

WEA RAMBLERS Sydney

This list of previous WEA Ramblers Sydney walks has been compiled for leaders and prospective leaders to use when planning walks. Copy and add your own variations and include transport times and information before submitting your walk (see the form in the Walks Program or on this website).

The walks in this table are alphabetised by starting point, however your area of search may be at the **BEGINNING, MIDDLE or END** in the **TITLE and DESCRIPTION** column. To  find/search: (Ctrl+F) or use the search box for text.

Edition 12

Grade	TITLE and DESCRIPTION	Distance
Grade 2	ABBOTSFORD - ROZELLE Ferry from Circular Quay to Abbotsford. Mostly flat, water views. Parks, Bay Run. Bus or Ferry back to the City.	Approx 11 kms
Part 1 Grade 1 Part 2 Grade 2	ABORIGINAL HERITAGE TOUR OF BERRY ISLAND plus OPTIONAL WALK TO MILSONS POINT. Train from Central (T1 North Shore Line) to Wollstonecraft. Part 1 is an easy short walk led by an Aboriginal Heritage Officer lasting about an hour. As we walk along the Gadyan track, we'll learn more about the special historical and cultural significance of Berry Island and surrounding area. Morning tea in the adjoining reserve. Option of returning to Wollstonecraft station or continuing for Part 2 of the walk. This will take us along the undulating bush tracks, paths, steps and streets via Balls Head to Milsons Point where there will be a coffee option. Join either or both parts	Part 1 Approx 2 kms Part 2 Approx 9 kms
Grade 2-3	ALLAMBIE HEIGHTS – EVA’S TRACK – CURL CURL TRACK - MANLY DAM Manly Ferry from Circular Quay Wharf 3 to Manly Wharf Please leave ferry promptly to catch bus as there is not much time. Then Bus 142 from Stand E Belgrave Street to Allambie Heights. This is a very pleasant and easy bushwalk mainly at the grade 2 level. Coffee at Manly Vale. Bus return to city.	Approx 9 -10 kms
Grade 2-3	ALLAMBIE HEIGHTS – MANLY DAM – MANLY LAGOON – MANLY WHARF Bus L90 from Stand B Carrington St Wynyard to Warringah Mall, then Bus 280 from Stand B Warringah Mall to Allambie Heights Oval. Lovely bush tracks, rough and muddy in places, down to Manly Dam, then streets, parks and reserves to Manly Wharf.	Approx 10 kms
	ANNUAL GENERAL MEETING WEA House Bathurst Street Sydney. Come along, catch up with fellow members, have your say on Club matters and vote for your committee. All financial members are eligible to attend and vote. Afternoon tea served after meeting.	
	ANNUAL QUAY TO THE SEA CIRCULAR QUAY - SYDNEY HARBOUR BRIDGE - CREMORNE POINT - TARONGA ZOO 8:00am walk will leave from outside Wharf 6 Circular Quay. Meet leader at the Quay. Streets, tracks, parks, views, some climbs. Join walk to The Spit (optional). ROSEVILLE - BLUE GUM CREEK - STRINGYBARK CREEK – ARTARMON 8:00am walk will leave from Roseville Station west side. Transport: 7:28am Train from Central (T1 North Shore Line) to Roseville ETA 7:56am OR 7.30am from Hornsby to Roseville ETA 7.51am. . Bush tracks, streets, climbs. Join walk to the Spit (optional).	Approx 9 kms Approx 8 kms

	<p>ARTARMON - FLAT ROCK CREEK - TUNKS PARK - FOLLY POINT -QUAKERS HAT - THE SPIT 11.00am walk will leave from Artarmon Station east side. Meet leader at Artarmon Station Transport: 10:28am Train from Central (T1 North Shore Line) to Artarmon ETA 10:50am OR 10.30 from Hornsby to Artarmon ETA 10.56. Bush tracks, paths, streets, climbs. Join walk to Manly (optional).</p> <p>TARONGA ZOO - CLIFTON GARDENS - BALMORAL - THE SPIT 10.40am F2 Ferry from Circular Quay to Taronga Zoo ETA 10.52am. Tracks, parks and climbs. Join Maureen's walk to Manly (optional).</p> <p>THE SPIT – MANLY 3.00pm walk will leave from the park (near toilets) at the Spit. Meet leader at the Spit 2:27pm Bus 179 from Stand D from Carrington Street, Wynyard to Spit Bridge ETA 2:51pm. Ring 131500 or go to website to confirm time and place of bus departure</p>	<p>Approx 10 kms</p> <p>Approx 10 kms</p> <p>Approx 10 kms</p>
Grade 2	<p>ARNCLIFFE – BRIGHTON - SANS SOUCI Train from Central to Arncliffe (Suburban Platform – T4 Eastern Suburbs & Illawarra Line). Pre-lunch walk to St George Sailing Club on Georges River for optional lunch at the club. Then, walk or bus back to Kogarah. Mostly suburban tracks.</p>	Approx 10 -12 kms
Grade 2	<p>ARNCLIFFE – BRIGHTON LE SANDS – DOLLS POINT – SANS SOUCI Train from Central (T4 Illawarra line) to Arncliffe. A couple of streets at the start before following the cycleway around Muddy Creek. Walk along the beach (tide allowing) to Brighton Le Sands, then streets to the wetlands reserve which we will walk through for much of the day to Sans Souci. Flat walking along streets, beach, parks, reserves and wetlands. Bus return to Kogarah Station.</p>	Approx 12-14 kms
Grade 2	<p>ARTARMON - FLAT ROCK CREEK - TUNKS PARK - FOLLY POINT -QUAKERS HAT - THE SPIT Train from Central to Artarmon (Suburban Platform – T1 North Shore Line). Bush tracks, paths, streets, climbs. Join Charles' walk to Manly (optional)</p>	Approx 9 -10 kms
Grade 3	<p>ARTARMON – TUNKS PARK – BEAUTY POINT – THE SPIT - BALMORAL Train from Central (T1 North Shore Line) to Artarmo. Lots of variety with bush tracks, parks, streets, some climbs, steps, creek crossings and lovely views.</p>	Approx 14 kms
Grade 2	<p>ARTARMON TO MILSONS POINT Train from Central (T1 North Shore Line) to Artarmon. Bush, parks and street walk. Visit Tunks, Primrose, Anderson and Milson Parks. One long climb up steps. Finish at Milsons Point station.</p>	Approx 7 kms
Grade 1	<p>AUBURN BOTANIC GARDENS Train from Central (Suburban Platform – T1 Western line) to Auburn Then Veolia Bus 909 South side. Pleasant winter walk seeing these spectacular gardens, including Japanese gardens, Australian Rainforest garden, Fauna Reserve and Bird Aviary. Easy pace. Coffee Auburn Tennis Club.</p>	Approx 5 kms
Grade 2+	<p>AUSTRALIA DAY! WALK MILSONS POINT – CREMORNE POINT – TARONGA – BRADLEYS HEAD Train from Central (T1 North Shore line) to Milsons Point. Easy pace. Some streets, then harbour side tracks. We'll watch Harbour Festivities along the way and at Bradleys Head. Some steps and one steep incline. Return to City from Taronga wharf.</p>	Approx 12 kms
Grade 1	<p>AUSTRALIA DAY: TARONGA ZOO TO BRADLEYS HEAD Ferry (F2 Taronga Zoo) from Circular Quay to Taronga Zoo wharf. Easy pace, harbour side tracks. Watch the harbour festivities along the way and at Bradleys Head. Return to the city from Taronga Zoo wharf.</p>	Approx 2 kms
Grade 3	<p>AVALON - BANGALLEY HEAD - CLAREVILLE - AVALON</p>	

	L90 Bus from Stand C Carrington Street Wynyard to Avalon Pde. Beaches, streets, parks, reserves, lots of steps. Great coastal scenery, Angophora Reserve and views over Pittwater. Bus return to City.	Approx 14 kms
Grade 3	AVALON - BANGALLEY HEAD - CLAREVILLE BEACH - ANGOPHORA FOREST - AVALON Bus L90 from Stand B Carrington Street, Wynyard to Cnr Barrenjoey Rd and Avalon Pde, Avalon. A hilly walk up to Bangalley Head, then streets, paths and bush tracks to Clareville Beach before returning to Avalon via the Angophora walk. Many hills and steps (steep in places). Good water views and some nice pockets of bush. Bus return from Avalon to the city at the end of the walk	Approx 12 - 14 kms
Grade 2	AVALON – CROWN OF NEWPORT RESERVE – NEWPORT – MONA VALE Bus L90 from Stand C Carrington St Wynyard to Cnr Barrenjoey Road & Avalon Pde, Avalon. Streets, a short climb through Palm Grove Reserve to Attunga and Crown of Newport Reserves. Rainforest track down hill and streets to Newport Beach. Short Beach walks at Newport and Bungan Beach. Up and down on roads and good tracks. Bus return to City.	Approx 10 kms
Grade 2	AVALON – PARADISE BEACH – CLAREVILLE BEACH - NEWPORT Bus L90 from Stand C Carrington St Wynyard to Avalon Parade, Avalon. Beaches, streets, sand, parks, ups & downs (a few short steeper sections). Long lunch and swim (own risk) at Clareville Beach. Can shorten if a hot day. Coffee at Newport, Bus return to City (every 20 minutes) from Newport.	Approx 11 kms
Grade 2-3	AVALON - WARRIEWOOD Bus L90 from Stand B Carrington St Wynyard to Avalon shops ETA 9.59am. Leader joins at Dee Why. A coastal walk with lots of steps up and down, sand walking, bush tracks. Coffee at Warriewood. Bus returns to City from Pittwater Rd Warriewood.	Approx 9-10 kms
Grade 2	BABY BOOMERS 'BIG BIRTHDAY' WALK AND LUNCH – CABARITA - ABBOTSFORD Ferry (F3 Parramatta River) from Circular Quay to Cabarita. A flat, half day walk on good tracks along the foreshores of Hen and Chicken Bay. Lovely views. Finish at the Sydney Rowing Club for lunch.	Approx 10 kms
Grade 2	BALMAIN – BIRCHGROVE - BALMAIN F3 Ferry from Circular Quay to Balmain East. Leisurely walk through Balmain and Birchgrove ending at Balmain Town Hall for bus to city or ferry wharf. Many steps up and down.	
Grade 2	BALMAIN – GLEBE – FISH MARKETS – PYRMONT – CITY T3 Ferry from Circular Quay to Balmain. Foreshore walk with lunch at the Fish Markets.	Approx 12 kms
Grade 2	BALMAIN EAST – ANZAC BRIDGE – PYRMONT - HYDE PARK F3 Ferry from Circular Quay to Balmain East. Hill to start at Balmain East. Mostly flat with parks, harbour views. For fit walkers. Can shorten if needed.	
Grade 2	BALMAIN EAST - GLEBE POINT - WALSH BAY - CIRCULAR QUAY F3 Ferry from Circular Quay to Balmain. Steep start then mainly flat, streets and parks, harbour views.	Approx 13kms
Grade 2	BALMAIN EAST - SUMMER HILL - VIA NEW BALLAST POINT PARK - IRON COVE BRIDGE F3 Ferry from Circular Quay to Balmain East. Hill at Balmain East. But mostly a flat walk with parks and streets.	
	BALMAIN-BIRCHGROVE F3 Ferry from Circular Quay to Balmain East. Leisurely walk through Balmain and Birchgrove, with time to visit Balmain market, ending at Balmain Town Hall for bus to city or ferry wharf.	

Grade 3	<p>BALMORAL – MIDDLE HEAD – TARONGA ZOO – MOSMAN BAY WHARF</p> <p>Bus 178 from Stand C Carrington Street Wynyard to Spit Road / Awaba Street Mosman. Walk down the steep hill to Balmoral Beach. Follow the beach before climbing up many steps to Middle Head Road. See the old forts and views from Middle Head before following the track along the harbour to Bradleys Head, Taronga Zoo and onto Mosman Bay Wharf. Some streets, bush tracks, a number of steep climbs and descents. Ferry return from Mosman Bay Wharf. Drop out points available at Middle Head and Taronga Zoo.</p>	Approx 12-14 kms
Grade 2	<p>BALMORAL – TRAM TRACK – RAWSON PARK – CLIFTON GARDENS – TARONGA ZOO – CREMORNE WHARF</p> <p>Bus 245 from Stand A Carrington Street Wynyard to Raglan Street at the Esplanade Balmoral. Parks, tracks and streets with lovely harbour views all the way. Lots of steps up and down with a couple of fairly steep sections.</p>	Approx 12 kms
Grade 2-3	<p>BANGALLY HEAD TO MONA VALE</p> <p>Bus L90 from Carrington St Wynyard to Barrenjoey Rd near Whale Beach Rd Bangally Head. Long walk. Climbs, tracks, beaches. Walking around headlands over rocks and over one headland. Bus return to City.</p>	
	<p>BARDWELL PARK-CANTERBURY-COOKS RIVER-BARDWELL PARK</p> <p>Train from Central to Bardwell Park (T2 Airport and East Hills Line). Circuit walk along the Cooks River and Wolli Creek tracks before lunch. Then optional lunch at Bardwell Park RSL. Suburban walking and bush tracks.</p>	
Grade 2-3	<p>BATEAU BAY – CRACKNECK LOOKOUT – WYRRABALONG LOOKOUT – WAMBERAL - TERRIGAL</p> <p>Train from Central (Newcastle & Central Coast line) to Gosford, then Bus 21 (Red Bus Company Stand 1/2) from Gosford station to Bateau Bay Rd & Harbour St Bateau Bay. Streets, tracks, steps, ups and downs, steep sections, beach walking (low tide) and lookouts. Hopefully lots of flannel flowers. Coffee at Terrigal. Bus to Gosford, train to City.</p>	Approx 12 kms
Grade 1-2	<p>BEAUTY POINT - QUAKERS HAT - SPIT - BALMORAL</p> <p>Bus 178 from Stand D QVB- York Street to Quakers Road. Bush Track, footpaths - all with views, parks street. Easy Pace</p>	Approx 6 - 7 kms
Grade 2- 3	<p>BELLEVUE HILL - BELLEVUE PARK - COOPER PARK - BONDI JUNCTION</p> <p>Bus 324 Stand D from Circular Quay to New South Head Road near Wolseley Road, Bellevue Hill. Explore and hear some stories about this suburb of colleges and historic mansions of the rich and famous. "The houses, the frolics, the wealth and the acts of bastardry... they're all here." SMH (Sydney) magazine. Then walk through Cooper Park (38acre/15ha bush oasis) followed by optional coffee at the junction and bus/train to city.</p>	
Grade 2	<p>BELMONT - GREEN POINT RESERVE – VALENTINE – ELEEBA NA - WARNERS BAY</p> <p>Train from Sydney to Newcastle (Country Platform – Newcastle & Central Coast Line). Then Bus 349 at from Newcastle Station to Belmont Shops. Streets, cycleway, tracks, bush, Lake Macquarie. Mainly flat, some ups and downs. Coffee at Warners Bay. Bus to Cardiff. Then train to City.</p>	Approx 12 kms
Grade 3	<p>BELROSE - FRENCHS CREEK TRACK – THE CASCADES – MIDDLE HARBOUR TRACK - GARIGAL NATIONAL PARK – ROSEVILLE BRIDGE</p> <p>Bus 271 Austlink from Stand S Clarence Street Wynyard to Hakea and Haigh Avenues Belrose (final destination of bus) Great bushwalk with gentle ups and downs, a little scrambling. Creek crossings but very minor if no previous rain. Most of walk is beside Middle Harbour Creek. Bus return to Chatswood then train to city. Coffee at Chatswood.</p>	Approx 12 kms
Grade 2	<p>BELROSE - GARIGAL NATIONAL PARK - DAVIDSON</p> <p>Train from Central to Chatswood (Suburban Platform – T1 North Shore Line). Then Bus 283 from Chatswood Interchange Stand A (Forest Coach Lines) to Wyatt Avenue Belrose. Pleasant bush walk, bush tracks and fire trail, street walking at the end. Bus return to City.</p>	Approx 10 kms

	BELROSE - GARIGAL NP - STONE PARADE - DAVIDSON Train from Central to Chatswood (T1 Suburban Platform-North Shore Line). Then bus 283 to Cnr. Wyatt Avenue & Forest Way, Belrose. (Forest Coach lines). The beginning of walk encircles electric sub-station. Then good bush tracks, magnificent bush, fire trails, street walking at end. Bus return to Chatswood.	
Grade 2-3	BELROSE TO DAVIDSON VIA GARIGAL NATIONAL PARK Train from Central (T1 North Shore Line) to Chatswood, then Forest Coachlines Bus 283 from Chatswood to Wyatt Ave Belrose. A pleasant bushwalk via the Cascades to Stone Pde Davidson. Street walking to Glenrose shopping centre. Coffee. Bus 271 to City from Glenrose.	Approx 8-10 kms
Grade 2	BELROSE VIA GARIGAL N.P. TO NARRABEEN Train from Central (Suburban Platform –T1 North Shore line) to Chatswood, then Forest Coachlines Bus 283 from Stand A Chatswood to Cnr Forest Way & Wyatt Ave, Belrose. Streets, fire trail, then pleasant bushwalk through Garial NP to Narrabeen. Bus return to City from Narrabeen. Coffee.	Approx 10 kms
	BERKELEY - LAKE ILLAWARRA - KANAHOOKA POINT - LAKE ILLAWARRA SAILING CLUB Train Sydney to Wollongong (Country Platform – South Coast Line). Then Bus in Crown Street to Berkeley. All easy walking, good views, abundant bird life. Optional Lunch/Coffee at the Lake Illawarra Sailing Club. Bus back to Wollongong	
Grade 3+	BEROWRA – APPLE TREE BAY – KALKARI – MT COLAH Train from Central (Central Coast & Newcastle Line) to Berowra. Rough bush tracks, gully crossings, climbs. For experienced walkers.	Approx 10-12 kms
Grade 3+	BEROWRA - APRIL TREE BAY - MT KURING-GAI Train from Sydney to Berowra (Country Platform – Newcastle & Central Coast Line). District views as steep stony track descends to cross (slippery) creek and follows foreshore of Cowan Water. Morning tea at historic Windy Banks to enjoy scenery. Late lunch at Apple Tree Bay. Well-Graded climb out, not overly demanding. All day in the bush. (No drop out points)	Approx 13 kms
Grade 3	BEROWRA – GREAT NORTH WALK – BEROWRA CREEK – LYREBIRD GULLY – MT KURING-GAI Train from Central (Central Coast & Newcastle Line) to Berowra. Rough bush tracks, climbs. Fire trail. Experienced walkers only.	Approx 11 kms
Grade 3	BEROWRA – WARATAH BAY – APPLE TREE BAY – KALKARI VISITOR CENTRE – MT COLAH Train from Central (Newcastle & Central Coast line) to Berowra. Rough bush tracks, gully crossings, one climb. For experienced walkers.	Approx 12-14 kms
Grade 2	BEROWRA - WARATAH BAY - COWAN CREEK - APPLE TREE BAY -MT KURING-GAI Train from Central to Berowra (Country Platform - Newcastle & Central Coast Line). Bush tracks, 1 climb, scenic views of Cowan Creek.	
Grade 2-3	BEROWRA STATION - COWAN CREEK - APPLE TREE BAY - MT KURING-GAI Train from Sydney to Berowra (Country Platform-Central Coast Line) Bush tracks, eroded badly in places along the creek-steep descent and ascent, some easy creek crossings by the water for most of the walk.	Approx 11-12 kms
Grade 2-3	BEVERLY HILLS - BRIGHTON Train from Central to Beverly Hills (Suburban Platform – T2 Airport & East Hills Line). Sealed cycleway then uneven bush tracks down the Bardwell Valley to Tempe including a short rough ascent of Nanny Goat Hill. At Tempe we follow sealed cycleway to Kyeemagh then beach to Brighton.	Approx 16 kms

