

HIKING JOURNEY

Sydney Coastal Gems

PALM BEACH AND THE CENTRAL COAST NATIONAL PARKS

8 DAYS



WALKABOUT
GOURMET ADVENTURES

Journey Overview

- Walk one of Sydney's most iconic Trails - Bondi to Bronte.
- Stay in 2 amazing hotels - historic Barrenjoey House at Palm Beach and Bells at Killcare, a world class 5 star Boutique hotel.
- Enjoy delicious dinners each evening at Barrenjoey House, Dunes at Palm Beach & Wildflowers Restaurant at Bells at Killcare.
- Walk in three wonderful National Parks: Ku-ring-gai Chase NP, Brisbane Water NP and Bouddi NP.
- Experience the magnificent waters of Broken Bay and its 3 main arms - the Hawkesbury Inlet, Pittwater and Brisbane Water.
- Pamper yourself at Bells Killcare Day Spa (optional).



Journey Schedule

DAY 1

Bondi To Bronte Walking Trail – Manly – Shelly Beach – Palm Beach

DAY 2

Ku-Ring-Gai National Park – The Basin, West Head, Resolute Beach and Greater Mackerel Beach

DAY 3

Barrenjoey Headland and Coastal Walk

DAY 4

Brisbane Water National Park

DAY 5

Palm Beach – Wagstaffe – Killcare

DAY 6

Killcare – Bouddi Coastal Walk – Maitland Beach

DAY 7

Bells at Killcare – Box Head – Tallow Beach – Hardy's Bay

DAY 8

Killcare – Palm Beach – Transfer to Sydney Airport

Journey Itinerary



DAY 1

Bondi To Bronte Walking Trail – Manly – Shelly Beach – Palm Beach

We meet at the Adina Hotel at 9.00 am:

Adina Apartment Hotel Bondi Beach Sydney

69-73 Hall Street, Bondi Beach, NSW 2026

This morning we have the opportunity to experience a section of the famous Bondi to Coogee Walking Trail. The name Bondi is indigenous and means water breaking over rocks. It became a public beach in 1882 and since then this great sandy expanse and consistent surf has become renowned throughout the world. At the southern end of the beach on a rocky headland is Bondi Icebergs, one of Australia's oldest swimming clubs. It gets its name from the practise of members diving into the water in the middle of winter when the water is "arctic" cold. It has its own 50 metre ocean water pool which is open to the public. Upstairs is the famous name sake Icebergs Bar and Bistro – one of Sydney's premier dining venues. Our trail follows a waterfront track with sweeping views of both North and South Bondi. There is evidence of indigenous rock engravings along the trail which then takes us past a small bay called Mackenzie's – a popular spot for the surfing fraternity. In October and November this section of the trail hosts the world's largest "free to the public" sculpture exhibition – Sculptures by the Sea where over 100 artworks are displayed along a 2 km section of the coast. Tamarama Beach sits between two prominent headlands on the Bondi to Coogee Walking Trail – it is often referred to as "glamarama" because its where the beautiful people are supposed to "hang out".

After allowing time for a coffee we retrace our steps back to our pickup hotel for a 12.00 pm departure. We leave the city behind and make our way across the Sydney Harbour to the famous Northern Beaches with our first stop being Manly. This popular tourist destination is famous for its long sandy beaches and the description, since the 1870s, as "7 miles from Sydney and 1,000 miles from care". Manly is located on the land of the Guringai people, custodians for more than 20,000 years before contact with Governor Phillip in January 1788 and of whom Phillip wrote: "Their confidence and manly behaviour made me give the name of Manly Cove to this place". In 1904, Manly created Australia's first Surf Lifesaving Club (although this is disputed by Bondi and we allow time for our first short walk to beautiful Shelly Beach which is a bit different to the others as it is a western facing beach. It is a very protected beach with a gorgeous outlook over Cabbage Tree Bay. This is a great spot to have our lunch. We can certainly recommend the Boathouse Café which is a part of the same group where we shall be staying at Palm Beach – Barrenjoey House.

