




Spit Bridge to Manly (Manly Scenic Walkway)

 3 h 15 min to 3 h 45 min

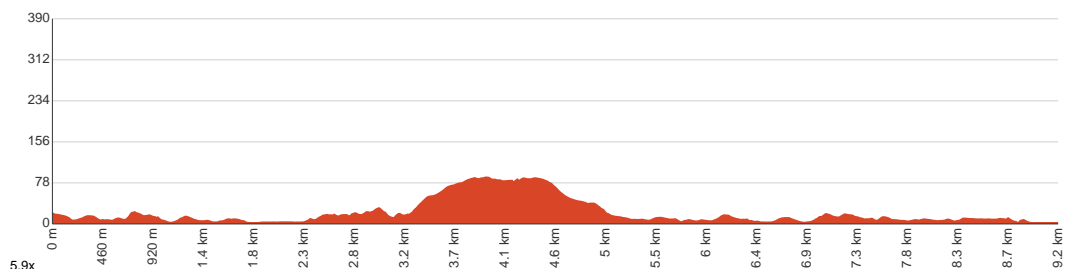
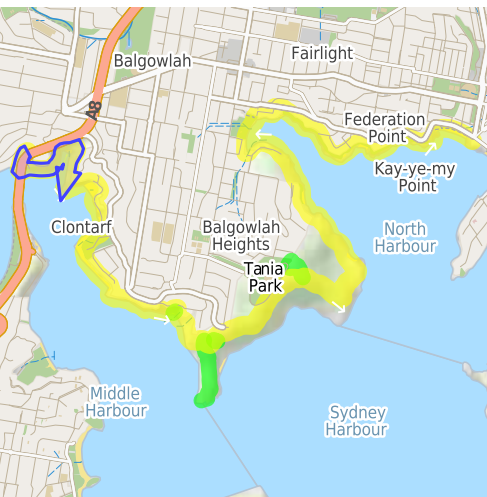

9.2 km
One way


↑ 281 m
↓ 300 m


Moderate track



The Spit to Manly walk is a classic bushwalk on Sydney's Northern Beaches. The walk follows a well-maintained track and provides beautiful views over Middle Harbour. This walk is great for those looking for exercise or just a stroll along the shoreline of Sydney Harbour. If you have time, the sidetrips down to Grotto Point and up to Arabanoo Lookout are definitely worth the effort. There are also a few places to get a bite to eat along the way. Let us begin by acknowledging the Traditional Custodians of the land on which we travel today, and pay our respects to their Elders past and present.

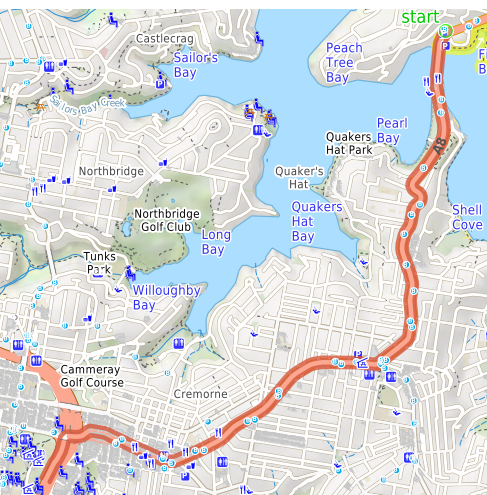


Class 3 of 6
Formed track, with some branches and other obstacles

Quality of track	Formed track, with some branches and other obstacles (3/6)
Gradient	Short steep hills (3/6)
Signage	Directional signs along the way (3/6)
Infrastructure	Limited facilities, not all cliffs are fenced (3/6)
Experience Required	Some bushwalking experience recommended (3/6)
Weather	Storms may impact on navigation and safety (3/6)

Getting to the start: From Warringah Freeway, M1

- Turn on to Military Road Offramp, A8 then drive for 260 m
- Continue onto Military Road, A8 and drive for another 5.8 km
- Keep left onto Battle Boulevard and drive for another 70 m
- Turn left and drive for another 2 m



