



sydney's bushtracks, bays & beaches fact sheet



guided walking...

You will be accompanied by a knowledgeable and highly experienced guide. Our guides are also fun people to spend time with! The guide's role is to lead you safely through the range of environments, provide information about the areas you are walking through and generally assist you to get the most out of your holiday. Group sizes vary - it is possible that you will be the only people on this trip but there may be others who have booked for the same date.



7 day trip itinerary guide...

Day 1: Starts in Sydney at your accommodation any time in the afternoon. No walking scheduled for today. Accommodation: Sydney hotel for 6 nights.

Day 2: The day begins with a ferry ride to the northern harbour village of Greenwich. The bushland walking track hugs the shore, Sydney's skyline forming a panoramic backdrop. En route we'll visit secluded bays, watch water dragons as they dart about and see ancient Aboriginal rock engravings. The afternoon will be spent discovering Sydney's historic districts, the Harbour Bridge, Opera House and Botanic Gardens.

Day 3: Head into the Middle Harbour area of Garigal National Park. We'll hike along a prime section of the long distance "Harbour to Hawkesbury" trail. The route features secluded waterside walking, magnificent angophora trees and unusual rock formations like the "Natural Arch Bridge" and "The Bluff".

Day 4: A superb coastal offering today. This walk links the scenic headlands of South Head, "The Gap", Diamond Bay and Dover Heights, finishing at Sydney's famous Bondi Beach all places the well-heeled frequent. Along the way you'll walk past four of Sydney's historic lighthouses and be treated to panoramic views from cliff top tracks, wild oceans, lively village hubs and several opportunities for a refreshing dip.

Day 5: Deep into the bush today to experience remote Ku-ring-gai Chase National Park and the mighty Hawkesbury River. You will be offered a choice of walks today, from easy to quite challenging. All the walks are remote and feature sandstone escarpment country, fabulous wild flowers, great views and a real sense of achievement.

Day 6: The grand finale is the iconic Spit to Manly Walk, often described as the quintessential Sydney walk! We feel it is one of the most scenic harbour walking tracks in the world, taking you past modern harbour-side suburbs, Aboriginal sites, native coastal heath and pockets of sub-tropical rainforest. Lunch is not included today Manly has so much to offer from fine dining in waterfront restaurants to fish 'n' chips on the beach. After lunch there's time for a swim or to continue the walk further into Sydney Harbour National Park.

Day 7: Trip finishes after breakfast



5 day itinerary guide...

Day 1: Starts in Sydney at your accommodation any time in the afternoon. No walking scheduled for today. Accommodation: Sydney for 4 nights.

Day 2: The day begins with a ferry ride to the northern harbour village of Greenwich. The bushland walking track hugs the shore, Sydney's skyline forming a panoramic backdrop. En route we'll visit secluded bays, watch water dragons as they dart about and see ancient Aboriginal rock engravings. The afternoon will be spent discovering Sydney's historic districts, the Harbour Bridge, Opera House and Botanic Gardens.

Day 3: Head into the Middle Harbour area of Garigal National Park. We'll hike along a prime section of the long distance "Harbour to Hawkesbury" trail. The route features secluded waterside walking, magnificent angophora trees and unusual rock formations like the "Natural Arch Bridge" and "The Bluff".

Day 4: A superb coastal offering today. This walk links the scenic headlands of South Head, "The Gap", Diamond Bay and Dover Heights, finishing at Sydney's famous Bondi Beach all places the well-heeled frequent. Along the way you'll walk past four of Sydney's historic lighthouses and be treated to panoramic views from cliff top tracks, wild oceans, lively village hubs and several opportunities for a refreshing dip.