After lunch we retrace our steps back along the coastal path to our awaiting vehicle in Manly. This afternoon's drive to Palm Beach is a highlight in itself passing such beautiful beaches as Collaroy, Narrabeen, Bilgola to name a few. Palm Beach

is a strikingly beautiful location, surrounded by water with both wild ocean and gentle bayside beaches to choose from. The most prominent landmark is the Barrenjoey Lighthouse which is situated on the Barrenjoey headland at the very tip of the peninsula. It dates back to 1881 and is heritage listed and its tower is constructed from beautiful Sydney sandstone. In the late afternoon we check into our delightful accommodation at Barrenjoey House with its heritage bar, restaurant and guest house. Its location just opposite Pittwater's Snapperman beach is ideal for a swim at the start or end of the day.

Barrenjoey House is a local icon with a history spanning over 100 years (this year is Barrenjoey House's 100th birthday). Barrenjoey House was originally built in 1920 by Albert Verrills, as a restaurant and guest house for the Resch family. It was the first address in Palm Beach to install a telephone, with the number "1"! By the 1930's accommodation in Palm Beach was sought after, as the area became a popular summer holiday destination.

The guest house was the choice of many, including a former Prime Minister, Mr Billy Hughes, who enjoyed using the surrounding lawns to practice his golf. During World War II, Barrenjoey House became a favoured choice for service men and women to enjoy. In the early 1980's, Barrenjoey House was purchased and restored by the previous owners Robert and Ian Gray. They retained the property until 2001, when Brendon and Jenny Barry purchased and substantially renovated the house.

Barrenjoey House was taken over by The Boathouse Group in 2018, and completely refurbished with a stylishness that caught the eye and admiration of Vogue Living Magazine.

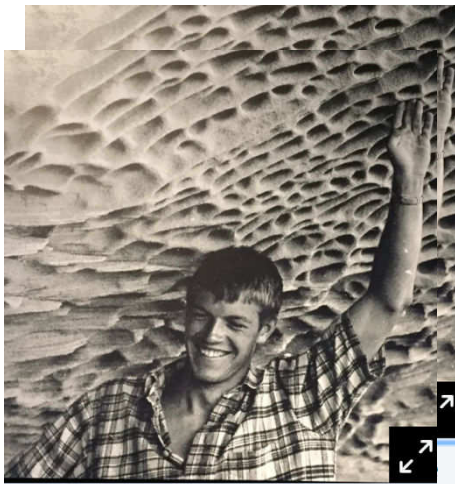
<https://www.vogue.com.au/travel/hotels/exclusive-inside-the-new-barrenjoey-house-at-palm-beach/image-gallery/b5cad7adfc2656ac6075903a12cc86a1>

After settling into our lovely accommodation, we meet for a late afternoon orientation walk to get our bearings. An ideal stroll is the Rock Shelf Walk which is where the well-known Danish architect Jorn Utzon, of Sydney Opera House fame, would regularly visit.

"There is a cave at the south end of Palm Beach where Sydney Opera House architect, Jorn Utzon used to go to seek inspiration and solace. Its lattice-like honeycomb weathered overhang is shaped like a roof over an

outdoor living room. The Danish designer loved this place so much he would often go there from his office. He even held his office Christmas party at the cave”.

Helen Pitt, author of The House, Sydney Morning Herald, 28 Sept 2018



A young Jan Utzon in his father's favourite cave at Palm Beach. JØRN UTZON

<https://www.smh.com.au/entertainment/art-and-design/j-rn-utzon-a-new-look-at-the-man-behind-sydney-s-white-sails-20180920-p504y1.html>

We return to Barrenjoey House in time for the sunset and enjoy our welcome drinks and pre-dinner canapes before sitting down to our first delicious dinner of our tour.

 **3 HOURS**

 **BARRENJOEY HOUSE**



DAY 2

Ku-Ring-Gai National Park – The Basin, West Head, Resolute Beach and Greater Mackerel Beach

After our breakfast we have a short walk to the Palm Beach wharf where we shall have a delightful 20-minute glide across Pittwater on the small, historic timber ferry, "Myra". The ferries which service Pittwater and the Hawkesbury Inlet are listed amongst the Top 5 Ferry Rides in and around Sydney. Our walk today will take us into the Ku-ring-gai Chase National Park. The park was declared in 1894 and is the second oldest national park in Australia, with the Royal National Park being the oldest. The park was named after its original inhabitants, an Aboriginal group called the Kuring-gai or Guringai and called a "chase" to indicate it was an area of natural bush which was not enclosed by fences. The dominant rock through the park is Hawkesbury sandstone. Cliffs, rocky outcrops and caves are common in the park. The dominance of the sandstone determines the topography and the vegetation throughout the park. The most common trees are banksia, grass tree, spotted gums and Sydney blue gum.

