

FAVOURITE WALKS IN WARRINGAH

FOR OLDER PEOPLE



Warringah
Council

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INTRODUCTION

Walking is enjoyable, safe and inexpensive. Regular physical activity such as walking is essential for good health.

The purpose of this booklet is to encourage seniors to remain active and fit while enjoying the walks on offer in Warringah.

The walks have been graded to suit people of varying physical capabilities, making it easier to select the most appropriate walk.

Each route has also been checked for hazards and other features which walkers should be aware of. This will maximise enjoyment and minimise the risk of injury.

Warringah Council's Aged Services team was assisted by experienced walking consultants to compile this publication.

BENEFITS of WALKING

Regular walking is a great way to improve your cardiovascular fitness. It has the added benefits of maintaining muscle tone and improving circulation.

Participation in regular weight-bearing exercise throughout life can assist in retaining bone density and reducing osteoporosis.

Walking is also a great way to relieve stress, see new places and meet new people. It is an inexpensive and enjoyable way to exercise and can be as challenging or relaxing as you choose to make it.

Regular walking is a sure way of looking good and feeling great!

TIPS for SAFE WALKING

1. Have a medical check-up before starting a new exercise program.
2. Avoid walking during the hottest times of the day, particularly between 11am and 3pm.
3. Don't forget to use SPF 30+ sunscreen, wear a hat and sunglasses.
4. Drink plenty of water, especially in warm weather.
5. Don't exercise vigorously when feeling unwell or recovering from an injury or illness.
6. Invest in a decent pair of non-slip walking shoes for all grades of walks which will lessen the risk of falls.
7. Let someone know where and when you are going walking, including an estimated time of return.
8. If possible, take a mobile phone with you in case of an emergency.
9. Remember to warm up, stretch and cool down to prevent muscle pain.
10. Cross roads at marked crossings whenever possible.
11. Take barley sugar or energy food with you.

A good rule of thumb

Set a pace where you are able to walk and talk comfortably at the same time. You should not become breathless to the point of discomfort while walking.

If you experience chest or muscle pain, breathlessness or palpitations while exercising, stop immediately and seek medical advice.

WALK GRADINGS

The walks in this guide vary greatly in length, level of difficulty and terrain.

Each walk has been graded as easy, moderate or hard. Use this grading system to decide which walks are most suitable for you.

EASY

- No slope or a gentle slope
- Pathways suitable for wheelchairs and prams
- Clearly defined pathways
- No steps

MODERATE

- Some slopes in areas of the walk
- A few stairs
- Relatively smooth pathways
- Less defined pathway

HARD

- Steep slopes
- Longer distances
- Uneven or rough terrain
- A number of steps
- Overgrown or unclear pathways

I GREENDALE CREEK and CURL CURL LAGOON CIRCUIT

This walk has few slopes and no steps. It would be classified as an easy grade but has sections of uneven pathway.

Grade	Easy to moderate
Walk Type	Circuit
Distance	Approx. 4km
Walk Time	Approx. 45 - 60 minutes
Wheelchair Access	Yes (north side only)
Start/Finish Point	Curl Curl Sports Centre, Abbott Road, Curl Curl
Facilities	Seating along the way, public toilets at starting point
Potential Hazards	Potentially hazardous road crossing if catching a bus - sections of uneven footpaths
Transport	Closest bus stop on Griffin Road

Walk and Route Description

Start at the Curl Curl Sports Centre. Walk towards the creek to join the pathway. Follow the creek upstream past the playingfields to Harbord Road. Turn around at Harbord Road and backtrack to the first bridge. Walk across and follow the south side of the creek downstream. When path

finishes continue straight ahead over grassed area until Griffin Road. Cross the bridge and follow the north side of the creek back to Curl Curl Sports Centre. The walk can be shortened by crossing one of the bridges along the route. Bird life is prominent along the creek.

2 NORTH CURL CURL to HARBORD

Spectacular views of South Curl Curl and Freshwater Beach can be enjoyed on this walk.

