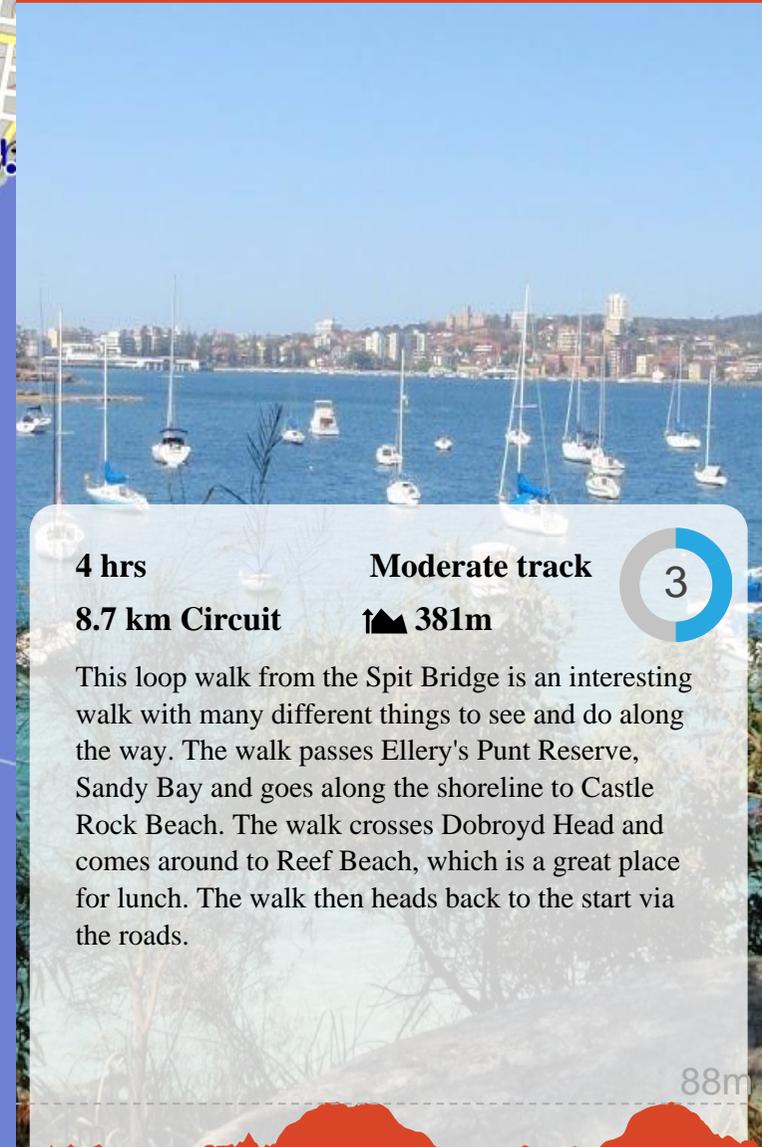
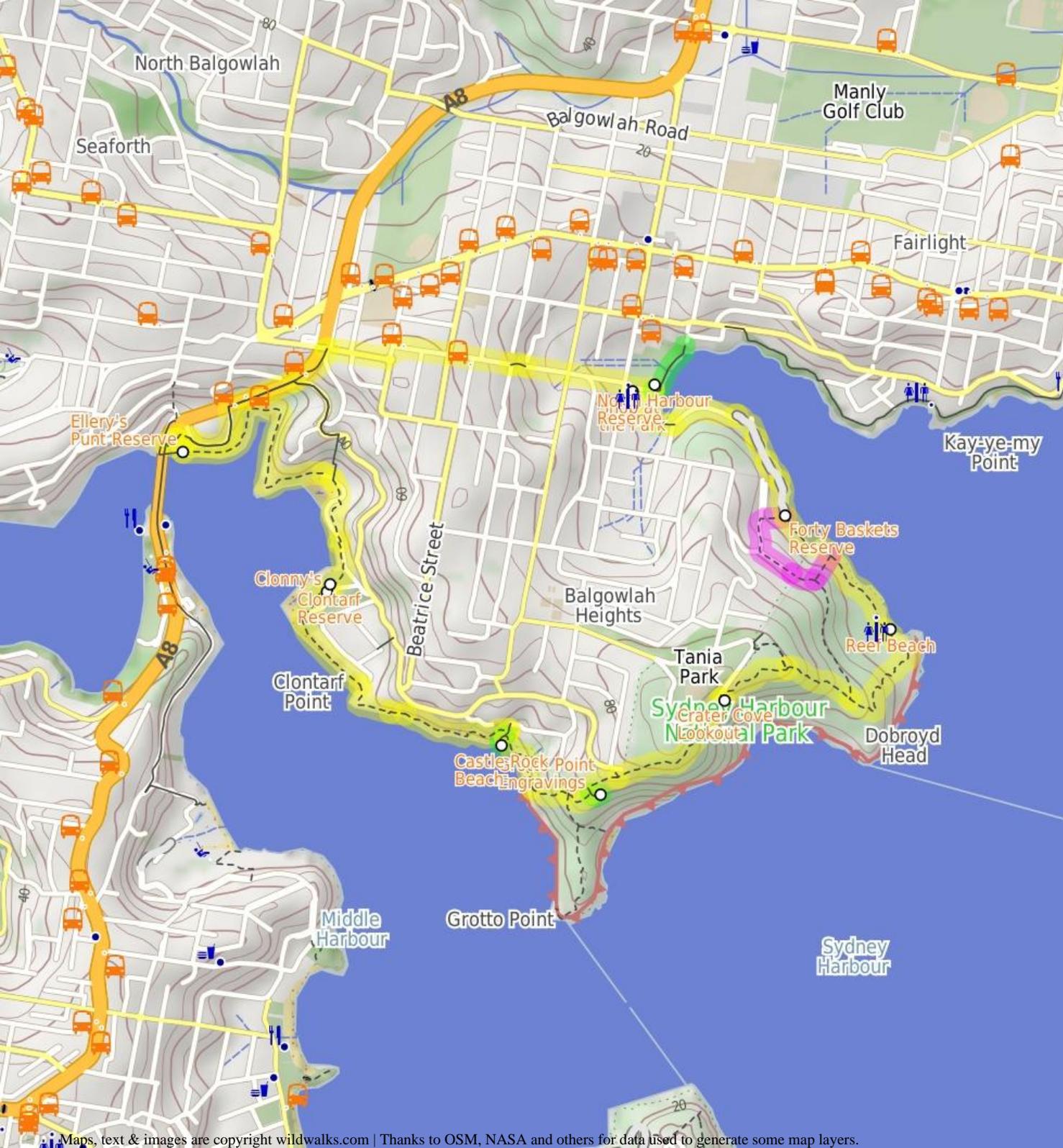