Long nose bandicoots inhabit the park as do white bellied sea eagles. Kur-ring-gai Chase has an incredibly high concentration of aboriginal artwork and the Basin's aboriginal artwork is one of the best examples in the area. In some parts of the park there are axe grinding grooves, rock paintings and stencils and middens are found near rock caves and shelters.

The Basin Trail takes us along the spine of the peninsula with wonderful views towards the Hawkesbury River, Pittwater and Broken Bay with a side trip down the western escarpment through a palm grove to the secluded Flint & Steel Beach. A lovely spot for a beach break and/or refreshing swim.

We continue along the trail until we connect with the Red Hand Track which is named after the aboriginal cave showing red hands being made from ochre blown over an outstretched hand. It is estimated that the rock art is approximately 2,000 years old. From here the trail leads to West Head Lookout. The view spans all the way to Lion Island, Patonga, Barrenjoey Headland and beyond to the South Pacific Ocean.

In the afternoon our trail hugs the headland passing West Head Beach and Rolute Beach before we arrive at the small beachside community of Greater Mackerel. The only access is by foot or ferry. Some of the houses date back to 1920 when the land was first subdivided. This is an ideal spot for a swim before we head inland again to join up with the Basin Trail which brings us back to our ferry at the Basin Wharf.

After our return ferry trip we have a short walk back to our delightful accommodation where you will have time to relax before enjoying another delicious dinner.

 **4-5 HOURS**

 **BARRENJOEY HOUSE**



DAY 3

Barrenjoey Headland and Coastal Walk

This morning we begin our walk directly from our lovely accommodation and make our way along the foreshore. In the distance we can see the iconic Barrenjoey Lighthouse. We join the Fisherman's Track which continues beside the foreshore before we turn onto Barrenjoey Track which loops its way around to the back of the lighthouse. From here we have a magnificent 360-degree view unobstructed in all directions. To the north we have Broken Bay and Box Head, to the west we have the Hawkesbury River Inlet, to the south we have Palm Beach and the northern beaches and to the east the vast expanse of the South Pacific Ocean. From the top of the headland we make our way down to Espresso 2108 for a very welcome coffee at the southern end of Palm Beach. After our morning tea we continue past the Palm Beach Rockpool and onto Little Head. From here we are afforded a beautiful view back over Palm Beach with Barrenjoey Lighthouse in the distance – to the south we can see our destination Dolphin Bay and Whale Beach. We continue down onto the beach and make our way towards the southern end where we are able to have a nice rest at a grassy picnic reserve overlooking the beach. This is a lovely spot for a quick dip in the ocean or just a rest in the shade. This is also the perfect spot to enjoy our picnic lunch. In the afternoon we make our way up to the main ridgeline and continue until we arrive at the Palm Beach Bible Garden. This amazing garden nestled in amongst some of Australia's most expensive real estate deserves some time to absorb and appreciate the effort and dedication of the Robinson family who have bequeathed it to the local community. <https://palmbeachbiblegarden.org/history/>

After absorbing the beauty of this very special oasis we have an easy 2 km stroll back to our home at Barrenjoey House. This evening we hope to dine at Dunes Palm Beach (dependant on seasonal opening times). It is a white-washed, laid-back, beach-friendly dining venue with concertina windows opening onto a decked terrace surrounded by coastal greens and Mediterranean vibes. We are sure you will enjoy the evening.

 **5 HOURS**

 **BARRENJOEY HOUSE**

DAY 4

Brisbane Water National Park

This morning after breakfast we take a ferry across the Hawkesbury River Inlet to the tiny community of Patonga. This tranquil seaside village is the most southerly village on the Central Coast and its name is derived from "Betonga" which means "oyster" in the local Aboriginal language.