Grade	Easy to moderate
Walk Type	One way
Distance	Approx. 3km
Walk Time	Approx. 30 - 40 minutes
Wheelchair Access	Yes, certain parts
Start Point	Corner of Griffin and Pitt Roads, North Curl Curl
Finish Point	Harbord Diggers Club
Facilities	Toilets and bubblers at South Curl Curl and Freshwater Surf Clubs, café at South Curl Curl Surf Club, various dining choices at the Diggers, picnic spots along the lagoon

Walk and Route Description

You can start the walk from several different points. However, we recommend that you start at the corner of Griffin and Pitt Roads and then walk along Griffin Road until it becomes Carrington Parade, as this will give you a picturesque view of the lagoon and the beach. Continue on the footpath towards South Curl Curl rockpool. At this point you can choose to continue walking on the footpath next to the road or take the newly constructed boardwalk which is built over rock outcrops. If you take the boardwalk option there are about 30 steps back up to the road.

Continue to follow the path to the headland around McKillop Park. You may choose to walk down the steps at the end of the carpark to Freshwater Beach rock pool, walk along the boardwalk to Freshwater Beach, then return back to McKillop carpark. Continue on the path around McKillop carpark and up the hill to Harbord Diggers. There are two memorials to view: a statue of surfer "Duke Kahanamoku" and a mosaic walk honouring other surfers of note. Entrance to the mosaic walk is on the eastern side of the Harbord Diggers carpark. The walk finishes here.

3 DEE WHY BEACH to FISHER ROAD NORTH

This walk follows a very well defined pathway which is very flat and is perfect for prams and wheelchairs. The walk passes through some parkland and playingfields.

Grade	Easy
Walk Type	One way or return trip
Distance	5km
Walk Time	60 minutes return trip
Wheelchair Access	Yes
Start/Finish Point	Dee Why Surf Club carpark, Dee Why Beach
Facilities	Toilets and bubblers at Dee Why Beach, seating along pathway
Potential Hazards	One busy road to cross at traffic lights
Transport	Closest bus stop The Strand, Dee Why Beach

Walk and Route Description

Start at the Dee Why Surf Club car park and head west where you will see a paved pathway. Walk past the children's playground and follow the path towards Pittwater Road. Take the path that veers right. After you cross a small footbridge, take the path that veers right through the trees. When you reach Pittwater Road turn left and walk up to the lights to cross

Pittwater Road. After crossing the road, walk north towards Collaroy. When you cross Lismore Avenue you will see the bike/walking path which passes around the playingfields. Continue along the path until you reach Fisher Road, cross this road and continue straight ahead until you reach Fisher Road North where the walk concludes.

4 STONY RANGE BOTANIC GARDEN

Stony Range Botanic Garden is a haven of bushland situated right in the heart of Dee Why. There are a number of different walks to choose from, ranging from easy to moderate.

Grade	Easy to moderate, depending on choice of path
Walk Type	Two way or circuit
Distance	Varies - up to 2km
Walk Time	Up to 35 minutes
Wheelchair Access	Some of the paved pathways at the entrance are suitable
Start/Finish Point	Stony Range Botanic Garden – located off Pittwater Road, Dee Why
Facilities	Toilets, barbecues, bubbler, seats, picnic facilities
Potential Hazards	Steeper inclines toward the top of the garden, mossy paths in shaded areas
Transport	Closest bus stop Pittwater Road

Walk and Route Description

Start at the entrance to the garden and choose the walk most suitable for you. Stop and unpack your picnic at one of the many seats or viewing areas and enjoy one of Warringah's most serene sanctuaries. The best time to visit the garden is spring time, late August/early

September when the beautiful Dendrobium Rock Orchids are in flower. Other wildflowers are also in flower at this time. The waterfalls are operational from 10am to 3pm. Most plants are labelled for those keen on botanical names.

5 COLLAROY BEACH to LONG REEF HEADLAND

Half of this walk is along the beach and there are a lot of stairs leading up to Long Reef Headland from the beach. This walk is only for those who are fit and is best in dry weather when the tide is out. Check the tides before you go.

