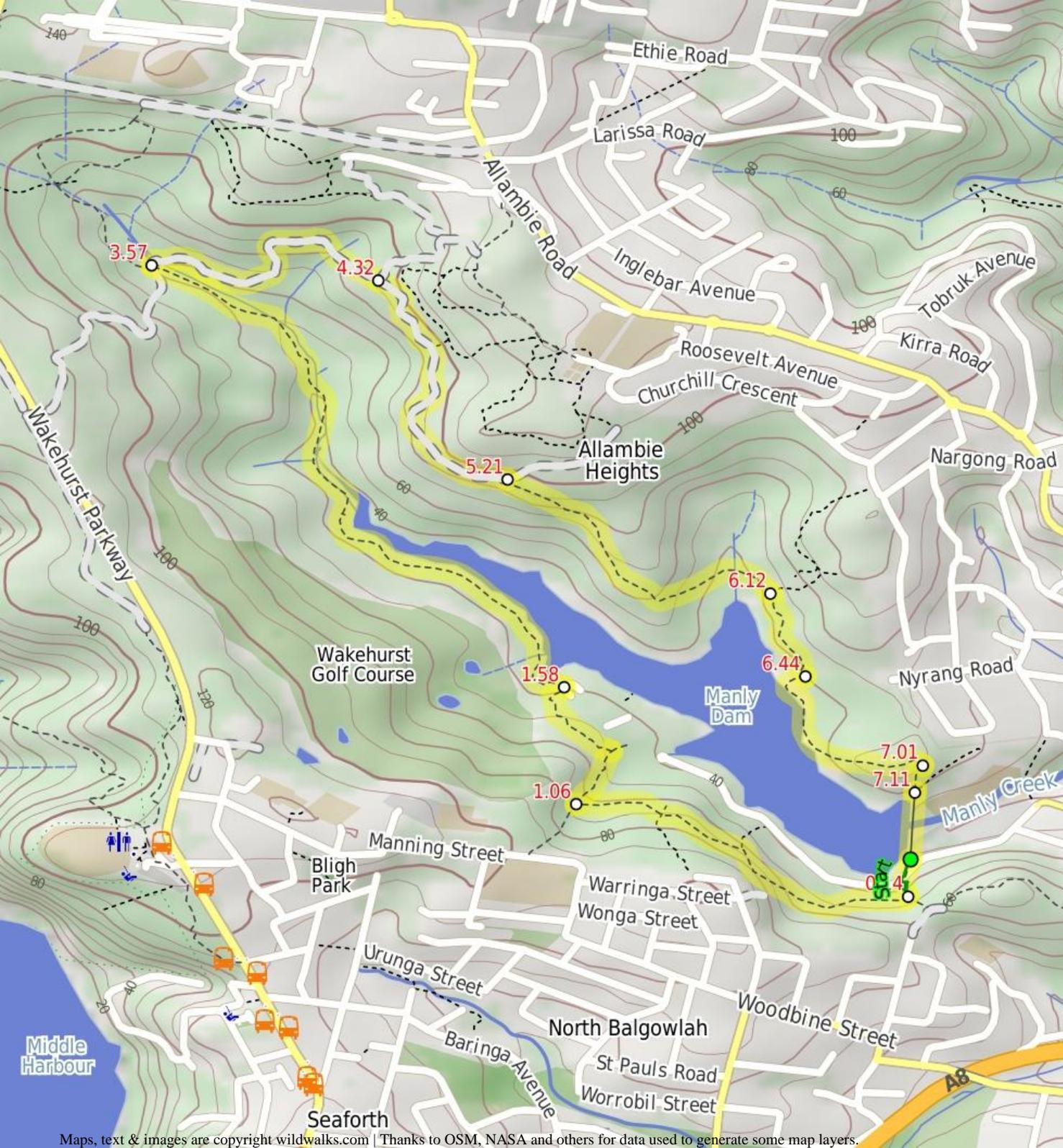


Manly Dam Circuit Walk



3 hrs

Moderate track

7.3 km Circuit

▲ 251m

3

This is the main walk around Manly Dam, and is popular for both walkers and bike riders. Prepare for spectacular views from both sides of the dam, along well managed trails. Good spots to break include the picnic areas on King St. Features of this walk include walking the bridge across the top of the dam and the beach on the north side. Watch out for bike riders as this is a shared track. (This walk has changed since these notes were written, the track notes are now somewhat out of date sorry)



Manly Warringah War Memorial Park (Manly Dam)

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 walks 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 Manly Dam South Bank (gps: -33.7825, 151.2556) by car or bus. Car: Parking fees apply in the area.