Patonga is surrounded by the Brisbane Water National Park which covers an area of 11,500 ha. Aboriginal people in the area have a long association with the landscape of this region and evidence of this remains today in the form of rock engravings, foreshore middens and rock paintings. The flat, exposed areas of Hawkesbury sandstone within the park provide an ideal 'canvas' for aboriginal artists, and there are hundreds of rock engraving sites throughout the park. Aboriginal sites on Hawkesbury sandstone have a distinctive style of engraving which is unique in Australia. The Park is a haven for wildlife and birdlife with around 270 native species known to inhabit the area. From the ferry stop at Patonga we make our way to the Patonga Pub which is also part of the Boathouse Group. Time for a quick coffee before we begin our walk to Pearl Beach. Our track follows the coastline along a section of the Great North Walk. From the beach we enter a beautiful patch of red gums which are native to the Brisbane Water National Park. We pass Warrah Trig and reach Warrah Lookout with impressive views of the Hawkesbury River and the South Pacific Ocean. Along our way we should be able to see some sandstone caves which were used by the local aborigines for thousands of years before European settlement. After 5 kms we arrive at beautiful Pearl Beach - a real 'gem'. Here there is a small monument marking the spot where Governor Phillip first stepped onto ground at Broken Bay, in March 1788 on his first of many visits that led to the identification of the rich-soiled Hawkesbury River region that became crucial to the survival of white settlement.

We can relax with a quick swim at the lovely beach and a coffee at the local café and just take in the atmosphere of this delightful seaside community. In the late morning we return on an inland route or we can retrace our steps along the Great Northern Walk for a late lunch at the famous Patonga Pub. In the afternoon we can "walk our lunch off" with a leisurely stroll into the National Park or otherwise just relax at the very pleasant Patonga beach.

Back at the wharf we catch our beautiful 1983 built timber ferry, Merinda II across Broken Bay to Palm Beach where you will have some time to relax before we meet on the terrace for our pre-dinner drinks and another delicious dinner at Barrenjoey House.

 **3-4 HOURS**

 **BARRENJOEY HOUSE**



DAY 5

Palm Beach – Wagstaffe – Killcare

This morning after our final breakfast at Barrenjoey House we make our way to the ferry terminal for the very pleasant trip to Wagstaffe wharf on Brisbane Waters. The ferry ride will last approximately 30 minutes and takes us past Lion Island and Box Head in Broken Bay.

After we disembark, our luggage will be transferred to our hotel and we can stretch our legs again with a very pleasant 3 hour walk into Bouddi National Park. Our route will take us onto the Flannel Flower Track which will introduce us to some of the areas beautiful and diverse vegetation including some stunning views of Tallow Beach and Maitland Bay. After breaking for a relaxing picnic, we continue along our trail which brings us out at Hardy's Bay where we can have a refreshing drink at the Fat Goose Café. When we are finished, we shall be collected by the Bells at Killcare courtesy bus.

Bells is a 5 star boutique coastal retreat and spa set on beautiful landscaped grounds. Its day spa is a haven for guests to truly relax, unwind and enjoy. It may in fact be a struggle to coax our guests out each day for a walk as they may well be tempted just to relax and enjoy the beautiful facilities which this world class hotel has on offer!

In the early evening we meet for our first pre-dinner drink and then enjoy a delicious dinner highlighting some of the local produce from the region. The hotel has a famous kitchen garden, 500 square metres in size and includes an orchard, olive trees, bee hives and free-range hens.

 **4 HOURS**

 **BELL'S AT KILLCARE BOUTIQUE HOTEL & SPA**

DAY 6

Killcare – Bouddi Coastal Walk – Maitland Beach

This morning we leave our lovely accommodation and begin what has been rated by Australian Geographic as one of the top 18 walks in Australia – The Bouddi Coastal Walk which passes through the Bouddi National Park. This national park is certainly not one of the larger parks and in fact is only 1,500 ha but it is rich in diverse vegetation and flora and fauna. The word Bouddi means “the heart” in the local Aboriginal language. The Bouddi coastal walk is certainly a stunning trail passing through a varied landscape from coastal vegetation to shady rainforest. There are plenty of opportunities to stop at gorgeous beaches such as Putty Beach, Bullimah Beach and Maitland Bay. The track is a mixture of coastal paths, boardwalks and well used fire trails as well as stone steps which are all very well maintained. A fascinating section of the walk near Bullimah Beach is the Tessellated Pavement where the stone has been naturally sub-divided into rectangles. We begin the walk near beautiful Putty Beach. It continues close to the coast bringing us out above Bullimah Beach which is a short detour to look at the beautiful location. We continue past Gerrin Point Lookout and join up with the Maitland Bay Track just above this stunning beach. This is an ideal place for a swim before lunch in this idyllic bay. After a well-earned rest we retrace our steps along the coastal trail and continue to Killcare Beach where we can relax with some refreshments at the Beach café before our pickup. Back at our lovely hotel relax in your beautiful villa nestled in the expansive gardens or unwind at the luxurious spa sanctuary. Tonight, another delicious dinner awaits us.