Spit Bridge to North Harbour Reserve



4 hrs

Moderate track

3

8.7 km Circuit

381m

This loop walk from the Spit Bridge is an interesting walk with many different things to see and do along the way. The walk passes Ellery's Punt Reserve, Sandy Bay and goes along the shoreline to Castle Rock Beach. The walk crosses Dobroyd Head and comes around to Reef Beach, which is a great place for lunch. The walk then heads back to the start via the roads.

88m

Sydney Harbour National Park

Ellery's Punt Reserve

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.

Clontarf Reserve

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. [More info.](#)

Clonny's

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. [More info.](#)

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.

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. [More info.](#)

Crater Cove Lookout

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.

Before You walk

Bushwalking is fun and a wonderful way to enjoy our natural places. Sometimes things go bad, with a bit of planning you can increase your chance of having an enjoyable and safer walk. Before setting off on your walk check

- 1) Weather Forecast ([BOM Metropolitan District](#))
- 2) Fire Dangers ([Greater Sydney Region, unknown](#))
- 3) Park Alerts ([Sydney Harbour National Park](#))
- 4) Research the walk to check your party has the skills, fitness and equipment required
- 5) Agree to stay as a group and not leave anyone to walk solo

Think before you TREK

The 'Think before you TREK' program developed by NSW Police & NPWS promotes the benefits of planning ahead for your bushwalking trip by using an easy to remember acronym:

- T** Take adequate supplies of food, water, navigation and first aid equipment.
- R** Register your planned route and tell friends and family when you expect to return.
- E** Emergency beacon (PLB's) should be carried on walks with significant gaps in mobile coverage (check terrain profile).
- K** Keep to your planned route and follow the map and walking trails.