Grade	Hard
Walk Type	Circuit
Distance	Approx. 5km
Walk Time	Approx. 60 minutes
Wheelchair Access	No
Start/Finish Point	Collaroy Surf Club, Collaroy
Facilities	Toilets and bubblers at Collaroy Surf Club, seating along the way
Potential Hazards	Exposed to the elements, slippery rocks, cars on road
Transport	Closest bus stop Pittwater Road

Walk and Route Description

From Collaroy Surf Club walk right towards the rockpool. Continue past the pool and along the beach towards Fishermans Beach. Note the pelicans that congregate there. At the end of Fishermans Beach there are quite a few rocks to navigate. Be careful as they can become slippery when wet. Walk around the headland along the rock platform/beach and when you reach the point look to your right where you will notice a lot of stairs that lead up to the top of the

headland. Walk up the stairs where you can enjoy the panoramic 360 degree views. Continue north, walking down the pathway to your right, through the carpark and down the road to the Long Reef Golf Club. Turn left into Anzac Avenue and walk 100 metres to Beach Road on your right. Follow this road which leads back to Collaroy Beach. Walk down the steps and back to the Collaroy Surf Club.

6 LONG REEF HEADLAND

Grade	Moderate
Walk Type	Circuit
Distance	Approx. 4km
Walk Time	Approx. 45 minutes
Wheelchair Access	Not accessible
Start/Finish Point	Long Reef Golf Club carpark - off Anzac Ave, Collaroy
Facilities	Toilets at end of carpark at Fishermans Beach, seating along route, bubbler at Long Reef Headland
Potential Hazards	Path is unsealed in some sections with sand and tree roots towards the end of the walk. Walk is very exposed to the elements
Transport	Closest bus stop Pittwater Road

Walk and Route Description

Start at the end of Anzac Avenue next to Long Reef Golf Club. Follow the path and veer right onto the grassed area in front of the Clubhouse. Walk along Fisherman's Beach. Note the pelicans that congregate there. When you reach the toilet block at the end of the beach head up the road towards Long Reef Headland. Watch for cars on the road. When you reach Long Reef Headland car park, take the path straight ahead and continue walking until you reach the headland. Enjoy the panoramic views - sometimes you can spot dolphins and whales from here. Follow the

path south-west between the cliff edge and the boundary of the golf course. Walk over the boardwalk and along the unsealed pathway. Towards the end the track the path veers left up a slight hill. Continue along the pathway until you notice steps on your left. At the bottom of the steps take the first path on your right. Walk through the leafy track veering right all the time until you come to an open grassy field. Walk across the field towards the rugby field and tennis courts back onto Anzac Avenue and Golf Clubhouse, where you started from.

7 DEE WHY LAGOON to LONG REEF HEADLAND

This walk follows a well-defined pathway with a medium slope up to the headland. The walk is suitable in dry weather only. This walk requires a reasonable amount of sand/beach walking.

Grade Moderate

Walk Type Circuit

Distance Approx. 5km

Walk Time Approx. 60 minutes

Wheelchair Access Not accessible

Start/Finish Point Dee Why Surf Club, Dee Why Beach

Facilities Toilets and bubblers at Dee Why Beach, seating and bubbler on headland

Potential Hazards Exposed to the elements

Transport Closest bus stop The Strand, Dee Why Beach

Walk and Route Description

Start at the front of Dee Why Surf Club and walk north across the grassed area in front of the carpark. At the end of the grassed area you will notice the Dee Why Lagoon Wildlife Refuge sign. Take the track next to the sign for picturesque views of the lagoon. Follow the track around the lagoon until you reach Long Reef Beach. Walk north along the beach to Long Reef Headland. There is a

boardwalk from the beach to the pathway leading up to Long Reef Headland. Walk up to the headland and enjoy the magnificent 360 degree views. Whales and dolphins may be viewed from the headland. You can choose to walk back to Dee Why Beach the way you came via the lagoon or you can walk back along Long Reef/Dee Why Beach.



