

FAVOURITE WALKS IN WARRINGAH FOR OLDER PEOPLE



2005



Warringah
Council



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Introduction

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

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

A significant part of this booklet was taken from 'Favourite Footpaths' (2000), a publication developed from the Active Australia - International Year of Older Persons Grants Scheme. Additional resources were provided by Warringah Council, Northern Sydney Health Promotion, Roads and Traffic Authority, and NSW Department of Tourism, Sport and Recreation. A number of older residents have also contributed to the booklet.

The walks have been graded according to their suitability for people of varying physical capabilities, making it easier to select the most appropriate walk. In addition, the routes have each been checked for major hazards of which walkers should be aware, to maximise enjoyment and minimise the risk of injury.

Warringah Council's Aged Services team has compiled this publication with assistance from Council's Marketing & Communication Unit.

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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 that can be as challenging or relaxing as you choose to make it.

Regular walking is a sure way to look good and feel 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 11.00 am and 3.00 pm.
3. Don't forget to use SPF 30+ sunscreen and wear a hat.
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 when and where you are going walking, including an estimated time of return.
8. 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 whilst 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 the grading system below to decide which walks are suitable for you.

EASY walks have a combination of the following:

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

MODERATE walks have a combination of the following:

- Some slopes.
- A few stairs.
- Relatively smooth pathways.
- Less defined pathways.

HARD walks have a combination of the following:

- Steep slopes.
- Long distances.
- Uneven or rough terrain.
- Several steps.
- Overgrown or unclear pathways.

WALKS IN WARRINGAH

I. Greendale Creek & 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/Moderate
Walk Type:	Circuit
Distance:	Approx 3 kms
Approx Walk Time:	45 – 60 mins
Wheelchair Access:	Yes (north side only)
Start & Finish Point:	Curl Curl Sports Centre, Abbott Road, Curl Curl
Facilities:	Bus stops on Griffin Road, seating along the route and public toilets at starting point
Potential Hazards:	Potentially hazardous road crossing, sections of uneven footpaths
Transport:	Take bus 136 from Manly Wharf or Howard Ave, Dee Why
Map Reference:	Map 258 in Gregory's Map Edition 2005

WALK & ROUTE DESCRIPTION:

Start at the Curl Curl Sports Centre. Follow the creek upstream along Abbott Road, past the playing fields to Harbord Road. Cross the bridge on Harbord Road and turn left.

Follow the south side of the creek downstream. Cross the bridge to Griffin Road and follow the north side of the creek back to the Curl Curl Sports Centre. The walk can be shortened by crossing one of two bridges along the route.

2. Jamieson Park

This walk follows a well defined, fairly flat pathway through bushland and along the southern shoreline of Narrabeen Lakes.

The walk offers extensive lake views, and you are likely to see water birds and wild flowers along the route. The walk is suitable in dry or fine weather only. It includes some walking on sand.

Grade:	Moderate
Walk Type:	One way
Distance:	Approx 4 kms
Approx Walk Time:	60 mins
Wheelchair Access:	Not accessible
Start Point:	Jamieson Park, The Esplanade, Narrabeen
Finish Point:	James Wheeler Reserve - located off James Wheeler Place, Wheeler Heights
Facilities:	Toilets, taps and picnic tables at Jamieson Park
Potential Hazards:	The occasional fallen tree across the path
Transport:	Buses along Pittwater Road
Map Reference:	Map 228 in Gregory's Map Edition 2005

WALK & ROUTE DESCRIPTION:

Start from the picnic area at Jamieson Park. Walk along the path with the lake on your right hand side, crossing a footbridge on the way.

Walk on for approximately 20 minutes following the path inland, away from Narrabeen Lake, you will then arrive at James Wheeler Reserve.

3. Narrabeen Lakes

This walk follows a well defined route, which incorporates lakeside paths and street footpaths. There are medium level slopes in some parts of the walk. The walk is suitable in all weather conditions.