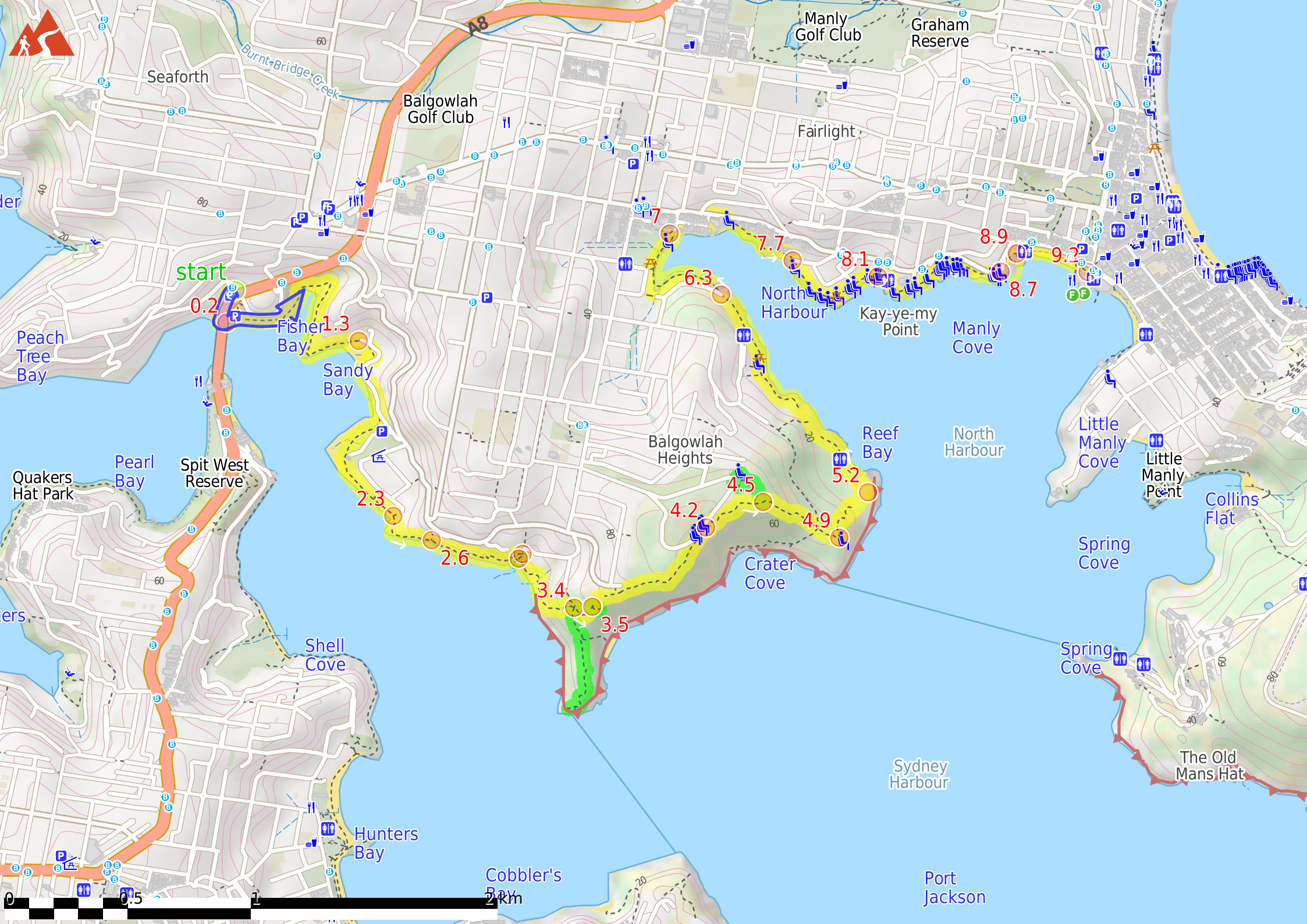
Before you start any journey ensure you;