8 JAMIESON PARK

This walk offers extensive lake views and you are likely to see water birds and wildflowers along the route. Suitable in dry or fine weather only. Includes walking over tree roots, rocks and sand in parts.

Grade	Moderate
Walk Type	Two way
Distance	Approx. 6km
Walk Time	Approx. 70 minutes
Wheelchair Access	Not accessible
Start/Finish Point	Jamieson Park, The Esplanade, Narrabeen
Facilities	Toilets, taps and picnic tables at Jamieson Park
Potential Hazards	Protruding tree roots
Transport	Closest bus stop Pittwater Road

Walk and Route Description

Start from the picnic area at Jamieson Park. Walk along the track with the lake on your right hand side, crossing footbridges along the way. Follow the track until you arrive at the reserve alongside James Wheeler Place.

Retrace your steps back to Jamieson Park.

This is a very flat and peaceful walk. There are extensive views of the lake with many waterbirds and some wildflowers.

9 NARRABEEN LAKES

This walk follows a well defined route which incorporates sealed lakeside paths and street footpaths. There is one small hill, however the rest of the walk is flat. The walk is suitable in all weather conditions.

Grade	Moderate
Walk Type	Circuit
Distance	Approx. 6.5km
Walk Time	Approx. 75 - 90 minutes
Wheelchair Access	Yes, one small hill to go up in Albermarle Street
Start/Finish Point	Wheeler Park, Goodwin Street, Narrabeen
Facilities	Toilets at Berry Reserve, North Narrabeen Surf Life Saving Club and rockpools at North Narrabeen
Potential Hazards	Some uneven pathways
Transport	Closest bus stop Pittwater Road

Walk and Route Description

Start at Wheeler Park at the end of Goodwin Street, Narrabeen. Head north along the lakeside pathway. There are many ducks and other birds that you may like to stop and observe. Walk along the lakeside pathway heading towards the Narrabeen shops. There is a market every third Sunday of the month in Berry Reserve, and there are lots of cafes and corner shops along the route. Cross Pittwater Road at the lights. Cross Waterloo Street and continue walking north along Pittwater Road towards Narrabeen Bridge. Turn right just before the bridge onto the lakeside pathway

again. When you reach the end of the pathway turn right into Albermarle Street. Walk along the street until you reach Ocean Street. Turn left and walk along Ocean Street towards Narrabeen Caravan Park. Cross the bridge over the lake where you can either take the pathway east towards the rockpools and head back to the lakefront, or turn left after the bridge and walk along the lakefront by the camping area. Follow the pathway to Pittwater Road, turn left and walk along Pittwater Road. Cross the bridge and walk back towards the Narrabeen shops. Return via the boatshed.

10 GARIGAL NATIONAL PARK

Located in the Killarney Heights region of the Garigal National Park, this walk has lovely views of Middle Harbour. Stately old gum trees, large outcrops of rock and many different species of birds and reptiles are the highlights of this walk.

Grade	Hard. The initial section is steep and rocky, then levels out to a bush track which is uneven in sections with rocky outcrops
Walk Type	Two way
Distance	Approx. 3.5km
Walk Time	Approx. 30 - 40 minutes
Wheelchair Access	Not accessible
Start Point	Davidson Park – turn left off Warringah Road (before Roseville Bridge, heading south)
Finish Point	Davidson Park
Facilities	Various 'natural' picnic spots
Potential Hazards	The Davidson Park section of this walk may be difficult to negotiate and can be slippery during wet conditions
Transport	Bus services available to Melwood Avenue, then walk to Downpatrick Road where the walk begins for those catching public transport

Walk and Route Description

Begin the walk on the eastern side of Davidson Park, about 50m from the kiosk. Walk until you reach a T-intersection. The old access road from Downpatrick Road will be on your left. You may turn back at this point or the more adventurous can continue to Flat Rock Beach. (Please see National Parks and Wildlife information for this map, note

this is a one hour round trip from Downpatrick Road.) For those catching public transport, the walk begins at Downpatrick Road and terminates at Davidson Park. Walk down the old access road (this section is steep) until you get to the T-intersection. Turn right and walk to the end of Davidson Park, where you turn around for the return walk.