This is a circuit, so you will finish back at the start.

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

0 | Manly Dam South Bank

(140 m 3 mins) From the south end of Manly Dam, this walk heads south through the park and crosses King St near the car parking area. The walk follows the bush track up the steps, following the signs 'McComb Hill Track' and 'Nature Trail'. A short way up the hill, the track comes to an intersection signposted as the 'Mc Comb Hill Nature Trail'.

0.14 | Int of Water Reserve Bushtrack and Nature Trail

(920 m 22 mins) Turn right: From the intersection, this walk heads west along the narrow bush track for approximately 100m before passing an intersection of the McComb Hill walk. (This is currently under revegetation and there are signs stating walkers should not take this route.) This walk heads west, passing by the small trails that lead up the hill south (these are not official trails and should be avoided), and climbs a number of rock staircases. Along the way, there are some good views over Manly Dam, and many signs offering information on the flora and fauna. The track passes close to a few cliff edges (due care required). After some time, the walk comes to an intersection marked with a green sign saying 'Balgowlah Track'.

1.06 | Int of Nature Trail and North Balgowlah track

(520 m 10 mins) Turn right: From the intersection, this walk heads north, gradually descending along the narrow bush track. There are many informative signposts and some good examples of the flora of the local area. Soon the walk comes to a very clear intersection signposted as the "Nature Trail / Wildflower Walk".

Turn left: From the intersection, this walk heads north along a

narrow but well-maintained bush track, until coming to an intersection with a 'Wildflower Walk' signpost. (There is a small track off to the left heading up to Wakehurst Golf Course, ignore this). The walk continues to head north-west along the bush track until coming to an intersection just to the north of the end of the King St and a picnic area.

1.58 | End of King St Picnic Area

(2 km 35 mins) Turn left: From the picnic area, this walk heads alongside Manly Dam, following a narrow track with high vegetation on either side. The track crosses several wetter areas, where footbridges have been installed. At the end of Manly Dam, the walk follows the creek further north, past some waterfalls and holes - the smaller waterholes are quite picturesque. The main waterfall is quite sheltered by vegetation and somewhat hidden from the main track. The walk comes to an intersection with a wide management trail.

3.57 | Int of Circuit and Curl Curl Tracks

(760 m 17 mins) Turn right: From the intersection, this walk follows the 'Circuit Track' sign along the management trail, away from Wakehurst Parkway. The trail immediately bends to the right and crosses Manly Creek. Soon, it heads up a small hill and turns back to the south. The walk soon comes to an intersection with another management trail, uphill on the left.

4.32 | Int of Circuit and Retirement Home Tracks

(890 m 20 mins) Continue straight: From the intersection, this walk heads south-east along the management trail, passing an intersection with a small track, before coming to an intersection with a track, and an 'Allambie Heights Town Centre' sign.

5.21 | Int of Roosevelt Rd and Circuit Tracks

(900 m 18 mins) Turn right: From the intersection, this walk heads south-east along the smaller track, downhill. The track bends to the north-east, making its way around a small inlet. The track crosses some wetter areas on boardwalk bridges, turning back to the south and soon coming to an intersection with another track on the left (that heads up to Southern Cross Way.)

6.12 | Int of Circuit and Southern Cross Servicetrail

(320 m 6 mins) Continue straight: From the intersection, this walk heads south along the track until reaching an intersection with a management trail, and 'Nyrang Road' signs.

6.44 | Int of Circuit and Nyrang Rd Tracks

(570 m 11 mins) Turn right: From the intersection, this walk heads west down the rough management trail, in the opposite direction to the 'Nyrang Road' arrow. After approximately 100m, the trail comes to the beach on Manly Dam. The trail

turns left and heads south along the waters' edge, soon joining up with a boardwalk and track. The track then climbs gently away from the water, and comes to an intersection with another track, signposted 'Alternate Track to Picnic Areas via King St'.

7.01 | Int of King St Circuit Alternative Route and Circu

(100 m 2 mins) Turn right: From the intersection, this walk heads south, down the track towards the water until reaching the northern end of Manly Dam wall.

7.11 | Manly Dam North Bank

(240 m 5 mins) Continue straight: From the northern bank of Manly Dam, this walk heads across the top of the dam wall, offering some impressive views of the dam and the parklands from very close to water level. The walk continues to the southern bank of the dam.