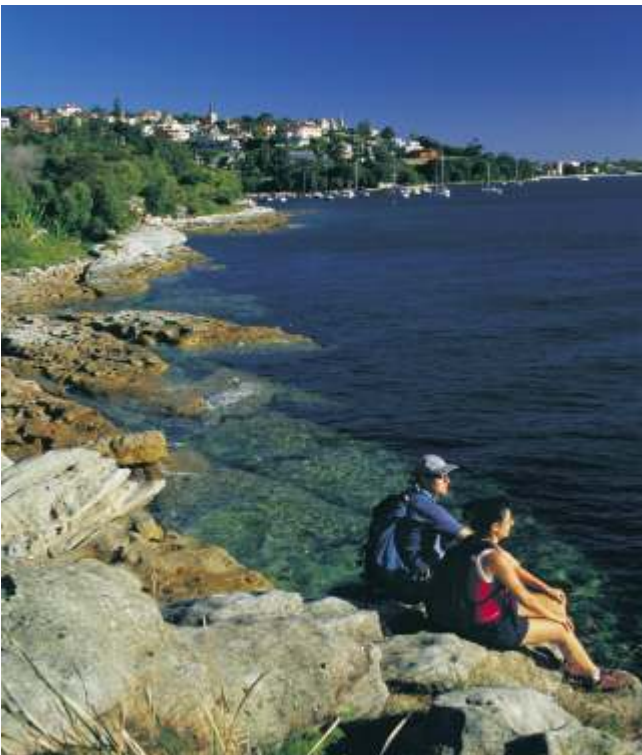
Day 5: Trip finishes after breakfast



how hard is the walking?...

10-20km (4-7 hours) walking each day. About half the walks are graded easy with the rest being moderate in difficulty. The exception is the harder of the options in the Ku-ring-gai Chase National Park that is graded challenging. The walking will be mostly on narrow, well-defined foot tracks and some paved foot paths. On most days the guide will offer options for shortening or lengthening the walking day.

The walking distances are more than you are likely to do at home and you may be quite weary by the end of each day. The best preparation is a program of regular walking. We suggest at least one hour of walking each day, preferably in an area with lots of ups and downs. Do this for at least three weeks before the start of your holiday. Alternatively take up an active sport like aerobics, tennis or swimming. A bit of sweat now will make your walking holiday much more enjoyable.



what's included...

7 day itinerary: 6 nights accommodation, 6 breakfasts, 4 lunches, 5 days of guiding, all transport required on walking days, National Park fees, information booklets, insulated lunch bag, map case, maps.

5 day itinerary: 4 nights accommodation, 4 breakfasts, 3 lunches, 3 days of guiding, all transport required on walking days, National Park fees, information booklets, insulated lunch bag, map case, maps.

More details:

*You will stay at the same accommodation for the entire holiday. Sydney is a modern, cosmopolitan city that has evolved from its colonial past. We have chosen accommodation to match. You will stay in a comfortable historic hotel right in the Rocks Area of the CBD. It's only a few minutes walk to Sydney Harbour Bridge, Circular Quay and the Sydney Opera House. The hotel features a cafe restaurant and there are plenty of restaurants right outside the door.

* Meals as specified above. Breakfasts are provided each morning and you'll be given a packed lunch on 4 days or 3 days (depending on which itinerary you are doing) to carry while walking. On the other walking day there are excellent cafes and restaurants to dine at. If you have any special dietary requirements (eg. allergies or don't eat red meat etc) please ensure that you have notified us we will then pass this information on to the guide.

*Insulated lunch container. This will keep your lunches cool and fresh.

We will mail you a final document package about one month prior to your holiday and after you have paid for your trip in full. It includes:

* Maps. Your guide can highlight the routes for you.

* Waterproof map case. You can put your map and daily walking notes in this map case, so everything stays dry no matter what the weather.

* Additional information booklets. These provide useful information about the area.

If you are coming from overseas, we can mail the package to any address in Australia for no additional charge. However, if you want the documents sent overseas, we charge an extra \$20 to New Zealand and \$35 to other countries. The package weighs between 0.5kg and 1kg so we recommend mailing it to your first Australian accommodation, so you can collect it when you first arrive in the country. It is important that you receive your documents at least a few days before you start your walking holiday.

What's not included...

Travel insurance, meals not specified.

