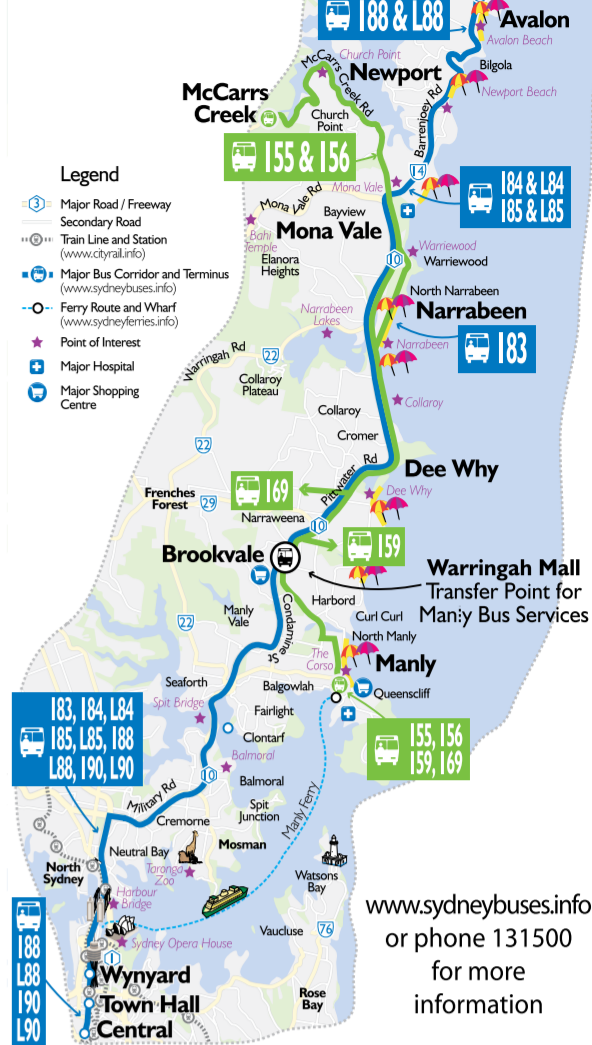
** Regular services exclude: charter buses, special event and explorer buses, ferry cruises and high speed Manly JetCat services.

For trip planning advice and other Public Transport information please call the Transport info line on 131500 or visit www.131500.com.au.

Manly/City Bus Services

Sydney Buses Major Bus Corridors

This map only shows selected bus services operating in this region. Please see Northern Beaches Region Guide for full service coverage details.



www.sydneybuses.info or phone 131500 for more information



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discover

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Our self contained 2 bedroom villas and bungalows provide modern and well appointed accommodation.

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Lake Park Road, North Narrabeen
info@sydneylakeside.com.au

Information & Bookings via:
www.sydneylakeside.com.au



Beach, Bush & Bay

Beach

Every Northern Beaches visit should include a trip to Manly - and its four beautiful Norfolk Pine-fringed beaches - Manly, South Steyne, North Steyne and Queenscliff. Occupying a 1.5km-long, continuous stretch of golden sand, the beaches are a daytrippers' delight due to their easy accessibility from the city by ferry or road. Families with young toddlers wanting an alternative to the Manly surf can take a leisurely walk around to Shelley Beach (the walkway is stroller-friendly ie, no stairs), or take a dip in the harbour pool (on the ferry wharf side of Manly). On Sundays a craft market is held at Manly, with ceramics, leather and other offerings.

Just 10-minutes drive north of Manly (or a short walk over the headland) is beautiful Freshwater Beach, a protected cove that enjoys a reliable and generally small surf ideal for young children. A kiosk services the beach, but patrons after something more substantial can choose from an upmarket restaurant overlooking the beach, a local pub providing a range of good food, or a village-style shopping centre with restaurants just 10-minutes walk away.

Next along the peninsula are Curl Curl, North Curl Curl and Dee Why Beaches. Of the three, Dee Why Beach is generally favoured by holidaymakers due to its proximity to holiday apartments, parks and an increasingly eclectic mix of fine restaurants located along its beachfront. Next up is Long Reef Point (here you can take advantage of a cliff top walking trail passing alongside one of Australia's most scenic golf courses).

popular family beach Collaroy, then Narrabeen and its family-friendly sister beach, North Narrabeen, Turrimetta, Warriewood and another popular family beach Mona Vale. Moving off Pittwater Rd onto scenic Barrenjoey Rd, you encounter Bungan Beach, popular family beach Newport, Bilgola, Avalon, Whale Beach and finally magnificent Palm Beach, with its panoramic views across Broken Bay to the Central Coast. Most of the beaches are serviced by local kiosks and toilets and are within easy walking distance of shops and facilities. However, to ensure you have a safe as well as a fun day out, always remember to swim between the flags.