Grade:	Moderate
Walk Type:	Circuit
Distance:	Approx 5 kms
Approx Walk Time:	75 – 90 mins
Wheelchair Access:	Not accessible
Start & Finish Point:	Lakefront Car Park Goodwin Street, Narrabeen
Facilities:	Toilets at Berry Reserve and near Caravan Park, Narrabeen
Potential Hazards:	Uneven pathways
Transport:	Buses along Pittwater Road
Map Reference:	Map 228 in Gregory's Map Edition 2005

WALK & ROUTE DESCRIPTION:

Start at the Lakefront Car Park at the end of Goodwin Street, Narrabeen. Head north along the lakeside path. You may like to stop and feed the ducks along the way. Walk to the bridge near the Narrabeen shops and cross Pittwater Road at the pedestrian crossing. Cross Waterloo Street and head for the lake again. Follow the path around the lake to Albermarle Street. Walk along Albermarle Street towards Ocean Street. Turn left into Ocean Street and cross the lake near the ocean outlet. Here the more energetic can take the path to the ocean pool, and then return back to the camping area. Less energetic walkers can turn left after the bridge and walk along the lakefront by the camping area.

All walkers should then follow the path to Pittwater Road where they should turn left, cross the bridge and walk back to the Narrabeen Shops. Return via the boatshed walking path. Bus users can catch the bus at Narrabeen.

4. Long Reef Headland

This walk follows a fairly well defined pathway with medium to steep slopes. The walk is suitable in dry weather only. There is some walking on sand at the end of the walk.

Grade:	Moderate
Walk Type:	One way
Distance:	Approx 3 kms
Approx Walk Time:	60 mins
Wheelchair Access:	Not accessible
Start Point:	Long Reef Golf Club Car Park – located off Anzac Ave, Collaroy
Finish Point:	Long Reef Surf Life Saving Club – located off Pittwater Road, Collaroy
Facilities:	Bus stops on Pittwater Road at both ends of walk, seating and toilets, water bubbler at Long Reef Headland, barbeque
Potential Hazards:	Path is unsealed in some sections. Walk is very exposed to the elements
Transport:	Buses along Pittwater Road
Map Reference:	Map 229 in Gregory’s Map Edition 2005

WALK & ROUTE DESCRIPTION:

Start at Long Reef Golf Course Club Car Park. Walk on the grass between the road and the sea, following the sealed and then unsealed road to the summit of the headland. Enjoy the views before following the path southwest between the cliff edge and the southern boundary of the golf course. When the path heads off to the right continue straight on, following the fenceline with the scrub on your left. Go through the gap in the fence and when you come to a fork in the path, take the path to the right (the left path leads back to the beach). Follow the sandy path leading to the car park and amenities near the Long Reef Surf Club.

5. Garigal National Park Walk

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:	Moderate. The initial section is steep and rocky but is followed by a very easy, level bush walk
Walk Type:	Two way
Distance:	Approx 1.5km each way
Approx Walk Time:	20-30 mins
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 for some people and could be slippery during wet conditions
Transport:	Take a bus to Starkey Street, Forestville. Connect with a Forest Coach Shuttle 278 (weekdays only) to Melwood Avenue, and walk to Downpatrick Road. The walk begins here for those catching public transport
Map Reference:	Map 255 in Gregory’s Map Edition 2005

WALK & ROUTE DESCRIPTION

Begin walk on the eastern side of Davidson Park, about 50m from the National Park 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 the walk to Flat Rock Beach. (Please see National Parks and Wildlife information for this map.) For those catching public transport, the walk begins at Downpatrick Road and terminates at Davidson Park. Walk down the old access road until you get to the T-intersection. Turn right and walk to the end of Davidson Park, where you may turn around and begin the return walk.

6. Stony Range Reserve

Stony Range Reserve is a haven of bushland situated right in the heart of Dee Why and is very accessible by public transport.

The reserve has a number of walks to choose from, ranging from Easy to Moderate. Pick up a brochure at the reserve's entrance and choose the most appropriate path for your fitness and level of mobility.

Grade:	Easy to Moderate, depending on choice of path
Walk Type:	Two way or circuit, depending on choice of path
Distance:	Varies - up to 1.5 km
Approx Walk Time:	Up to 45 mins
Wheelchair Access:	Some of the paved tracks at the entrance are accessible
Start & Finish Point:	Stony Range Wildflower Reserve - located off Pittwater Road, Dee Why
Facilities:	Toilets, bubbler, seats, picnic facilities, brochures
Potential Hazards:	Steeper inclines towards the top of the reserve, mossy paths in shaded areas
Transport:	Buses travel regularly along Pittwater Road such as bus 155
Map Reference:	Map 258 in Gregory's Map Edition 2005

WALK & ROUTE DESCRIPTION:

Start at the entrance to the reserve and choose the walk most suitable for you.

