



WOMEN'S BONDI TO MANLY WALK

Sydney, New South Wales

6 days | 5 nights

OVERVIEW

Join Big Heart Adventures for a Big City Adventure on the lands and waters of the Gadigal People.

Let us guide you for 5 days along a spectacular 80km walking trail, winding its way between Sydney's two most famous surf beaches; Bondi in the South and Manly in the North via the serpentine coastline of the Harbour. This is Sydney like you've never seen it.

Walking footloose and pack-free around the unmissable headlands and across the famous Bridge, we take in all the big-ticket views of the Opera House, Botanic Gardens, Luna Park, Kirribilli House and Sydney Tower whilst also dipping in and out of lush bushland. Despite being in the centre of a metropolis, with some of the hottest real estate and watercrafts strutting their stuff, we walk through classic vignettes of azure waters, scribbly gums, and sandstone cliffs dripping in ferns. We see evidence of Indigenous occupation, remnants of the early colonisation years, the historical progression of diverse multicultural settlements and the shining towers of the contemporary Sydney skyline.

Staying right in the centre of the buzzing CBD in walking distance to Circular Quay, we travel to and from the start of the trail each day using various Ferry's and light rail, leaving us feeling totally immersed in this exciting and beautiful water-front city. We eat delicious lunches overlooking the sparkle of the water, enjoying our evenings at tables with all the best views. This walking holiday

of the 'big smoke' also features a very special women's focused Welcome to Country at the newly developed Barangaroo Precinct.

The Bondi to Manly Walk is professionally led by our qualified and experienced female leaders with Sydney experience, this is bushwalking in the Big City, the best of both worlds.

DETAILS

- Type: Women's Trips
- Adventure: Women's Bondi to Manly Walk
- Destination: Sydney, New South Wales
- Traditional Country: Gadigal
- Group Size: Max 10 plus leaders

ITINERARY

Day 1 | Bondi to Watsons Bay Wharf

Your tour starts mid-morning today at Sydney Airport. Speak to us about available flights into Sydney if travelling from interstate. From here private transport drops us right to the start of the Bondi to Manly Walk trail at the famed Bondi Beach, so have your walking shoes on ready to go!

We acclimatise to the world of bronzed bodies and surf culture with lunch on the foreshore to salute our arrival. After soaking in this gorgeous view, we circle the beach and tidal pools before ambling up the headland for a stunning traverse along the cliff tops with

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views to the rolling swell of the Pacific Ocean. This walk features incredible real estate, coastal reserves, Indigenous sites, early settlement relics at the Gap and the Hornby Lighthouse on South Head. We can stop for an icy pole at the kiosk of stunning Camp Cove, (Cook's first touch point) before finishing up at gorgeous Watsons Bay for a ferry back to our accommodation in the CBD.

If wishing to dine with your leader and fellow walkers, dinner tonight will be on the lower esplanade of the Opera House for world class sunset views to celebrate the start of our adventure in Sydney.

Meals Included: Lunch
Walking Distance: 13.5km

Day 2 | Circular Quay to Watsons Bay Wharf

Starting again from the Quay, this time we wander south past the steps of the Opera House and into the splendour of the Royal Botanic Gardens. Mrs Macquarie's Chair, Farm Cove and whole suburbs of historical grandeur feature as our walk passes through the elegant bays, coves and parks of these distinguished districts. A picnic lunch is relished at Rush Cutters Bay Reserve, then we continue through Double Bay and Rose Bay, eyeing off all the gorgeous watercraft in the picturesque marinas. More harbour views, incorporating the hermitage foreshore walk, secluded beaches and idyllic heritage cottages fill the afternoon.

Our day ends again at fashionable Watson's Bay Wharf, with the option to stay on for dinner and perhaps a well-earned cocktail or mocktail on the decks of the hip Watson's Bay Hotel, before yet another water-based return to the City.

Meals Included: Breakfast, Lunch
Walking Distance: 20km

Day 3 | Circular Quay to Taronga Zoo

After our breakfast in the hotel, we catch a light rail down to the Quay to see this bustling harbour in full action. Commuter Ferries, recreational craft and towering cruise ships all jostle for space on the water. Our walk today starts off with a bang, heading through the historic Rocks precinct, then up and over the world-famous Sydney Harbour Bridge. Have your camera ready for postcard pics of the Opera House, Luna Park, and the stunning city skyline. Our walk continues over to Milsons Point on the North Shore, passing by Kirribilli House and through some mind-boggling expensive real estate.

Our afternoon winds through the heritage suburbs of Neutral Bay and Mosman, seeing how the other half live. We finish the day under the eaves of Taronga Zoo, again catching a ferry back to the Quay before refreshing ourselves for a special women's focused Welcome to Gadigal Country by an Eora Leader in the newly developed Barangaroo Precinct.

Meals Included: Breakfast, Lunch
Walking Distance: 14.5km

Day 4 | Taronga Zoo to Manly Harbour

Today is a longer walk, however you will find it hard to believe you're in one of our capital cities as we travel on some of the most stunning bushland trails and sanctuaries of the North Shore. Another ferry to the start, we greet bearded dragons and bush turkeys at every corner as we duck under the scribbly gums, past the relics of military history on Middle Head and onto Balmoral Beach for lunch.