Grade 2	BEXLEY NORTH - COOKS RIVER - EARLWOOD - BARDWELL PARK RSL Train from Central to Bexley North (Suburban Platform – T2 Airport & East Hills Line). Pre-lunch walk to Bardwell Park RSL via Canterbury, Cooks River, and Earlwood. Mostly flat but expect one or two climbs. Then optional lunch at RSL.	Approx 10 - 12 kms
Grade 2	BEXLEY NORTH - TEMPE RESERVE - COOKS RIVER - BARDWELL PARK Central to Bexley North (Suburban Platform – T2 Airport & East Hills Line) Girraheeween Park, Turrella Reserve, 6 old cottages at Jackson Place, Steel Park, great views from Nanny Goat Hill some small climbs, one rough patch.	Approx 11 kms
	BICENTENNIAL PARK Train from Central to Concord West (Suburban Platform-T1 Northern Line) Come and explore this 100 Hectare Park. Take time to look at the monuments and maybe some rare birds.	
	BIRCHGROVE - BALLAST POINT - BALMAIN EAST – GLEBE - CITY F3 Ferry from Circular Quay to Birchgrove Flat walk around the bays and through parks with lunch at the fish markets.	
Grade 2	BIRCHGROVE – BALLAST POINT – BLACKWATTLE BAY – BARANGAROO – CIRCULAR QUAY T3 Ferry from Circular Quay to Birchgrove. Streets, parks, steep steps & climbs, unbelievable water views.	Approx 14 kms
Grade 2	BIRCHGROVE - BALLAST POINT PARK - DARLING HARBOUR - BOTANIC GARDENS - CIRCULAR QUAY F3 Ferry from Circular Quay to Birchgrove. See the “padlock wall” at newly refurbished Ballast Point. Some climbs, streets and parks.	Approx 9 -10 kms
Grade 2	BIRCHGROVE – ELKINGTON PARK – BIRKENHEAD POINT – HUNTERS HILL F3 Ferry from Circular Quay to Birchgrove. Streets, parks, lots of water views, some climbs. Bus return to City.	Approx 9-11 kms
Grade 2	BIRCHGROVE – ROZELLE - LEICHHARDT F3 Parramatta River Ferry from Wharf 4 Circular Quay to Birchgrove Wharf We will link the foreshore parks from the Birchgrove Wharf to Dobroyd Pde. Then follow the Hawthorne Canal Reserve to Marion Street Light Rail Stop. Mainly flat walk, some steps, great views, drop out options. Coffee at Central Railway Station.	Approx 10 kms
Grade 2	BIRCHGROVE – ROZELLE - LEICHHARDT Ferry (F3 Parramatta River) from Circular Quay to Birchgrove wharf. The walk links the foreshore parks from Birchgrove to Haberfield (lunch) then follows the Canal Reserve to the Hawthorne Light Rail Stop. A mainly flat walk with some steps, river views and drop out options. Coffee at Central Station.	Approx 8 kms
Grade 1	BIRCHGROVE WHARF – BALLAST POINT – BALMAIN EAST WHARF F3 Ferry from Wharf 4 Circular Quay to Birchgrove Wharf. Beautiful water views, harbour parks, some streets with charming old houses. After lunch follow Balmain’s history walk – Humble to Handsome 1840-1860 – to Balmain East Wharf. Some ups and downs, drop out points. Return to city by ferry or bus. Coffee at Circular Quay.	Approx 8 kms
Grade 1	BIRCHGROVE WHARF – BALMAIN PENINSULA – BALMAIN EAST WHARF F3 Ferry from Wharf 5 Circular Quay to Birchgrove. Dr Balmain sold it for five bob. What was he thinking? Beautiful water views, charming old houses, vibrant village atmosphere and mostly flat walking on a perusal of this inner-west gem suburb. Return to city by ferry or bus.	Approx 6 - 8 kms

Grade 3	BLACKHEATH – POPES GLEN – GOVETTS LEAP – BRAESIDE TRACK - BLACKHEATH Train from Central (Blue Mountains Line) to Blackheath Street walking at the beginning and end, but otherwise mostly good bush tracks, including many steps and some steep ups and downs. The walk takes us through some beautiful bush (hopefully with plentiful birdlife and wildflowers) to reach the majestic cliff top path and escarpment views over the Grose Valley. Coffee option in Blackheath at end of walk	Approx 10-12 kms
Grade 1	BLACKHEATH Train from Central to Blackheath (Country Platform - Blue Mountains Line). Look at points of interest. Check out the notice board. Don Bradman Plaque. Fairly even, easy Walk.	Approx 4.5 kms
Grade 2	BLACKHEATH - BRAESIDE TRACK - GOVETTS LEAP - BACCHANTE GARDENS - BLACKHEATH Train from Central to Blackheath (Country Platform - Blue Mountains Line) Tracks, some rough sections - steps - Rhododendron Gardens.	
Grade 3	BLACKHEATH - EVANS LOOKOUT – CLIFF TOP TRACK -GOVETTS LEAP - BLACKHEATH Train from Central (Blue Mountains Line) to Katoomba, then 9.49am Bus 698 from Carrington Hotel Katoomba Street to Evans Lookout Rd & Links Rd Blackheath. Good bush tracks, some steps up and down. Great views.	Approx 10 kms
Grade 3	BLACKHEATH – GRAND CANYON Train from Central (Blue Mountains Line) to Katoomba, then Bus 698 from outside the Carrington Hotel to cnr St Andrews & Evans Lookout Roads Blackheath Bush tracks, hundreds of steps up and down, creek crossing and beautiful scenery.	Approx 10 kms
Grade 3	BLACKHEATH – HAT HILL RD – PULPIT ROCK – GOVETTS LEAP - BLACKHEATH Train from Central (Blue Mountains line) to Blackheath. Street walking from Hat Hill Rd. Stunning views from Pulpit Rock all the way to Govetts Leap. Steps up and down, muddy in places. One creek crossing.	Approx 11 kms
Grade 2	BLACKHEATH - MEMORIAL PARK - BACCHANTE GARDENS - BLACKHEATH Train from Central (Blue Mountains Line) to Blackheath. Streets, tracks, bush, ups & downs, steep sections. Rhododendron Festival time at Blackheath. Coffee at Blackheath. Train return to City.	Approx 10 kms
Grade 2-3	BLACKHEATH - MT VICTORIA VIA CONICAL ROCK Train from Central (Country Platform - Blue Mountains Line) to Blackheath Bush tracks, fire trails, rough in parts, grand views.	
Grade 2	BLACKHEATH - POPES GLEN - PULPIT ROCK - GOVETTS LEAP -BLACKHEATH Train from Central to Blackheath (Country Platform - Blue Mountains Line). Road walk to station after Govetts Leap. Tracks, ups and downs, great views, usually Waratahs.	Medium
Grade 2-3	BLACKHEATH - POPES GLEN - PULPIT ROCK - GOVETTS LEAP LOOKOUT - ROAD WALK TO BLACKHEATH STATION Train from Central (Country Platform - Blue Mountains Line to Blackheath) Bush tracks, some climbs, stunning scenery. A climb to Govetts Leap Lookout.	Approx 14 kms

Grade 3	BLACKHEATH – PORTERS PASS – CENTENNIAL GLEN – WALL LEDGE - FORT ROCK - BLACKHEATH Train from Central (Blue Mountain Line) to Blackheath Explore the lesser known western side of Blackheath with spectacular cliffs, waterfalls, rainforest, canyon/glen and amazing views of Kanimbla Valley. Very rough, rocky, eroded bush track, which can be quite muddy in some places even without rain. Steep descents and ascents with some uneven, slippery and wet stone steps – some without railing. Creek crossings over slippery boulders. About 1.5km of very narrow and very rough track below the cliff line with some exposed sections (no railing). No toilets, no water refilling, no drop out point.	Approx 9 kms
Grade 2-3	BLACKHEATH - PORTERS PASS - WALLS LEDGE - CENTENNIAL GLEN - BLACKHEATH Train from Central to Blackheath (Country Platform - Blue Mountains Line). Rough, can be slippery-great scenery, ups and downs.	Approx 13 kms
Grade 2	BLACKHEATH – RHODODENDRON GARDENS- BLACKHEATH Train (Blue Mountains Line) from Central (country platforms) to Blackheath. A relaxing ramble through part of this 45 acre garden. It is most unusual because exotics including rhododendrons, azaleas and deciduous plants have been planted whilst retaining the native bush. There are many trails to walk through, and the lodge should be open for “the best Devonshire tea in the Blue Mountains” (their claim, not ours). The garden volunteers would appreciate a gold coin donation as they do not receive government funding and tea/coffee will be at your cost. Please bring lunch as usual (in case the lodge is not open).	Approx. 8 kms
Grade 2-3	BLACKHEATH -WALLS CAVE - BRIDAL VEIL LOOKOUT -BRAESIDE TRACK – BLACKHEATH Train from Central (Country Platform - Blue Mountains Line) to Blackheath. Bush tracks, climbs, fire trails, tracks, steps down and up, creek crossings, rock hopping, off track walking, steps, rough tracks.	Approx 10 kms
	BOAT CRUISE - AUDLEY Train from Central to Cronulla (Suburban Platform – T4 Eastern Suburbs & Illawarra Line). Boat cruise to Audley-morning tea and very good commentary included walk around peninsula and swim at Oak Park if you wish (own risk).	
Grade 1-2	BONDI JUNCTION – CENTENNIAL PARKLANDS – EDGECLIFF 9.13am Train from Central (T4 Eastern Suburbs Line) to Bondi Junction ETA 9.26am. Meet leader outside turnstiles. Enjoy the traditional features of Centennial Park’s formal gardens, ponds, grand avenues, statues. Walk the 11 circuit sandstone labyrinth based on the design of the medieval labyrinth in Chartres Cathedral in France. Flat walk, streets and parklands. Water available and drop out points. Coffee/tea options. Bus or train return to city.	Approx 10 kms
Grade 2	BONDI JUNCTION - COOPER PARK – BONDI – COOGEE - MAROUBRA Train from Central to Bondi Junction. (Suburban Platform T4 Eastern Suburbs& Illawarra Line). Pleasant parks, great views, lots of beaches, some steps, rock hopping at Lurline Bay lunch & swim at own risk at Clovelly. Bus return to the city.	Approx 14 kms
Grade 2	BONDI JUNCTION - COOPER PARK - HERMITAGE TRACK - WATSONS BAY Train from Central to Bondi Junction (Suburban Platform – T4 Eastern Suburbs & Illawarra Line) meet at Train exit at Grafton St. Pleasant parks, great harbour views, beach stop for lunch and Swim (at own risk) some steps, Ferry or Bus return to City.	Approx 11 kms
Grade 2	BONDI JUNCTION - DOUBLE BAY - DARLING POINT - RUSHCUTTERS BAY - EDGECLIFF Train from Central (T4 Eastern Suburbs Line) to Bondi Junction. We will amble Cooper Park, Double Bay Beach, Darling Point’s magnificent McKell Park, follow foreshore at Rushcutters Bay then on to historic Trumper Park. Steps up and down, park and street walking. Bus or train to city. Coffee/tea options	Approx 10 kms
Grade 2	BOOK WALK: CHISWICK - DRUMMOYNE OVAL – TIMBRELL PARK – HAWTHORNE LIGHT RAIL STATION F3 Parramatta River Ferry from Circular Quay to Chiswick. Enjoy reading? Enjoy walking? Combine the two on a lovely bayside walk with an extended leisurely lunch (coffee available) at Timbrell Park to chat about books we’re reading. Good paths, quiet streets, views. Mostly flat with a couple of short uphill sections. Easy pace. Light rail return to the City.	Approx 11 kms

	<p>BOORAGUL -LAKE MACQUARIE – TORONTO - FASSIFERN Train from Sydney to Booragul (Country Platform – Newcastle & Central Coast Line). Pleasant walk around lake. A little rock hopping. Optional rail track walk from Toronto to Fassifern or bus back from Toronto. Note: Travel in rear 4 carriages.</p>	
Grade 2-3	<p>BORONIA PARK – FULLERS BRIDGE – BLUE GUM RESERVE - CHATSWOOD Bus 506 from Stand K Park Street, Town Hall to Park Road near Ryde Road Hunters Hill (Boronia Park). GNW bush tracks from Boronia Park to Fullers Bridge with one steep descent and some muddy patches after heavy rain. Blue Gum Reserve includes creek crossings, possible climbing over fallen trees and steep climb towards the end. Lovely bush and river views.</p>	Approx 11 kms
Grade 1	<p>BOTANY BAY - SIR JOSEPH BANKS PARK - BOTANY BAY Bus 309 from Circular Quay Alfred Street Stand D to Fremlin Street Botany Easy walk along pathways and beach.</p>	Approx 6 kms
Grade 2	<p>BOTANY BAY AT LOW TIDE SANS SOUCI TO WOLLI CREEK Train from Central to Kogarah (T4 Eastern Suburbs & Illawarra Line) then bus 476 to Sans Souci. Pre-lunch stroll along the sand and foreshore path at low tide from Sans Souci to Brighton for about one hour, morn tea/coffee at Brighton then bit more sand walking to Kyeemagh, then bike path to Wolli Creek for optional lunch at St. George Rowing Club on Cooks River.</p>	Approx 14 kms
Grade 2	<p>BOTANY CEMETERY - LA PEROUSE - CAPE BANKS - JENNIFER ST BOARDWALK - LITTLE BAY Redfern Station main exit Bus L09 from Redfern & Regents Streets. Pre-lunch walk. The track around NSW Golf Club is being improved by NPWS so expect very little rock hopping though a small section is still being upgraded. Explore the development of Little Bay over the last few years. Coastal walk with great views. No golf course walking. Optional lunch at The Green Olive Café Restaurant then Bus back to City or walk to Malabar for Bus.</p>	Approx 10-14 kms
Grade 2-3	<p>BOWRAL WEST - GIBBERGUNYAH AREA - GOANNA TRACK -WOODY PEAR CORNER - 90 ACRE LOOKOUT - BOWRAL TULIP FESTIVAL Train from Central (Suburban Platform – T2 Airport & East Hills Line) to Campbelltown then change for Train to Bowral (Southern Highlands Line). Fire trails, tracks, good views, easy walking. After lunch at the lookout we will head for the Tulip Festival. This will complete two walks and it will be a Late Finish. Coffee and Goodies at the Tulip Festival.</p>	Approx 9-10 kms
Grade 2-3	<p>BOXING DAY CIRCULAR QUAY – TRUMPER PARK – COOPER PARK – BONDI – BRONTE – BONDI JUNCTION Meet Wharf 2 Circular Quay. Streets, parks, ups-and-downs, uneven bits in Cooper Park and hopefully we will see the Fleet on its way to Hobart somewhere.</p>	Approx 14 - 16 kms
	<p>BREAKFAST WALK: ROZELLE BAY Train from Central to Stanmore (Suburban Platform – T2 Inner West Line). Early walk along some creeks, Rozelle Bay and Blackwattle Bay. Bring brekkie and be home by lunchtime. Bus from Broadway. Coffee in Glebe? Flat walk at relaxed pace.</p>	
	<p>BREAKFAST WALK: SUMMER HILL-IRON COVE Train from Central to Summer Hill (Suburban Platform-T2 Inner West Line). Dawn walk along creeks and bay at Iron Cove. Bring brekkie, and be home by lunchtime. Bus back to the city. Coffee at Birkenhead Point? Flat walk at relaxed pace.</p>	

Grade 4	<p>BRISBANE WATER NP. - WONDABYNE TO PINDAR CAVE AND RETURN</p> <p>Wyong train from Central - Wondabyne halt - Must travel in last carriage to alight Steep climb up from Wondabyne halt on Great North Walk to ridge. Then follow fire trail then very flowery bush track to cave where we will have lunch. With luck the rock lilies will be flowering above the cave. Optional side trip to waterfall. For experienced walkers</p>	Approx 12 kms
Grade 1-2	<p>BROOKLYN-LITTLE WOBBY- WALKER POINT</p> <p>Train from Central to Hawkesbury River (Brooklyn) (Country Platform – Newcastle/Central Coast Line). Ferry to Little Wobby, then to Walker Point for lunch Leisurely day with plenty of time to enjoy the bushland and water views. Swimming at own risk.</p>	Approx 10 kms
Grade 2	<p>BULLI - TOWRADGI - NORTH WOLLONGONG</p> <p>Train from Central (South Coast line) to Thirroul. Change at Thirroul for Train to Bulli. Cycleway, beaches, streets, sand, possible rocks, ups and downs. <u>Long lunch & swim (own risk)</u> at Towradgi Pool. Coffee at North Wollongong, Train return to City.</p>	Approx 12 kms
Grade 2-3	<p>BUNDANOON - MORTON NATIONAL - PARK LOOKOUTS - FAIRY BOWER FALLS - BUNDANOON</p> <p>Train from Central to Campbelltown (T2 Airport & East Hills Line) Campbelltown to Moss Vale (Southern Highlands Line). Then, Moss Vale (Country Link Coach) to Bundanoon. Fire trails, tracks, ups and downs, wildflowers, bush, great views, climbs. Please have morning tea at Moss Vale. Coffee at Bundanoon. Coach to Moss Vale. Train to city.</p>	Approx 11 kms
Grade 2-3	<p>BUNDEENA - BIG MARLEY</p> <p>Train from Central Station (T4 Eastern Suburbs & Illawarra Line) to Cronulla then walk quickly through underpass and down to wharf. Lovely cliff top walk with superb views. Coastal bush tracks, beaches, tracks & fire trail.</p>	Approx 19 kms
Grade 2-3	<p>BUNDEENA - BONNIE VALE - CABBAGE TREE BASIN - BASS HEIGHTS - HACKING RIVER FORESHORE - MAIANBAR TOWNSHIP - BUNDEENA</p> <p>Train from Central (Suburban Platform –T4 Eastern Suburbs & Illawarra Line) to Cronulla. Ferry to Bundeena An easier bush walk suitable for able walkers who would like to try bush tracks. Seafront, forests, heath, views. May be muddy in parts. Some climbs. Old settlement areas. Carry sufficient water & food. No drop outs</p>	Approx 10 kms
Grade 3	<p>BUNDEENA - CABBAGE TREE BASIN - COSTENS PT - RED JACKS PT - YENABILLI PT - MAIANBAR - BUNDEENA</p> <p>Train from Central (T4 Eastern Suburbs & Illawarra Line) to Cronulla. Ferry to Bundeena Depart Bundeena via beach and uneven rocks to Bonnie Vale. Then Basin east side on mangrove mud to Old Fish Hatchery followed by Westside woods and uneven tracks to Costens Point. Return via Red Jacks / Yenabilli track and Maianbar village. (Probably 4pm ferry) Steady paced with some climbs. Time to appreciate highlights.</p>	Approx 14 kms
Grade 2	<p>BUNDEENA – CABBAGE TREE BASIN – MAIANBAR TOWN – BUNDEENA GULLY - BUNDEENA</p> <p>Train from Central (Suburban Platform – T4 Eastern Suburbs & Illawarra line) to Cronulla then ferry to Bundeena (Charges apply). An unhurried walk along both shores of the Basin with refreshment stop at Maianbar shop before an exploratory penetration of the overgrown but once popular Bundeena Gully. Gully subject to weather but possibly wet underfoot.</p>	Approx 11 kms
Grade 3	<p>BUNDEENA – COAST TRACK TOWARDS MARLEY BEACH - BUNDEENA</p> <p>Train from Central (T4 Eastern Suburbs & Illawarra Line) to Cronulla, or Train from Central to Cronulla, then Ferry from Tonkin St Wharf to Bundeena. Fares apply. Bush tracks, some rough, climbs, creek crossings, rock hopping, steps, sand walking, clifftop walking, scrambling. Return by same track. Stunning views.</p>	Approx 12 - 14 kms

