



Canberra Two Day Walk Inc.

P.O. Box 3114, Weston Creek, A.C.T., 2611, AUSTRALIA.
Tel./Fax: (61) 2-62886401, email: aussiewalk@aussiewalk.com.au
Home page: www.aussiewalk.com.au
A member of the IML and IVV
(ABN No. 47 366 712 201)

Manly Year Round IVV Walk

This walk has been established by the Canberra Two Day Walk (CTDW) Association and is sanctioned by the IVV (International Federation of Popular Sport) as being eligible for credit towards IVV Achievement Awards. If doing the walk unguided, and you wish to obtain the IVV stamp for your record book, please send the required fees and the answers to the questions to CTDW, together with the walker's IVV record book(s) and a stamped, self-addressed envelope. The books will then be stamped and returned by mail. If a number of such "postal arrangement" walks are proposed to be carried out, then the IVV record books, answers, fees etc, need only be sent after all the walks have been completed. Alternatively you can get the stamps from the IVV stand when attending the Canberra International Walking Weekend.

The 10km Manly Scenic Walkway is more arduous and requires the use of public transport (bus and ferry) to the start and then again to return from the finish. This walk is graded Medium to Hard, as it has a number of rises and falls (with steps). The estimated time to complete is approximately 5 hours (including travel to and from Sydney, but excluding waiting time). There are no shops or toilets between The Spit and Manly except at Clontarf Beach Park. You should carry your own water and food. The route description is based on walking from Spit Bridge to Manly, although the route may be followed in reverse.

To get to the start, take a bus to Spit Bridge from Carrington St behind Wynyard Station. A number of buses will get you there depending on which day you want to walk. It is, however, recommended that you check with "Sydney Buses", at www.131500.com.au, or telephone 131 500. When joining the bus, ask for a ticket to the Spit Bridge and to be notified for the correct stop on the Sydney side of the bridge.

Please note that you participate entirely at your own risk.

Route Description

1. On arrival at the Spit Bridge (Sydney side) bus stop, walk back to the traffic lights, cross over and walk Left towards and across the bridge.

2. Just past the bridge, turn Right onto the small bitumen road, and then, near the water front, Left onto the gravel path, the "Manly Scenic Walkway". Follow this path to Clontarf Beach. At the first small beach, follow the road along the waterfront, past the Club House and car parking.

QUESTION 1: What is the cost of the long stay parking?

3. Continue through the park (last toilets and water till Manly), generally following the coast/beach, to the end of the park, then along the next beach. At the end of that beach, go up the steps and continue along the path initially towards Castle Rock, and then Manly, at all times following the coastline. The exception is after Castle Rock where there is a branch (to right) to Grotto Point. Do not take this branch (which only leads to the lighthouse and reserve – see map) but continue towards Manly.

4. About 100m past the above mentioned turn off to Grotto Point, there is a green seat on your left, and a branch track to your right. Take this track, which leads past some Aboriginal rock carvings to a fantastic view of Sydney Harbour.

QUESTION 2: Name 2 of the rock carving pictures.,

5. Return to the main track, and continue (right) towards Manly.

6. At the next major track divide, you have the choice of going straight ahead, or an alternate track to the left in case of high tide. Take either track, as both tracks converge near Forty Baskets beach.

7. Continue along that beach, then follow the street along the beach, go up the hill past a marina and just past a few houses a small signpost points towards Manly (to the right). Go down the steps and across a footbridge. This takes you to Nth Harbour Street, and a short walk (abt 50 m) brings you to North Harbour Reserve.

8. Walk along the waterfront to the end of this reserve, then up steps onto King Ave, Right into Lauderdale Ave for a short distance, then veering off to the Right to take the path along the coast line (in Esplanade Park). Follow this path all the way past Ocean World Aquarium to Manly Wharf. (Near the wharf is also the Manly Visitors' Information Centre, where you can get a colourful brochure about this "Manly Scenic Walkway")

9. Cross the road along the waterfront (the Esplanade) and proceed along "The Corso" to the beach at its other end. (Time for a coffee break? There are many cafes along The Corso.)
 10. At the end of The Corso, cross over onto the walkway along the beach (Manly Beach), and turn Right. Follow the footpath towards Shelley Beach. At Shelley's Beach, continue up the hill and at the carpark, turn left onto the circular track that runs along the coast edge.
- QUESTION 3:** At one of the look-outs there is a bible quote on a plaque.
Where is this quote in the bible?
11. Continue along the track back to the carpark and retrace your steps to The Corso and Manly Wharf. Then take the ferry back to Circular Quay, Sydney.
- (The ferries are at about 30 min. intervals, and the fare is approximately \$6)

Congratulations on finishing your walk. We hope you have enjoyed this walk and its beautiful views.