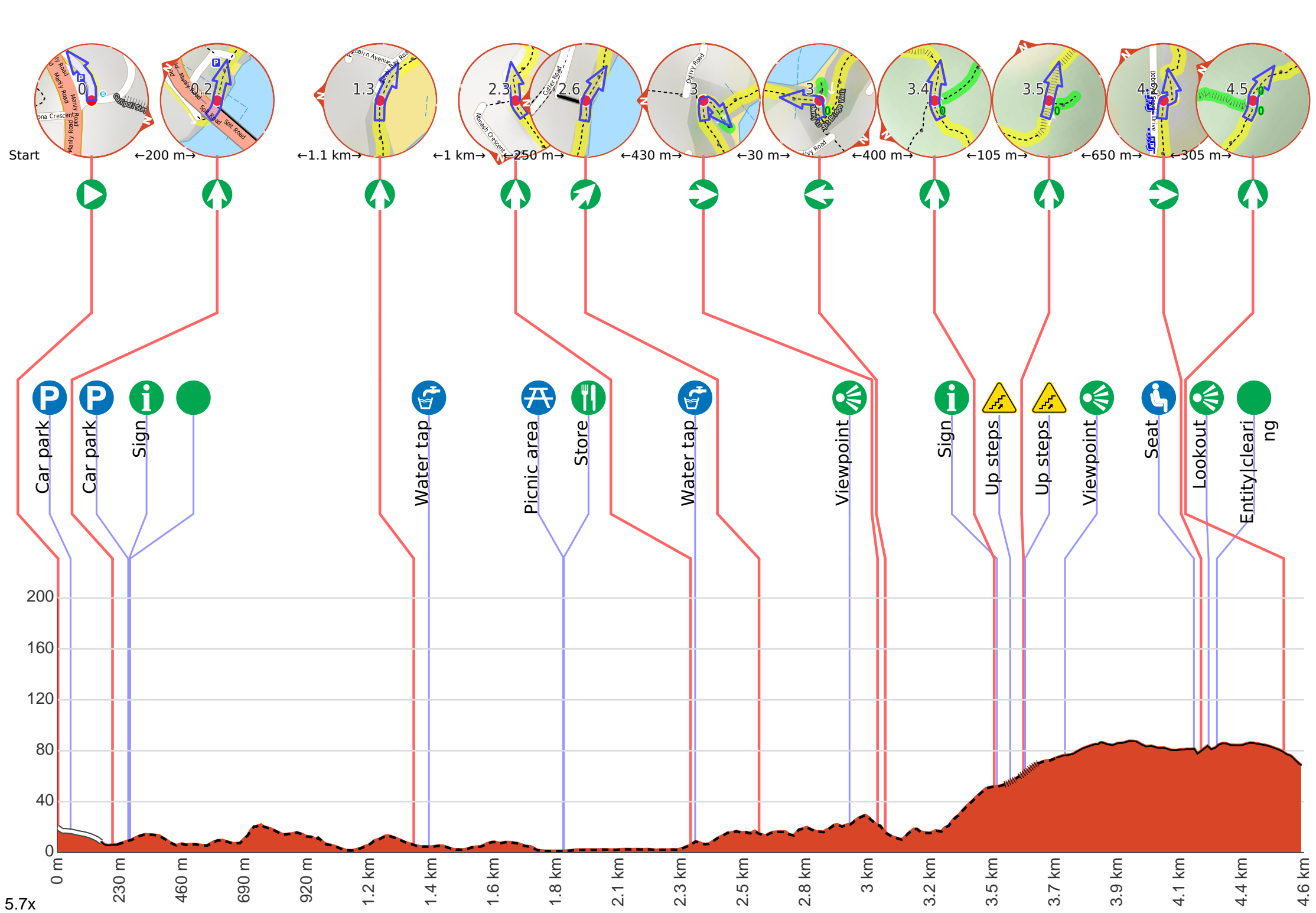
- Tell someone you trust where you are going and what to do if you are late returning
- Have adequate equipment, supplies, skills & knowledge to undertake this journey safely
- Consider weather forecasts, park/track closures & fire dangers
- Can respond to emergencies & call for help at any point
- Are healthy and fit enough for this journey