Grade 3	<p>BUNDEENA – COBBLERS – JIBBON POINT - BUNDEENA Train from Central (T4 Eastern Suburbs & Illawarra Line) to Cronulla or Train from Central to Cronulla, Ferry from Tonkin St Wharf to Bundeena. Fees apply for ferry. Bush tracks, some rough, climbs, rock hopping, sand walking. Coastal walking, mostly on clifftop tracks. Beautiful views.</p>	Approx 12 -14 kms
Grade 2-3	<p>BUNDEENA - COSTENS POINT – RETURN VIA MAIANBAR Train from Central to Cronulla (Suburban Platform – T4 Eastern Suburbs & Illawarra Line). Then Ferry to Bundeena. Walk around rocky headland followed by low tide off-track penetration of Cabbage Tree Basin and creek. Expect mud underfoot through mangroves and short scratchy sections up creek. Beyond the lovely wide rock platforms above head of navigation, we leave the creek and pick up tracks for the remainder of the day. Lunch on Hacking River at historic Costens Point. Some short steep climbs. Views. A real bushwalk. (all on track alternative if raining). No drop out points.</p>	Approx 10 kms
Grade 2	<p>BUNDEENA - CRONULLA Train from Central Platform 25 (T4 Illawarra & Eastern Suburbs line) to Cronulla. A leisurely exploration of these two very different coastal communities including visiting Aboriginal rock engravings on Jibbon Head and a ferry trip (return price.) Coffee and swimming options available.</p>	Approx 8 kms
Grade 1-2	<p>BUNDEENA – JIBBON HEAD - BUNDEENA Train from Central (T4 Eastern Suburbs & Illawarra Line) to Cronulla, then ferry from Tonkin St Wharf (fares apply Adult, Conc.) to Bundeena. Bush tracks, rocks, beach walking. Aboriginal carvings, beautiful water views. Optional swim at own risk.</p>	Approx 6- 8 kms
Grade 2-3	<p>BUNDEENA - JIBBON POINT - COBBLERS - BUNDEENA Train from Central (T4 Eastern Suburbs & Illawarra Line) to Cronulla then ferry from Wharf to Bundeena. Fares apply. Scenic walk along coast on cliff tops. Rocks not too bad. Walk not long but slow. Ferry return to Cronulla. Train return to City</p>	Approx 10 kms
Grade 2-3	<p>BUNDEENA – LITTLE MARLEY - BUNDEENA Train from Central (T4 Eastern Suburbs & Illawarra Line) to Cronulla then ferry from Tonkin St Wharf (fares apply \$12.80 Adult, \$6.40 Conc.) to Bundeena. Coastal walking. Tracks can be rough and wet after rain. Small climbs. Return on same track.</p>	Approx 12 kms
Grade 2-3	<p>BUNDEENA – LITTLE MARLEY & BEYOND T4 train from Central (Eastern Suburbs & Illawarra line) to Cronulla, then Ferry to Bundeena. Bush tracks, climbs, creek crossings, rock hopping, steps, sand walking, rough tracks. Ocean views all day. Long walk Approx 5-6 hours walking.</p>	Approx 16 kms
Grade 2-3	<p>BUNDEENA – MARLEY – LITTLE MARLEY – MARLEY TRAIL - BUNDEENA Train from Central (T4 Eastern Suburbs & Illawarra Line) to Cronulla. Ferry to Bundeena. (Adult & Seniors each way). Coastal bush tracks, beaches, tracks and fire trails.</p>	Approx 15 -16 kms
Grade 2-3	<p>BUNDEENA - MARLEY BEACH - COAST TRACK - FIRE TRAIL LOOP - MARLEY - BUNDEENA Train from Central to Cronulla (Suburban Platform – T4 Eastern Suburbs & Illawarra Line). Then ferry from Cronulla to Bundeena. Coastal Walking, slight ups and downs, beach, fire trail.</p>	Long
Grade 2-3	<p>BUNDEENA – MARLEY CIRCUIT – MARLEY - BUNDEENA Train from Central (Illawarra - Cronulla line) to Cronulla. Then ferry from Cronulla to Bundeena (additional cost). Very scenic, good tracks, some boardwalk at start.</p>	Approx 12-14 kms
	BUNDEENA - RED JACKS - BUNDEENA	

	Train from Central to Cronulla (Suburban Platform – T4 Eastern Suburbs & Illawarra Line). Then Ferry to Bundeena. Easy walk, great views.	Approx 11kms
Grade 1-2	BURRADOO - CYCLEWAY - CECIL HOSKINS NATURE RESERVE - MOSS VALE Train (Macarthur via T2 Airport Line) from Central to Campbelltown. Change at Campbelltown for Train (Southern Highlands Line) to Burradoo. Please have Morning Tea on the Train. Streets, cycleway, ups and downs, autumn colours, country views. Coffee at Moss Vale, 3:59pm Train return to Campbelltown and change for Train to City.	Approx 8 kms
Grade 2	BURRADOO - WINGECARRIBEE VALLEY & DAM-HOSKINS RESERVE - BIBLE SCHOOL - PARK-ROYAL - OAK-HERITAGE HOTEL (1840)-LAKE Train Sydney to Burradoo: change at Campbelltown (Country Platform-Southern Highland Line). Walkways and tracks. Bus back to Moss Vale.	
Grade 2-3	CABARITA - ABBOTSFORD - DRUMMOYNE - BIRKENHEAD POINT - ROZELLE Rivercat Ferry from Circular Quay to Cabarita. Follow shoreline of Parramatta River along riverside paths, some steps through parks, streets lined with Drummoyne heritage houses, up some small hills to the Bay Run and Iron Cove bridge. Buses run frequently to City and Circular Quay. Coffee at one of Birkenhead's many cafes.	Approx 13 kms
Grade 2	CABARITA - CHISWICK – PARRAMATTA RIVER SOURCE TO SEA STAGE 3 F3 Parramatta River ferry from Circular Quay to Cabarita. A flat walk on good tracks along the foreshores of Hen and Chicken and Abbotsford Bays. Lovely views. Medium pace. Ferry return to city. Coffee option at either Chiswick or Circular Quay depending on time.	Approx 14 kms
Grade 2	CABARITA - KISSING POINT F3 Ferry from Circular Quay to Cabarita Walk on paths, some rough tracks around Breakfast Point, Wangal Reserve, Walker historic estates, Kokoda Track, Rhodes waterfront, cross over 1878 Whitton Bridge, Meadowbank, Shepherds Bay, Kissing Point Wharf. Ferry return to Circular Quay.	
Grade 2	CABARITA – KOKODA TRACK MEMORIAL WALKWAY – RHODES – JAMES WHITTON BRIDGE - MEADOWBANK F3 Ferry from Circular Quay (F3 Parramatta River) to Cabarita. Riverside pathways, quiet streets, some ups and downs, steps. Tracks could be muddy and slippery after rain. Moderate pace. Ferry return to Circular Quay. Can shorten if very hot. Optional stop at Cockatoo Island on return for coffee/stroll.	Approx 8 kms
Grade 2	CAMDEN MEMORIAL WALK Train from Central to Campbelltown (Suburban Platform – T2 Airport and East Hills Line). Then Bus 895 from Campbelltown to John Street, Camden. Country scenery, historical houses, parks, river views, sale yard. Great coffee (at Crème de Crème Cafe).	Approx 10-11 kms.
Grade 1-2	CAMDEN SOUTH CYCLEWAY - CAMDEN Train from Central (T2 Airport line) to Campbelltown, then Bus 895 from Campbelltown to Camden South. Climbs. Walk along cycleway beside Nepean River from Camden South to Camden, then short walk up hill to Church (some historical information provided).	Approx 6 kms
Grade2	CAMMERAY –FLAT ROCK CREEK – TUNKS PARK -FOLLY POINT – ST LEONARDS PARK – ANDERSON PARK – MILSONS POINT Bus 207 from Wynyard Carrington Street Stand F; and North Sydney Blue Street Stand C; to Cammeray Shops. Good bush tracks, some streets, parkland. 1 creek crossing. Some tracks could be slippery. Lots of ups and downs. Lovely bush, views and parks. Coffee at Milsons Point.	Approx 10 kms

Grade 2	CAMPSIE - MARY MACKILLOP RESERVE - TEMPE Train from Central to Campsie via Sydenham (Suburban Platform-T3 Bankstown Line) Ups and down, criss-cross Cook's River, visit Little Taska Park, reserves, parks, Cup and Saucer creek.	Approx 10 kms
Grade 2	CAMPSIE - STRATHFIELD SOUTH - CANTERBURY - TEMPE Train from Central (Suburban Platform – T3 Bankstown Line) to Campsie. Ups & downs, crisscross Cooks River passing lots of parks & reserves & Cup & Saucer Creek; return to City at Tempe Station.	Approx 10 kms
Grade 2	CAMPSIE - TWO VALLEY TRAIL - BEXLEY NORTH Train from Central (T3 Bankstown Line) to Campsie. From Campsie, after a short street walk, we follow the Cooks River along a shared cycle track to Wolli Creek. We then follow Wolli Creek along an easy bush track to Bexley North. Coffee options at end of walk. Dropout points available.	Approx 14 kms
	CANLEY VALE - ORPHANS SCHOOL – CREEK - CABRAMATTA Train from Central to Canley Vale (Suburban Platform – South Line) Streets, walkways, Kuan Yin Buddhist Temple, exotic “Little Vietnam.” Pho Lunch (optional) Flat walking. Train to city.	
Grade 3	CANTERBURY – BEVERLY HILLS - PADSTOW Train from Central (T3 Bankstown line) to Canterbury Steady pace on mostly sealed surfaces. Some uneven bush tracks, reserves, wetlands & streets. Can come part way.	Approx 18 kms
Grade 2	CANTERBURY – COOKS RIVER – WOLLI CREEK - BEXLEY NORTH Train from Central (T3 Bankstown Line) to Canterbury. Walk along the Cooks River, then Wolli Creek tracks. Good tracks with minor ups and downs around Wolli Creek.	Approx 10 – 11 kms
Grade 2-3	CANTERBURY - COOKS RIVER - WOLLI CREEK-TVT TRACK - KINGSGROVE - BEVERLY HILLS – NARWEE - RIVERWOOD. Train from Central (T3 Bankstown Line) to Canterbury. Shared cycleways. Uneven local tracks	Approx 15 kms
Grade 3-4	CANTERBURY – TEMPE – KINGSGROVE - PADSTOW Train from Central (T3 Bankstown Line) to Canterbury. A steady walk through several suburbs for those who once enjoyed a good leg-stretch, to see if they still do. Shared cycleway, some bush tracks, board-walks, wetlands. Coffee shop finish.	Approx 20 kms
Grade 2	CARLINGFORD - DUNDAS VIA THE PONDS WALK Train from Central to Clyde (Suburban Platform – T1 Western Line. Then Train from Clyde to Carlingford. Leisurely flat pretty walk to Dundas following the Ponds Creek.	Approx 7 kms
Grade 1 - 2	CARLINGFORD – PONDS WALK – RYDALMERE – BALUDARRI WETLANDS PATH – PARRAMATTA WHARF Train from Central (Central Coast & Newcastle Line) to Epping, then Bus M54 from Epping Station to Evans Rd Carlingford. Lovely tracks through bushland remnants (easy but slippery when wet) to Rydalmere then streets, parks and paths to the Baludarrri Wetlands Path linking UWS to Parramatta. Ferry or train return to City.	Approx 11 kms
Grade 1	CARRAMAR - MIRAMBEENA REGIONAL PARK - GEORGES RIVER - WALKWAY - BANKSTOWN Train from Central to Carramar (Suburban Platform-T3 Bankstown Line). Streets, parks, Cumberland Plains, woodland, estuarine mangrove forest, massed Australian White Ibis display, interesting historic art beside river. Mostly flat. Bus and train return to city.	

Grade 2-3	CASTLE COVE - CASTLECRAG VIA NORTH ARM TRACK, HAROLD REID RESERVE, SUGARLOAF BAY Bus 207 from Loftus St or Bridge St, near George St, City to cnr Smith St and Eastern Valley Way, Castle Cove Some street walking, bush tracks, fire trails, lovely views.	Approx 13 kms
Grade 2	CASTLE COVE - NORTH ARM TRACK - HAROLD REID RESERVE Bus 207 from Carrington Street Wynyard Stand F to Castle Cove Cnr. Smith and Eastern Valley Way. Some steps, beautiful water views, streets, bush and fire tracks.	Approx 13 kms
Grade 2-3	CASTLE COVE – NORTH ARM TRACK – HAROLD REID RESERVE - CASTLECRAG Bus 207 from Carrington St Wynyard Stand F to Castle Cove Cnr Smith St & Eastern Valley Way. Streets, steps, bush tracks, fire trail. Beautiful scenery. North Arm Track, Harold Reid Reserve, Sugarloaf Bay. Bus return to City.	Approx 13 kms
Grade 2-3	CASTLE COVE - CASTLECRAG - NORTH ARM TRACK - HAROLD REID RESERVE - SUGARLOAF TRACK - CASTLECRAG Bus 207 Stand F from Carrington Street Wynyard. Alight at corner of Smith Street and Eastern Valley Way. Steps, streets, bush tracks, fire trails, beautiful scenery.	Approx 10 kms
Grade 2-3	CASTLE HILL SHOPS - FRED CATERSON RESERVE - CASTLE HILL HERITAGE PARK - CASTLE HILL SHOPS Train from Central to Pennant Hills (Suburban Platform – T1 Northern Line via Macquarie Park OR Train from Chatswood to Pennant Hills (Suburban Platform – T1 Northern Line via Macquarie Park). Then M60 Bus (Hillsbus) from Pennant Hills Station (Stand A) to Castle Hill Interchange Stand C (Castle Towers Shops). Streets, cycleway, tracks, ups & downs, steps, a few climbs. Coffee at Castle Towers, Bus return to Pennant Hills/Hornsby/Parramatta, Train return to City.	T
	CASTLECRAG - HISTORY and HERITAGE Bus 207 from stand K, York St., Wynyard or Bus 267 from stand D, Endeavour St., Chatswood to Cnr. Eastern Valley Way and Edinburgh Rd., Castlecrag. See the area designed by Walter Burley Griffin of Canberra fame. Griffin Houses, The Haven (natural amphitheatre), small bushland reserves, Mowbray Point, ups and downs, water views, easy pace. Bus back to city or Chatswood. Optional Coffee in Castlecrag.	
Grade 2-3	CASTLECRAG – NORTHBRIDGE – TUNKS PARK – FLAT ROCK CREEK - ARTARMON Bus 203 from Stand C Blue Street North Sydney (North Sydney station) to cnr Edinburgh Road & Raeburn Avenue Castlecrag. Discover pockets of bush hidden within two of Sydney’s most affluent suburbs. Streets, bush tracks (overgrown in places), steps, creek crossings and reserves with lovely views of middle harbour. Finish shortly after lunch.	Approx 10 kms
Grade 2-3	CENTENNIAL PARK - PADDINGTON GATES – QUEENS PARK – FRED HOLLOWS RESERVE – COOGEE – BONDI Bus 333 from Stand E Alfred Street Circular Quay to Oxford Street at Jersey Road Woollahra Parks, reserves, streets, steps, coastal walk from Coogee Beach to Bondi Beach, ocean views. Drop out points available. Coffee option at end of walk. Bus return to Bondi Junction and City.	Approx 13 kms
Grade 1	CENTRAL - HAYMARKET - DARLING HARBOUR - HYDE PARK Meet under clock at Central Station. Explore Sydney’s water features from Ponds, Fountains, Drinking Places and find Sculptures from Classical to Contemporary and Quirky to Solemn.	
Grade 1	CENTRAL STATION – ULTIMO – DARLING HARBOUR – PYRMONT BRIDGE Meet under clock at Central Station.	

	Experience the renewal of Ultimo with developments in entertainment, shopping and educational buildings. Learn some of the history. See buildings from sandstone cottages, late Victorian schools and the least loved Sydney landmarks. Easy pace, steps, one small climb.	
Grade 3	CHATSWOOD - BORONIA PARK VIA FERNDALE GULLY - MAGDALA PARK - BUFFALO PARK Train from Central (Suburban Platform – T1 North Shore line) to Chatswood Some minor climbs, exposed roots and all on tracks. Lovely area with bus back to City or Chatswood.	Approx 12 kms
Grade 2	CHATSWOOD – EPPING ROAD – FULLERS BRIDGE Train from Central (T1 North Shore Line) to Chatswood. Walk through Ferndale Reserve and board walk to Epping Road, then return via the Great North Walk to Fullers Bridge. Lovely river and forest views. Some rocky tracks with steep descent at walk’s end.	Approx 10 – 11 kms
Grade 2	CHATSWOOD - FERNDALE PARK - MOWBRAY PARK - Train from Central to Chatswood (Suburban Platform – T1 North Shore Line) Bush tracks, some streets and climbs. Bus return to the city. Coffee –	Approx 14 kms
Grade 2	CHATSWOOD - FERNDALE PARK - MOWBRAY PARK - BUFFALO CREEK RESERVE - FIELD OF MARS - RYDE PARK Train from Central (Suburban Platform – T1 North Shore Line) to Chatswood. Bush tracks, some streets and climbs, rough sections. Cross over brand new flour mills pedestrian bridge. Bus return to City/ Chatswood. Coffee at People’s?	Approx 11-12 kms
Grade 2	CHATSWOOD – FERNDALE RESERVE – FULLERS BRIDGE – MANGROVE BOARDWALK – MAGDALA PARK – NORTH RYDE Train from Central (T1 North Shore Line) to Chatswood. Mostly flat with gentle ups and downs in Ferndale Forest. Lovely bush and river views. Bus back to City.	Approx 8 kms
Grade 2	CHATSWOOD - FULLERS BRIDGE - GNW - BUFFALO PARK - HUNTERS HILL Train from Central to Chatswood (Suburban Platform – T1 North Shore Line). One long descent from Chatswood Blue Gum Park, then small climbs up & down, a little rough in places, lots of bush tracks, plenty of bush flowers and birds. Return by Bus to City from Boronia Park.	Approx 12 kms
Grade 3	CHATSWOOD – HAROLD REID RESERVE – TWO CREEKS TRACK – LINDFIELD Meet at Chatswood train station ticket barriers. Bush tracks with views over Middle Harbour and Garigal NP. A few streets to join the two. Some steep climbs and uneven tracks. Train return from Lindfield.	Approx 18 kms
Grade 3	CHATSWOOD – RAIL TO RIVER WALK - FULLERS BRIDGE – GNW – DE BURGH’S BRIDGE – CHRISTIE TRACK - MACQUARIE CENTRE Train (T1 North Shore Line) from Central to Chatswood. Rough bush tracks with some rocky sections, river crossing over several low stepping stones (walking poles will be handy). Beautiful views of bush and Lane Cove River. (Note: If river is impassable after heavy rain, then we will exit near Eden Garden for Macquarie Park train station.)	Approx 12 kms
Grade 3	CHATSWOOD – TANNERY CREEK – MOWBRAY PARK – BLUE GUM TRACK - CHATSWOOD Train from Central (T1 North Shore Line) to Chatswood. Then Bus 536 from Stand E Victoria Avenue (highway side) Chatswood to Burns Bay Road near Tambourine Road Lane Cove. A lovely walk through bush, along creeks and the Lane Cove River. A few streets and some rough uneven tracks. Creek crossings, hills and steps with some steep climbs. Drop out point. Coffee in Chatswood.	Approx 13 kms

Grade 3	CHELTENHAM – DEVLINS CREEK – PENNANT HILLS PARK – THORNLEIGH Train from Central (T1 North Shore and Northern Line via Macquarie University) to Cheltenham. Some rough and rocky bush tracks, steep climbs, fire trails and steps. A little street walking at beginning and end.	Approx 12 kms
Grade 2-3	CHELTENHAM – HUNTS CREEK – LAKE PARRAMATTA - WESTMEAD Train from Central (T1 Northern Line via Strathfield) to Cheltenham Follow the Link Track and Pioneer Trail to Hunts Creek Reserve, Carlingford then Lake Parramatta, Parramatta Park and the Wisteria Garden which should be in bloom. Mostly bush tracks, parks and some streets. Finish Westmead Station for train back to City	Approx 14-16 kms
Grade 2-3	CHELTENHAM - LINK TRACK - BEECROFT PARK - PENNEANT HILLS PARK-THORNLEIGH Train from Central to Cheltenham (Suburban Platform – T1 Northern Line via Macquarie Park). Bush tracks, some streets, lots of climbs, some rough sections. Coffee	Approx 10-12 kms
Grade 2	CHELTENHAM TO CARLINGFORD AND RETURN Train from Central (Suburban Platform – T1 Northern line via Macquarie Park) to Cheltenham. Flat, interesting walk following Pioneer Trail with lots of local information. Transport available for Cheltenham to Carlingford leg only (6 kms).	Approx 12 kms
Grade 1	CHIPPENDALE - HISTORICAL WALK - Meet on Railway Square. Come for a local history sticky-beak through this old inner city industrial suburb, with stories of poverty, murder and alcohol. Along the way we'll have a look at some of the inner wests most beautiful buildings, Sydney's first self-sufficient dwelling, and an old warehouse fit for royalty. Coffee.	
Grade 1	CHIPPENDALE ART CRAWL Meet at Railway Square (outside front entrance of Mercure Hotel) Chippendale has become Sydney's latest arts precinct, showcasing an exciting range of creative talents. Come and discover what's on display at the many galleries and studios. Lunch in park; coffee afterwards.	
Grade 2	CHISWICK - DRUMMOYNE OVAL – TIMBRELL PARK – HAWTHORNE LIGHT RAIL STATION. - BOOK WALK: F3 Parramatta River Ferry from Circular Quay to Chiswick. Enjoy walking? Combine the two on a lovely bayside walk with an extended leisurely lunch (coffee available) at Timbrell Park to chat about books we're reading. Good paths, quiet streets, views. Mostly flat with a couple of short uphill sections. Easy pace. Light rail return to the City.	Approx 11 kms
	CHISWICK - ROZELLE F3 Ferry from Circular Quay to Chiswick. Walk through Abbotsford, Hen and Chicken Bay, Bay Run, finishing at Victoria Road Rozelle.	
Grade 1-2	CHITTAWAY - CHITTAWAY BAY - BERKELEY VALE - KILLARNEY VALE - THE ENTRANCE Train from Central to Tuggerah (Country Platform - Newcastle & Central Coast Line) Then Bus 26 (Red Bus Services) from Tuggerah Station to Chittaway Shops. Streets, cycleways, lots of water views (Tuggerah Lake). Mainly flat, a few ups & downs. Coffee at The Entrance, Bus return to Gosford, Train return to City.	Approx 13 kms
	CHRISTMAS IN JULY Train from Sydney to Katoomba (Country Platform – Blue Mountains Line) LUNCH Noon to 3:00pm.	
Grade 2	CHRISTMAS PICNIC MANLY - PICNIC AT FORTY BASKET F1 Manly Ferry from Circular Quay to Manly. Bring seasonal goodies. Relax, socialise, swim (at own risk). Return to Manly Wharf or walk to continue to the Spit to walk off lunch.	