11 MANLY DAM

Manly Dam (Manly Warringah War Memorial Park) is one of the highlights of the Warringah area. It offers lovely views and an abundance of plant and wildlife. There are several walking tracks. However, the easier walks are along the foreshore.

Grade	Easy, moderate and hard (depending on choice of walk)
Walk Type	Circuit
Distance	Approx 1 km to 4km, depending on walk
Walk Time	Varies from 20 to 45 minutes
Wheelchair Access	Accessible picnic area, most walks not accessible
Start/Finish Point	Manly Dam, off King Street, Manly Vale
Facilities	Accessible toilets, barbecues, picnic tables and playgrounds
Potential Hazards	Uneven surfaces, tree roots, rocks in some parts - be wary of vehicles while walking along the road
Transport	By vehicle only

Walk and Route Description

Start at the entrance of Manly Dam. Look at the map behind the carpark and choose a walk to suit your ability.

Enjoy the beautiful surrounds, relax and indulge in a picnic or barbecue.

WALKING GROUPS

Warringah Walkers

Phone

9976 9531

Health Promotion Unit, Manly Hospital,
Darley Road, Manly NSW 1655

Email

JAngray@nsccahs.health.nsw.gov.au

Service Description

Program run by the Dept of Sport & Recreation for the over 50s and administered by Manly Health Promotion Unit of NSW Health. Walks are graded moderate and last three or more hours, with some day trips. Copies of planned walks available.

Meets

Meet every Tuesday

Warringah Walking for Pleasure Group

Phone

9938 2927

Service Description

Regular program of walks in all areas

Warringah Bushwalking Club Inc

Phone

9481 0038

Mail

PO Box 1452, Dee Why NSW 2099

Service Description

Walks to suit all ages and levels of fitness in local area, National Parks and Blue Mountains.

Meets

Mainly Sundays

Manly Seniors Bushwalking Group

Phone

9976 1562

Service Description

Bushwalks of interest mainly in the Manly Warringah area, graded in degree of difficulty from easy to hard. Various locations.