Topo Maps

The maps provided on wildwalks are helpful, but there are times where you may need maps covering a broader area. Maps that cover this walk include;

1:25 000 Map Series:91303N PARRAMATTA RIVER, 91302N SYDNEY HEADS

1:100 000 Map Series:9130 SYDNEY



Grade

This walk has been graded using the AS 2156.1-2001. The overall grade of the walk is determined by the highest classification along the whole track.



Grade 3/6
Moderate track

Length	8.7 km Circuit
Time	4 hrs
Quality of track	Formed track, with some branches and other obstacles (3/6)
Signs	Directional signs along the way (3/6)
Experience Required	Some bushwalking experience recommended (3/6)
Weather	Storms may impact on navigation and safety (3/6)
Infrastructure	Limited facilities, not all cliffs are fenced (3/6)

Are you ready to have fun?

Please ensure you and your group are well prepared and equipped for all possible hazards and delays. Check park closures, weather information and Fire Danger Rating before setting out. Optional side trips and alternate routes noted are not included in this walk's overall grade, length or time estimate. Please allow extra time for resting and exploring areas of interest. The authors, staff and owners of wildwalks take care in preparing this information but will not accept responsibility for any inconvenience, loss or injury you may experience. Please take care, have fun - Happy Walking.

Getting there You can get to Int. Spit Rd and Ellery's Punt Reserve Road (gps: -33.8012, 151.2464) by car or bus. Car: There is free parking available. This is a circuit, so you will finish back at the start.

Find up to date and more information including: travel directions, weather, park closures and walker feedback at <http://wild.tl/sbtnhhr>

0 | Int. Spit Rd and Ellery's Punt Reserve Road

(100 m 2 mins) From the intersection, this walk heads downhill away from the main road for approximately 20m to the intersection below the bridge, on the left.

Veer right: From the intersection, this walk heads down the hill towards the water. The walk soon comes to Ellery's Punt Reserve car park on the right. This walk continues past this, down the footpath to the signposted intersection.

0.1 | Ellery's Punt Reserve

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.

0.1 | Int. Ellery's Punt Reserve Rd and Manly Scenic Wal

(980 m 22 mins) Turn left : From the intersection, this walk heads along the footpath, keeping the water on the right of the track as it passes a few information signs. The track soon becomes dirt as it winds around the cove into Fisher Bay. The walk heads down a series of steps and passes over some boardwalk bridges in Fisher Bay, to then climb up the hill on the other side, with a few more steps and staircases along the way. From here, the walk winds around the side of the hill up a few stairs, out to the point (between Fisher and Sandy Bays) where the track becomes a metal grate for a short time. From the point, there are great views over Middle Harbour and across to the Spit Bridge. The track then continues around the cove and into Sandy Bay, where the walk heads down some stairs and then down a wooden ramp to come to the end of Sandy Bay Rd.

1.09 | End of Sandy Bay Rd

(40 m 1 mins) Continue straight: From the end of Sandy Bay Rd, this walk heads along the road, keeping the water to the right, coming to the signposted intersection with Fairbairn Ave.

1.13 | Int. Sandy Bay Rd and Fairbairn Ave

(480 m 9 mins) Continue straight: From Sandy Bay, this walk follows Sandy Bay Road along the shoreline, keeping the water on the right. At the other end of the beach, the road comes to a footpath on the left marked with a series of yellow posts. The walk follows the 'Mitchell Walkway' up the stair between the rocks. From the top of the stairs, the walk follows a small track which passes the houses before leading down another set of stairs and across Sandy Bay Rd at the pedestrian crossing, to the Clontarf Marina.

Turn left: From Clontarf Marina, this walk follows the footpath along Sandy Bay Road, keeping the water on the right. About 100m from the marina, the footpath turns right and heads into 'Clontarf Reserve'. The walk passes the 'Manly Scenic Walkway' signpost and heads over the grass towards the

children's play area, then past the public phone to Clonny's Cafe.

1.62 | Clontarf Reserve

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. [More info.](#)

1.62 | Clonny's

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. [More info.](#)

1.62 | Clontarf Reserve (Clonny's)

(1.2 km 25 mins) Veer right: From the front of Clonny's cafe, the walk heads towards the water, then turns left to head though the park. Passing the toilets and picnic shelters (on the left), the walk then comes to the end of the driveway passing through the park. From the end of the driveway, the walk heads onto the sand, turning left and following the beach in front of the houses until coming to the intersection with the 'Monash Cres' track, near the far end of the beach. (At high tide, the track detours to avoid the beach by heading along Monash Crescent, following the blue 'MSW high tide access' signs).