Grade 2	<p>CHRISTMAS PICNIC - MORNING SPIT - FORTY BASKETS</p> <p>Two bus times are given to avoid overcrowding. Either Bus 180 from Stand C Carrington Street Wynyard to the Spit Reserve or Bus 169 from Stand F Carrington Street Wynyard to the Spit Reserve. Enjoy this classic Sydney Harbour walk to the Christmas picnic at Forty Baskets Beach Good bush tracks, lots of ups and downs and steps.</p>	Approx 10 kms
Grade 1-2	<p>CIRCUIT OF LEURA</p> <p>Train from Central to Leura (Country Platform - Blue Mountains Line). Leura Mall, Lone Pine Walk, Gordon Falls. Fairly even.</p>	
Grade 1-2	<p>CIRCUIT WALK OF LAKE PARRAMATTA</p> <p>Train from Central to Parramatta (Suburban Platform – T1 Western Line). Then Bus 549 at Parramatta Interchange Stand A3 to Lake Parramatta. Bush tracks, some stepping stones, bushland and water views. Bus return on North Rocks Road to Parramatta or Epping Stations.</p>	Approx 4-5 kms
Grade 2-3	<p>CIRCULAR QUAY - BALMORAL</p> <p>Meet outside Wharf 6 Circular Quay Streets, bush tracks, steps up and down, some steep climbs. Superb views all the way.</p>	Approx 15 kms
Grade 2	<p>CIRCULAR QUAY – CENTENNIAL PARK - COOGEE</p> <p>Meet in front of Customs House. This walk follows a stage of the little known Federation Track through parks and quiet streets. It will be easy to shorten the walk if the temperature is excessive on the day.</p>	15 kms
Grade 1-2	<p>CIRCULAR QUAY – COCKATOO ISLAND – CIRCULAR QUAY</p> <p>Ferry from Circular Quay (F3 Woolwich/Balmain Ferry) to Cockatoo Island See heritage convict and ship building precincts. Some steps. Morning walk, optional coffee. Hourly Ferry back to City.</p>	Approx 2 kms
Grade 3	<p>CIRCULAR QUAY - COOGEE</p> <p>Meet 8:30am at Circular Quay Wharf 2. Circular Quay - Botanic Gardens - Rushcutters Bay - Centennial Park - Bronte - Coogee. See the best of Sydney</p>	Approx 16 kms
Grade 2-3	<p>CIRCULAR QUAY - CREMORNE - TARONGA - BALMORAL</p> <p>F2 Ferry from Circular Quay to Cremorne Point. Exit @ Taronga Zoo if required. Bus return to Zoo, QVB or Chatswood. Some steps - finish before lunch.</p>	Approx 10 kms
Grade 2	<p>CIRCULAR QUAY – DAWES POINT – BARANGAROO – DARLING HARBOUR – WELCOME WALL – ANZAC BRIDGE – ROZELLE</p> <p>Meet leader at Circular Quay Wharf 4. Cycleway, flat walking, a few steps. Great harbour views. Coffee at Rozelle. Bus return to city</p>	Approx 10 kms
Grade 2	<p>CIRCULAR QUAY - DOUBLE BAY - ROSE BAY - NIELSEN PARK</p> <p>Meet at Circular Quay Wharf 2. Mainly streets with a couple of hills and bush track at the end. Finish at Nielsen Park (swim at own risk). Bus return to City.</p>	Approx 10-12 kms
Grade 2-3	<p>CIRCULAR QUAY – HARBOUR BRIDGE – BOAT BUILDERS WALK – B.P. PENINSULA PARK – BALLS HEAD - GREENWICH</p> <p>Meet near Wharf 4 Circular Quay</p>	Approx 12 kms

	Bush tracks, streets, parks, steep steps & climbs, slippery when wet. Good water views. Return Ferry to City.	
Grade 3	CIRCULAR QUAY – HARBOUR BRIDGE – CREMORNE FORESHORE – BRADLEYS HEAD - BALMORAL Meet at Wharf 6 Circular Quay. Some streets, some bush tracks, steps up and down, climbs. Fantastic views. Bus return to Zoo wharf or Chatswood.	Approx 15 kms
Grade 2	CIRCULAR QUAY – HUNTLEYS POINT – PUTNEY PUNT – MORTLAKE – CABARITA Ferry from Circular Quay (F3 Parramatta River) to Huntleys Point. Two ferry rides and across the Parramatta River on the Putney Punt (Mortlake Ferry). River views most of the day. Foreshore walking, mostly on well-formed tracks and paths, some streets. Mainly flat, some ups and downs, steps. A couple of short uneven sections of track, could be slippery if wet. Some buildings of historical interest and some interesting houses. Ferry or bus return to city or ferry to Parramatta depending on tide. Exit point if required.	Approx 9 -10 kms
Grade 1	CIRCULAR QUAY - MANLY - FAIRY BOWER - MANLY ARTS AND CRAFTS MARKETS - MANLY ART GALLERY AND MUSEUM F1 Ferry from Circular Quay to Manly. Walk to Shelley Beach (Fairy Bower). Long morning tea. Opportunity to swim (at own risk), good coffee. Walk back to Manly to Arts and Crafts Market. Leisurely lunch by the water, another opportunity to swim in baths (at own risk), then stroll to Art Gallery and Museum for “Fifties on Manly Beach” exhibition and works by local artists. Drop off points. Return to Circular Quay by Ferry. No need to phone unless query.	Approx 5 kms
Grade 1-2	CIRCULAR QUAY - MARTIN PLACE - THE ROCKS Meet at Wharf 3 at Circular Quay. Find links with the First Fleet, discover Explorers and Politicians. Learn of the history of The Rocks. Easy pace. Some steps and small hills.	Short
Grade 2	CIRCULAR QUAY – NIELSEN PARK Meet at Circular Quay Wharf F5. Botanic Gardens, lots of street walking including a number of steep climbs. Bus return to City from Nielsen Park.	Approx 13 kms
Grade 2	CIRCULAR QUAY - RUSHCUTTERS BAY - COOPER PARK – TAMAMARA PARK - BONDI Meet leader outside Wharf 2 at Circular Quay. Streets, ten parks and reserves, bush tracks. Steps, mainly up. Good views.	Approx 12 kms
Grade 2	CIRCULAR QUAY – RUSHCUTTERS BAY – DOUBLE BAY – ROSE BAY Meet leader at Customs House Circular Quay. Follow the harbour foreshore enjoying spectacular views. Park, beach, steps and street walking. Drop out points and water available. Ferry and bus return to city. Coffee options.	Approx 11 kms
Grade 2	CIRCULAR QUAY - RUSHCUTTERS BAY - TRUMPER PARK - CENTENNIAL PARK - QUEENS PARK - BONDI JUNCTION Meet in the forecourt of Customs House, Circular Quay. Streets & parks, lots of steps (mainly up) plus other rises.	Approx 12 kms
Grade 2-3	CIRCULAR QUAY - SYDNEY HARBOUR BRIDGE - B.P. PENINSULA PARK -TAMBOURINE BAY - HUNTERS HILL Meet at Circular Quay Near Wharf 4. Somewhat different way of doing this walk. See Henry Lawson’s steps and houses, Coal Loader tunnel. Lots of steps and climbs, streets and bush tracks. Bus return to City or Chatswood.	Approx 12 - 13kms
Grade 2	CIRCULAR QUAY - SYDNEY HARBOUR BRIDGE - B.P.PENINSULAR -BALLS HEAD - BERRY ISLAND - WOLLSTONECRAFT	Approx 10 kms

	Meet at Circular Quay Wharf 5. Tracks, parks, some climbs, harbour views. Coffee at Wollstonecraft. Train return to City.	
Grade 2	CIRCULAR QUAY - SYDNEY HARBOUR BRIDGE - CREMORNE POINT - TARONGA ZOO Meet Circular Quay at Wharf 5. Streets, tracks, parks, views, some climbs.	Approx 9-10 kms
Grade 2	CIRCULAR QUAY – TARONGA ZOO WHARF – BUS TO CLIFTON GARDENS – WALK VIA SYDNEY HARBOUR NATIONAL PARK AND BRADLEYS HEAD TO MOSMAN WHARF VIA TARONGA ZOO WHARF F2 Ferry from Circular Quay to Taronga Zoo, then Bus 238 from Zoo Wharf to Cnr Bradleys Head Road and Queen Street, Mosman. Mostly on good tracks and reserves, some street walking, some steps and short inclines/declines (will take at easy pace). Beautiful harbour views, hopefully beautiful sea breezes. Some of the walk is shaded. Exit points if required.	Approx 8 kms
Grade 2 - 3	CIRCULAR QUAY – TRUMPER PARK – COOPER PARK – BONDI – BRONTE – BONDI JUNCTION Meet Wharf 2 Circular Quay. Streets, parks, ups-and-downs, uneven bits in Cooper Park and hopefully we will see the Fleet on its way to Hobart somewhere.	Approx 14-16 kms
Grade 1 - 2	CIRCULAR QUAY - WOOLLOOMOOLOO - RUSHCUTTERS BAY - MARTIN PLACE Circular Quay near Wharf 4. Will be finished before lunch. Water views, some street walking, lots of steps.	Approx 9 kms
Grade 2	CIRCULAR QUAY – WOOLLOOMOOLOO – TRUMPER, COOPER, MARGARET WHITLAM PARKS – TAMARAMA BEACH - BRONTE Meet at Wharf 2 Circular Quay. Walk via routes less travelled, back roads, views, ups and downs, uneven bits in Cooper Park. Coffee. Bus return to City.	Approx 12-14 kms
Grade 2	CITY - EASTERN SUBURBS - HISTORY MAKERS Meet at the Archibald Fountain, Hyde Park. Visit the haunts of urban pioneers- noteworthy and notorious – who contributed to transforming a lawless convict outpost into a distinctive city that's now the envy of the world. Macquarie Street, Double Bay via the Botanic Gardens and East Sydney. Return by ferry, foot or bus, after bonzer coffee!	Approx 10 kms
Grade 1-2	CLYDE – AUBURN BOTANIC GARDENS – CHESTER HILL Train from Central (T1 Western Line) to Clyde. Walk from Clyde to Chester Hill via reserves and parks, following Duck River. Visit Auburn Botanic Gardens (approx. 1.5 hours). Some street walking, some bush tracks.	Approx 8 kms
Grade 3	COALCLIFF – FOREST PATH - COALCLIFF Train from Central (South Coast Line) to Coalcliff. Bush tracks, some rocky parts, exposed roots. One 40 minute climb in morning. Lovely views. Return to Coalcliff.	Approx 12 kms
Grade 3	COALCLIFF – FOREST PATH ALONG ESCARPMENT – STANWELL PARK Train from Central (South Coast line) to Coalcliff. Largely undulating bush tracks. One 40 minute climb shortly after start. Lovely views to Port Kembla.	Approx 12 kms
Grade 2	COALCLIFF - SEA CLIFF BRIDGE - SCARBOROUGH - AUSTINMER - THIRROUL Train from Central (Suburban Platform - South Coast Line) to Coalcliff. Streets, Cycleway, Beaches, Possible Rock hopping, Ups & Downs, A Few Steep Sections. Long Lunch & Swim (Own Risk) at Austinmer (Rock Pool). Coffee at Thirroul, Train to City.	Approx 12 kms

Grade 1-2	COCKATOO ISLAND F3 Parramatta River Ferry from Circular Quay to Cockatoo Island. Morning walk on World Heritage Listed Cockatoo Island with historic convict and ship building sites. Coffee and lunch options.	Approx 2 kms
Grade 2	COLLARROY – LONG REEF - DEE WHY LAGOON - MANLY Bus L90, Lee St, Railway Sq., Stand B (or Bus L90, Stand C from Carrington Street, Wynyard) to Collarroy. Paths, tracks, boardwalks, a little beach walking. Some steps both up and down. Pleasant coastal walk with lots of ocean views. Coffee at Manly.	Approx 12 kms
Grade 2	COMO – GREEN POINT – OATLEY PARK – LIME KILN BAY - MORTDALE Train from Central (Platform 25 – Eastern Suburbs and Illawarra Line) to Como. Cross Como bridge with views of the Georges River. Well formed bush tracks, uneven at times, could be muddy and slippery after rain. Walking through reserves and some quiet streets. Ups and downs, some a little steep but fairly short, which we will take at a comfortable pace for everyone. If good weather, morning tea and lunch by the river. A day to enjoy walking and each other's company. Moderate pace. Optional exit point at Oatley Station. Train return from Mortdale.	Approx 10 kms
Grade 2	CONCORD WEST - BICENTENNIAL PARK - CONCORD WEST Train from Central to Concord West (T1 Northern Line - Epping via Strathfield). Explore part of this large park, including brick pit and boat wrecks. Free history included. Take time to read the interpretive signs. Hope to see some birds, bring binoculars. Mostly flat walking on paths and grass. Coffee options. Train return from Concord West.	Approx 9 kms
Grade 1-2	CONCORD WEST – BICENTENNIAL PARK – CONCORD WEST Bus 207 from Wynyard Carrington Street Stand F; and North Sydney Blue Street Stand C; to Cammeray Shops. Explore part of this large park; some history; take time to read the interpretive signs includes brick pit and boat wrecks; hope to see some birds, bring binoculars ; mostly flat walking on paths and grass; Coffee options	Approx 9 kms
Grade 2	CONCORD WEST – WENTWORTH COMMON – SILVERWATER BRIDGE - MEADOWBANK Train from Central to Concord West (Suburban Platform – T1 Northern Line). Badu mangrove boardwalk, bird hide (bring binoculars) visit the very interesting aerial walkway over the 100 year old historic brick pit, many other points of interest. Return to Meadowbank along new track, Ferry or Train return to City.	Approx 12 kms
Grade 2	CONISTON - NORTH WOLLONGONG BOTANIC GARDEN Train from Central (Country Platform – South Coast line) to Coniston Platforms at Central may change at short notice. Please check indicator board. An unhurried level walk. Some streets, cemetery, beach, harbour-side reserve and then Botanic garden.	Approx 11-12 kms
Grade 2	COOGEE – BONDI – WATSONS BAY Bus M50 from Stand N Druitt St to Cnr Arden & Coogee Bay Rds Coogee. Lovely coastal walk with plenty of ups and downs, steps and terrific views. Mainly on paved footpaths with a couple of reserves and a few streets. Ferry or bus back to city.	Approx 14 kms
Grade 2	COOGEE - BONDI BEACH Bus 373 from Stand D at Circular Quay to Coogee Beach. Bus travels on Elizabeth Street and arrives Martin Place. Meet t Coogee outside Coogee Bay Hotel	Approx 7 kms
Grade 2	COOGEE - BONDI BEACH- SCULPTURES BY THE SEA: Bus 373 from Stand D at Circular Quay to Coogee Beach. Bus travels on Elizabeth Street and arrives Martin Place. Some steps very moderate pace to take photos and take in the sculptures.	Approx 7 kms

Grade 1-2	<p>COOGEE - BONDI BEACH – EVENING WALK Bus 373 from Circular Quay Stand D to Coogee Beach or Metro bus M50 from Town Hall, Cnr Druitt and Sussex Streets to Coogee Beach. Ring 131500 or go to website to check bus departure time and place from City. Enjoy the afternoon sea breeze after a summer day. Fish and Chips on the beach. Some steps, pleasant pace. Bus return to City.</p>	Approx 7 kms
Grade 2	<p>COOGEE - BRONTE - BONDI Bus 373 from Circular Quay Stand D to Coogee. Swim at own risk at Clovelly, which is the morning tea stop. Well marked paths, some steps. Ocean views all the way.</p>	Approx 7 kms
Grade 2	<p>COOGEE – BRONTE - BONDI BEACH SUMMER EVENING WALK Bus 373 stand D at Circular Quay to Coogee Beach. This bus runs along Elizabeth Street stops at Martin Place. Sea views all the way. Steps, relaxed pace to enjoy the evening sea breeze after a summer day. Optional fish and chips at Bondi.</p>	Approx 8 kms
Grade 2	<p>COOGEE – CENTENNIAL PARK – CIRCULAR QUAY Bus 373 from Stand A Alfred St Circular Quay to Coogee Walk follows Federation Track through Waverley Cemetery, Centennial Park and Potts Point. Parklands and footpaths.</p>	Approx 15 kms
Grade 2-3	<p>COOGEE BEACH - LA PEROUSE Bus 374 from Stand C Central Station (Eddy Avenue) to Coogee. Meet at Coogee Beach SLSC (South end of beach). Mostly on track with some hilly sections and one short rock scramble. Finish at La Perouse, then Bus return to the City.</p>	Approx 15 kms
Grade 2	<p>CORRIMAL - WOLLONGONG Train from Central (South Coast Line) to Thirroul Train from Thirroul to Corrimal. Climbs, steps, sand walking. Mostly parks and reserves on paths. Water views, lovely view of the South Coast.</p>	Approx 8 kms
Grade 3+	<p>COWAN – GREAT NORTH WALK – JERUSALEM BAY – GOVETT RIDGE – HAWKESBURY RIVER (BROOKLYN) Train from Central (Central Coast & Newcastle Line) to Cowan. Rear 4 cars if long train. Rough bush tracks, fire trails, climbs. For experienced walkers.</p>	Approx 14-16 kms
Grade 3	<p>COWAN - GREAT NORTH WALK - JERUSALEM BAY-HAWKESBURY RIVER Train from Sydney to Cowan (Country Platform – Newcastle & Central Coast Line) If 8 carriages, rear of train. Rough bush track, some climbs, fire trail. For fit walkers. Coffee Perhaps?</p>	Approx 10 kms
Grade 3	<p>COWAN - GREAT NORTH WALK - JOE CRAFTS CREEK - BEROWRA WATERS - BEROWRA Train from Central to Cowan (Country Platform - Newcastle & Central Coast Line). Rear 4 cars if long Train. Rough Bush tracks, several climbs, fire trails. Mid Berowra Creek valley. For experienced walkers.</p>	Approx 14 kms
	<p>CREMORNE - CLIFTON GARDEN - ZOO TOP GATE Ferry F2 from Circular Quay to Cremorne Point. Walk a circuit from Cremorne to top gate at the Zoo. Bus or Ferry return to City. Can be shortened.</p>	

