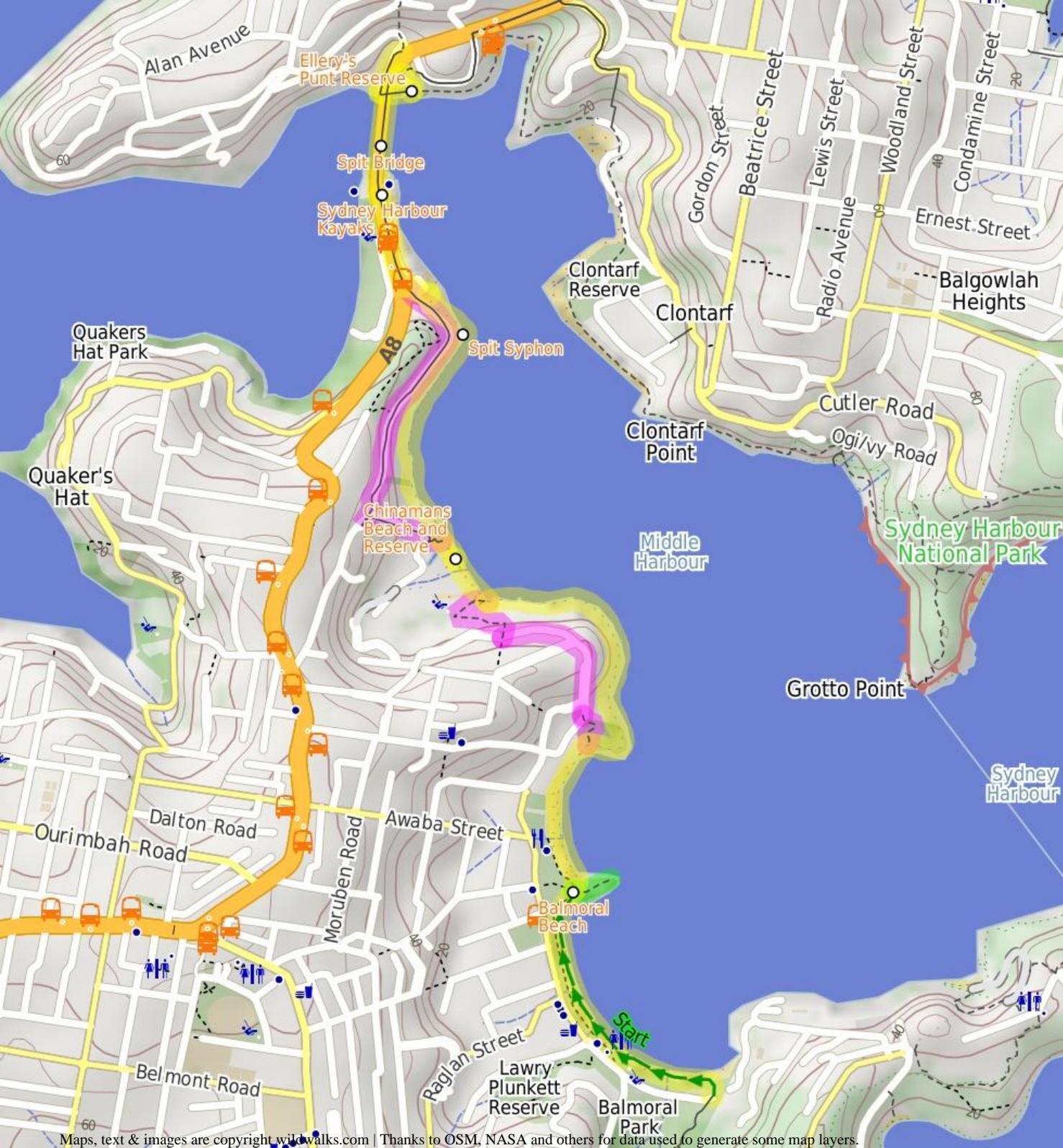


Balmoral Beach to The Spit



2 hrs 30 mins

Hard track

4.3 km One way

↑ 85m

4

This walk follows the coast from Balmoral to the Spit and across Spit Bridge. There are some alternate tracks to consider at high-tides, which take 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.

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.

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.

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.](#)

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

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.