Bush

For magnificent scenery, you can't go past the Northern Beaches' three national parks - Ku-ring-gai Chase (Australia's second oldest national park), Sydney Harbour and Garigal.

If you have time for only one walk in Ku-ring-gai (and are reasonably fit), drive to scenic West Head Lookout and take in the magnificent views across the Pittwater to Barrenjoey Head and Palm Beach, then set off along the 7km-long West Head Resolute Track to see rock engravings, hand stencils and other Aboriginal sites, followed by a drive back to McCarrs Creek Reserve, Akuna Bay or Cottage Point for a leisurely lunch by the water. The Resolute Track is rated 'medium' difficulty and takes about three hours. A less-active outing in Ku-ring-gai could include a trip by ferry to The Basin for a picnic and a swim around the lagoon or sandy beach; or a trip to historic Bobbin Head, with its picnic areas, marina and visitor centres.

If you are after walks with both beautiful bush and Sydney Harbour views, Sydney Harbour National Park is for you. One of the best walks in the park is the 9km-long Manly Scenic Walkway from the Spit Bridge to Manly. The walk takes in beaches, exclusive waterfront homes, cliffs, native coastal heath and subtropical rainforest. If fun rather than exercise is your priority, the nighttime ghost walks through the Quarantine Station at North Head (near Manly) is for you. You'll find historic quarantine facilities dating back to 1828 and stories (tall and true) relating to early immigrants quarantined at the station due to small pox and other diseases.

The Northern Beaches' third national park - Garigal - comprises the valley of Middle Harbour Creek and its tributaries, the slopes along the northern side of Middle Harbour as far as Bantry Bay and part of the catchment of Narrabeen Lakes. It also includes several significant Aboriginal sites and historic places, including the Bantry Bay explosives magazine complex. Narrabeen Lakes and Davidson picnic area on Middle Harbour are both popular spots for boating and fishing and have accessible toilet facilities. Bushwalkers can enjoy the scenery from extensive walking track systems. Entry to Davidson picnic area is from the south via Warringah Road.

Finally, don't forget to take in smaller walks along the peninsula, including the cliff-top walk at Long Reef, and bushwalks at Manly Dam Reserve, where the family can enjoy a swim, children's playground facilities, and a large grassed area for picnics. Full details of all the walks - and things to do in the parks - can be found at www.nationalparks.nsw.gov.au.

Bay

A boat trip (or two) on the Northern Beaches' spectacular waterways is a must. Take a ferry cruise or fishing trip on beautiful Pittwater, with its myriad of bays and coves. Alternatively, explore the Hawkesbury River on a cruise from Palm Beach, visiting small inlets and stopping off at delightful Cottage Point. Pittwater is bordered by Ku-ring-Gai Chase National Park, with its spectacular cliff faces, natural beauty and walking trails. If you're feeling particularly adventurous, charter your own yacht or catamaran - and do the trip in style! If you're feeling particularly active, Pittwater (and nearby Narrabeen Lakes) offer a range of sailing equipment for hire, including sailboards, catamarans, paddleboats, windsurfers, canoes, kayaks and rowboats. Both areas provide how to sail, surf etc' classes. Manly also offers a heart-pumping powerboat run up Sydney Harbour and through the heads - great to clear the cobwebs.

For something different, take in an aerial view of the bays and coves via a seaplane flight from Palm Beach, or a motorbike tour around the bays for those who want a land-based approach. There's boating marinas at Akuna Bay and Newport offering cruises and yachts for hire - and while you're at Newport, pop in for lunch at the famous Newport Arms Hotel located right on beautiful Pittwater. Alternatively, drop anchor at The Basin for a picnic lunch, or one of the many delightful (and quiet) coves along the way. If 'getting away from it all' is your goal, boating around the bays and coves on the Pittwater and Hawkesbury River is the perfect way to achieve it.



Sydney's Northern Beaches

Sydney's Beach, Bay and Bush Experience



FREE MAP

Sydney's Northern Beaches
Visitor's Association **Free** visitor map with illustrated icons

sydneybeaches.com.au

Out & About

Accommodation

The Northern Beaches offers a range of accommodation - from upmarket hotels and boutique home stays to motels, bed and breakfasts and backpackers. While the bulk of the hotel accommodation is at Manly, there are a number of boutique hotels, beach rental holiday homes and backpackers dotted along the peninsula. For details, check out travel websites such as - www.totaltravel.com.au, and www.sydneystays.com.au, tourist information sites such as Sydney's Northern Beaches Visitors Association at www.sydneybeaches.com.au and Manly Visitors Centre www.manlytourism.com (02 9977 1088), or local government sites Pittwater Council at www.pittwaterlga.com.au (02 9970 1111), or Manly Council at www.manly.nsw.gov.au (02 9976 1500).

