

3-DAY SOUTHERN 'EXPLORER' WALK



The Emerald Way, Sydney's Sublime Coastal Walk, is an experience like no other. It's been crafted from the ground up to let you discover Sydney, The Emerald City, in a fresh new light.

The Southern 'Explorer' commences alongside a natural rock pool on The Eastern Beaches Coastal Walkway and concludes with a memorable walk from Manly to Collaroy along The Northern Beaches Coast Walk. As such, it provides walkers with the opportunity to experience the best of both worlds either side of the Harbour.



Duration
3 days, 2 nights



Fitness Level
Moderate



Departures
Mondays & Wednesdays



Group Size
6+



Walk Length
37.2km



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DAY 1

South Coogee to Watsons Bay (16km)

The tour departs The Rocks and heads by private transfer to our starting point in South Coogee. Our first day's walk hugs the coastline as we head north from Coogee along The Eastern Beaches Coastal Walkway. With numerous beaches, dramatic clifftop sectors and endless panoramic views, the Walkway is the perfect introduction to The Emerald Way.

The impressive 'Sesquicentenary Boardwalk' (opened 2009) behind Waverley Cemetery as well as the wildly popular Bronte to Bondi path are both encountered by midday, so there's a chance to have a swim at the iconic Bondi Icebergs Club before we enjoy our lunch at the Icebergs Club Bistro.

In the afternoon, a short private transfer brings us to the Federation Cliff Walk as we head toward Watsons Bay. Towering cliffs, a lighthouse (or two) and the broiling cauldron that is The Gap are all encountered before we arrive at The South Head Heritage Trail which loops back to our accommodation, The Watsons Bay Boutique Hotel. There's time to relax and reflect on the day's adventures before re-joining the group for an evening feast at The Watsons Bay Beach Club.

DAY 2

Watsons Bay to Manly (10.2km)

We start the day with a private water taxi transfer to The Spit where we enjoy a 2-hour guided kayak tour of Middle Harbour. After changing back into our walking gear we then have lunch in a restaurant overlooking Middle Harbour.

After lunch we head across the Spit Bridge to join the Manly Scenic Walkway, a 10km harbourside route. There's some significant Aboriginal rock carvings to be admired, the intriguingly named Forty Baskets Beach to traverse and the arrival at our hotel overlooking Manly Beach is always special.

Dinner tonight is at one of our favourite Manly restaurants.

DAY 3

Manly to Barrenjoey and return to The Rocks (11km)

We begin our third day by joining the Northern Beaches Coast Walk admiring as we go the spectacular ocean views, multiple beaches and picturesque ocean pools. In season (May-September), this is classic whale-sighting territory. It also hosts a wide variety of birdlife so keep an eye out for purple swamphen, black swans, Pacific black duck, silver gulls, egrets, pelicans, herons and ibis.

After rounding Dee Why Lagoon (a mini eco-system in itself) and the Long Reef Headland (watch out for paragliders floating above) we arrive at the beachside Collaroy Hotel for lunch.

An afternoon private transfer back to The Rocks in the City completes your three-day journey on The Emerald Way.



About Urban Walks

- Urban Walks is a start-up Australian company with a big ambition – to deliver guests a new, premium category of urban walking holiday that is active, rewarding and just a touch indulgent.
- Its team of outstanding Walk Leaders come from a variety of backgrounds, are all expert Sydney guides and consummate story tellers.
- Urban Walks is licensed by the NSW National Parks and Wildlife Service and holds a Parks Eco Pass.



Relaxed, Engaging, Fully Inclusive:

2 nights twin-share accommodation
at boutique 4-star hotels

2 Evening meals served with fine wine
and craft beers

3 Bistro lunches

2 Breakfasts

Snacks on the trail and morning and
afternoon tea

Support vehicle throughout the walk

Luggage transferred between hotels
(guests walk with a small day pack)

Professional Walk Leaders – two per tour

Park fees and other entrance fees

Transfers, water taxis & ferry rides

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Inquiries info@urbanwalks.com.au
+61 2 9439 8899



Full terms & conditions are available online at urbanwalks.com.au



URBAN WALKS
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Considering what to wear well ahead of time and having your clothing 'worn in' (particularly your walking shoes) is the best advice we can give when it comes to planning your gear list.