 **4-5 HOURS**

 **BELL'S AT KILLCARE BOUTIQUE HOTEL & SPA**

DAY 7

Bells at Killcare – Box Head – Tallow Beach - Hardy's Bay

Today we leave from the hotel and make our way through Killcare Heights onto the walking track to the Box Head Lookout. Our trail winds its way along the Bouddi NP's most southern ridge with breathtaking views over the Tasman Sea and the Hawksbury River estuary. The trail alternates between rugged bushland and open windswept heath. At Box Head lookout we enjoy fantastic views of Tallow Beach (we shall be there in the afternoon), Broken Bay, Lion Island and Sydney's Northern Beaches. After allowing plenty of time to absorb the beauty of this gorgeous peninsular we retrace our route to the turnoff to Tallow Beach. It is one of the nicest but lesser-known beaches in the park, a real hidden gem – 400 m long and enclosed by a rocky headland. One of the natural features of the Bouddi National Park are the vivid bright orange rock formations which are certainly very evident here. The grassy picnic area is a perfect spot to have our lunch before allowing some time to explore the beach. In the afternoon we retrace our steps back onto the main Box Head trail which we follow back to Hardy's Bay and a refreshing drink at the Fat Goose Café. After our courtesy hotel pickup we can relax again before our final celebratory dinner at the Wildflower restaurant at Bells at Killcare.

 **4-5 HOURS**

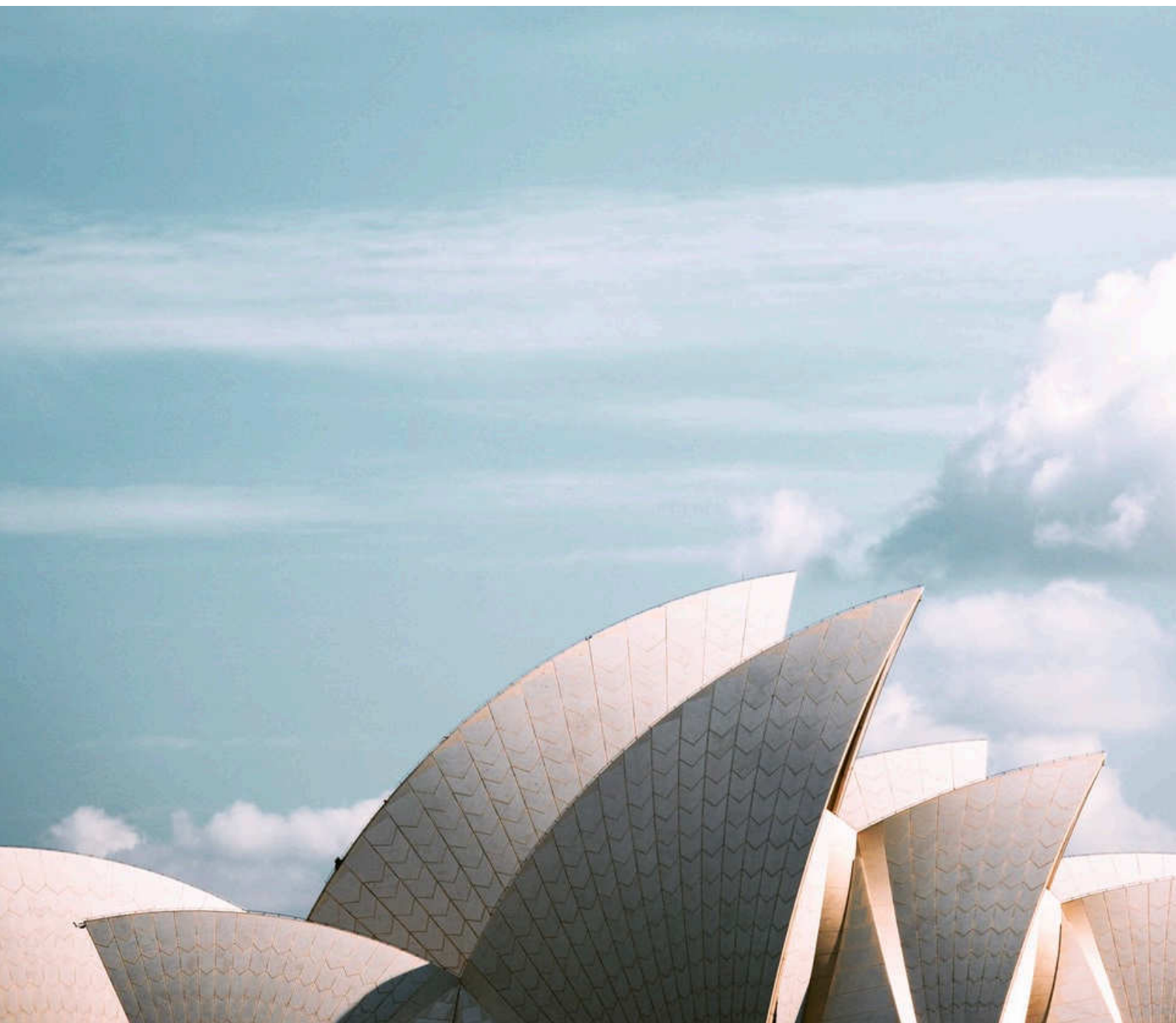
 **BELL'S AT KILLCARE BOUTIQUE HOTEL & SPA**