Continue straight: From the intersection, this walk keeps the water to the right as it heads towards the rocky end of the beach. The walk then follows the 'Castle Rock' sign up the stairs and around the hill for some time, going up and down steps before turning right down some stone cut steps to a signposted intersection, above the tiny Board Beach.

Continue straight: From the intersection, this walk follows the 'Manly' sign (keeping the water to the right) as it passes up the stairs between the rocks. The track soon comes to a signposted intersection, with the 'Access to Cutler & Amiens Rd' off to the left.

Continue straight: From the intersection, this walk follows the 'Manly' sign as it heads up the slight hill and across the rock shelf, keeping the water on the right. The walk then steps off the rockshelf to continue along the hillside, undulating steeply in parts. The track is board-walked in many places, with a few access points to the water along the way. The walk crosses a bridge before continuing left around the hill to a well signposted intersection.

2.79 | Int of Manly to Spit track and Ogilvy Road steps

(30 m 1 mins) Turn right: From the intersection, this walk follows the 'Manly Scenic Walk' arrow down the concrete steps towards the water, to the signposted intersection of the 'Manly to Spit' and 'Castle Rock' beach tracks.

2.82 | Optional sidetrip to Castle Rock Beach

(50 m 1 mins) Veer right: From the intersection, this walk leads down the concrete steps to Castle Rock Beach. At the end of this side trip, retrace your steps back to the main walk then Continue straight.

2.82 | 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.

2.82 | Int of Manly to Spit Track and Castle Rock Beach s

(510 m 14 mins) Turn left : From the intersection, this walk follows the 'Manly' arrow up the rock steps. The bush track soon crosses a short boardwalk and continues along the rocky track that follows the side of the hill. Soon, the track turns down the hill and winds down to the bottom and steeply back up via concrete steps. The walk then flattens out and crosses a wooden bridge. From the bridge, the track continues up some rock steps, winding up and along the side of the hill, passing some fenced-off rock platforms and coming to the fenced rest area with a bench seat.

Continue straight: From the rest area, this walk follows the bush track up the rock steps and along the side of the hill, keeping the water to the right. The track continues steadily up to the 4-way signposted intersection.

Continue straight: From the intersection, this walk follows the 'Manly' arrow up the bush track and rock steps. The track winds around to the intersection of the Grotto Point Engravings track, found at the small bench seat and the large wooden sleeper.

3.32 | Optional sidetrip to Grotto Point Engravings

(40 m 1 mins) Turn right: From the intersection, this walk heads down the hill, beside a wooden sleeper, passing an engraving of a kangaroo on the right. The short track soon comes to a large rock platform with the rest of the engravings, and information signs. At the end of this side trip, retrace your steps back to the main walk then Continue straight.

3.32 | 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. [More info.](#)

3.32 | Grotto Point Engravings track

(960 m 21 mins) Turn left: From the intersection, this walk heads up the stone steps, keeping the water below on the right. The track winds to the top of the hill, to the intersection with a track off to the left and a sign pointing back to 'Castle Rock Beach'.

Continue straight: From the intersection, this walk follows 'Crater Cove Lookout 700m' sign along bush track, keeping the water to the right. The walk crosses several separate sections of boardwalk and rock platforms as it winds through the heath, to come to a large rock platform with great views at the unnamed lookout in southern Crater Cove .

Continue straight: From the lookout, this walk follows the bush track along the hillside, keeping the water out to the right. The track continues for a short while until coming to an intersection at the base of some stairs on the left.

Turn right: From the intersection, this walk follows the bush track down the short hill towards the ocean, soon coming to the Crater Cove Lookout.

Veer left: From Crater Cove Lookout, this walk heads up onto the boardwalk, away from the fenced lookout. The track follows the cliffs, keeping the water views to the right. As the boardwalk finishes, the walk continues along a bush track which winds through the scrub to the signposted intersection with a track on the left, which points to Arabanoo Lookout.

4.29 | Crater Cove Lookout

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.