Before You walk

Bushwalking is fun and a wonderful way to enjoy our natural places. Sometimes things go bad, with a bit of planning you can increase your chance of having an enjoyable and safer walk. Before setting off on your walk check

- 1) Weather Forecast ([BOM Metropolitan District](#))
- 2) Fire Dangers ([Greater Sydney Region, unknown](#))
- 3) Park Alerts ()
- 4) Research the walk to check your party has the skills, fitness and equipment required
- 5) Agree to stay as a group and not leave anyone to walk solo

Think before you TREK

The 'Think before you TREK' program developed by NSW Police & NPWS promotes the benefits of planning ahead for your bushwalking trip by using an easy to remember acronym:

- T** Take adequate supplies of food, water, navigation and first aid equipment.
- R** Register your planned route and tell friends and family when you expect to return.
- E** Emergency beacon (PLB's) should be carried on walks with significant gaps in mobile coverage (check terrain profile).
- K** Keep to your planned route and follow the map and walking trails.

Topo Maps

The maps provided on wildwalks are helpful, but there are times where you may need maps covering a broader area. Maps that cover this walk include;

1:25 000 Map Series:91303N PARRAMATTA RIVER, 91302N SYDNEY HEADS

1:100 000 Map Series:9130 SYDNEY



Grade

This walk has been graded using the AS 2156.1-2001. The overall grade of the walk is determined by the highest classification along the whole track.



Grade 4/6
Hard track

Length	4.3 km One way
Time	2 hrs 30 mins
Quality of track	Rough track, where fallen trees and other obstacles are likely (4/6)
Signs	Minimal directional signs (4/6)
Experience Required	Moderate level of bushwalking experience recommended (4/6)
Weather	Storms may impact on navigation and safety (3/6)
Infrastructure	Limited facilities, not all cliffs are fenced (3/6)

Are you ready to have fun?

Please ensure you and your group are well prepared and equipped for all possible hazards and delays. Check park closures, weather information and Fire Danger Rating before setting out. Optional side trips and alternate routes noted are not included in this walk's overall grade, length or time estimate. Please allow extra time for resting and exploring areas of interest. The authors, staff and owners of wildwalks take care in preparing this information but will not accept responsibility for any inconvenience, loss or injury you may experience. Please take care, have fun - Happy Walking.

Getting there You can get to Balmoral Park car park (gps: -33.8291, 151.2557) by car or bus. Car: There is free parking available.

You can get back from Int. Battle Boulevard and Manly Rd (gps: -33.8004, 151.2468) by car or bus. Car: There is free parking available.

Find up to date and more information including; travel directions, weather, park closures and walker feedback at <http://wild.tl/bbts>

0 | Balmoral Park car park

(860 m 14 mins) 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.

0.86 | 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 basking, 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.

0.86 | Optional sidetrip to Rocky Point

(110 m 2 mins) Turn right: 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. At the end of this side trip, retrace your steps back to the main walk then Turn right.

0.86 | Rocky Point Bridge

(480 m 8 mins) Continue straight: 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.

1.33 | Alternate Route Int. Wyargine Reserve Trk and Balm

(850 m 18 mins) Veer left: 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.

Continue straight: 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.

Turn right: 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. Now Turn sharp left to rejoin the main walk .

1.33 | Int. Wyargine Reserve Trk and Balmoral Beach

(840 m 16 mins) Turn right: (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.

2.17 | 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.

2.17 | Chinamans Beach Reserve South

(230 m 4 mins) Turn right: 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.

Continue straight: 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.

2.4 | Alternate Route Int. Grecia Lane Trk and Chinamans

(1.1 km 25 mins) Turn left: 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. Now Veer right to rejoin the main walk .

2.4 | Int. Grecia Lane Trk and Chinamans Beach Reserve N

(860 m 16 mins) Veer right: 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.

3.26 | 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.](#)

3.26 | Middle Harbour Yacht Club entrance

(360 m 6 mins) Veer left: From the entrance of Middle Harbour Yacht Club, this walk heads away from the buildings to the road.

Turn right: From the intersection, this walk heads along Spit Rd towards the bridge, keeping the shops on your right. The walk heads along the road to where it splits, to go over the bridge, opposite 'Sydney Harbour Kayaks'.

3.62 | 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.](#)

3.62 | Spit Bridge South

(350 m 6 mins) Continue straight: 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.

3.97 | 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.