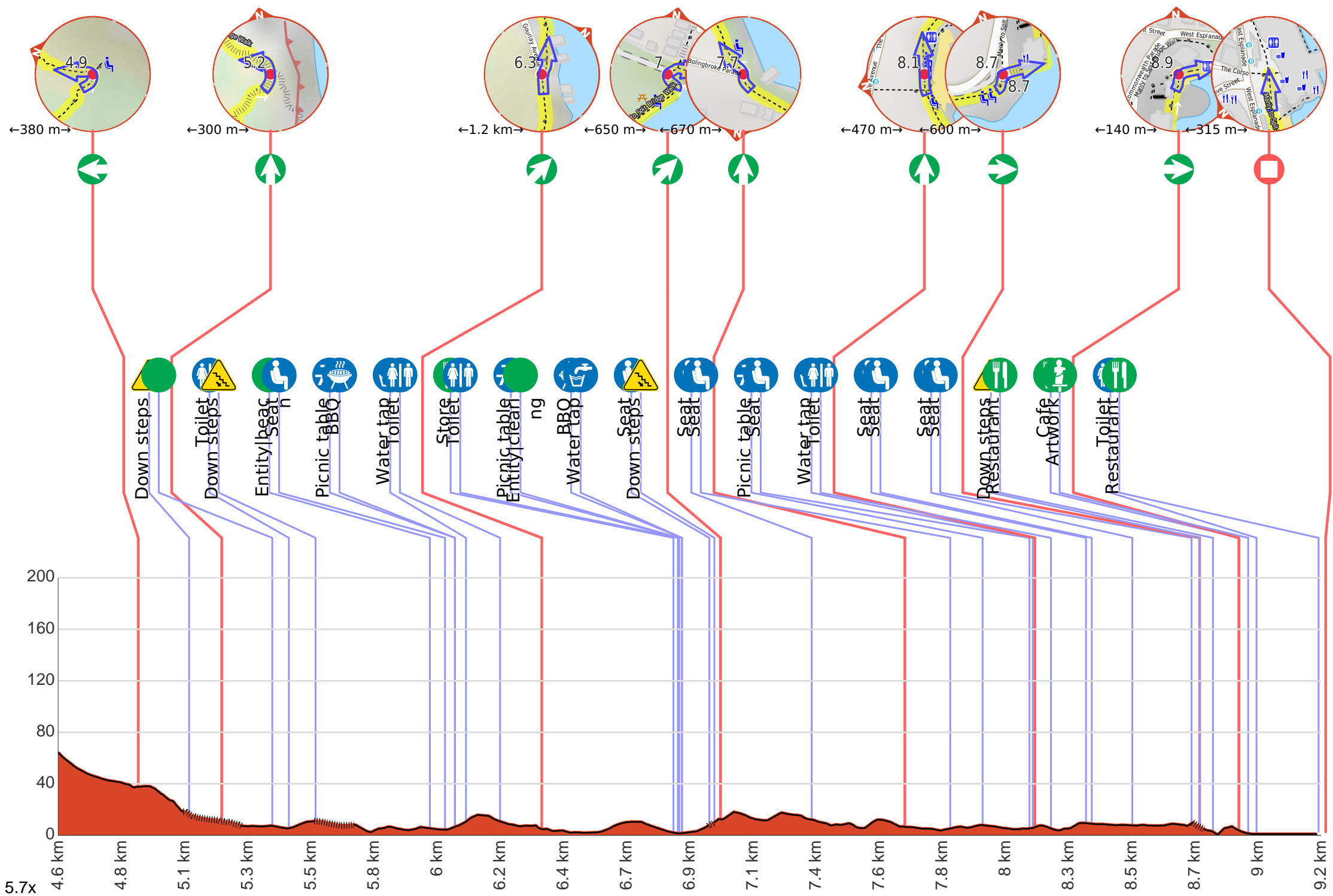
If not, change plans and stay safe. It is okay to delay and ask people for help.

Share
[Bushwalk.com](https://bushwalk.com/j/VLT2XR)
[/j/VLT2XR](https://bushwalk.com/j/VLT2XR)



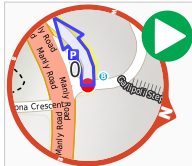






Getting started: From car park at the top of Battle Bvd, this walk follows Battle Bvd down the hill, towards the water, to the end of the road.

Continue straight: From the end of Battle Boulevard, this walk heads down the stairs following the sign 'To Manly'. The walk follows the stairs under the bridge then across the grass clearing to the 'Manly Scenic Walkway' map and info sign on the footpath, in Ellery's Punt Reserve.



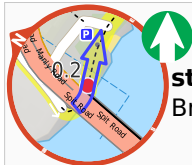
Start.



After 45 m pass the car park (9 m on your left).



After another 80 m **continue straight**.



After another 75 m **continue straight**, to head along Manly to Spit Bridge Walk.



After another 55 m pass the car park (20 m on your left).



