

This walk follows the coast from Balmoral to the Spit and across Spit Bridge. There are some alternate tracks to consider at high-tides, taking the streets over the headlands. Balmoral and Chinamans beaches are very nice places for lunch and a swim. Allows time to wander and explore. There are plenty of options for swimming.

Sydney Harbour National Park

Length: 4.3 km
Time: 2 hrs 30 mins
Climb: 85 m
Style: One way
Rating: Track: Hard
Where: 2.1 km E of Mosman
Transport: bus car



Visit www.wildwalks.com for more info

Side trips and Alternate routes mentioned in these notes are not included in the tracks overall rating, distance or time estimate. The notes only describe the side trips and Alternate routes in one direction. Allow extra time for resting and exploring areas of interest. Please ensure you and your group are well prepared and equipped for all possible hazards and delays. The authors, staff and owners of wildwalks take care in preparing these notes but will not accept responsibility for any inconvenience, loss or injury sustained by using these notes or maps. Please take care and share your experience through the website.



Balmoral Park car park to Rocky Point Bridge 0.9km 10 mins

(From S) From Balmoral Park car park, this walk heads onto the beach and follows along it, past the pipe and wharf, then continues up the beach to then head up the stairs onto the bridge, connecting the small rocky island to the promenade above the beach.



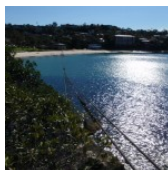
Balmoral Beach

Balmoral Beach takes its name from the royal castle at Braemar in Scotland. This is a beautiful beach, with a great foreshore walk overlooking the sandy beach. The beach is a popular spot with locals and visitors, for sun baking, swimming and having a picnic. Balmoral Beach has very little surf, with a sheltered, easterly aspect. There is also a shark-net swimming area, toilets, shops, cafes and plenty of beach to share on a sunny day.



Rocky Point Bridge to Rocky Point 0.1km 2 mins **Optional Side Trip:**

(From 0.86 km) From the intersection, this walk heads up the hill towards the sea. The walk passes a few bench seats and bins on the way out to the edge of the point.



Rocky Point Bridge to Int. Wyargine Reserve Trk and Balmoral Beach 0.5km 5 mins

(From 0.86 km) From the bridge, this walk heads along the beach to the north, keeping the sea to the right, towards the headland. The walk heads along the beach for approximately 200m, to the intersection just off the beach, past the last beachfront house.



Int. Wyargine Reserve Trk and Balmoral Beach to Chinamans Beach Reserve South 0.9km 15 mins **Alternative ROUTE:**

(From 1.33 km) From the intersection just behind the beach, this walk winds up stairs away from the beach, to a rocky outcrop where the track turns. The walk then continues up the hill to meet the signposted intersection at the end of Stanton Rd.



From the intersection, this walk heads up the road following 'Stanton Rd' then 'Burran Ave' signs, to veer left onto Hopetoun Ave. The walk soon passes Kirk Oswald Ave (off to the left). After a while the road again splits into two levels, opposite the intersection of Armitage Rd.



From the intersection, this walk heads down the hill, following the sign 'Armitage Lane' along the road, and around to the left into Rosherville Rd. The walk continues along the footpath, passing a large boulder and a bench on the right before winding down behind the playground in Rosherville Reserve. The track passes the playground, taking the closest access track to the southern end of Chinamans Beach.



Int. Wyargine Reserve Trk and Balmoral Beach to Chinamans Beach Reserve South 0.8km 15 mins

(From 1.33 km) (This section is only possible at low tide and with calm seas.) From the intersection, this walk heads away from the houses and towards the rockshelf, keeping the bush on the left. The walk keeps the water to the right as it weaves around the rockshelf for approximately 500m, to some boat sheds with rail tracks into the water. From these boat sheds, the walk continues to follow the rocky headland to the beach.

Chinamans Beach and Reserve

Chinamans Beach and Reserve are wonderful places to have a picnic or a swim, with lots of areas to sit in the sun or shade beside the clear water. The beach does not provide any surf with its north-easterly aspect, but is perfect for launching your kayak or boat into the harbour. Chinamans Reserve has some parking, play equipment, toilets and road access by McLean Cres.





Chinamans Beach Reserve South to Int. Grecia Lane Trk and Chinamans Beach Reserve North 0.2km 4 mins
(From 2.17 km) From the end of the beach, this walk heads along the sand, keeping the water to the right, until near the middle of Chinamans Beach. A wood-railed track heads off to the toilet block on the left, marking the intersection.
From the intersection, this walk heads along the beach with the water to the right. The walk leads to the stairs at the end of the beach.