Meets

Sundays 10.30am - 1pm

CONFEDERATION OF BUSHWALKING CLUBS NSW INC

Mail

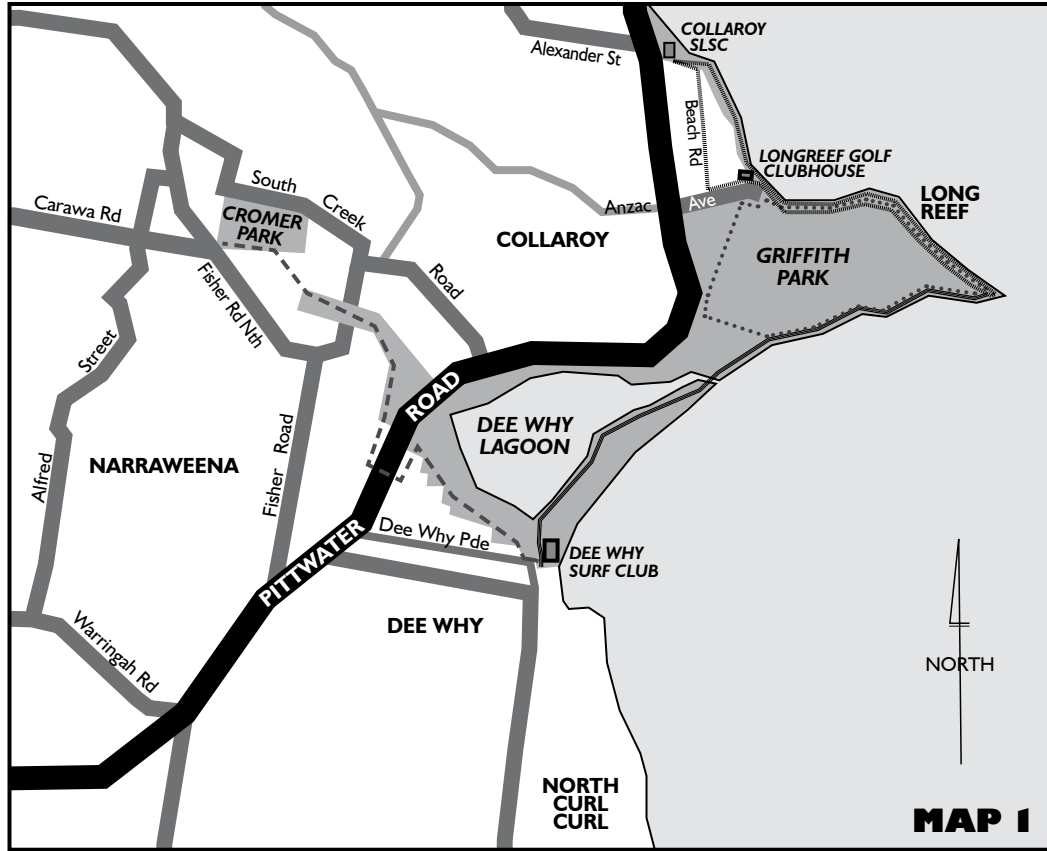
PO Box 2090 Sydney 2001

Web

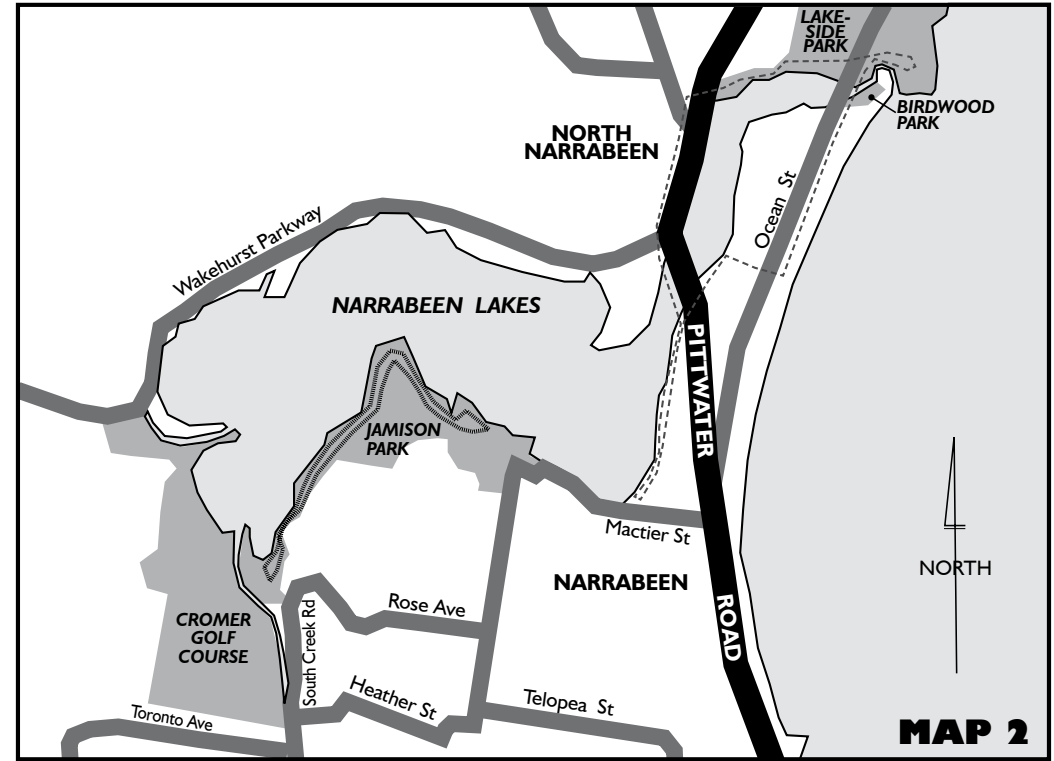
www.bushwalking.org.au

Service Description

Coordination body for all bushwalking clubs.