Departure dates & prices...

These can be found on our website by clicking on these links:

[Departure dates](#)

[Prices](#)



what to bring with you

- *Casual clothing for dinner - skirts and jackets are not required in the restaurant.
- *Suitable footwear. Boots should have ankle support and a strong patterned sole for good grip. Wear thick socks, or two pair of thin ones. Sandals and thongs are totally unsuitable for walking.
- *Day pack. The best day packs have padded shoulders and a waist/hip strap. Make sure it is large enough to carry waterproof clothing, a warm jumper, water, picnic lunch, camera etc. Most packs leak in rain so bring a plastic bag to line the pack with. Note that if you are planning on doing the overnight hike into the lighthouse, you must ensure your pack is big enough to carry more than required on a day walk.
- *Walk clothing for warm weather - light weight materials, shorts, short sleeved shirts.
- *Walk clothing for cold weather. One pair of long trousers and a warm jacket should suffice - synthetic or wool material is best.
- *Quality waterproof coat. The best jackets are made of goretex or similar fabrics. It is important that the material is completely waterproof. Avoid padded jackets because they are too hot and usually not waterproof. Ideally your jacket should be long enough to cover your thighs. A large hood is essential and long sleeves are desirable.
- *Sun hat
- *Sunglasses
- *Water bottles. It is necessary to carry adequate drinking water for the entire day - between one to two litres per person. On a hot day you may need even more than this. You should not drink water from the streams as it may be contaminated. Your guide will advise you of places where you can fill up water bottles along the walk or buy a cold drink.
- *Sun screen (at least 15+).
- *Insect repellent
- *Toilet paper, just in case! Bury everything at least 15cm deep, and well away from water/streams.
- *Small first aid kit containing blister treatments and personal medications etc.
- *Camera / binoculars (optional)
- *Walking stick (optional). Some people find that the use of a walking stick reduces stress on knees and ankles, particularly when walking downhill. Modern collapsible models fit neatly into most suitcases for travelling.
- *Swim wear and a towel if you want to swim along the way at beaches or swimming pools.
- *Thermos for hot drinks (optional)
- *Gaiters. We recommend these mainly to keep grass seeds out of your socks. There are many places along this track, especially on private land, where the vegetation and grasses grow fast and tall. Gaiters are nylon or canvas tubes that cover the top of boots, socks and sometimes up to the knee. They must be made of waterproof material, which as a bonus, because this also helps keep water out of your boots if you are walking in the rain.

luggage...

You can bring as many items of luggage as you wish. However, we strongly recommend that you limit the weight of each bag to a maximum of 20 kilograms (about 40 pounds).

insurance...

We charge a cancellation fee if you cancel your Auswalk holiday after we have confirmed it. Details are clearly listed in our AUSWALK BOOKING CONDITIONS in our brochure and web page. We strongly recommend you purchase a travel insurance policy, so you are insured if you have to cancel this tour. This can be arranged through Auswalk if you are an Australian resident or through any travel agent.

photography...

From time to time Auswalk guides take photographs during trips for possible use in future brochures, newsletters or on our website, to promote Auswalk holidays. While we end up taking hundreds of pictures, we only ever use a few of the very best ones. If you don't want your image to be used in a photo for this purpose, please let the guide know before the trips starts. If you don't say anything, we will assume you have no objections.

other info...

There is no need to dress formally for meals. Neat casual clothing is satisfactory in all your accommodations.

Packaged drinks (eg. soft drinks and alcohol) are not included with meals, but can be purchased along the way.

For our international walkers, major credit cards are accepted everywhere in Australia, although Diners and American Express are less widely accepted.

your accommodation...

Comfortable rooms in an historic hotel in the Rocks area of Sydney. Close to the Harbour Bridge & Circular Quay.



auswalk's group guided trips...