Grade 2	CREMORNE - TARONGA - BALMORAL Ferry T2 from Circular Quay to Cremorne Point. Interesting track and great water views desired. Some steps. Exit @ Taronga Zoo if required. Bus return to Zoo, QVB or Chatswood	Approx 10 kms
Grade 2-3	CREMORNE POINT – CURLEW ARTIST CAMP – BRADLEYS HEAD – GEORGES HEAD LOOKOUT – BALMORAL BEACH F6 Mosman Bay Ferry from Wharf 2 Circular Quay to Cremorne Point Harbour walk around Mosman Bay and Little Sirius Cove to explore and reflect at Curlew Artists' Camp. Then follow Harbour Walk to Bradleys Head, Chowder Bay, Clifton Gardens. Steep climb to Georges Heights and steps decent to Balmoral Beach. Along the way you will walk on paths, some streets, bush tracks and across sand. Lovely harbour views. Coffee / tea options at Balmoral. Bus to Taronga Zoo Wharf then ferry to Circular Quay or bus to Chatswood, can change at Military Road for City or Northern Beaches.	Approx 10 kms
Grade 1-2	CRONULLA Train from Central to Cronulla (Suburban Platform – T4 Eastern Suburbs & Illawarra Line). Fairly flat walk. Start walk from the back of the station near the Bundeena Wharf along the coast to the main beach.	Short/Medium
Grade 2	CRONULLA – BUNDEENA - CRONULLA Train from Central (T4 Eastern Suburbs and Illawarra line) to Cronulla. A pleasant 20 minute ride on the historic ferry (return fare \$12.60/ \$6.30 conc.) enables us to explore these two beautiful but very different coastal environments in one day. The Cronulla section is an easy stroll mainly on the paved walkways around Hungry Point and then through grassy reserves back to the ferry. In Bundeena our route takes us along quiet streets, a beautiful beach, and on good bush tracks to Jibbon Head and the Aboriginal engravings. Great coastal views throughout. Drop out points and coffee options available.	Approx 11 kms
Grade 2-3	CUMBERLAND STATE FOREST – RICHARD WEBB RESERVE – BIDJIGAL RESERVE – CASTLE HILL Bus 642X from Kent Street after Druitt Street Stand 2000422 to Castle Hill Road after Victoria Road West Pennant Hills. Explore some of the tracks in Cumberland State Forest before walking down quiet streets to Richard Webb Reserve, then into the lovely Bidjigal Reserve to follow Darling Mills Creek and Excelsior Creek. Forest paths, bush tracks, creek crossings (some slippery), steps and streets. Bus return to the city, Parramatta or Hornsby.	Approx 10 kms
Grade 1	CURRENCY MUSEUM, RESERVE BANK Meet at Martin Place, corner Macquarie Street. Come and find out about Australian banknotes, including how they are produced and their security features. We'll also be given a tour of the Reserve Bank's Museum of Australian Currency Notes. Lunch in Botanic Gardens.	Approx 1 kms
Grade 2-3	DARLING MILLS CREEK - TOONGABBIE CREEK - PARRAMATTA PARK - PARRAMATTA Hillsbus Bus M61 from George St, QVB to North Rocks (Barclay Road). Mostly bush tracks along nice creeks, some ups and downs. Ferry or Train back to City, coffee.	Approx 13 kms
Grade 2	DAVIDSON - GARIGAL NP – CASCADES - BARE CREEK TRACK - QUARRY TRACK - KITCHENER ST - ST IVES Train from Central to Chatswood (Suburban Platform-T1 North Shore Line. Then, Bus 281 (Forest Coach Lines) to Stone Parade, Davidson. Good bush tracks, beautiful bush, uphill street walking at end. Bus return to Gordon Station.	
Grade 2	DEE WHY TO MANLY Bus 136 from Chatswood Interchange Stand D to Dee Why. Bush tracks, beach, streets.	Approx 11 kms
Grade 1	DOMAIN - ROYAL BOTANIC GARDEN - CIRCULAR QUAY	Approx 8 kms

	ART AND MEMORIALS WALK	
	Meet leader at Archibald Fountain, Hyde Park We will follow the Royal Botanic Garden and Domain, Art and Memorials Walk. Discover aromatic culinary and medical herbs as well as sculptures in the Herb Garden. Pause at The Police Wall, Moorhead Fountain and Shakespeare Memorials. Circle the massive sculpture of Governor Phillips Fountain and run our hands along Henry Moore's Reclining Figure. Park walking with harbour views. Water available and dropout points. Coffee/tea options at Circular Quay.	
Grade 1	DOMAIN - WOOLLOOMOOLOO BAY - BOTANIC GARDENS - CIRCULAR QUAY - MARTIN PLACE. Meet at Archibald Fountain, Hyde Park. Follow the City of Sydney Sculpture Trail. Interesting, Contemporary Sculptures. Slow Pace, some steps.	
Grade 1-2	DOUGLAS PARK TOWN WALK Train from Central to Campbelltown (Suburban Platform –T2 Airport & East Hills Line). Then 10:04am Train from Campbelltown to Douglas Park. Walk around this cute little town - streets, parks, ups & downs, district & country views, lovely autumn colours. Possible (steep) extension to Nepean River. Train return to Macarthur, Coffee at Macarthur, Train return to City.	Approx 9 - 10 kms
Grade 2-3	DOVER HEIGHTS – DUDLEY PAGE RESERVE – DIAMOND BAY – THE GAP WATSONS BAY – SOUTH HEAD – WATSONS BAY – NIELSEN PARK Bus 380 from Stand A Bondi Junction Interchange to Dudley Page Reserve Dover Heights. Coastal Walk, rugged coastal cliffs, breathtaking views. Steps up and down, streets, parks, sand walking. Swim at own risk at Nielsen Park's beach. Coffee optional. Bus 325 back to Edgecliff Station and the City.	Approx 12 kms
Grade 2	DRUMMOYNE - ABBOTSFORD Bus 504 from Druitt Street Town Hall to first stop after the Iron Cove Bridge Drummoyne. Walk over the new section of the Iron Cove Bridge. Bay Run, parks, mostly flat. Bus or Ferry return to city.	Approx 11-12 kms
Grade 2	DRUMMOYNE - CHISWICK - ABBOTSFORD - FIVE DOCK - CABARITA Ferry from Circular Quay to Drummoyne. Foreshore paths and suburban streets, mainly flat walking with Parramatta River views. There is one section with 60 steps in easy stages. F3 Ferry return to Circular Quay or Bus to Burwood.	Approx 14 kms
Grade 2	DRUMMOYNE - FIVE DOCK BAY - ABBOTSFORD - CABARITA Ferry from Circular Quay to Drummoyne. Foreshore paths and suburban streets, mainly flat walking with Parramatta River views. There is one section with 60 steps in easy stages.	Approx 12 kms
Grade 1-2	DRUMMOYNE - IRON COVE BRIDGE - BAY RUN Bus 504 from Town Hall (Druitt Street) to Drummoyne - alight at Day St (first stop after the Iron Cove Bridge). Walk over the new section of the Iron Cove Bridge, Bay Run, parks, mostly flat. Bus or ferry return to City.	Approx 10-12 kms
Grade 2	DRUMMOYNE WHARF – BIRKENHEAD POINT – BICENTENNIAL PARK – GLEBE FORESHORE WALK – DARLING HARBOUR – BATHURST STREET F3 Ferry from Circular Quay to Drummoyne. Easy walk to Darling Harbour on paths and cycleway with great water views). Moderate pace.	Approx 8-10 kms
Grade 1-2	DULWICH HILL – LAKEMBA LIGHT RAIL from Central to Dulwich Hill (Light Rail Station). Walk along Cooks River and suburban streets. Mainly flat. Optional lunch at Jasmins Lebanese Restaurant or stroll multicultural Haldon Street. Train return to city from Lakemba.	Approx 10 kms
	EAST BALMAIN – CIRCULAR QUAY	

Grade 2	F4 Ferry from Circular Quay to East Balmain. A mainly flat walk along the Balmain, Glebe and Pyrmont foreshores. We may be able to view progress of Barangaroo.	Approx 13 kms
Grade 2	EAST BALMAIN - GLEBE POINT - WALSH BAY - CIRCULAR QUAY F4 Ferry from Circular Quay to East Balmain. Steep start then mainly flat, streets and parks, harbour views.	Approx 13 kms
Grade 3	EAST CHATSWOOD - NORTH ARM TRACK - SAILORS BAY - CAMMERAY Bus 207 from Loftus Street at Bridge Street, City, from North Sydney Station, Blue St, Stand C, to Cnr Eastern Valley Way and Smith Street, East Chatswood. Bush tracks, lovely water views, short climbs, steep steps, some streetwalking. Some rough undefined track. Creek crossings by stepping stones, another by short plank. Drop out points. Coffee options Cammeray. Bus return to City and North Sydney.	Approx 14 -16 kms
Grade 1-2	EAST GOSFORD - NATURE TRAIL - FRIENDSHIP WALK - JAPANESE GARDENS - EAST GOSFORD Train from Sydney to Gosford (Country Platform-Newcastle and Central Coast Line). Then, Bus from Gosford Station to East Gosford. Short walk along nature trail and the friendship walk leading into the Art Gallery; wander around the beautiful Japanese Gardens. Afternoon Tea at the Art Gallery. Bus back to Gosford. Slow Pace.	
Grade 2-3	EAST HILLS – REVESBY Train from Central (T2 Airport, Inner West & South Line) to East Hills. A pleasant walk starting from East Hills station with a little street walking. We then follow the Georges River on paths and grass until heading into the bush for the Yeramba Lagoon Loop and some more bushwalking in Georges River National Park. We finish with a street walk to Revesby station.	Approx 11kms
Grade 2	EAST OATLEY - OATLEY POINT - COMO – JANNALI Central train platform Oatley. Mostly reserve and street walking, a few good bush tracks. Some steps. Some ups and downs. Beautiful Georges River views. Return by train from Jannali. Exit point if required. Optional - coffee at Jannali.	Approx 8 -10 kms
Grade 2	EAST RICHMOND – RICHMOND - PUGH’S LAGOON - RICHMOND STATION Train from Central to East Richmond (Suburban Platform-T1 Western Line) OR Train from Chatswood. Have morning tea on the train. In 1810 Governor Macquarie proclaimed Richmond a town to service the surrounding farming area. Our walk includes; the avenue of Plane trees, historic houses and buildings. We visit St. Peters Cemetery. Coffee before leaving Richmond (Optional). Train departs every 30min to Blacktown, Parramatta, Central and Chatswood.	
Grade 3	EASTWOOD – TERRY CREEK – MACQUARIE PARK Train from Central (T1 Northern Line via Strathfield) to Eastwood. Walk in the Lane Cove National Park along Terrys Creek, Browns Waterhole to De Burgh’s Bridge and Macquarie Park. Bush tracks, uneven in parts and exposed tree roots.	Approx 10 kms
Grade 1-2	EASY CRONULLA CIRCUIT WALK - GUNNAMATTA BAY - NORTH CRONULLA Train from Central (T4 Eastern Suburbs & Illawarra line) to Cronulla. Beautiful bay and ocean views. We’ll take the easiest route to avoid steep inclines/declines on what could be a very hot day. Ups and downs, some steps. Lots of formed paths, some unsealed/uneven sections, reserves, streets. Some sections could be slippery and muddy after rain. Long lunch at Shelly Beach pool for optional swim (at own risk). Easy pace. Coffee options at Cronulla. Train return to city.	Approx 5 - 6 kms
Grade 3	ECHO POINT – GIANT STAIRWAY – LEURA FOREST – AMPHITHEATRE TRACK – BRIDAL VEIL FALLS – LEURA CASCADES Train from Central (Blue Mountains Line) to Katoomba. Bush tracks, hundreds of steps up and down, climbs. Some street walking. Beautiful mountain views and waterfalls.	Approx 10 kms

Grade 1	<p>EDGECLIFF – CENTENNIAL PARK – BONDI JUNCTION</p> <p>Train from Central (T4 Eastern Suburbs Line) to Edgecliff Station. We will enjoy the traditional features of Centennial Park's formal gardens, ponds and wild life. Also walk the 11-circuit sandstone labyrinth, based on the design of the medieval labyrinth in Chartres Cathedral France. Flat walk. Drop out points and water available. Bus to train City.</p>	Approx 10 kms
Grade 2	<p>EDGECLIFF - CENTENNIAL PARK - COOGEE</p> <p>Train from Central to Edgecliff (Suburban Platform – T4 Eastern Suburbs & Illawarra Line). Pre-lunch walk to Coogee Beach for lunch and swim, then return to city by bus.</p>	Approx 8-10 kms
Grade 2	<p>EDGECLIFF - DARLING POINT - POINT PIPER – ROSE BAY</p> <p>Train from Central (T4 Eastern Suburbs & Illawarra Line) to Edgecliff. Amble the foreshore of 19th Century Darling Point and Point Piper. On the way we will view many historic buildings, Bishops Court 1850–1860, Swifts 1882, Redleaf 1863, St Brigids 1897. Also the stables and lodge of the now demolished Woollahra House 1859. How much would you offer for Seven Shillings Beach? Park, beach and street walking some ups and downs and steps. Coffee at wharf. Ferry and bus return to city.</p>	Approx 9 kms
Grade 2	<p>EDGECLIFF – DOUBLE BAY – BELLEVUE HILL – ROSE BAY NORTH – DIAMOND BAY – WATSONS BAY</p> <p>Meet 9:00 am Edgecliff Station exit. A medium paced walk past magnificent mansions, a castle, Vaucluse House and gardens, a very exclusive retirement village and a cemetery. Quiet back streets, parks, climbs and great views. Return via ferry or bus to city. Coffee options at morning tea and lunch.</p>	Approx 14 – 15 kms
Grade 1	<p>EDGECLIFF – ELIZABETH BAY– ROYAL BOTANIC GARDENS – CIRCULAR QUAY</p> <p>Train from Central (T4 Eastern Suburbs line) to Edgecliff Station. Meet leader outside turnstiles. Follow the harbour foreshore, enjoy spectacular views. Parks, steady pace on steps and street walking. Water available and drop out points. Coffee options.</p>	Approx 7 kms
Grade 1	<p>EDGECLIFF – PADDINGTON – CENTENNIAL PARK – BONDI JUNCTION</p> <p>Train from Central (T4 Eastern Suburbs Line) to Edgecliff. We will view Paddington's terrace houses, galleries and inns. Walk on via the Korean War Memorial and Entertainment Quarter in Moore Park and lunch in Centennial Park. Mainly flat, with street and park walking, finishing at Bondi Junction train/bus interchange. Drop out points and water available. Coffee options.</p>	Approx 9 kms
Grade 1-2	<p>EDGECLIFF - RUSHCUTTERS BAY - DOUBLE BAY - BONDI JUNCTION</p> <p>Train from Central (T4 Eastern Suburbs Line) to Edgecliff Station. Amble Trumper Park then follow the foreshore via Rushcutters Bay Park to Darling Point's magnificent McKell Park. Steps down to Double Bay Park and Beach and then onto the rain forest of Cooper Park. Enjoy spectacular harbour views. Gradual path and steps up to Bondi Junction. Bus or train to city.</p>	Approx 8 kms
Grade 2	<p>EDGECLIFF STATION - ROSE BAY - HERMITAGE FORESHORE SCENIC WALK - WATSONS BAY</p> <p>Train from Central (Town Hall) to Edgecliff (Suburban Platform – T4 Eastern Suburbs & Illawarra Line). Meet at the New South Head Road entrance to the Station This walk will take you along a series of connected harbour and coastal walks giving spectacular views of Sydney Harbour. We will walk at low tide and stay as low to the harbour as possible. There are options along the route for people to access transport if they want to leave before reaching Watsons Bay.</p>	Approx 10-12 kms
Grade 3	<p>ELVINA BAY CIRCUIT</p> <p>F1 Ferry from Circular Quay to Manly. Then Bus 156 from Manly to Church Point Then ferry to Elvina Bay. Beautiful Pittwater. Circumnavigate Scotland Island in the Ferry then disembark at the Elvina Bay Park. Some very steep climbing up and very steep switchbacks down but rewards of Grasstrees Track, Lovett Pools, Aboriginal Engravings on extensive rock platform and lovely bush. For experienced walkers.</p>	Approx 6-7 kms

Grade 2	EMPIRE BAY - ST HUBERTS ISLAND - RIP BRIDGE - BLACKWALL POINT - WOY WOY Train from Central to Woy Woy (Central Coast & Newcastle Line), then Ferry from Woy Woy Wharf to Empire Bay. Streets, tracks, cycleway, mainly flat, some ups & downs. Great water views all day. Coffee at Woy Woy, Train return to City.	Approx 14 kms
Grade 2	EMPIRE BAY - ST HUBERTS ISLAND - RIP BRIDGE - WATERFRONT PATH - WOY WOY Train from Sydney to Woy Woy (Country Platform – Newcastle & Central Coast Line). Then at Woy Woy Wharf catch the Empire Bay ferry to Empire Bay. Streets, paths, cycleway, lots of Water Views. Mainly flat, a few ups and downs. Ferry fare. Coffee at Woy Woy. Then train to City.	Approx 14 kms
Grade 1	EMU PLAINS Train from Central to Emu Plains (Country Platform - Blue Mountains Line). Fairly even walking most of the time. Walking along the river.	Approx 5 kms
Grade 1-2	EMU PLAINS – GREAT RIVER WALK – PENRITH Train from Central (T1 Western Line via Parramatta) to Emu Plains. An easy leisurely walk along the Nepean River, over Penrith Valley Bridge and back along the opposite river bank to the weir. The track is mainly shaded and flat with a few steps and a few streets. Coffee options.	Approx 10 kms
Grade 3	ENGADINE – AUDLEY - LOFTUS Train from Central (T4 Eastern Suburbs & Illawarra Line) to Engadine. Bush tracks, some steep and rocky, brief creek crossing, exposed roots. Lovely views with walk up Bridal Track.	Approx 12 kms
Grade 2-3	ENGADINE – AUDLEY – REIDS FLAT – BUNGOONA LOOKOUT - LOFTUS Train from Central (T4 Illawarra line) to Engadine. Bushwalking, rough in parts, hills.	Approx 10-12 kms
Medium	ENGADINE – AUDLEY - TEMPTATION CREEK - KIRRAWEE Train from Central to Engadine (Suburban Platform-T4 Eastern Suburbs & Illawarra Line). Bush tracks, climbs, views and nice creek.	
Grade 2	ENGADINE – FORBES CREEK - SUTHERLAND Train from Central (T4 Eastern Suburbs and Illawarra Line) to Engadine. Good bush views, some rolling hills fire trails, minor creek crossing, and moderate climb out to Sutherland.	Approx 10 kms
Grade 3	ENGADINE – HEAD OF NAVIGATION – KANGAROO CREEK – AUDLEY – HACKING RIVER – HONEYMOON TRACK - LOFTUS Train from Central (T4 Eastern Suburbs & Illawarra Line) to Engadine. Bush tracks, climbs, creek crossings, rock hopping, steps, rough tracks, ladders. Great views over the Royal National Park, water views, varied bushland terrain. Experienced walkers	Approx 10-11 kms
Grade 3	ENGADINE – KANGAROO CREEK – AUDLEY – HACKING RIVER – HONEYMOON TRACK - LOFTUS Train from Central (Suburban Platform – T4 Eastern Suburbs & Illawarra line) to Engadine. Bush tracks, creek crossings, climbs, steep in parts. Great views of the Royal National Park. Interesting variation of vegetation from dry sclerophyll woodland to rainforest.	Approx 10 -11 kms
Grade 2	ENGADINE – THE PIPELINE TRACK – WORONORA - SUTHERLAND Train from Central (T4 Eastern Suburbs & Illawarra line) to Engadine. Bush tracks, short climbs, creek crossings. We follow bush tracks and fire trails through the bush to Woronora for lunch. We will be walking slowly up the hill to Sutherland for an early finish to beat the worst of the heat. Train return to City from Sutherland station.	Approx 8-10 kms