4.29 | Int. Arabanoo Lookout Trk and Manly Scenic Walkway

(840 m 17 mins) Veer right: From the intersection, this walk follows the 'Manly' sign down the hill. The track winds slightly as it heads down the

spur, with low heath and views of Manly most of the way down, coming to a clear rock shelf. The walk then continues with thick green heath on the right and less dense heath on the left, before coming to the signposted intersection. Continue straight: From the intersection, this walk follows the 'Manly via Reef Beach' sign down the hill to a fenced lookout. From the lookout, the track heads further along the hillside to wind down past some more views. The track soon passes by a large rock shelf, as it comes close to the water and then comes to a boardwalk with bench seat behind Reef Beach.

5.12 | Reef Beach

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.

5.12 | Reef Beach platform

(350 m 7 mins) Continue straight: From the intersection, this walk heads up the hill, keeping the water on the right. The track soon passes a toilet block on the left and then flattens out before coming to the signposted intersection with the high-tide alternate route on the left.

5.48 | Alternate Route Int. Alternate High Tide Route and

(560 m 15 mins) Turn left : From the intersection, this walk follows the sign for 'Alternate route to Manly during Hightides', heading up the alternate rock and wooden steps. The walk passes an interesting sandstone feature on the left before leading up to a flat section of track. The walk soon comes to a sign posted intersection.

Turn right: From the intersection, the walk follows the bush track down and across the wooden boardwalk, then up to Beatty St.

Continue straight: From the intersection, this walk heads along Beatty St away from the bushland. The walk passes Geddes St on the left to continue to houses number 28 and 30 Beatty St. The walk turns right to head down the laneway between these two houses to an intersection beside the beach. Now Turn left to rejoin the main walk .

5.48 | Int. Alternate High Tide Route and Manly Scenic Wa

(240 m 4 mins) Continue straight: (This section of track may not be passable at higher tides, alternate route provides drier option). From the intersection, this walk follows the 'Manly via Forty Baskets Beach' sign along the well-defined track, keeping the water on the right. Soon the walk heads down a series of stone steps, passing some National Park signs onto the rock beach. From here, the walk follows the beach/rocks till coming to an intersection with a narrow laneway on the left, just past the start of the hardened footpath.

5.71 | 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.

5.71 | South end of Forty Baskets Reserve

(450 m 9 mins) Veer right: From the intersection, this walk follows the footpath across Forty Baskets Reserve (keeping the water on the right). The footpath heads behind the beach, the ocean pool, the picnic tables, water

fountain and swings, then heads up the small incline to where the track meets the toilet block at the northern end of the reserve.

Continue straight: From the toilet block, the walk follows the footpath up the gentle hill, keeping the water on the right. The footpath soon comes the intersection with a set of stairs, uphill to the left.

Continue straight: From the intersection, this walk follows the footpath up the gentle hill, keeping the water to the right. The path soon comes to another intersection with a set of stone and dirt stairs (uphill to the left).

Continue straight: From the intersection, this walk follows the footpath, keeping the water below on the right. Soon, the walk passes around a blue metal gate then continues on to the hairpin bend at the end of Gourlay Ave, just above a small marina.

6.16 | End of Gourlay Avenue

(250 m 5 mins) Veer left: From the gate, this walk heads up Gourlay Ave along the road. The road soon starts to flatten out and passes a car park on the left. The walk then follows the road around the left-hand bend to come to the intersection with a track heading between the houses on the right, signposted with an arrow pointing to 'North Harbour Reserve 0.5km'.

6.4 | Int of Gourlay Avenue and Clarence Street footpath

(100 m 2 mins) Veer right: From the intersection, this walk follows the 'Manly' arrow down the hill and across the bridge (and a wonderful waterfall after rain). On the other side, the footpath leads up to Clarence St.

6.51 | Int of Clarence and North Harbour Sts

(120 m 3 mins) Turn right: From the intersection, this walk follows the 'Manly' sign down along North Harbour St. The road then comes to the top of a set of stairs (heading down to North Harbour Reserve) at the intersection of Beach Ln (unsignposted).

6.63 | North Harbour Reserve

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.

6.63 | Optional sidetrip to End of King Avenue

(230 m 5 mins) Veer right: From the intersection, this walk follows 'MSW to Manly' down the stairs, towards the water. Once at the edge of the water, the walk turns left and follows the footpath along the waters edge, around North Harbour reserve. At the other end of the park, the walk follows the footpath up the stairs to the end of King Avenue (aka Boyle St at this point). At the end of this side trip, retrace your steps back to the main walk then Veer right.