You may like to have a picnic at one of the many seats and viewing areas on offer, where you will enjoy one of Warringah's most serene sanctuaries.

7. Manly Dam

One of the highlights of the Warringah area, Manly Dam offers lovely views and an abundance of plant and wild life.

A selection of barbeque facilities, picnic areas, tables and toilet facilities are available for you to use.

There are a number of walking tracks within the Dam area. However, the easier walks along the foreshore are ideal for a relaxing and safe stroll.

Grade:	Easy
Walk Type:	Circuit
Distance:	Approx 1 km
Approx Walk Time:	Depends on length of walk - varies from 20 to 45 mins
Wheelchair Access:	Yes
Start & Finish Point:	Manly Dam, off King Street, Manly Vale
Facilities:	Accessible toilets, barbecue, picnic tables, swimming, playgrounds, a range of brochures and signage
Potential Hazards:	Uneven surfaces in some parts. Be wary of vehicles whilst walking along the road
Transport:	By vehicle only
Map Reference:	Map 287 in Gregory's Map Edition 2005

WALK & ROUTE DESCRIPTION:

Start at the entrance to Manly Dam. Look at the map behind the car park and choose a walk to suit your ability and inclination.

Enjoy the beautiful surrounds, feed the ducks, relax and indulge in a picnic or barbeque.

8. Oxford Falls Bush Walk

This walk is only recommended in dry weather as the surface gets slippery when wet. The Oxford Falls area is lovely for a picnic, so you may like to bring a packed lunch to enjoy after your walk.

Grade:	Easy, although the track is uneven
Walk Type:	Two way
Distance:	About 700m (one way)
Approx Walk Time:	20 to 25mins
Wheelchair Access:	Not accessible
Start & Finish Point:	Oxford Falls carpark – located on Oxford Falls Road West
Facilities:	None
Potential Hazards:	The road is unsealed with no footpaths. Be wary of any traffic on the road
Transport:	By vehicle only
Map Reference:	Map 226/7 in Gregory's Map Edition 2005

WALK AND ROUTE DESCRIPTION:

Start the walk at Oxford Falls carpark, located on Oxford Falls Road West, off the Wakehurst Parkway. Firstly view the Falls area and bushland at the front of the car park.

Turn to the right out of the car park and walk along Kelly's Way (a dirt road) up a gentle incline.

Walk by luxuriant bushland and abundant bird life, to the local nursery and the end of the road. Return at this point.

9. North Curl Curl To Harbord Diggers

This walk showcases one of the most picturesque areas of Warringah. Spectacular views of South Curl Curl beach and rock pools can be enjoyed throughout this gentle walk.

Grade:	Easy. Very flat, footpaths
Walk Type:	One way
Distance:	Approx 2 kms
Approx Walk Time:	30 - 40 mins
Wheelchair Access:	Yes, very accessible
Start Point:	Corner of Griffin Road and Pitt Road, North Curl Curl. Follow along Griffin Road until it becomes Carrington Parade
Finish Point:	Harbord Diggers, Harbord
Facilities:	Bus stops, toilets and bubblers at South Curl Curl Surf Club, various dining choices at the Diggers, picnic spots along the lagoon
Potential Hazards:	Exposed to wind, rain and sun
Transport:	Catch bus 136 or 139 from Warringah Mall
Map Reference:	Map 258 in Gregory's Map Edition 2005

WALK & ROUTE DESCRIPTION:

You can start the walk from a number of different points. However, we recommend that you start on the corner of Griffin and Pitt Roads and then walk on to Carrington Parade.

This will give you a picturesque view of the lagoon on one side and the beach on the other. Continue on the footpath past South Curl Curl rock pool and over the headland to the Harbord Diggers, where you might like to have lunch or dinner.

This walk is recommended during weekdays, when there is less traffic.



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Health Promotion



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