Grade 3	ENGADINE – WORONORA – JANNALI - COMO Train from Central (T4 Eastern Suburbs and Illawarra line) to Engadine. A simple mix of stony bush tracks, reserves, streets, ascents and descents. High level underslung crossing of Woronora River.	Approx 13 kms
Grade 2	EPPING – EDNA HUNT SANCTUARY – TALL TIMBERS TRACK – WEST RYDE Train from Central (Country Platform – Newcastle & Central Coast line) to Epping. Bush tracks, some streets and climbs, lots of parks (12).	Approx 9-10 kms
Grade 3	EPPING – TERRYS CREEK – GNW – COUPS CREEK - WAHROONGA Train from Central (Central Coast and Newcastle Line) to Epping. A relatively level walk with a few climbs. Uneven track with many creek crossings, some can be difficult when wet. A section of ill-defined track along Coups Creek. Beautiful bush but a long walk with no drop out points . Coffee options at Wahroonga.	Approx 16 kms
Grade 3	EPPING – TERRYS CREEK – GNW - TURRAMURRA Train from Central (Central Coast & Newcastle line) to Epping. Fire trails and bush tracks with approx 1 km of suburban streets at the end. There are uneven and rocky sections, river crossings and climbs. The walk will include a visit to Broadway Historic Park.	Approx 14 kms
Grade 3	EPPING – WHALE ROCK – STEP TRACK – GNW – THORNLEIGH – PENNANT HILLS Train from Central (T1 Northern line via Strathfield) to Epping. Short street section at start before entering Lane Cove River National Park. Follow the well-formed trail to Whale Rock, then onto the Lane Cove River and the Step Track. North along the Lane Cove River to Thornleigh and then Pennant Hills. Street at end to Pennant Hills Station. Tracks, rough in places, climbs and descents (some steep). Creek crossings. No drop out options	Approx 16 kms
Grade 2	EPPING (for morning tea at CWA café) – MEADOWBANK – JOHN WHITTON RESERVE – RHODES – HOMEBUSH BAY This walk has 2 options – morning tea at the Epping CWA café (scones, cream and jam \$4 pp) plus walk and walk only. There is a limit of 15 for morning tea. Please book with leader. Morning tea walkers: meet leader at Epping Station. Then, after morning tea, catch train from Epping to Meadowbank. Walkers only: meet leader at Meadowbank Station and join morning tea group. Some street walking then along the Parramatta River via John Whitton reserve and Rhodes to Homebush Bay. Ferry return to city.	Approx 11 kms
Grade 3	EPPING –TERRYS CREEK-GNW-BLACKBUTT CREEK-GORDON Train from Central (T1 North Shore Line to Hornsby via Macquarie Park) to Epping. A little street walking at the beginning and end but mainly bush tracks and fire trails. Ups and downs, creek crossings – one challenging crossing over Blackbutt Creek, could be slippery after rain. Toilets at the railway stations but no toilets or water available on the walk. This is a pretty walk with varied bush and water views. Drop out possible.	Approx 13 kms
Grade 2-3	ERINA - KINCUMBA MOUNTAIN RESERVE - DAVISTOWN Train from Central (Country Platform - Newcastle & Central Coast Line) to Gosford. Then Bus 68 (Busways) from Stand 8 Gosford Station to corner of Karalta Road and Bronzewing Drive. Tracks, climbs Kincumba Mountain Reserve. Then bicycle track around waterfront of Kincumber Broadwater to Lintern Street Wharf Davistown for Ferry return to Woy Woy, Train return to City.	Approx 12 -14 kms
Grade 2-3	ERINA - KINCUMBA MOUNTAIN RESERVE - SARATOGA Train from Central to Gosford (Country Platform - Newcastle & Central Coast Line). Then Bus 68 (Busways) from Stand 8 Gosford Station to corner of Karalta Road and Bronzewing Drive. Tracks, climbs. Ferry return from Saratoga to Woy Woy, Train return to City	Medium
Grade 2	ERINA HEIGHTS - KATANDRA RESERVE - RUMBALARA RESERVE - GOSFORD	

	<p>Train from Sydney to Gosford (Country Platform – Central Coast-Newcastle Line) then, Bus (Red Bus Co.) from Gosford Station to Erina Heights (Near school). Streets, tracks, fire trails, bush, ups and downs all day, some steps. Great views, flowers. Coffee at Gosford, then train to city.</p>	Approx 14 kms
Grade 1-2	<p>EXPLORING WARRAGAMBA Meet at Penrith Station Bus Interchange Stand 12. Route 795 Bus. Interesting bus trip through the areas of Jamistown, Regentville, Glenmore Park, Mulgoa, Wallacia and Silverdale, some of which are semi-rural. Warragamba 1. Walk to Warragamba Information Centre. Panoramic views over the dam and surrounding countryside. Hopefully we can see DVD containing original footage of the construction of the dam. Lunch in the park at Warragamba Village where there are some original public buildings still in use and some of the original shops. We are restricted in how long we can stay due to the infrequent bus returns to Penrith. However, we should have time to walk along a residential street to see the old cottages. Return to Penrith by bus Warragamba. A few ups and downs, a few steps. Mostly flat walking on footpaths and good tracks. Some street walking.</p>	Approx 5 kms
	<p>FALLS RESERVE- SCENIC RAILWAY Train from Sydney to Katoomba (Country Platform – Blue Mountains Line) Bus to Falls Reserve. Walk down Furber steps along bottom to board walk through rainforest, take up scenic railway (Cost), then optional walk up Furber steps. Bus return to Katoomba station.</p>	
Grade 3	<p>FAULCONBRIDGE – VICTORY TRACK – SASSAFRAS GULLY - SPRINGWOOD Train from Central (Blue Mountains line) to Falconbridge Bush tracks, lots of creek crossings, up and downs. Lovely bush with waterfalls, creeks and pools.</p>	Approx 13kms
Grade 1-2	<p>FIVE FERRIES WALK CIRCULAR QUAY - (F3 ferry to)-RYDALMERE - (walk to)- SYDNEY OLYMPIC PARK - (ferry to)-MEADOW BANK - (walk to)-KISSING POINT - (ferry to)-ABBOTSFORD - (walk to)-CHISWICK - (ferry to) - HUNTLEY'S POINT - (walk to)-DRUMMOYNE - (ferry to) - CIRCULAR QUAY - Circular Quay to Rydalmere F3 - (ferry1). Then walk from Rydalmere to Homebush Bay (6 km), then continue alternating ferries and walking. Involves walking both sides of Parramatta River. Finish at Drummoyne Wharf to catch the ferry to Circular Quay (for coffee).</p>	Approx 12 kms
Grade 1	<p>FOREST LODGE Bus 438 from Stand C, Circular Quay to Ross Street, Camperdown. Several prominent citizens have left their mark on this pocket-sized suburb: George Wigram Allen, David Jones, the Melocco family and a young boy named Douglas Mawson. Discover the local history, beautiful architecture and interesting topography of this charming little precinct. Mostly flat. Coffee afterwards.</p>	Approx 7 kms
Grade 2	<p>FOREST LODGE – DARLING ISLAND – HYDE PARK – BOTANIC GARDENS – CIRCULAR QUAY Bus 470 from Stand D Railway Square, George St Central to Forest Lodge Public School, Pymont Bridge Rd. Streets, parks and gardens. Follow Orphan's Creek to Glebe Foreshore, then cross Pymont Bridge and walk through several lovely gardens to Circular Quay. Mainly flat with a couple of ups & downs.</p>	Approx 11 kms
Grade 3	<p>FORESTVILLE - DAVIDSON PARK - ST IVES via STEPPING STONES CROSSING AND BUNGAROO TRACK Train from Central to Chatswood (Suburban Platform – T1 North Shore Line) Then Forest Coach Lines Bus 280 leaving Chatswood Station Interchange to Forestville. Bus or walk to Gordon Station at the end of walk. Lots of steps. Long climb up to St Ives on Bungaroo Track. Lots of creek crossings and obstacles. Can be slippery after rain.</p>	Approx 11 kms

Grade 3	<p>FORESTVILLE – MAGAZINE TRACK – DAVIDSON PARK – CARROL CREEK - FORESTVILLE</p> <p>Train from Central (T1 North Shore Line) to Chatswood Then Bus 280 from Chatswood Interchange Stand C to Forestville (Warringah Road and Brown Street)</p> <p>This is a loop walk with bush, river and creek sections. Some uneven rocky tracks, steep climbs and steps. Creek crossings and some rock hopping. A little street walking. Bus return to Chatswood and coffee.</p>	Approx 14 kms
Grade 2-3	<p>FORESTVILLE – MAGAZINE TRACK – FLAT ROCK TRACK – DAVISON PARK – TWO CREEKS TRACK - LINDFIELD</p> <p>Bus 270 from Stand S Clarence St near Wynyard station to Warringah Rd near Brown St Forestville</p> <p>Bush tracks, climbs, creek crossings, steps up and down. Train return to City from Lindfield.</p>	Approx 12 kms
Grade 2-3	<p>FORRESTERS BEACH - WYRRABALONG LO - CRACKNECK LO - BATEAU BAY</p> <p>Train from Central to Gosford (Country Platform - Newcastle & Central Coast Line).</p> <p>Bus 22 (Red Bus Company) from Gosford Station Stand 1/2 to Crystal Street (Forresters Beach).</p> <p>Streets, bush tracks, steps, steep sections, ups & downs. Great ocean views. Long lunch & swim (own risk) at Bateau Bay. Coffee at Bateau Bay, Bus return to Gosford, Train return to City.</p>	Approx 6 km
Grade 2	<p>FORRESTERS CREEK – SPOON BAY – WAMBERAL BEACH – TERRIGAL LAGOON – WAMBERAL LAGOON – WAMBERAL CEMETERY</p> <p>Train from Central (Central Coast & Newcastle Line) to Gosford, then Red Bus 22 from Stand 1 Gosford interchange to Cnr Central Coast Hwy & Crystal St, Forresters Beach.</p> <p>Bush tracks, sand walking, wetlands. Bus return to Gosford.</p>	Approx 10 kms
Grade 1	<p>FOUR FERRIES WALK</p> <p>CIRCULAR QUAY – (F3 ferry) - MEADOWBANK WHARF – (walk) - KISSING POINT – (ferry) – CABARITA – (walk) – CABARITA - (ferry) – HUNTLEYS POINT – (walk) – DRUMMOYNE – (ferry) - CIRCULAR QUAY</p> <p>F3 Parramatta River Ferry from Circular Quay Wharf 5 to Meadowbank Wharf.</p> <p>Walk from Meadowbank to Kissing Point Wharf, then continue alternating ferries and walking. Picnic at Cabarita Park, walk Gladesville Bridge. The day involves walking both sides of Parramatta River. Finish at Drummoyne Wharf to catch the ferry to Circular Quay (for coffee). Many drop out points and water available.</p>	Approx 6 kms
Grade 3	<p>FULLERS BRIDGE - DE BURGHS BRIDGE - FULLERS BRIDGE</p> <p>Bus 545 from Chatswood Bus Interchange, Victoria Avenue, Stand L to Delhi Road near River Avenue, Chatswood West.</p> <p>Very pretty loop of Lane Cove River between Fullers Bridge and De Burghs Bridge. Mainly level walking on good bush tracks beside the river. Some steps. Beautiful bush and river views.</p>	Approx 12kms
Grade 2	<p>FULLERS BRIDGE - FAIRYLAND LOOP WALK - FULLERS BRIDGE</p> <p>Train from Central to Chatswood (Suburban Platform – T1 North Shore Line).Then Bus 545 from Chatswood Station (Stand L Victoria Ave West Side) to Fullers Bridge at Delhi Rd / River Rd.</p> <p>A lovely circuit walk along the bush tracks bordering the Lane Cove River. A few short steep bits, but mostly easy walking. We should arrive back at Fullers Bridge by lunch time. Then bus return to Chatswood, or stay on for optional lunch at the Riverside Café Bar and Grill overlooking the river.</p>	Approx 6 kms
Grade 2-3	<p>FULLERS BRIDGE – LANE COVE RIVER LOOP WALK – FULLERS BRIDGE. OPTIONAL EXTENSION TO DE BURGH’S BRIDGE</p> <p>Train from Central (T1 North Shore Line) to Chatswood; then Bus 545 from Stand G Victoria Avenue to Fullers Bridge.</p> <p>The morning walk is a short loop walk along the pretty bush tracks up and down both banks of Lane Cove River between Delhi and Epping Roads, returning to Fullers Bridge for an early lunch. Then option to end the walk and return to Chatswood by bus, or walk on for another 6 kms upriver to de Burgh’s Bridge. Some street walking to our coffee option at Eden Gardens Centre and transport connections via Macquarie Park station. Much of the walking is at Grade 2 level, but there are some steep and rocky sections, especially on the extension walk.</p>	<p>Approx 7 kms</p> <p>+ 6 - 7 kms for optional extra</p>

Grade 1	<p>GARVAN & KINGHORN CANCER CENTRE BUILDINGS 384 Victoria Street, Darlinghurst Meet at Kings Cross Railway Station Ticket Office for about 15 minute walk to Centre. Garvan is internationally recognised as a leader in gene-based medical research. Walk through the beautiful Garvan and the new Kinghorn Cancer Centre bldgs., see a short video and hear from researchers about the work they are conducting. Free tour runs for approx. 1.5 hrs and includes morning tea. Gold coin donation appreciated. Please wear comfortable non-slip closed-toe shoes. There is minimal seating available so we will be standing/walking around for about 45 minutes.</p>	
	<p>GERRINGONG-WERRI BEACH-NEW KIAMA COAST WALK-LITTLE BLOWHOLE-BONAIRA NATIVE GARDENS-KIAMA Train from Sydney to Kiama (Country Platform – South Coast Line). Then, Train from Kiama to Gerringong. Streets, tracks, ups and downs, great coastal views. Coffee at Kiama, then train to city.</p>	
Grade 2-3	<p>GLADESVILLE- BUFFALO CREEK - FULLERS BRIDGE F3 Ferry from Wharf 5 Circular Quay to Huntleys Point Wharf, Gladesville. A pleasant and varied walk, much of it following the GNW track along the western banks of the beautiful Lane Cove River. Some street walking at the beginning, then through reserves and good bush tracks. Some ups and downs. Bus return to Chatswood station.</p>	Approx 10 -12 kms
Grade 3	<p>GLENBROOK – BLUE MOUNTAINS NP - PORTAL LOOKOUT – TUNNEL LOOKOUT - GLENBROOK Train from Central (Blue Mountains Line) to Glenbrook Following the street across the causeway and then bush tracks and service trails to Portal and Tunnel view lookouts. Some steep descents and climbs at an unhurried pace. Excellent views over the Nepean River and Penrith from the Portal Lookout and of Glenbrook Gorge from Tunnel view lookout. Well worth the effort. Train return from Glenbrook. Note: an alternate walk will be available if the causeway is flooded.</p>	Approx 12 kms
Grade 2	<p>GLENBROOK – DARKS COMMON – LAPSTONE - PENRITH Train from Central to Glenbrook (Country Platform - Blue Mountains Line). Stunning views of Glenbrook Gorge, Bellbirds & lovely gardens at Lapstone. Lunch and a pleasant walk alongside Nepean River to Penrith weir, small climbs, some streets. Trains to Blacktown/Parramatta/City.</p>	Approx 12 kms
Grade 2-3	<p>GLENBROOK - EUROKA CLEARING - PORTAL LOOKOUT - TUNNEL VIEW LOOKOUT - GLENBROOK Train Central to Glenbrook (Country Platform - Blue Mountains Line). Bush tracks, fire trails, couple of good climbs, lovely views over the Nepean River, possible kangaroos at Euroka, river crossings.</p>	Approx 10 -11 kms
Grade 3	<p>GLENBROOK – GLENBROOK LAGOON – LAPSTONE ZIG ZAG – TRAMWAY TRACK - GLENBROOK Train from Central (Blue Mountains Line) to Glenbrook. Walk around Glenbrook Lagoon, then onto Lapstone Zig Zag, The Glenbrook Tramway track back to Glenbrook station. Streets, bush tracks, rough and very steep in places. Good views.</p>	Approx 12 - 14 kms
Grade 3	<p>GLENBROOK - GORGE - EUROKA CLEARING - GLENBROOK Train from Central to Glenbrook (Country Platform - Blue Mountains Line). Three steep descents and ascents - all on track.</p>	Approx 10 kms
Grade 2-3	<p>GLENBROOK - LAGOON - BLUFF LOOKOUT - GLENBROOK Train from Central to Glenbrook (Country Platform - Blue Mountains Line). Historical bridge, lots of stairs and a climb - all on track.</p>	Approx 10 kms
Grade 2	<p>GLENBROOK - LAGOON – KNAPSACK BRIDGE- BLUFF- GLENBROOK Train from Sydney to Glenbrook (Country Platform -Blue Mountains Line)</p>	

	Historic bridge, some climbs.	
Grade 2	GLENBROOK – LAPSTONE – NEPEAN RIVER - PENRITH Train from Central (Blue Mountains line) to Glenbrook One climb, then cliff top bush tracks before descending to sealed surfaces, riverside reserves and weir.	Approx 11 kms
Grade 3	GLENBROOK - LAPSTONE HISTORICAL WALK Train from Central (Blue Mountains line) to Glenbrook. A ramble visiting scenic and historic sites including the lake, two bridges, zig zag railway, a tunnel, the common and lookouts. Streets, bush tracks and steep climbs. Rough uneven steps.	Approx 12 kms.
Grade 3	GLENBROOK – RED HANDS CAVE – CRAYFISH POOL – RED HANDS TRACK - GLENBROOK Train from Central (Blue Mountains Line) to Glenbrook. Bush tracks, some rough, climbs, creek crossings, rock hopping, steps, sand walking, scrambling. Mostly bush tracks, some fire trails. Steep in places. Lovely bush with rainforest sections. Aboriginal artwork. Lunch at Crayfish Pool, optional swim (at own risk).	Approx 15 kms
Grade 3	GLENBROOK - RED HANDS CAVE - GLENBROOK Train from Central to Glenbrook (Country Platform - Blue Mountains Line). Bush tracks, some rough, climbs, creek crossings, rock hopping, steps. steep climb out	Approx 9 -11kms
Grade 2-3	GLENBROOK – TRAMWAY TRACK – LAPSTONE - PENRITH Train from Central (Blue Mountains Line) to Glenbrook Station. Walk down to the tramway track – a clear and mostly level bush walk before crossing Lapstone station and heading down a short and steep track to the Nepean River. We then follow the river via parks and a few streets to Penrith Station. Bush tracks, parks, reserves and a couple of streets. Some nice views over Glenbrook creek and Nepean River	Approx 12-14km
	GLENBROOK-LAGOON –TUNNEL VIEW LOOKOUT-EUROKA CLEARING-GLENBROOK LONG Train from Sydney to Glenbrook (Country Platform -Blue Mountains Line) Fabulous mountain walking.	
Grade 2-3	GORDON - BICENTENNIAL PARK - LANE COVE NP - WATERLOO PARK - SHRIMPTONS CREEK - DENISTONE EAST Train from Central (Suburban Platform – T1 North Shore Line) to Gordon. Streets, tracks, bush, cycleways, parks, ups & downs, steep sections. Coffee at Denistone East, Bus return to City / Eastwood / Macquarie Centre.	Approx 13 kms
Grade 2-3	GORDON STATION - BLACKBUTT CREEK TRACK - KURINGAI BICENTENNIAL PARK - LANE COVE RIVER - TERRY'S CREEK – EASTWOOD Train from Central (T1 North Shore Line) to Gordon. Bush tracks with small climbs and descents, uneven in places. Streets to connect the bush tracks. One or two creek crossings. Good bush views in the Lane Cove River area. Train return to the city from Eastwood.	Approx 14 - 15 kms
Grade 1	GOSFORD - EAST GOSFORD Train from Central to Gosford (Country Platform - Newcastle & Central Coast Line).. Short Walk to Gosford Leagues Club for a social lunch. Smorgasbord available Then bus or walk to East Gosford and visit the “Edogawa Japanese Gardens”, friendship walk and visit Art Gallery. Relaxed pace.	
Grade 1	GOSFORD – LEAGUES CLUB – JAPANESE GARDENS – REGIONAL ART GALLERY - GOSFORD Train from Central (Central Coast & Newcastle Line) to Gosford. Walk to Gosford Leagues Club for Club buffet then bus to Gosford Regional Art Gallery & Japanese Gardens to see the touring Archibald Prize portraits. Entry is free.	Approx 4 kms