Continue straight, to head along Manly to Spit Bridge Walk.



After another 6 m pass the sign (6 m on your left).



Then find the "Ellery's Punt Reserve" (7 m on your right).



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.



After another 1 km **continue straight**, to head along Manly to Spit Bridge Walk. Keep right.



After another 55 m pass the water tap (5 m on your left).



After another 250 m **continue straight**, to head along Manly to Spit Bridge Walk.



After another 245 m find the "Clontarf Reserve" (on your left).



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.



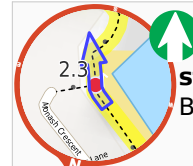
Then find the "Clonny's" (25 m on your left).



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.



After another 350 m **continue straight**, to head along Manly to Spit Bridge Walk.



After another 115 m **continue straight**, to head along Manly to Spit Bridge Walk.



After another 15 m pass the water tap (10 m on your left).



After another 235 m **veer right**, to head along Manly to Spit Bridge Walk.



After another 330 m come to the viewpoint (on your left).



After another 105 m **turn right**, to head along Manly to Spit Bridge Walk.

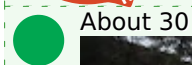
Start of an optional side trip: An optional side trip to Castle Rock Beach.



To start this optional side trip continue straight here. **Start.**



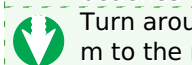
After another 25 m come to the end.



About 30 m past the end is "Castle Rock Beach".



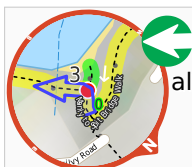
Castle Rock Beach can be found a short walk down from the Manly-to-Spit walking track, near Ogilvy Road. This small, secluded beach is a great spot for those wanting a quieter day at the beach, instead of the more popular and larger beaches in the area.



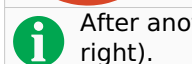
Turn around and retrace your steps back the 25 m to the main route.



Back at the main route turn sharp left and follow on from the 3 km waypoint.

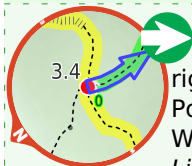


After another 30 m **turn left**, to head along Manly to Spit Bridge Walk.



After another 410 m pass the sign (on your right).

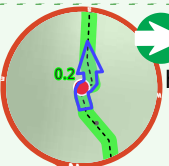
Start of an optional side trip: An optional side trip to Grotto Point Lighthouse.



To start this optional side trip turn right here. at the intersection of Grotto Point Lighthouse & Manly to Spit Bridge Walk **Start** heading along *Grotto Point Lighthouse* (a walking track).



Find the sign at the start.



After another 150 m **turn right**, to head along Grotto Point Lighthouse.



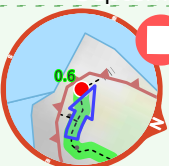
After another 360 m **continue straight**.



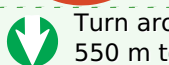
After another 30 m come to "Grotto Point Lighthouse".



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.



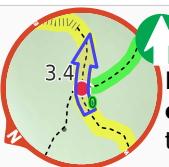
The end.



Turn around and retrace your steps back the 550 m to the main route.



Back at the main route turn sharp right and follow on from the 3.4 km waypoint.

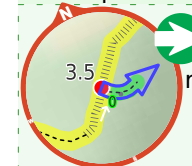


After another 60 m head up the steps (about 40 m long)



Start of an optional side trip: An optional little

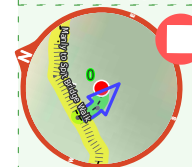
side trip to Grotto Point Engravings.



To start this optional side trip turn right here. **Start.**



After another 35 m come to "Grotto Point Engravings". The engravings at Grotto Point depict kangaroos, fish and what appears to be boomerangs. The engravings are in quite good condition, considering their age. We have already lost so much of this region's history that historians are not entirely sure if this is the land of the Gayamagal or the Cammeraygal clan. Please take a great deal of care at this site to ensure the longevity of this history.



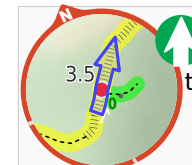
The end.



Turn around and retrace your steps back the 35 m to the main route.



Back at the main route turn right and follow on from the 3.5 km waypoint.



After another 8 m **continue straight**, to head along Manly to Spit Bridge Walk.