Our walk becomes noticeably 'North Shore', exploring Dobroyed Head, more incredible harbour views through to Port Jackson, idyllic beaches, and fascinating geology. We even discover Indigenous carvings in the sandstone. Next, we cross over the Spit Bridge and find ourselves at the charming harbourside Manly Wharf for a sunset dinner and another ferry back to the city.

Meals Included: Breakfast, Lunch
Walking Distance: 22km

Day 5 | Manly Harbour to Manly Beach

Our last day on the trail is a cracker, starting again with a ferry to Manly Wharf with the option of a morning swim or coffee at Little Manly Beach and Kiosk. We leave the suburbs behind and start to explore North Head's endemic bushland. There are grand views of Port Jackson, South Head and the Pacific Ocean again, allowing us to see just how far we have walked. We pass the old Quarantine Station and see significant early settlement history and modern military memorials. The bushland is drier here and features carpets of the local flannel Daisy, coastal banksia and grass trees. As we round the northern headland ocean side, the trail winds walkers back down into the picture-perfect Shelly Beach, for a paddle in the glistening waters if the weather allows.

Now all we have to do is follow the popular coastal path to the termination of the trail on the yellow sands of Manly Beach, famous for its surf culture and relaxed lifestyle. We can enjoy a celebratory drink here marking the achievement of our 5-day walk. Our evening is completed by a final exultant ferry trip back to the shining lights of the CBD and a celebration dinner harbourside.

Meals Included: Breakfast, Lunch, 2 Course Dinner
Walking Distance: 10km

Day 6 | Homeward Journey

Today we say goodbye at breakfast after a memorable and fun filled city adventure. No activities are planned but we have plenty of suggestions if you are considering extending your stay or taking an afternoon/evening flight home. Your Leader will be available to assist with advice for seeing the sights before flying home later in the day. Please ask us if you would like to extend your stay in Sydney we will be happy to assist.

Meals Included: Breakfast
Walking Distance: n/a



INCLUSIONS

Travel

Arrival transfer from Sydney Airport on Day 1

Meals

All meals as per the itinerary

B x 5 | L x 5 | D x 1

Accommodation

5 nights twin share in 5 STAR hotel

(single rooms available supplement applies)

Activities

Professionally guided walks by our female Leaders

Women's focused Welcome to Country by an Eora Leader

Safety

Group First Aid kit and emergency communication device

Leaders certified in Remote Area/Wilderness First Aid

Qualified Bushwalking Leaders

Environmental

Small group guided experience

Leave No Trace principles

Invitations to connect with nature

Reduce waste through recycling, reusing and composting

Big Heart Extras

Big Heart Adventures designed ioMerino hiking top

Big Heart Adventures designed head sock

Big Heart Adventures journal

Guided pre-departure training walks and or program (trip specific)

Discount card for pre-departure purchases at Exurbia

A charity contribution to our Give Back program

Access and assistance from our Travel Agency with organising flight bookings and/or to extend your stay

EXCLUSIONS

- Travel Insurance
- Flights (these can be arranged to allow walkers to join the trip leader)
- Drinks

- Meals not stated on itinerary – please budget for snacks and 4 x dinners (option to dine with your Leader)
- Public transport – please budget for \$120 to use buses/trains/ferries
- Optional activities suggested during the trip
- Items of a personal nature

FITNESS REQUIREMENT

- A good level of fitness is required to walk the trails on this trip
- You will be walking pack free (day packs only)
- The majority of the trail is made from concrete, bitumen asphalt or unit paving
- There are some steps but not a lot of elevation
- Our longest walking day is 22km and we walk 5 consecutive days on this adventure
- We recommend you do some longer day walks before this trip to maximise your enjoyment
- Trail rating: Easy-moderate

IMPORTANT INFORMATION

- Eligible Past Traveller Discount applies if you've travelled with us on any of our guided tours which were 5 days duration or longer
- Read terms and conditions before booking
- Itinerary and price subject to change at any time
- Travel Insurance is recommended. Get a quote from Covermore or Go Insurance
- Note weather, group member welfare and a range of circumstances outside our control can mean last minute changes to our itinerary are necessary once on tour
- A limited number of single rooms are available on a first-come basis
- Please contact us before booking any flights. Depending on flight arrival and departure times extra nights accommodation may be required at own expense
- A minimum number of travellers are required for this trip to depart so ask someone to join you. If minimum numbers aren't reached, we may decide to still go or we will provide a full refund
- If this trip departs during Fire Ban Season – last minute changes to our itinerary or walking days may be required for safety reasons
- Rooming is twin share

- We use public transport on this trip to add to the Sydney experience, and to minimise our carbon footprint
- If you have additional needs please connect with us, we're committed to being inclusive and accessible

ADVENTURE LEADERS

Our team is qualified, experienced and super friendly. We will ensure you have a fun and connecting adventure. Leaders are certified in Remote or Wilderness First-Aid. All leaders carry a group first-aid kit, emergency communications device, emergency documentation and equipment.

PACKING LIST

A detailed packing list is provided prior to travel

- Gear you will need:
- Daypack
- Clothing suitable for walking that is quick drying and breathable – consider merino/synthetic clothing
- Light rain jacket
- Good walking shoes with grip
- Swimming gear and towel
- Water bottles (2 x 1Ltr) that can be refilled
- Personal medications
- Sun protection such as hat, sunglasses and suncream, insect repellent
- Sleeping attire

ACCESSIBILITY

Requires following trails carrying a day pack on uneven surfaces. Accommodation and transport includes stairs. Please talk to us about your accessibility needs before booking