3.97 | Int. Spit Rd and Ellery's Punt Reserve Road

(100 m 2 mins) Veer right: From the intersection, this walk heads downhill away from the main road for approximately 20m to the intersection below the bridge, on the left.

Veer right: 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.

4.07 | 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.

4.07 | Int. Ellery's Punt Reserve Rd and Manly Scenic Wal

(230 m 5 mins) Turn right: 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.

Continue straight: 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.



Edi
Castlecrag

Courallie Road
Sailors Bay Road

Northbridge Golf Club

Folly Point

Alan Street

Brightmore Reserve

Cremorne

Young Lane

Spencer Road
Holt Avenue

Alan Avenue

Quakers Hat Park

Quaker's Hat

Carrington Avenue

Wyong Road

Ourimbah Road

Belmont Road

Stanley Avenue

Moruben Road

Radan Street

Middle Head Road

4.07

Ellery's Punt Reserve

Spit Bridge

Sydney Harbour Kayaks

2.26

Parriwi Road

4.8

2.40

Chinamans Beach and Reserve

1.33

0.86

Balmoral Beach

Start

Lawry Plunkett Reserve

Balmoral Park

Clontarf Reserve

Clontarf

Clontarf Point

Spit Syphon

Grotto Point

Balgowlah Heights

Tania Park

Sydney Harbour National Park

Dobroyd Head

Kay-ye-my Point

Fairlight Street

North Harbour

Sydney Harbour

6259000

6258000

6257000

6256000

6255000

336000

337000

338000

339000

340000

341000

Summary navigation sheet for the Balmoral Beach to The Spit



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
Start	Balmoral Park car park -33.8291,151.2557 (GR Sydney Heads, 386554)	5 -9	860 m 14 mins	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...
0.86	Rocky Point Bridge -33.8234,151.2517 (GR Sydney Heads, 382560)	0 -1	110 m 2 mins	Optional sidetrip to Rocky Point. Turn right: From the intersection, this walk heads up the hill towards the sea.
0.86	Rocky Point Bridge -33.8234,151.2517 (GR Sydney Heads, 382560)	8 -3	480 m 8 mins	Continue straight: From the bridge, this walk heads along the beach to the north, keeping the sea to the right, towards the headland.
1.33	Int. Wyargine Reserve Trk and Balmoral Beach -33.8194,151.2521 (GR Sydney Heads, 382565)	42 -43	850 m 18 mins	Alternate Route Int. Wyargine Reserve Trk and Balmoral Beach. Veer left: From the intersection just behind the beach, this walk winds up stairs away from the beach, to a rocky outcrop where the track turns.
1.33	Int. Wyargine Reserve Trk and Balmoral Beach -33.8194,151.2521 (GR Sydney Heads, 382565)	24 -25	840 m 16 mins	Turn right: (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.
2.17	Chinamans Beach Reserve South -33.8155,151.2493 (GR Parramatta River, 380569)	4 -5	230 m 4 mins	Turn right: 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.
2.40	Int. Grecia Lane Trk and Chinamans Beach Reserve North -33.8138,151.2479 (GR Parramatta River, 378571)	55 -56	1.1 km 25 mins	Alternate Route Int. Grecia Lane Trk and Chinamans Beach Reserve North. Turn left: 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.
2.40	Int. Grecia Lane Trk and Chinamans Beach Reserve North -33.8138,151.2479 (GR Parramatta River, 378571)	18 -19	860 m 16 mins	Veer right: 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.
3.26	Middle Harbour Yacht Club entrance -33.8071,151.2475 (GR Parramatta River, 378579)	2 -5	360 m 6 mins	Veer left: From the entrance of Middle Harbour Yacht Club, this walk heads away from the buildings to the road.
3.62	Spit Bridge South -33.8044,151.2462 (GR Parramatta River, 377582)	11 -2	350 m 6 mins	Continue straight: From the intersection, this walk heads over the Spit Bridge, with the road to the left of the footpath.
3.97	Int. Spit Rd and Ellery's Punt Reserve Road -33.8012,151.2464 (GR Parramatta River, 377585)	2 -7	100 m 2 mins	Veer right: From the intersection, this walk heads downhill away from the main road for approximately 20m to the intersection below the bridge, on the left.
4.07	Int. Ellery's Punt Reserve Rd and Manly Scenic Walkway -33.8015,151.2471 (GR Parramatta River, 377585)	11 0	230 m 5 mins	Turn right: 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.