After another 6 m head up the steps (about 70 m long)



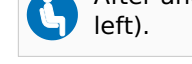
After another 50 m **continue straight**, to head along Manly to Spit Bridge Walk.

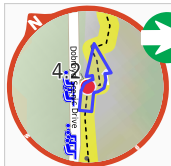


After another 30 m come to the viewpoint (15 m on your left).



After another 470 m pass a seat (15 m on your left).





After another 25 m **turn right**, to head along Manly to Spit Bridge Walk.



After another 30 m find the "Crater Cove Lookout" (on your right).



From this fenced lookout, vistas far out to sea can be enjoyed, with Middle and South Heads just in view. Many yachts sail past, with the container ships out to sea. This is a popular spot for watching the start of the Sydney to Hobart race, or for watching whales as they pass by Sydney.

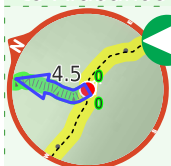


After another 30 m find the "Tania Park" (105 m on your left).



Tania Park is home to a large oval, and is found on Dobroyd Scenic Dr, Balgowlah Heights. This oval can be accessed on the Manly to Spit walking track and is home to the start of the Arabanoo Lookout path. The oval has basic facilities at the western edge such as toilets, children's playground, drinking water, BBQ and picnic tables.

Start of an optional side trip: An optional side trip to Arabanoo Lookout.



To start this optional side trip turn left here. **Start.**



Then head up the steps (about 145 m long)



After another 45 m head up the steps (about 7 m long)



After another 9 m **turn right**, to head along Dobroyd Scenic Drive.



After another 20 m **turn right**.



After another 45 m come to "Arabanoo Lookout".



Arabanoo Lookout provides great views over Port Jackson, North Harbour and to Manly. The lookout also has some interesting information signs and plaques providing information on the significance of the area. There are two large stone seats at the lookout. This lookout is named after Arabanoo, an Aboriginal man kidnapped in December 1788, by British marines on Governor Phillips orders. The Governor believed that this was justified as he wished to facilitate communication between the British and the Aborigines. Arabanoo lived in the company of the Europeans until the 18th May 1789 where he died due to smallpox infection.



"Seat".



A curved concrete and stone seat, 39cm high (33cm at the front), 45cm deep and 7.5m wide with no arm or backrest.



"Seat".



A concrete and stone seat, 35cm high, 45cm deep and 3m wide with no arm or backrest.



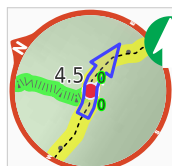
The end.



Turn around and retrace your steps back the 275 m to the main route.



Back at the main route turn around and follow on from the 4.5 km waypoint.



After another 245 m **continue straight**, to head along Manly to Spit Bridge Walk.



After another 185 m come to the viewpoint.



After another 90 m **continue straight**.



After another 115 m pass a seat (30 m on your right).



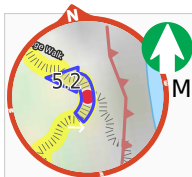
Then come to the viewpoint (30 m on your right).



Turn left, to head along Manly to Spit Bridge Walk.



After another 185 m head down the steps (about 210 m long)



Continue straight, to head along Manly to Spit Bridge Walk.



After another 185 m find the "Reef Beach" (20 m on your right).



Reef Beach is a strip of sand facing north-east, towards the Manly Ferry Terminal in North Harbour. The beach is in Sydney Harbour National Park and has toilet facilities about 80m behind the beach. The beach was once a nudist beach, but clothing is no longer optional. The beach is fairly well protected from surf and provides a great place to rest and enjoy the views when walking around Dobroyd Head.



After another 60 m pass the toilet (9 m on your left).



Continue straight, to head along Manly to Spit Bridge Walk.



After another 115 m head down the steps (about 160 m long)



Continue straight, to head along Manly to Spit Bridge Walk.



After another 325 m come to the "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.



After another 20 m **continue straight**, to head along Manly to Spit Bridge Walk.



After another 35 m pass a seat (8 m on your left).



After another 35 m head into the picnic table.



Then pass the BBQ (on your right).



After another 40 m pass the water tap (on your right).