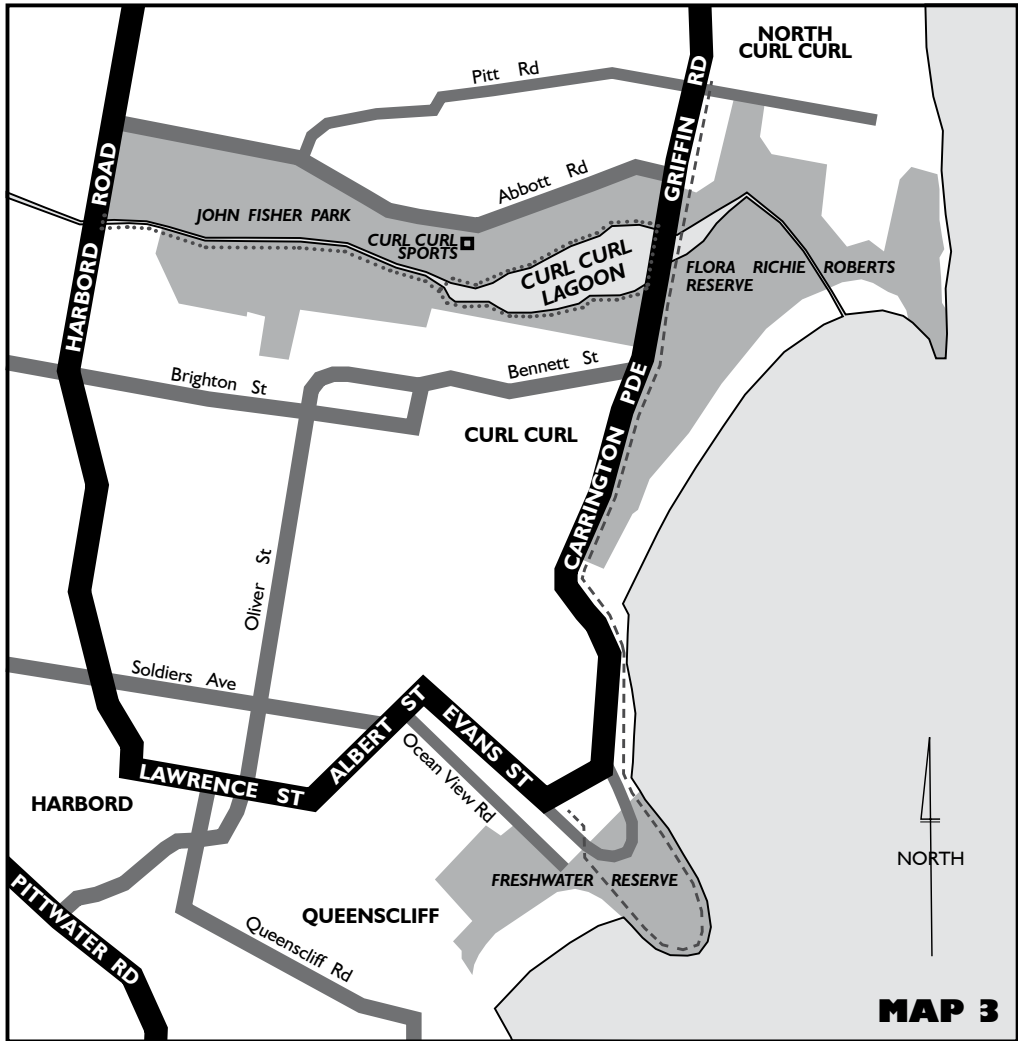


- Dee Why Beach - Fisher Road Nth
- Dee Why Lagoon - Long Reef
- Collaroy - Long Reef
- Long Reef Headland



- Jamison Park
- Narrabeen Lakes

MAPS



- Greendale Creek - Curl Curl Lagoon
- North Curl Curl - Harbord Diggers



Compiled and funded by Warringah Council Aged Services

725 Pittwater Road
 Dee Why NSW 2099
 Phone 9942 2560 or 9942 2563





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