- * Blue Mountains Hiker - starts in Sydney, 4 days, based at Blackheath
- * Carnarvon Gorge - starts in Brisbane, 8 days, also includes the Bunya Mountains & Cania Gorge
- * Flinders Ranges - starts in Adelaide, 8 days, hike Alligator Gorge, Dutchmans Stern, Wilpena Pound
- * Gold Coast Hinterland Walk - starts at the Gold Coast, 6 days, hike in the Lamington National Park from O'Reillys to Binna Burra then up to Springbrook Plateau
- * Great Alpine Walk - starts in Melbourne, 7 days, traverse the Vic Alps from one village to the next
- * Great North Walk - starts in Sydney, 7 days, hike the first section of this long distance walking track from Sydney to Brooklyn then ferry over to Patonga and continue to Ettalong Beach.
- * Great Ocean Walk - starts in Melbourne, 7 days, hike from Apollo Bay to the 12 Apostles
- * Great South West Walk - starts in Melbourne, 7 days, walk the highlights of this track including the Lower Glenelg River and the Three Capes section.
- * Kangaroo Island - starts in Adelaide, 7 days, staying in wilderness lodge and lighthouse cottages
- * Lord Howe Island - accessible by plane from Sydney or Brisbane, 7 days, hike this World Heritage Area, cruise around the island by boat and much more
- * Red Centre - starts in Alice Springs, 7 days, includes Uluru, Kata Tjuta (the Olgas), Kings Canyon and sections of the Larapinta Trail in the West Macdonnell Ranges
- * Tasmanian Coastal Hiker - starts in Launceston & finishes in Hobart, 7 days, includes Bay of Fires, Freycinet & the Tasman Peninsula
- * Tasmanian Wilderness Hiker - starts in Hobart & finishes in Launceston, 9 days, includes Mt Field, Lake Pedder, Lake St Clair and Cradle Mountain
- * Tropical Hiker - starts in Cairns, 8 days, includes the Daintree, Mossman Gorge, Atherton Tablelands, Mission Beach and Dunk Island
- * Waterfall Way - starts in Coolangatta, 7 days, includes stunning waterfalls and escarpments of New England National Park, Dorrigo, Wollomombi Falls, Dangars Gorge, Cathedral Rock and more

we also offer inn-to-inn walking holidays...

On an INN-to-INN walking holiday, you walk from one place to the next while your luggage is moved ahead for you. They are all available self guided and some can be done guided any day of the year.

- * Blue Mountains Traverse - near Sydney, there's much more here than the famous 3 Sisters!
- * Gold Coast Hinterland Walk - near Brisbane, traverse the Lamington Plateau then hike Springbrook
- * Grampians Hike - near Melbourne, Auswalk's home base and our favourite place, rugged rocky ranges, a fabulous place to hike amongst native animals
- * Great Alpine Walk - near Melbourne, traverse the Victorian Alps from one alpine village to the next, hike the Razorback Ridge and walk from Falls Creek to Mt Hotham
- * Great North Walk - starts in Sydney, we offer the first part of this long distance walking track that links Sydney with Newcastle in the north, walk from Sydney Cove to the Hawkesbury River
- * Great Ocean Walk - near Melbourne, long distance track from Apollo Bay to the 12 Apostles, magnificent coastal scenery, secluded beaches, tall forests and lots of koalas
- * Great South West Walk - near the Vic/SA border, hike the entire 250km track or do just the highlights
- * Roof of Australia - in the Snowy Mountains near Canberra, hike from one alpine village to the next, see ancient glacial lakes, climb Australia's highest mountain
- * Surf Coast Walk - in the Great Ocean Road area, walk from the surfing capital of Torquay to the yuppie seaside village of Lorne, splendid inland forests, waterfalls, secluded beaches

how to contact us...

ADDRESS: 4 Red Gum Lease Track, HALLS GAP, VIC 3381, AUSTRALIA
PHONE: From Australia (03) 5356 4971 From overseas +61 (3) 5356 4971
FAX: From Australia (03) 5356 4970 From overseas +61 (3) 5356 4970
EMAIL: info@auswalk.com.au WEB SITE: www.auswalk.com.au