Dining and entertainment

Sydney is renowned around the world for its exceptional food - and that reputation is certainly upheld on the Northern Beaches. Dee Why and Manly both boast excellent seafood restaurants, with a number of superb restaurants with water views also located at Manly Wharf, Freshwater Beach, Cottage Point, Avalon Beach, Whale Beach and Palm Beach. For relaxed dining and entertainment, why not try one of the many service clubs along the peninsula (ultra-modern Dee Why RSL comes complete with evening floor shows, and a 10-pin bowling alley; while the smaller Collaroy Services Club looks directly on to the beach). There are many pubs to choose from - with the waterfront-

based Newport Arms, the Harbord Hotel at Freshwater Beach and the Brookvale Hotel at Brookvale among the better-known ones. Clubs and pubs offer regular entertainment - check the local Manly Daily Newspaper for details. There are cinemas at Manly, Brookvale, Warriewood and Collaroy.

History in a nutshell

The Northern Beaches - or more specifically, Manly, was earmarked for a beachside tourist destination soon after the colonial settlers arrived in Sydney. However, it wasn't until 1854 - more than 60 years after Captain Arthur Phillip visited and named Manly (in recognition of a group of Manly Guringai Aboriginals who waded out to his ship) - that the first 'day trippers' began making their way by ferry to the Northern Beaches. Legal daytime bathing at Manly Beach wasn't allowed until 1903. The replacement of the old wooden punt over Middle Harbour with the first Spit Bridge in 1924 saw a significant increase in tourists to the area. Today, more than 6 million visitors a year from all over the world regularly enjoy the 'beach, bush, and bay experience' that is Sydney's beautiful Northern Beaches.



Information:
Sydney's Northern Beaches Visitors Association - www.sydneybeaches.com.au
Pittwater Council - www.pittwaterlga.com.au, 02 9970 1111.
Warringah Council - www.warringah.nsw.gov.au, 02 9942 2111.
Manly Council - www.manly.nsw.gov.au, 02 9976 1500.
Manly Visitor Centre - www.manlytourism.com, 02 9977 1088.
National Parks and Wildlife - www.npws.nsw.gov.au
Garigal National Park, 02 9451 3479.
Ku-ring-gai Chase National Park, 02 9472 8949.
Kalkari Discovery Centre, 02 9472 9300.
Bobbin Head, 02 9472 8949.
The Basin, 02 9974 1011.
Sydney Harbour National Park, 02 9247 5033.

Things to see and do

Manly:

Check out colorful marine life at Oceanworld, entertain the kids at Manly Waterworks, rent a kayak or ocean ski for a harbour or ocean paddle, enjoy one of the many fine waterfront restaurants, shop, swim or take a walk around to Shelley Beach (one of the few east coast beaches with a westerly aspect) to capture the setting sun. There are booking agencies in the Corso for tours and sports hire, such as bike riding, roller blading, tennis, golf and parasailing. Manly offers excellent shopping and its proximity to the city make it an ideal starting point for ferry trips to Taronga Zoo and other Sydney Harbour attractions. A visit to Quarantine Station at North Head is a must - and while you are at North Head, take a look at North Fort Artillery. Do the Manly-to-Spit walk.

Brookvale, Harbord and Curl Curl:

For a rainy-day escape, check out Warringah Mall at Brookvale. Another great family spot (for swimming) is Freshwater Beach at Harbord. If you are feeling active, take a relaxing walk around nearby Curl Curl Lagoon.

Dee Why, Long Reef and Collaroy:

Entertain the kids at sealfront parks at either Dee Why or Collaroy Beaches, grab a bite at one of the local restaurants, enjoy 18-holes on the sealfront at Long Reef, take an invigorating walk along the Long Reef headland, or catch a movie at Collaroy's art-deco style cinema.

Narrabeen, Warriewood, Mona Vale, Terrey Hills, Newport, and Avalon:

Try sailboarding or kayaking on Narrabeen Lakes, surfing at one of the three glorious beaches, golf, boating at Royal Prince Alfred Yacht Club, take in a movie or go shopping at Centro Warriewood shopping mall, discover our native wildlife at Waratah Park Earth Sanctuary, visit the Bahá'í House of Worship, enjoy a meal at the Newport Mirage, or the Newport Arms Hotel.

Whale Beach and Palm Beach:

Inspect historic Barrenjoey Lighthouse, swim at glorious Palm Beach, shop, dine and generally chill-out in one of Sydney's most exclusive areas.

Hawkesbury River, Ku-ring-gai Chase and Pittwater:

Cruise the magnificent waterways, visit Cottage Point, stop at The Basin, take in the views at West Head, take a ferry across Broken Bay to the Central Coast, and enjoy the many, spectacular walking trails.