Fundamentally, we recommend layers that can be adjusted to suit variable weather conditions. On the walk, our Walk Leaders will keep you up-to-date with weather conditions, so that you are prepared for each day's adventures. And keep in mind that because your luggage is transported between hotels, you won't ever have to struggle with carrying a heavy backpack.

Suggested Items

- A day pack (at least 25 litres in size)
- Hiking shoes/boots ('worn in' prior to walk)
- Quality waterproof jacket with a hood (preferably Gore-Tex fabric)
- Warm fleece top or jacket (polar fleece)
- Swimwear
- Sunglasses
- Sunhat
- Sunscreen (at least SPF30+)
- 1.5 to 2 litre capacity bottle or water bladder that fits within a daypack
- Tissues
- Mobile phone
- Personal insect repellent
- Blister kit
- Hand sanitiser
- Beanie & gloves (for cooler months)

Daypacks

As you will be carrying a daypack everyday, make sure you invest in a good quality one that has well-padded shoulder pads (chest straps are good too) and is at least 25 litres in capacity. It will need to fit your water bottle, wet weather gear, fleece, hat, sunglasses, sunscreen, insect repellent, hand sanitiser, snacks, phone, and any other personal items.

Look for a design with external pockets to give you quick access to your water bottle, sunscreen and snacks.

As most packs are not waterproof, it's a good idea to line the pack with a plastic bag or invest in a pack cover.

Footwear

As the saying goes 'good shoes take you great places'. We want you to have the best experience when walking with us, so invest in a good pair of hiking shoes or boots (whatever your personal preference) to give you good ankle support. We do not recommend runners, as they don't have enough support and you run the risk of rolling an ankle or slipping.

We will be walking on many different surfaces including concrete, sand, dirt and rock.

Whether you wear shoes or boots, make sure you 'break them in'. If you are happy to invest a little, Gore-Tex shoes/boots are worth the extra cost. You'll be more comfortable and less likely to develop blisters.

Also purchase good quality socks! Your feet will thank you at the end of each day if your socks are the right size with shaped heels and cushioning.

Waterproof Clothing

Another great investment is your waterproof jacket. We recommend fabrics such as Gore-Tex that are waterproof and breathable meaning they wick body moisture through the material to the outside of the jacket.

Cheaper plastic or nylon raincoats are good for keeping the rain out, but they do not breathe, resulting in condensation on the inside.

Warm-Weather Clothing

Thin, synthetic wicking material-type clothing is best for summer walking.

Shirts with collars and sleeves in light colours keep you cool, whilst helping to prevent sunburn.

Shorts are a great option for warmer weather whilst light, long pants offer additional sun protection. Many walkers find pants with "zip-off" legs a good compromise.

In Australia, a sun hat is essential. Hats with a brim all the way round are preferable to baseball caps or floppy cotton hats, as they offer better protection for your face and neck. Choose a good quality hat that packs easily into your daypack.

Sunglasses are a 'must' for anyone outside all year round in Australia.

Cool-Weather Clothing

For cool-weather walking, it's preferable to wear layered clothing that can be adjusted throughout the day.

A lightweight, quick-drying polar fleece or equivalent is recommended. For cooler, windy days, a beanie and a lightweight pair of gloves would be useful.

As mentioned under 'warm-weather clothing' – sunglasses are recommended all year round in Australia.

Water Bottles

Keeping hydrated is key in both cooler and warmer weather. We recommend you carry a 1.5 – 2 litre reusable bottle with you each day. Water 'camelbaks' that fit into your backpack are also a great option. On many of the walks, there are water stations along the way to refill your bottle.

Our Walk Leaders will let you know when you need to refill for longer walking sections.

Walking Poles

Walking poles provide support on uneven ground and can reduce jarring on knees when walking downhill. If you do bring them we would suggest collapsible poles that are small enough to attach to your daypack. They are a personal choice however as most of our walks are Grade 2-3 with only small sections being Grade 4.