DAY 8

Killcare – Palm Beach – Transfer to Sydney Airport

On our last morning of our tour, we can have a leisurely breakfast before we pack and take the short drive to Wagstaff wharf where we catch the ferry back to Palm Beach. Upon arrival our transfer van will be waiting to collect us from the ferry. We climb aboard and take the trip to Sydney airport where our tour will officially finish. Our expected time of arrival at the airport is approximately 1.00 p.m.



Journey Accommodation

Barrenjoey House, Palm Beach

NIGHTS 1 - 4



Bells at Killcare Boutique Hotel & Spa, Killcare Heights

NIGHTS 5 - 7



Journey Notes

PRICE INCLUDES

- Experienced guide.
- Meet at 9.00 am at the Adina Apartment Hotel, Bondi on Day 1 and drop off at approximately 1.30 pm at Sydney Airport on Day 8.
- Twin share accommodation for 7 nights, breakfasts and dinners each evening.

NOT INCLUDED IN TRIP COSTS

Lunches, evening drinks and in between meal snacks, personal clothing, laundry, medical expenses and items of a personal nature.

WHAT TO BRING

Day pack, 1.5 litre water bottle, walking boots, waterproof raincoat, sunhat, bathers, sunscreen and insect repellent. Walking poles will also be handy. As we are restricted with the amount of luggage, we can carry in our vehicles please ensure that your CASES DO NOT EXCEED 20 KG's per guest.

PRE-WALK PREPARATION

We suggest that prior to your walking holiday you prepare yourself to obtain a level of fitness that will allow you to enjoy your walking holiday.

This, of course, is dependent upon your existing fitness level. Remember, the fitter you are, the more you will enjoy the holiday!

- Start with some short walks which include stairs or hills and increase the length of walks over a couple of months.
- We suggest you carry a backpack with water, camera, jacket, snacks, etc. to assist you with your preparation and allow you to get used to the extra weight on your back.
- We also ask that your boots are comfortable and well-worn in.
- Perhaps enjoy some walks through our local national parks and over uneven surfaces to gain confidence with your boots or new walking shoes.

PLEASE NOTE

Single rooms can usually be arranged for a supplement. Please ask us for details. We shall endeavour to match people together if they would like to share a twin room with another guest to avoid paying the Single Room Supplement.

However, as this is not always possible 'single' clients will have to pay the supplement.

All Walks during the 8 days are optional. Guests can choose to have a free day whenever they like.

The walking pace on the walking holiday is leisurely.

Guests do not have to be experienced; however, a good level of fitness is necessary.

CONTACT

Guide: Graeme Clarke

Tel: 0458 955 272



Get in touch and book your journey today.

 **0461 277 612**

 **info@walkaboutgourmet.com**

Follow the journey.



Quality Practices

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