6.63 | Int of Beach Ln and North Harbour St

(480 m 11 mins) Turn left: From the intersection, this walk follows Beach Lane (away from the water, unsignposted), past the car park and small sandwich shop. At Condamine St, the walk turns right and immediately left, effectively going straight ahead into Lower Beach St. The walk continues up the hill to the top end of Lower Beach St.

7.1 | Shop at the Park

This neat little Café 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 café 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.

7.1 | End of Lower Beach Street

(50 m 3 mins) Continue straight: From the end of the road, this walk follows the footpath that continues up the steps, winding through the bush to the top of the hill. The walk then comes to the intersection of Upper Beach St and West St.

7.15 | Int of Upper Beach and West Streets

(700 m 14 mins) Veer right: From the intersection, the walk follows Upper Beach St, up the hill. The walk passes Seaview St and continues to the end of the road, at the 'T' intersection with Maretimo St. The walk turns left and almost immediately right onto Ethel St, and continues to the intersection with Kanangra Crescent, just before the Manly Rd overpass.

7.85 | Int of Ethel St and Kanangra Cr

(720 m 16 mins) Turn left: From the intersection, the walk heads along the footpath, following Kanangra Cres down the hill for a short distance. Just before the first house on the right-hand side of the road, the walk turns right along the footpath, following above Manly Road (a 6-lane road, below on the right). The walk continues down some stairs and past a bus stop, down to the intersection with Heaton Ave.

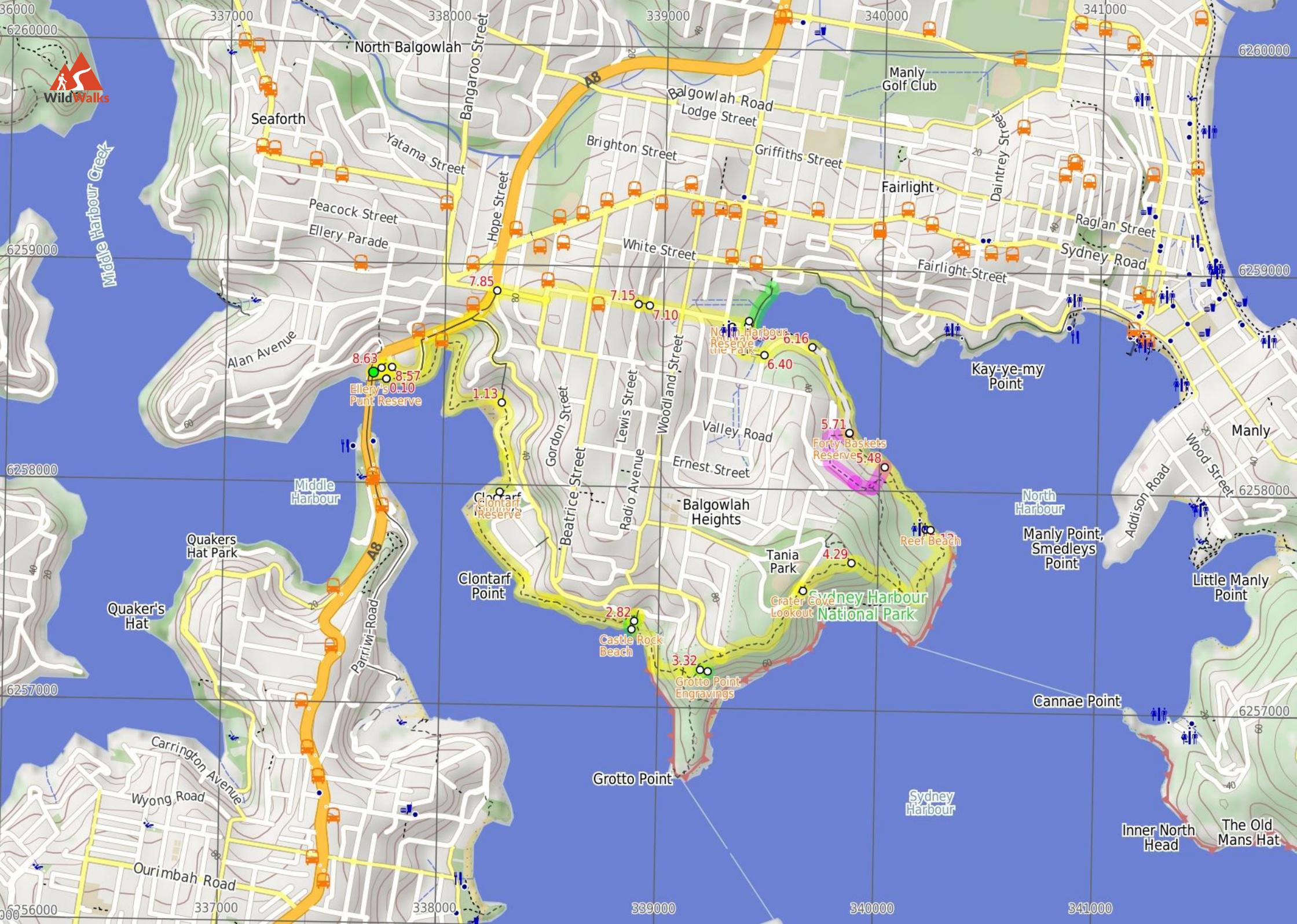
Continue straight: From the intersection, this walk heads down the hill on Manly Road, in the direction of the traffic. The walk then turns left into Avona Cr, continuing down the road to an intersection with stone cut steps (on the left).