Grade 1	GOSFORD - LONG JETTY - THE ENTRANCE Train Central to Gosford (Country Platform - Newcastle & Central Coast Line). Then Red Bus 22 from Gosford Station Stand 1/2 to Long Jetty Leisurely walk around Tuggerah Lake. Leisurely pace and coffee at the Entrance.	Approx 4 kms
Grade 3	GOSFORD – RUMBALARA AND KATANDRA RESERVES - LISAROW Train from Central (Central Coast and Newcastle Line) to Gosford. A pretty walk through bush with beautiful views of Brisbane Water. A steady uphill walk through streets to the reserve and then a long flight of stone steps up to the ridge. Once on the ridge the bush tracks are good. Finish with a downhill walk through some streets to Lisarow Station for return to City by train.	Approx 13kms
Grade 2	GOSFORD – RUMBALARA RESERVE - GOSFORD Intercity train from Central (Central Coast & Newcastle Line) to Gosford. Casuarina Track – Yaruga LO – Flannel Flower Track – Nurranga Point. Pre-lunch circular walk with a steep climb then optional lunch at Central Coast Leagues Club (buffet lunch for seniors), bring identification. Good bush tracks, nice views. Please have your morning tea on the train.	Approx. 8-10 kms
Grade 1	GOSFORD EAST - NATURE TRAIL - FRIENDSHIP WALK - JAPANESE GARDENS - EAST GOSFORD Train from Sydney to Gosford (Country Platform-Newcastle and Central Coast Line). Then, Bus from Gosford Station to East Gosford. Short walk along nature trail and the friendship walk leading into the Art Gallery; wander around the beautiful Japanese Gardens. Afternoon Tea at the Art Gallery. Bus back to Gosford.	
Grade 1-2	GOSFORD -TERRIGAL - GOSFORD Train from Central to Gosford (Country Platform - Newcastle & Central Coast Line). Then Busways Bus 68 to Terrigal. Explore Terrigal town Centre and walk up to "The Skillion". Water views most of the day. Bring your own lunch or buy fish and chips to have by the water's edge.	Approx 4 kms
Grade 1	GOSFORD-EARLY PIONEER CEMETERY Train from Sydney to Gosford (Country Platform-Newcastle and Central Coast Line). Short Walk to Gosford Leagues Club for Social Lunch. Smorgasbord, cost. Then, a short walk to Point Fredrick to visit early pioneers grave site.	
Grade 3	GRAND CANYON BLACKHEATH Train from Central (Blue Mountains Line) to Katoomba, Bus 698 from outside Carrington Hotel to cnr St Andrews & Evans Lookout Rds Blackheath Bush tracks, steps up and down, climbs, creek crossing. Newly upgraded track. Beautiful scenery. Train return from Blackheath.	Approx 10 kms
Grade 2-3	GREAT LAKES REGION - HOLIDAY Train from Central to Broadmeadow (Country Platform - North Coast XPT) then change for Countrylink Coach to Forster. Return ticket from Forster to Central. Medium Day walks Forster - Tuncurry -Wallis Lake - Booti Booti National Park. Tracks, some climbs.	
Grade 2-3	GREENWICH – BALLS HEAD – BP PENINSULA PARK – HARBOUR BRIDGE – CIRCULAR QUAY Ferry (F3 Parramatta River) from Wharf 5 Circular Quay to Greenwich. Bush tracks, parks, streets, steps and climbs but worth it for the lovely harbour views.	Approx 13 kms
Grade 2	GREENWICH – BERRY ISLAND – BALLS HEAD – MILSONS POINT F3 Ferry from Circular Quay to Greenwich. Great harbour and City views. Bush tracks, reserves and quiet streets. Ups and downs. Medium pace. Coffee at Milsons Point.	Approx 10 kms
Grade 2-3	GREENWICH – GORE CREEK – TAMBOURINE BAY – HUNTERS HILL F3 Ferry from Circular Quay to Greenwich.	Approx 12 kms

	Bush tracks, streets, parks, steep steps and climbs, great water views. Coffee option at Hunters Hill. Bus return to City, Macquarie or Chatswood.	
Grade 3	GREENWICH – NORTHWOOD – FIGTREE BRIDGE – WOOLWICH WHARF Ferry from Circular Quay (F8) to Greenwich Point. Quiet streets and bush tracks. Steep pinches. Ferry to Circular Quay at end and opportunity for coffee there. Reasonably brisk pace but time to look around.	Approx 18 kms
Grade 2	GREENWICH - ST LEONARDS F3 Ferry from Circular Quay to Greenwich. Gore Creek Reserve, Lane Cove bushland park. Bush tracks, ups and downs.	Approx 8 kms
Grade 1	GREENWICH HERITAGE WALK Train from Central (Suburban Platform – T1 North Shore Line) to Wollstonecraft Explore Greenwich with vintage houses, workman’s cottages up to 21 st Century mansions. See historic Greenwich House (Capt. Mann’s home) where author Paul Brickhill (“The Dam Busters”, “Reach for the sky”) lived, site of former dairies etc. Streets, lanes bush tracks, steps, small hills, reserves/parks, time to stop at lovely river and harbour views. Jacaranda time, many trees were planted after WW1 because they were in flower for Nov 11 (Armistice Day). Optional Coffee at Greenwich Village. Return to Wollstonecraft Station.	
Grade 2 - 3	GREENWICH POINT – BERRY ISLAND – BALLS HEAD – MILSONS POINT Ferry (F8 Cockatoo Island Ferry) from Circular Quay to Greenwich Point Wharf. Bush tracks, streets, parks, steep climbs and descents. Great harbour views. Coffee at Milsons Point. (Walk may be shortened)	Approx 12 kms
Grade 1-2	GUILDFORD - CENTRAL GARDENS - LOWER PROSPECT CANAL PARK - PROSPECT RESERVOIR - GREYSTANES Train from Central to Guildford (Suburban Platform –T2 South Line -Campbelltown via Granville). Streets, paths, cycleways, ups & downs, 1 climb (to lookout for lunch), views of Prospect Reservoir & historic viaduct. Bus return (T80 T-Way) to Liverpool/Parramatta, Train return to City. Coffee somewhere.	Approx 13-14 kms
Grade 2	HARBOUR CIRCUIT b BIRCHGROVE - DAWN FRASER POOL - GLADESVILLE BRIDGE-HUNTERS HILL. Ferry from Circular Quay to F3 Birchgrove. Streets, parks, water views. Bus return to city.	Approx 10-12 kms
Grade 2	HARBOUR CIRCUIT BIRCHGROVE – ELKINGTON PARK – BIRKENHEAD POINT – HUNTERS HILL F3 Ferry from Circular Quay to Birchgrove. Streets, parks, lots of water views, some climbs. Bus return to City.	Approx 9-11 kms
Grade 2	HARBOUR CIRCUIT BIRCHGROVE - BALLAST POINT PARK - DARLING HARBOUR - BOTANIC GARDENS - CIRCULAR QUAY F3 Ferry from Circular Quay to Birchgrove. See the “padlock wall” at newly furnished Ballast Point. Some climbs, streets and parks.	Approx 9-10 kms
Grade 2	HARBOUR CIRCUIT BIRCHGROVE – BALLAST POINT – BLACKWATTLE BAY – BARANGAROO – CIRCULAR QUAY T3 Ferry from Circular Quay to Birchgrove. Streets, parks, steep steps & climbs, unbelievable water views.	Approx 12 kms
Grade 2	HARBOUR CIRCUIT	

	<p>CIRCULAR QUAY - SYDNEY HARBOUR BRIDGE - PENINSULA PARK -TAMBOURINE BAY - HUNTERS HILL Meet at Circular Quay near Wharf 4. Somewhat different way of doing this walk. See Henry Lawson steps and houses. Lots of steps and climbs, streets and bush tracks. Bus return to the City.</p>	
Grade 2	<p>HARBOUR CIRCUIT CIRCULAR QUAY - PYRMONT – BALMAIN - BALLAST POINT - BIRCHGROVE Meet at Wharf 5 Circular Quay and walk along streets and through foreshore park. See the Barangaroo site Pyrmont plus Point Park. Mostly flat but some short climbs. Coffee (optional) then bus return from Grove Street to city.</p>	Approx 10 - 12 kms.
Grade 2-3	<p>HARBOUR CIRCUIT CIRCULAR QUAY – HARBOUR BRIDGE – BOAT BUILDERS WALK – B.P. PENINSULA PARK – BALLS HEAD - GREENWICH Meet near Wharf 4 Circular Quay Bush tracks, streets, parks, steep steps & climbs, slippery when wet. Good water views. Return ferry to City.</p>	Approx 12 kms
Grade 2-3	<p>HARBOUR CIRCUIT CABARITA - ABBOTSFORD - DRUMMOYNE - BIRKENHEAD POINT - ROZELLE Rivercat Ferry from Circular Quay to Cabarita Follow shoreline of Parramatta River along riverside paths, some steps through parks, streets lined with Drummoyne heritage houses, up some small hills to the Bay Run and Iron Cove bridge. Buses run frequently to City and Circular Quay. Coffee at one of Birkenhead's many cafes.</p>	Approx 12 kms
Grade 2	<p>HARBOUR CIRCUIT GREENWICH – BALLS HEAD – LAVENDER BAY – HARBOUR BRIDGE – CIRCULAR QUAY F3 Ferry from Circular Quay to Greenwich. Bush tracks, parks, some streets, great views.</p>	Approx 10-12 kms
Grade 2-3	<p>HARBOUR CIRCUIT GREENWICH – GORE CREEK – TAMBOURINE BAY – HUNTERS HILL F3 Ferry from Circular Quay to Greenwich. Bush tracks, streets, parks, steep steps & climbs, great water views. Bus return to City.</p>	Approx 12 kms
Grade 2	<p>HARBOUR CIRCUIT HUNTERS HILL - TARBAN CREEK ENVIRONMENTAL WALK -WULABA TRACK - PUTNEY PUNT - CABARITA Bus 506 Stand C (Alfred Street) departing Circular Quay to Hunters Hill Shops (Joubert Street). Riverside walking between parks and bush reserves. Streets, some climbs, punt crossing, rewarding views of a succession of beautiful bays.</p>	Approx 9-10 kms
Grade 2	<p>HARBOUR CIRCUIT HUNTERS HILL – TAMBOURINE BAY – GORE CREEK - GREENWICH Bus 506 from Stand C Circular Quay to Hunters Hill shops (Joubert St). Bush tracks, parks, streets, some climbs. Ferry return to City.</p>	Approx 9-11 kms
Grade 2	<p>HARBOUR CIRCUIT HUNTERS HILL – MORNINGTON RESERVE – WOOLWICH DOCK – KELLYS BUSH – HUNTERS HILL Bus 506 from Stand C Circular Quay to Hunters Hill Shops (Joubert St). Bush tracks, streets, parks, steep steps & climbs, excellent water views. Bus return to City. CIRCUIT WITHIN A CIRCUIT</p>	Approx 12 kms

Grade 2	<p>HARBOUR CIRCUIT ROZELLE - GLEBE - DARLING HARBOUR - THE ROCKS -CIRCULAR QUAY Bus 504 from Circular Quay Stand C to Victoria Rd near Toelle St, Rozelle The best of Olde Sydney Town and the new World City. Harbour views abounding. Some short climbs. Presentation of Certificates.</p>	Approx 10-11 kms
Grade 3+	<p>HEATHCOTE - ECKERSLEY LAKE - GIRRONBA MARGIN -GOANNA RIDGE - MINDA POOL - ABAROO GULLY - MINDA RIDGE - WATERFALL Train from Central (T4 Eastern Suburbs & Illawarra Line). Smooth but also stony fire trails; bush tracks; short off track; steep climbs. Native bees; engravings. Lunch on Heathcote Creek. For experienced walkers. No drop-out points.</p>	Approx 14 kms
Grade 2	<p>HEATHCOTE - ENGADINE - LOFTUS Train from Central to Heathcote (Suburban Line – T4 Eastern Suburbs & Illawarra Line). Lovely bush from station to station, lots of Gum trees, a few small climbs, fire trails, bush tracks, Goarra Ridge Temptation creek. Finish Loftus station.</p>	Approx 11 kms
Grade 3	<p>HEATHCOTE – HEATHCOTE CREEK - WATERFALL Train from Central (T4 Eastern Suburbs & Illawarra line) to Heathcote. Fire trails, bush tracks, creek crossings and steep climbs. Short off track section. Bring torch - may be wet underfoot. Search for Aboriginal carvings and native bees. Experienced walkers – no drop out points.</p>	Approx 14 kms
Grade 2-3	<p>HEATHCOTE - HEATHCOTE NATIONAL PARK - WATERFALL Train from Central to Heathcote (Suburban Platform – T4 Eastern Suburbs & Illawarra Line). Bush tracks, ups and downs, creek crossing, rock hopping, steps, scrambling. Rough walking in parts. Climb out at Waterfall.</p>	Approx 11 kms
Grade 2.3	<p>HEATHCOTE - KARLOO POOL - ULOOLA FALLS - BLUE POOLS TRACK - WATERFALL Train from Central to Heathcote (Suburban Platform – T4 Eastern Suburbs & Illawarra Line). Regular bush track, some ups and downs. Some very scratchy track.</p>	Approx 14 kms
Grade 2-3	<p>HEATHCOTE – LAKE ECKERSLEY - HEATHCOTE Train from Central (T4 Eastern Suburbs & Illawarra Line) to Heathcote. Bush tracks, uneven and rocky in places, service trail along the Water Board Pipeline. A couple of climbs at an unhurried pace. A long lunch and optional swim (at own risk) at Lake Eckersley before returning to Heathcote. Some nice bush views. 275 metres ascent. Train return from Heathcote.</p>	Approx 10 kms
Grade 2-3	<p>HEATHCOTE - OLYMPIC POOL – KARLOO POOL - HEATHCOTE Train from Central (T4 Eastern Suburbs & Illawarra Line) to Heathcote. A <u>leisurely</u> way to spend New Year’s Day after the fuss of New Year’s Eve. Rough uneven tracks with very steep descent in and steep ascent out in possibly hot conditions. Two tempting pools where we shall dwell. Usually good for a swim. Bring small portion of food to share. Carry adequate water. Bring short story or verse to recite. Experienced walkers. No drop outs.</p>	Approx 9 kms
Grade 4	<p>HEATHCOTE – PIPELINE TRACK – SARAHS KNOB – WORONORA DAM Train from Central (T4 Eastern Suburbs & Illawarra Line) to Heathcote. A long, rewarding walk along pipeline fire trail at a steady pace slowed by climbs and views from The Knob before descending via vehicular road to Dam wall and Reserve. (Hot water available if working). Explore both Dam and Reserve before retracing steps same way. Close to 6 hours of walking with no drop out points. Experienced walkers only.</p>	Approx 22 kms
Grade 4	<p>HEATHCOTE – SARAHS KNOB – WORONORA DAM. (REVERSE ROUTE RETURN). 8.07am Train from Central (T4 Eastern Suburbs and Illawarra Line) to Heathcote ETA 9.00am. Leader joins at Carlton.</p>	Approx 24 kms

	<p>A steady paced walk for those who once enjoyed a good leg-stretch, to see if they still do. Short rough bush track descent then Pipeline Fire Trail before joining Dam Road. Some uphill but downhill on return. Impressive infrastructure in landscaped reserve. Hot water at lunch for a 'cuppa'. Walking time about 6 hours. No drop outs.</p>	
	<p>HEATHCOTE-ENGADINE-SUTHERLAND Train from Central to Heathcote (Suburban Platform- T4 Eastern Suburbs Illawarra Line) Lovely Bush from station to station, lots of gum trees, a few small climbs, fire trails, bush tracks. Goarra Ridge & Temptation Creek.</p>	Approx. 12 kms.
	<p>HEATHCOTE-PIPELINE TRACK-LAKE ECKERSLEY-HEATHCOTE Train from Central to Heathcote (Suburban Platform –T4 Eastern Suburbs Illawarra Line). A pleasant summertime walk through the Heathcote NP. Fire trail, bush tracks. Short climbs, optional swim at Lake Eckersley (own risk). Return to Heathcote</p>	Approx. 9 kms
Grade 2-3	<p>HEATHCOTE-SWAMP TRACK- KARLOO POOL-KANGAROO CREEK- OLYMPIC POOL- BOTTLE FOREST – ENGADINE Train from Central (T4 Eastern Suburbs & Illawarra Line) to Heathcote. Rough tracks. Steep descent. Steep Climb. Tempting Pools by which we shall dwell and in which some may bathe. Experienced walkers. No drop outs.</p>	Approx 9 kms
Grade 3	<p>HELENSBURGH – CAWLEYS ROAD – LAKE TOOLOOMA – KINGFISHER POOL – RIPPLE RILL – MOORAY TRACK - WATERFALL Train from Central (South Coast Line) to Helensburgh. Travel in third carriage from front of train due to short platform. Lakeside scenery where we may linger. Dam wall. Industrial remains. Loose stony descent. Hard climb after lunch. No drop-out points.</p>	Approx 16 kms
	<p>HELENSBURGH-BURGH TRACK-GARAWARRA-GOV GAME LOOKOUT SIR BERTRAM STEVENS DRIVE-WALUMARRA TRACK-COURANGA TRACK-WATERFALL Train from Sydney to Helensburgh (Country Platform-South Coast Line). Forest Tracks, climbs, views, 2 river crossings, 2kms on road.</p>	
	<p>HELENSBURGH-GARAWARRA-SOUTH ERA BEACH-BURNING PALMS-OTFORD Train Sydney to Helensburgh (Country Platform-South Coast Line) Some fire trails, mainly bush tracks, river crossing, hills, beach, Palm Jungle, some tracks can be very rough.</p>	Long
Grade 2-3	<p>HENRY LAWSON'S NORTH SYDNEY: MCMAHONS POINT – BALLS HEAD - WAVERTON F3 Ferry from Wharf No 5, Circular Quay to McMahons Point. Walk past houses and other buildings (pubs) associated with Henry. Hear readings and songs from his poems. Several steep inclines and sets of steps. Optional coffee at Waverton.</p>	Approx 9 kms
Grade 1	<p>HERITAGE TOUR OF SYDNEY UNIVERSITY, CAMPERDOWN Bus 440 from Stand C Circular Quay to Sydney University. Guided tour of buildings that make up the iconic Main Quadrangle, including the kangaroo gargoyle, the Great Hall, MacLaurin Hall and Sydney University Museums. We'll also explore the Anderson Stuart Building (the original site of the Medical School) and the New Sydney Law School.</p>	Approx 2 kms
	<p>HISTORIC WINDSOR Train from Central to Windsor (Suburban Platform-T1 Western Line) Bring your camera, if you like pictures of old churches, cottages, burial grounds etc., also we walk along the Hawkesbury River and out to the countryside to see Tebbutt's observatories. Lunch at the junction of Hawkesbury River & South Creek, then lots of time to wander through the free regional museum with historical artefacts & The Windsor Mall craft markets, 30min train service to Blacktown/Parramatta/City.</p>	