Int. Grecia Lane Trk and Chinamans Beach Reserve North to Int. Middle Harbour Yacht Club car park and Spit Rd 1.1km 25 mins **Alternative ROUTE:**
(From 2.4 km) From the base of the stairs (at the northern end of Chinamans Beach), this walk heads up the stairs away from the beach, to the intersection with Cyprian St. The track heads to the right, up Cyprian St, to the intersection with Parriwi Rd. At Parriwi Rd, the walk turns right, around the railing and up the hill. The walk continues along Parriwi Rd for some time, down to the intersection with Spit Rd. The walk continues along Spit Rd, to the driveway entry to Middle Harbour Yacht Club car park.



Int. Grecia Lane Trk and Chinamans Beach Reserve North to Middle Harbour Yacht Club entrance 0.9km 15 mins
(From 2.4 km) From the intersection, this walk heads along the rocky shoreline with the water to the right, as it weaves around the houses to a small beach. The walk continues over some sandy sections between the rocks for approximately 700m, to come to a large Sydney Water building, the Spit Syphon. The walk climbs onto the concrete platform of the Spit Syphon to continue along the road, passing 'The Shores' restaurant and a boat ramp. The walk continues past the Middle Harbour Yacht Club building to the main entrance facing the car park.



Spit Syphon

The Spit Syphon was built between 1922 and 1925 by the Public Works Department. It was necessary in order to pump sewage from the north without interfering with water transport. The building is styled with Egyptian influences as displayed by its tall, square concrete walls. [More info](#)

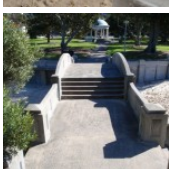


Middle Harbour Yacht Club entrance to Spit Bridge South 0.4km 5 mins
(From 3.26 km) From the entrance of Middle Harbour Yacht Club, this walk heads away from the buildings to the road. From the intersection, this walk heads along Spit Rd towards the bridge, keeping the shops on the right. The walk heads along the road to where it splits, to go over the bridge, opposite 'Sydney Harbour Kayaks'.



Sydney Harbour Kayaks

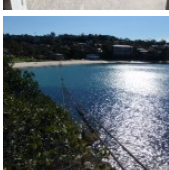
Sydney Harbour Kayaks, at the southern end of the Spit Bridge, provide sales and rentals of kayaks. One hour in a single plastic kayak costs \$20, and a double \$40. The enterprise also provides tours of the harbour, catering for individuals through to large groups. For further information and bookings, contact: info@sydneyharbourkayaks.com.au or (02) 99604389 [More info](#)



Spit Bridge South to Int. Spit Rd and Ellery's Punt Reserve Road 0.4km 5 mins
(From 3.62 km) From the intersection, this walk heads over the Spit Bridge, with the road to the left of the footpath. The walk crosses the bridge to where it meets the road down to Ellery's Punt Reserve, first on the right.

Spit Bridge

The Spit Bridge was originally built in 1924 to replace the punt service. The current Spit Bridge was built during the 1950's. The bridge is a bascule bridge, as it's middle section can be raised to allow tall ships through. This ability of the bridge does, however, stop traffic on a major arterial road, which has caused the bridge to be the centre of some controversy. The Spit Bridge carries the Spit Rd and the Manly Scenic Walkway.



Int. Spit Rd and Ellery's Punt Reserve Road to Int. Ellery's Punt Reserve Rd and Manly Scenic Walkway 0.1km 2 mins

(From 3.97 km) From the intersection, this walk heads downhill away from the main road for approximately 20m to the intersection below the bridge, on the left.

From the intersection, this walk heads down the hill towards the water. The walk soon comes to Ellery's Punt Reserve car park on the right. This walk continues past this, down the footpath to the signposted intersection.



Ellery's Punt Reserve

Ellery's Punt Reserve is a very nice grassed area on the north eastern side of the Spit Bridge. The reserve has road access and parking, and seems to be a popular spot for fishing from the bank. There is also seating and shaded areas.



Int. Ellery's Punt Reserve Rd and Manly Scenic Walkway to Int. Battle Boulevard and Manly Rd 0.2km 5 mins
 (From 4.07 km) From the 'Manly Scenic Walkway' map and info sign, this walk heads across the grass following the coast line, keeping the water to the left and heading towards the "Ellery's Punt Reserve" sign. From the sign, the walk passes under the Spit Bridge and then up the flight of stairs that come to the end of Battle Boulevard.

From the end of the cul-de-sac, this walk follows Battle Bvd up the road to the car park just near the intersection with Manly Road.

A list of paper topographical maps that cover this walk

[Parramatta River](#) 1:25 000 Map Series

[Sydney Heads](#) 1:25 000 Map Series

Sydney 1:100 000 Map Series

Nearby outdoor and camping stores

Outdoor Equipment 60 Spring St Bondi Junction (02) 9389 8122

Inski 46 York St Sydney (02) 9233 3200

Mitchells Adventure 81 York St Sydney (02) 9299 6321

Venus Repair Workshop Suite 36a 104 Bathurst St Sydney (02) 9267 0706

Wildsports Upper Floor 447 Kent St Sydney (02) 9264 2095