8.57 | Int. Avona Cres Trk and Avona Cres

(60 m 2 mins) Veer left: From the intersection, this walk heads down the sandstone steps, away from the road. The track winds left across a bridge, and soon comes out onto Ellery's Punt Reserve Rd.

8.63 | Int. Ellery's Punt Rd and Avona Cres Trk

(40 m 1 mins) Veer right: From the intersection, this walk heads up the road away from the water views to meet the footpath next to Spit Rd.



Summary navigation sheet for the Spit Bridge to North Harbour Reserve



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
Start	Int. Spit Rd and Ellery's Punt Reserve Road -33.8012,151.2464 (GR Parramatta River, 377585)	2 -7	100 m 2 mins	From the intersection, this walk heads downhill away from the main road for approximately 20m to the intersection below the bridge, on the left.
0.10	Int. Ellery's Punt Reserve Rd and Manly Scenic Walkway -33.8015,151.2471 (GR Parramatta River, 377585)	51 -51	980 m 22 mins	Turn left : From the intersection, this walk heads along the footpath, keeping the water on the right of the track as it passes a few information signs.
1.09	End of Sandy Bay Rd -33.8022,151.2524 (GR Sydney Heads, 382584)	0 -2	40 m 1 mins	Continue straight: From the end of Sandy Bay Rd, this walk heads along the road, keeping the water to the right, coming to the signposted intersection with Fairbairn Ave.
1.13	Int. Sandy Bay Rd and Fairbairn Ave -33.8025,151.2528 (GR Sydney Heads, 383584)	11 -14	480 m 9 mins	Continue straight: From Sandy Bay, this walk follows Sandy Bay Road along the shoreline, keeping the water on the right.
1.62	Clontarf Reserve (Clonny's) -33.8063,151.2526 (GR Sydney Heads, 383579)	53 -32	1.2 km 25 mins	Veer right: From the front of Clonney's cafe, the walk heads towards the water, then turns left to head though the park.
2.79	Int of Manly to Spit track and Ogilvy Road steps -33.8112,151.2595 (GR Sydney Heads, 389574)	0 -3	30 m 1 mins	Turn right: From the intersection, this walk follows the 'Manly Scenic Walk' arrow down the concrete steps towards the water, to the signposted intersection of the 'Manly to Spit' and 'Castle Rock' beach tracks.
2.82	Int of Manly to Spit Track and Castle Rock Beach steps -33.8114,151.2593 (GR Sydney Heads, 389574)	0 -11	50 m 1 mins	Optional sidetrip to Castle Rock Beach. Veer right: From the intersection, this walk leads down the concrete steps to Castle Rock Beach.
2.82	Int of Manly to Spit Track and Castle Rock Beach steps -33.8114,151.2593 (GR Sydney Heads, 389574)	54 -17	510 m 14 mins	Turn left : From the intersection, this walk follows the 'Manly' arrow up the rock steps.
3.32	Grotto Point Engravings track -33.8134,151.2626 (GR Sydney Heads, 392572)	2 0	40 m 1 mins	Optional sidetrip to Grotto Point Engravings. Turn right: From the intersection, this walk heads down the hill, beside a wooden sleeper, passing an engraving of a kangaroo on the right.
3.32	Grotto Point Engravings track -33.8134,151.2626 (GR Sydney Heads, 392572)	50 -27	960 m 21 mins	Turn left: From the intersection, this walk heads up the stone steps, keeping the water below on the right.
4.29	Int. Arabanoo Lookout Trk and Manly Scenic Walkway -33.8091,151.2701 (GR Sydney Heads, 399577)	3 -78	840 m 17 mins	Veer right: From the intersection, this walk follows the 'Manly' sign down the hill.
5.12	Reef Beach platform -33.8077,151.2737 (GR Sydney Heads, 402578)	10 -10	350 m 7 mins	Continue straight: From the intersection, this walk heads up the hill, keeping the water on the right.
5.48	Int. Alternate High Tide Route and Manly Scenic Walkway -33.8051,151.2717 (GR Sydney Heads, 400581)	31 -32	560 m 15 mins	Alternate Route Int. Alternate High Tide Route and Manly Scenic Walkway. Turn left : From the intersection, this walk follows the sign for 'Alternate route to Manly during Hightides', heading up the alternate rock and wooden steps.
5.48	Int. Alternate High Tide Route and Manly Scenic Walkway -33.8051,151.2717 (GR Sydney Heads, 400581)	6 -7	240 m 4 mins	Continue straight: (This section of track may not be passable at higher tides, alternate route provides drier option).
5.71	South end of Forty Baskets Reserve -33.8037,151.27 (GR Sydney Heads, 399583)	19 -21	450 m 9 mins	Veer right: From the intersection, this walk follows the footpath across Forty Baskets Reserve (keeping the water on the right).
6.16	End of Gourlay Avenue -33.8002,151.2681 (GR Sydney Heads, 397586)	12 -4	250 m 5 mins	Veer left: From the gate, this walk heads up Gourlay Ave along the road.