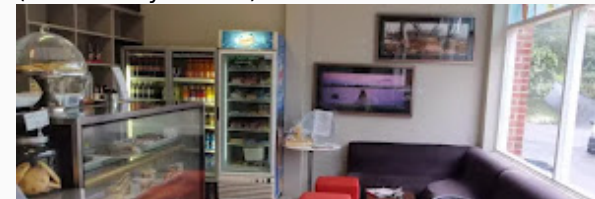
After another 125 m pass the toilet (20 m on your left).



After another 150 m (at the intersection of Manly to Spit Bridge Walk & Gourlay Avenue) **veer right**, to head along Manly to Spit Bridge Walk.



After another 480 m find the "Shop at the Park" (120 m on your left).



This neat little Caf   can be found on Lower Beach street (just near Condamine St) opposite North Harbour Reserve and a stone's throw away from the Manly to Spit walking track. Open Wed-Sun from 8am to 5pm (closed Monday and Tuesdays), the cafe serves hot and cold drinks (good coffee), hot food, fresh fruit and a full lunch menu. There is room inside for a few people to sit comfortably, or take the food across the road to the reserve.



After another 15 m pass the toilet (140 m on your left).



Continue straight, to head along Manly to Spit Bridge Walk.



After another 35 m pass the picnic table (15 m on your left).



Then find the "North Harbour Reserve" (30 m on your left).



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.



After another 10 m pass the BBQ (35 m on your left).



Then pass the water tap (40 m on your left).



After another 100 m pass a seat (on your left).



After another 20 m head down the surface/paved steps (about 20 m long)



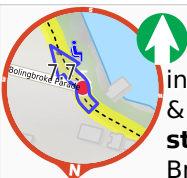
Veer right, to head along Manly to Spit Bridge Walk.



After another 15 m **turn right**, to head along Manly to Spit Bridge Walk.



After another 315 m find a seat.



After another 340 m (at the intersection of Manly to Spit Bridge Walk & Bolingbroke Parade) **continue straight**, to head along Manly to Spit Bridge Walk.



After another 165 m pass a seat (5 m on your right).



After another 115 m pass the picnic table (8 m on your right).



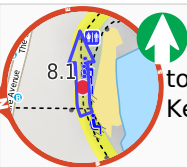
After another 80 m (at the intersection of Manly to Spit Bridge Walk & Arlington Drive) **continue straight**, to head along Manly to Spit Bridge Walk.



After another 85 m pass a seat (6 m on your right).



After another 10 m pass the water tap (on your left).



After another 8 m **continue straight**, to head along Manly to Spit Bridge Walk. Keep left.



After another 60 m pass the toilet (10 m on your right).



After another 125 m pass a seat (5 m on your right).



Continue straight, to head along Manly to Spit Bridge Walk.



After another 20 m pass a seat (on your right).



After another 115 m **continue straight**, to head along Manly to Spit Bridge Walk.



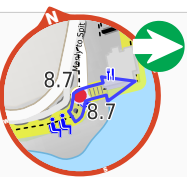
After another 30 m pass a seat (on your left).



After another 30 m **continue straight**, to head along Manly to Spit Bridge Walk.



After another 185 m pass a seat (6 m on your right).



After another 30 m **turn right**.



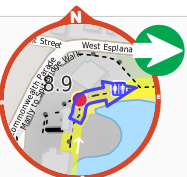
Then head down the concrete steps (about 20 m long)



After another 30 m pass the "Manly Pier Pavillion" (8 m on your left).



After another 95 m pass the "Manly Cove Cafe" (on your left).



Turn right.



After another 35 m pass the "Manly Art Gallery and Museum" (25 m on your left).



After another 30 m pass the toilet (on your left).



Continue straight, to head along Manly to Spit Bridge Walk.



After another 200 m **continue straight**.



After another 35 m pass the "Miss Chu Tuckshop" (65 m on your left).
W:www.misschu.com.au T:[+61 2 9976 3682](tel:+61299763682)
11:00-22:00



After another 25 m come to a artwork.



About 60 m past the end is "Chat Thai". This restaurant is wheelchair accessible.
W:www.chatthai.com.au



About 30 m past the end is "Manly Visitor Information Centre".



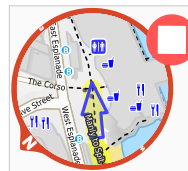
About 35 m past the end is a pay phone.



About 50 m past the end is a toilet.



About 70 m past the end is a water tap.



The end.