

5-DAY 'SIGNATURE' 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. Constantly surprising, our 5-Day 'Signature' Walk is a treat for all your senses.



Duration
5 days, 4 nights



Fitness Level
Moderate



Departures
Every Monday



Group Size
6+



Walk Length
67.8km



5-DAY 'SIGNATURE' WALK

DAY 1

South Coogee to Watsons Bay (16km)

Our first day's walk hugs the coastline as we head north from Coogee along The Eastern Beaches Coastal Walkway. With its stunning beaches, dramatic cliff-top sectors and inviting rock pools, the Walkway is the perfect introduction to The Emerald Way.

We encounter the impressive 'Sesquicentenary Boardwalk' behind Waverley Cemetery, as well as the wildly popular Bronte to Bondi path before mid-day, so there's a chance to have a swim at the iconic Bondi Icebergs Club prior to lunch at the Icebergs Club Bistro.

In the afternoon, a short private transfer brings us to the Federation Cliff Walk as we head towards 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 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 Taronga Zoo (13.8km)

A relaxed breakfast enjoying the views back towards the City sets us up nicely for the first harbourside walking sector of The Emerald Way. Interesting landmarks this morning include crossing the Parsley Bay Suspension Bridge (built 1903) and an exploration of the grounds of Vaucluse House.

After entering the Hermitage Foreshore Walk we'll pass secluded beaches, historical Strickland House and the Convent of the Sacred Heart Cemetery, before rendezvousing at Hermit Point with our private water taxi that will whisk us across the Harbour to Woolloomooloo Bay.

Having enjoyed morning tea, we follow Mrs Macquarie's Bushland Walk towards the Royal Botanic Garden Sydney, then past the Sydney Opera House and into Circular Quay for lunch.

The afternoon sees us board a public ferry for the short ride to Cremorne Point, where we begin the next stage of our adventure passing impressive, 'Gatsby Era' mansions before joining the path through the native bush along the Harbour shoreline. We arrive at Taronga Zoo for a very special evening in the stunning 'Wildlife Retreat'. Dinner this evening will be at the 'two-hatted' Me-Gal restaurant within the Retreat.

DAY 3

Taronga Zoo to Manly (21.2km or 10.2km for kayakers)

There's a choice to be made this morning. If you've never had a guided kayak adventure around Middle Harbour, this is an experience not to be missed. For those keen to hit the water we'll take a private transfer to The Spit and enjoy the 2-hour tour before changing back into our walking gear for lunch at a casual bistro overlooking the Marina.

Alternatively, non-paddlers can choose to walk the scenic trail to Balmoral Beach as it winds its way past 'three heads'.

A private transfer will then be on hand to connect walkers back with the paddlers for lunch. The choice is yours!

With everyone back together we head across the Spit Bridge to join the Manly Scenic Walkway, an 11km harbourside route. There are some significant Aboriginal rock carvings to be admired and the intriguingly named Forty Baskets Beach to traverse, before arriving at The Sebel Sydney Manly Beach where we stay overnight.

We have left this evening 'open' as the seaside village of Manly offers so many options in terms of pubs and restaurants – your Walk Leader will be happy to point you in the right direction whatever you decide to do.

DAY 4

Manly to Church Point via Palm Beach and Barrenjoey Headland (15.3km)

It may be the one of the longest day's walking on the 'Way' but it's comfortably broken up with a private transfer (no tramping along endless miles of sand dunes for us!) and a sunset-cruise on Pittwater.

We begin our day by joining the Northern Beaches Coast Walk, admiring as we go the spectacular ocean views, golden 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.

Our afternoon begins as we zip up the coast by private transfer to arrive at Palm Beach. We are now heading for the northernmost point of Sydney's Great Coastal Walk as we climb the magnificent Barrenjoey Headland. A heritage-listed lighthouse, stunning views over Broken Bay and Pittwater and a descent via the winding 'Smugglers Track' makes for a fitting way to wrap up the day. Except that there's more to come when we join our private cruise across Pittwater to Church Point for our final night together at Pasadena.

DAY 5

Church Point to West Head and Mackerel Beach (3.2km)

With a farewell lunch beckoning and one last ferry trip across Pittwater scheduled for mid-morning, our day begins with a private transfer into Ku-ring-gai Chase National Park. We then walk via the 'Red Hands Cave' towards West Head and its picture-perfect views across Pittwater.

After a group photo against the backdrop of Lion Island we head for Great Mackerel Beach. Today's walk is a Grade 4 hike which means it has some steep and rough sections, so we'll take our time as we make our way down the headland to Mackerel Beach where we catch the ferry.

After embarking at Palm Beach Wharf, we head to Newport for our farewell lunch. An afternoon transfer back to The Rocks completes your 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:

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

3 Evening meals served with fine wine
and craft beers (Wednesday evening
in Manly has been allocated as a free
night so that you can explore its amazing
restaurant scene for yourself)

5 Bistro lunches

4 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

Ready for an unforgettable Sydney experience...

Book direct urbanwalks.com.au

Inquiries info@urbanwalks.com.au

+61 2 9439 8899



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



URBAN WALKS
LIC20-111

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.