Summary navigation sheet for the Spit Bridge to North Harbour Reserve



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
6.40	Int of Gourlay Avenue and Clarence Street footpath -33.8005,151.2658 (GR Sydney Heads, 395586)	5 -2	100 m 2 mins	Veer right: From the intersection, this walk follows the 'Manly' arrow down the hill and across the bridge (and a wonderful waterfall after rain).
6.51	Int of Clarence and North Harbour Sts -33.8004,151.2647 (GR Sydney Heads, 394586)	0 -8	120 m 3 mins	Turn right: From the intersection, this walk follows the 'Manly' sign down along North Harbour St.
6.63	Int of Beach Ln and North Harbour St -33.7993,151.265 (GR Sydney Heads, 394587)	12 -5	230 m 5 mins	Optional sidetrip to End of King Avenue. Veer right: From the intersection, this walk follows 'MSW to Manly' down the stairs, towards the water.
6.63	Int of Beach Ln and North Harbour St -33.7993,151.265 (GR Sydney Heads, 394587)	34 -1	480 m 11 mins	Turn left: From the intersection, this walk follows Beach Lane (away from the water, unsignposted), past the car park and small sandwich shop.
7.10	End of Lower Beach Street -33.7985,151.2601 (GR Sydney Heads, 389588)	18 0	50 m 3 mins	Continue straight: From the end of the road, this walk follows the footpath that continues up the steps, winding through the bush to the top of the hill.
7.15	Int of Upper Beach and West Streets -33.7984,151.2595 (GR Sydney Heads, 389588)	31 -17	700 m 14 mins	Veer right: From the intersection, the walk follows Upper Beach St, up the hill.
7.85	Int of Ethel St and Kanangra Cr -33.7979,151.2526 (GR Sydney Heads, 382589)	22 -68	720 m 16 mins	Turn left: From the intersection, the walk heads along the footpath, following Kanangra Cres down the hill for a short distance.
8.57	Int. Avona Cres Trk and Avona Cres -33.801,151.2474 (GR Parramatta River, 378585)	0 -12	60 m 2 mins	Veer left: From the intersection, this walk heads down the sandstone steps, away from the road.
8.63	Int. Ellery's Punt Rd and Avona Cres Trk -33.801,151.2468 (GR Parramatta River, 377585)	0 -2	40 m 1 mins	Veer right: From the intersection, this walk heads up the road away from the water views to meet the footpath next to Spit Rd.