Grade 1	<p>HISTORICAL TOUR-MARY MACKILLOP PLACE MUSEUM Meet at North Sydney Railway Station Ticket Office for a short walk to Museum in Mount Street. Morning Tea Group Package (minimum 10) museum admission, a 90 minute tour and tea/coffee & biscuits. Highlights: Visit the Memorial Chapel, Mary's tomb, historical Alma Cottage (restored), and re-live the story of one of Australia's most remarkable pioneers.</p>	
Short	<p>HISTORICAL TOUR-SYDNEY HOSPITAL AND LUCY OSBORNE- NIGHTINGALE MUSEUM. Meet at Il Porcellino (bronze boar sculpture) at entrance to the Hospital on Macquarie Street. (Martin Place nearest train station). History of Sydney's first hospital, Beautiful chapel of St Luke, Florence Nightingale's sewing basket, historical photos and artefacts relating to a bygone era in medical and nursing care.</p>	
Grade 1	<p>HISTORY & HERITAGE TOUR OF ST PATRICK'S CHURCH - LAVENDER BAY - MCMAHONS POINT Meet in courtyard of St Patrick's Church, 20 Grosvenor Street and The Rocks (nearest Train station is Wynyard). From convict origins in the 1840s, this was the second Catholic Church to be built in Sydney. In 1999 it was restored to strict heritage guidelines. Tour cost: for tour lasting approx. 1 hour. Light refreshments available (at own cost) from Coffee Shop in restored 19th Century Convent Chapel. Following tour, walk over Harbour Bridge to Wendy Whiteley's garden for lunch and harbourside stroll to Ferry at McMahons Point.</p>	
Medium	<p>HISTORY AND HERITAGE OF CASTLECRAG Bus 207 from stand K, York St., Bus 267 from stand D, Endeavour St., Chatswood to Cnr. Eastern Valley Way and Edinburgh Rd., Castlecrag .See the area designed by Walter Burley Griffin of Canberra fame. Griffin Houses, The Haven (natural amphitheatre), small bushland reserves, Mowbray Point, ups and downs, water views, easy pace. Bus back to city or Chatswood. Optional Coffee in Castlecrag.</p>	Short
Grade 1	<p>HISTORY TOUR OF ROYAL PRINCE ALFRED HOSPITAL, CAMPERDOWN - Bus 412 from Stand D, Railway Square, to Missenden Road, Camperdown near RPAH. Royal Prince Alfred Hospital was established in the 1870s after an assassination attempt on Prince Alfred, Duke of Edinburgh, during a Royal visit in 1868. Director RPA Museums and Archives, will be our guide. After the tour we'll explore the Medical Heritage Trail and enjoy some coffee.</p>	Approx 2 kms
Grade 1	<p>HISTORY TOUR OF SUSANNAH PLACE MUSEUM 58-64 Gloucester Street, The Rocks. Meet at Wharf 5 Circular Quay Built in 1844, Susannah Place is a rare surviving example of a working-class terrace which was home to over 100 different families. Tour the four houses, see a short video, and hear the stories of the lives of working class people and the neighbourhood in which they lived. Also visit the re-created corner store of 1915 which sells goodies from that era. Cost: Concession: Following tour, visit The Big Dig archaeological site (free).</p>	
Grade 2-3	<p>HOLIDAY GREAT LAKES REGION Train from Central to Broadmeadow (Country Platform - North Coast XPT) then change for Countrylink Coach to Forster. Return ticket from Forster to Central. Medium Day walks Forster - Tuncurry -Wallis Lake - Booti Booti National Park. Tracks, some climbs.</p>	
	<p>HOLIDAY JERVIS BAY Full program of day walks. Accommodation is at White Sands Tourist Park Huskisson. The holiday will run again in March 2015. Maximum group size is 18, and only a few places remain for both dates. If you're interested and haven't yet booked, contact organisers as soon as possible for more details. Please note we will be using private transport only.</p>	
	<p>HOLIDAY KATOOMBA (4 Days) Accommodation: Katoomba Town Centre Motel 222-224 Katoomba Street, Katoomba 2780 (Phone (02) 4782 1266) Participants to make their own Accommodation booking</p>	
Grade 2-3	<p>HOLIDAY NELSON BAY - PORT STEPHENS Holiday</p>	

	<p>Train from Central to Newcastle (Country Platform -Newcastle & Central Coast Line). Then Bus 130 Stand 3 Newcastle Station to Nelson Bay. <u>Accommodation:</u> Halifax Holiday Park: 1800 600 201 Walks include: <u>Boyce Track to Sand Hills & Tin City</u> on Stockton Beach <u>Birubi Point - Anna Bay</u> coastal Walk <u>Tomaree and Stephens Peak</u> (Climbs) Fingal Bay Return Bus No 130 to Newcastle Station - Train to Central.</p>	
	<p>HOLIDAY THREDBO 4 full days (5 nights) in Thredbo. Sydney to Thredbo and return by Charter Bus. Costs can only be determined when number of people confirmed going is known.</p>	
Medium	<p>HOLIDAY: MID NORTH COAST PORT MACQUARIE Train Sydney to Wauchope (Country Platform – North Coast XPT) Day Walks Port Macquarie Coastal Walkway, Kooloonbung Creek, Laurieton, North Haven. Accommodation “Sundowner Breakwall Tourist Park” or preferred option. Participants to make own booking. Return ticket from Wauchope to Central Friday</p>	
	<p>HOLIDAY-MERIMBULA Transport: Coach. Sydney Central Station to Merimbula. (Bay 17-Pitt Street). Accommodation: Pelican Motor Inn. Day walks on the magnificent Sapphire Coast.</p>	
Grade 1-2	<p>HOME BUSH - RHODES Rivercat Ferry from Circular Quay to Olympic Park Wharf. Parramatta River walk, Narrawang wetlands, WoLa Ra lookout, Newington marshes. Haslams Creek, Wentworth Common, Bird Hide Bicentennial Park Mangroves, Silent Heart Garden, Lake Belvedere. Rail Return from Rhodes Station to City or Hornsby. Can extend to Meadowbank wharf.</p>	Approx 10 kms
Grade 3-4	<p>HOME BUSH BAY - BOTANY BAY – RHODES TO BRIGHTON Train from Central (T1 Northern Line towards Epping) to Rhodes. A steady-paced level sealed surface walk for those who once enjoyed a good leg-stretch, to see if they still do. A familiar route from Rhodes waterfront, via Bi-Centennial Park, Cooks River, Tempe, Wollie Creek, Kyeemagh to the sands of Brighton beach.</p>	Approx 24 kms
Grade 3	<p>HORNSBY – BLUE GUM WALK - GREAT NORTH WALK – BEROWRA CREEK - THORNLEIGH Train from Central (Central Coast & Newcastle Line) to Hornsby. Bush tracks, climbs, creek crossings, rock hopping, steps, some streets.</p>	Approx 9-10 kms
Grade 3	<p>HORNSBY – FISHPONDS - THE JUNGO - THORNLEIGH. Train from Sydney to Hornsby (Country Platform – Newcastle & Central Coast Line). Bush tracks, fire trails, some climbs & creek crossings. Coffee</p>	Approx 9 - 10 kms
Grade 3	<p>HORNSBY - GREAT NORTH WALK - BEROWRA CREEK - JUNGO HOLE – CHERRYBROOK - PENNANT HILLS Train from Sydney to Hornsby (Country Platform – Newcastle & Central Coast Line). Rough bush track, several climbs, mostly in Berowra Creek Valley. For fit walkers. Coffee at Pennant Hills?</p>	Approx 12 -14 kms.
Grade 3+	<p>HORNSBY – GREAT NORTH WALK – BEROWRA CREEK – JUNGO HOLE – PENNANT HILLS Train from Central (Central Coast & Newcastle Line) to Hornsby. Rough bush tracks, some climbs, some streets. Perhaps visit to Lillian Fraser Garden. For experienced walkers.</p>	Approx 12 kms
Grade 3	<p>HORNSBY – GREAT NORTH WALK – BEROWRA CREEK – NORTH BLUE GUM WALK - HORNSBY Train from Central (Central Coast & Newcastle Line) to Hornsby</p>	Approx 10 kms

	Rough bush tracks, fire trails, suburban streets. One steep climb. For experienced walkers.	
Grade 3+	HORNSBY – GREAT NORTH WALK – BEROWRA CREEK – THORNLEIGH – LANE COVE RIVER - EPPING Train from Central (Central Coast & Newcastle Line) to Hornsby. Rough bush tracks, some climbs, fire trail, some streets. For experienced walkers.	Approx 16 kms
Grade 3	HORNSBY – GREAT NORTH WALK – MANOR ROAD – BEROWRA CREEK – BLUE GUM WALK - HORNSBY Train from Central (Central Coast & Newcastle Line) to Hornsby. Rough bush tracks, fire trails, suburban streets. One steep climb. Experienced walkers.	Approx 10 kms
Grade 2-3	HORNSBY - GREAT NORTH WALK - MANOR ROAD - BEROWRA CREEK - TUNKS RIDGE - HORNSBY Train from Central (Country Platform - Newcastle & Central Coast Line) to Hornsby. Rough Bush tracks, fire trails, some climbs, some streets. For experienced walkers	Approx 12 kms
Medium	HORNSBY - GREAT NORTH WALK - MANOR ROAD - STEELE BRIDGE - TUNKS RIDGE - POGSONS TRIG – FISHPONDS - HORNSBY Train from Sydney to Hornsby (Country Platform – Newcastle & Central Coast Line). Rough bush tracks, several climbs, fire trails & streets. For Fit Walkers. Coffee somewhere.	Long
Medium	HUNTER RIVER-NEWCASTLE-NOBBYS-MEREWETHER Train from Sydney to Hamilton(Country Platform – Newcastle/Central Coast Streets, cycleway, quite a few steps, ups and downs, mainly flat, but a few steep parts. Great views River, Ocean, Beaches, Strzelecki Lookout. Bus to Hamilton, coffee at Hamilton, train to Sydney.	Approx 14-15 kms.
Grade 2	HUNTERS HILL – BIRKENHEAD POINT – ELKINGTON PARK - BIRCHGROVE Bus 506 from Stand C Circular Quay to Hunters Hill Shops (Joubert St.). Streets, parks, steep steps & climbs, magnificent water views. Ferry or Bus return to City.	Approx 12 kms
Grade 2	HUNTERS HILL - BIRKENHEAD POINT - ELKINGTON PARK –BIRCHGROVE Bus 506 from Circular Quay Alfred Street Stand C to Hunters Hill Shops (Joubert Street). Complete the Tarban Creek Environmental Walk and cross the Gladesville Bridge on the “wrong” side and do the new Iron Cove Bridge walkway. Some climbs, streets and parks. Ferry or Bus return to City.	Approx 9 - 10 kms
Grade 2	HUNTERS HILL – MORNINGTON RESERVE – WOOLWICH DOCK – KELLYS BUSH – HUNTERS HILL Bus 506 from Stand C Circular Quay to Hunters Hill Shops (Joubert St). Bush tracks, streets, parks, steep steps & climbs, excellent water views. Bus return to City.	Approx 12 kms
Grade 2	HUNTERS HILL – TAMBOURINE BAY – GORE CREEK - GREENWICH Bus 506 from Stand C Circular Quay to Hunters Hill shops (Joubert St). Bush tracks, parks, streets, some climbs. Ferry return to City.	Approx 9 -11 kms
Grade 1-2	HUNTERS HILL - TARBAN CREEK - GLADESVILLE Bus 506 from Cnr Druitt and Kent Sts to Hunters Hill Shops (nr Joubert St). Exploration of West Hunters Hill. The French Connection - Joubert & Marists. Historic stone and weatherboards plus missionary cemetery. Mostly flat with some rises. Bus/Ferry return to City.	Approx 10 - 12 kms
Grade 2	HUNTERS HILL - TARBAN CREEK ENVIRONMENTAL WALK -WULABA TRACK - PUTNEY PUNT - CABARITA Bus 506 Stand C (Alfred Street) departing Circular Quay to Hunters Hill Shops (Joubert Street).	Approx 9-10 kms

	Riverside walking between parks and bush reserves. Streets, some climbs, punt crossing, rewarding views of a succession of beautiful bays.	
Grade 2-3	HUNTLEYS POINT – BUFFALO CREEK RESERVE - FULLERS BRIDGE - CHATSWOOD Ferry (F3 Parramatta Ferry) from Circular Quay to Huntleys Point Wharf. GNW bush track, rocky in some sections with one steep descent to Fullers Bridge. Some street walking at the beginning and the end with steep climb to Chatswood towards the end. Lovely bush and river views.	Approx 14 kms
Grade 1	HUNTLEYS POINT – DRUMMOYNE – CALLAN PARK - LILYFIELD F3 Ferry from Circular Quay Wharf 5 to Huntleys Point. Mostly foreshore walk with river views, flat walking. Return to City on Light Rail or bus.	Approx 8-10 kms
Grade 2-3	HUNTLEYS POINT – GLADESVILLE - BUFFALO PARK – FULLERS BRIDGE F3 Parramatta River Ferry from Circular Quay wharf 5 to Huntleys Point. Some streets and reserves but mostly on good bush tracks following the Great North Walk route along the west bank of the Lane Cove River. Ups and downs, rocky in a few places, but not difficult. Great river views. Short bus return to either Chatswood or Macquarie Park stations. Coffee options.	Approx 12 kms
Grade 2	HUNTLEYS POINT – PUTNEY PUNT – MORTLAKE – CABARITA – COCKATOO ISLAND (OPTIONAL) Meet at Circular Quay for F3 Ferry to Huntleys Point. Beautiful river views most of the day. Lots of foreshore walking, mostly on good formed tracks and paths. Mostly fairly flat. Some ups and downs. A couple of short uneven sections of track, could be slippery if wet. Some buildings of historical interest and some interesting houses. Cross the river on the Putney Punt (Mortlake Ferry). Ferry or bus return to city. Could be Ferry to Parramatta depending on tide. Exit point if required.	Approx 10 kms
Grade 2	HUNTLEYS POINT WHARF - PUTNEY PUNT - BREAKFAST POINT - CONCORD F3 Ferry from Circular Quay to Huntleys Point. Walk along streets, through parks and beside Parramatta River and its bays. Catch the Historic and now rare punt. Explore Breakfast Point development on the site of the old gasworks. Finish at trendy Majors Bay Road for Coffee (optional) then return to city by bus. Flat walking.	Approx 12 kms
Grade 1-2	HURLSTONE PARK - BEXLEY NORTH - BARDWELL VALLEY - BARDWELL PARK RSL Train from Central (Suburban Platform - Bankstown Line) to Hurlstone Park. Pre-lunch walk with optional lunch at Bardwell Park RSL. Suburban walking and bush tracks.	Approx 10 kms
Grade 2	HURSTVILLE - POULTON PARK - COMO BRIDGE - OYSTER BAY - SUTHERLAND Train from Central to Hurstville (Suburban Platform-T4 Eastern Suburbs & Illawarra Line). Bush tracks, parkland reserves around Georges River, short rock hopping section at end	Approx 10 -12 kms
Grade 1	HYDE PARK – CIRCULAR QUAY – BOTANIC GARDENS - DOMAIN Meet at Archibald Fountain Hyde Park. See spectacular fountains in parks and plazas to the drains and sewers hidden underground. Find the sculpture nicknamed “The Urinal”. Learn which water feature led to the settlement of Sydney. See sculptures which commemorate our history.	
Grade 1	HYDE PARK – CIRCULAR QUAY. STREET ART AND MEMORIAL WALK Meet leader at Archibald Fountain, Hyde Park. The walk will zig zag the parks and streets east of George Street. Along the way view the 1842 statue of Governor Bourke and pause at the 2015 Yininmadyemi memorial. Highpoints will be the GPO and Lands Building. Lunch in the Botanic Gardens. Water and drop out points available. Coffee at Circular Quay.	Approx 9 kms
Grade 1	HYDE PARK - MACQUARIE STREET - BOTANIC GARDENS (SCULPTURE TRAIL 2) Meet at the Archibald Fountain in Hyde Park. Discover sculptures and their histories in the beauty of the Springtime in the Botanic Gardens. Easy Pace	Short/Medium

Grade 1	<p>HYDE PARK BARRACKS MUSEUM - HISTORY TOUR</p> <p>Queens Square, Macquarie Street, Sydney. Meet at Martin Place/Macquarie Street.</p> <p>Designed by Francis Greenway and built with convict labour, Hyde Park Barracks was the first convict barracks in the colony. Opened in 1819 it is today inscribed on UNESCO's World Heritage list. Hear the stories of convict Sydney and learn about the building's chequered past. Tour Cost:</p> <p>Note: There is ramp access to Level 1 only, access to Levels 2 and 3 is via the staircase.</p>	
Medium	<p>ILUKA PARK-SNAPPERMAN BEACH - BARRENJOEY BEACH -BARRENJOEY LIGHTHOUSE - PALM BEACH-COAST TO BAY TRACK-ILUKA PARK</p> <p>Bus L90 Carrington Street Wynyard to Snapperman Lane off Barrenjoey Rd. Palm Beach.</p> <p>Streets, parks, uneven rocky terrain, steep climbs and 700 steps on newish Pittwater and ocean views. For fit walkers. Bus return.</p>	
Grade 2-3	<p>JACARANDA WALK: MILSONS POINT CIRCUIT VIA THE COAL LOADER- GORE CREEK – WOLLSTONECRAFT - ANDERSON PARK – KIRRIBILLI – MILSONS POINT</p> <p>Meet leader at Milsons Point station west side (Alfred Street)</p> <p>Quiet streets, parks and good bush tracks. One creek crossing. Some tracks could be slippery. Lots of ups and downs and steps. Lovely bush, harbour views and hopefully jacarandas. Medium pace. Coffee at Milsons Point.</p>	Approx 12-14 kms
Grade 2-3	<p>JANNALI – THE GLEN RESERVE – WORONORA - SUTHERLAND</p> <p>Train from Central (T4 Eastern Suburbs & Illawarra Line) to Jannali.</p> <p>A few streets, climbs up and down, bush tracks (rough in places), views over Woronora River. Train return from Sutherland.</p>	Approx 10 kms
Grade 1	<p>JUBILEE PARK – ANZAC BRIDGE – JUBILEE PARK</p> <p>L1 Tram from Central to Jubilee Park Light Rail stop.</p> <p>Flat circuit walk around Rozelle and Blackwattle Bays. Across the Anzac Bridge, along by the Fish Markets and return to Jubilee Park. Drop out points and water available. Light Rail return to Central. Coffee options at Central.</p>	Approx 8 kms
Grade 1-2	<p>KATOOMBA</p> <p>Train from Central to Katoomba (Country Platform - Blue Mountains Line).</p> <p>Walk to the corner of Cliff Drive & Merriwa Street - stroll along cliff top to Echo Point; no steps, fairly even going. Bus return to the station or walk Lurline Street to Katoomba Station.</p>	Short
Grade 3	<p>KATOOMBA - ECHO POINT - GIANT STAIRWAY - FEDERAL PASS - FURBER STEPS - ECHO POINT</p> <p>Train from Central (Blue Mountains Line) to Katoomba.</p> <p>Bush tracks, some rough, hundreds of steps up and down. Several lookouts, beautiful views.</p>	Approx 10 kms
Grade 2-3	<p>KATOOMBA – ECHO POINT – PRINCE HENRY CLIFF WALK - LEURA</p> <p>Train from Central (Blue Mountains Line) to Katoomba.</p> <p>Good bush tracks, muddy patches, steps up and down. Great views.</p>	Approx 10 kms
Grade 3	<p>KATOOMBA - FURBER STEPS - FEDERAL PASS - LANDSLIDE - GOLDEN STAIRS - KATOOMBA</p> <p>Train from Central (Blue Mountains Line) to Katoomba.</p> <p>Bush tracks, some rough, climbs, many steep and rough steps up and down, creek crossings. Road walk back to Katoomba.</p>	Approx 12 kms
Grade 3	<p>KATOOMBA – GOLDEN STAIRCASE – RUINED CASTLE – FURBER STEPS - KATOOMBA</p> <p>Train from Central (Blue Mountains Line) to Katoomba.</p> <p>One of the classic Blue Mountains walks. A long walk with hundreds of steps both up and down. Along Narrowneck then down the Golden Staircase to the valley floor. Bush tracks out to the steep and rugged climb up to the "Castle". Option to return at the end on the Scenic Rail instead of the Furber Steps.</p>	Approx 15-16 kms

Grade 2-3	<p>KATOOMBA - JENOLAN CAVES - KATOOMBA COACH+ORIENT CAVE TOUR 1:30pm Train from Central (Blue Mountains Line) to Katoomba. OR, if you are happy to cut it fine, 8:18 Train from Central to Katoomba. Then, 10:35 Coach departure from Katoomba to Jenolan Caves; return at 3:30pm ETA Katoomba @ 5pm. 10:00, Meet outside "Trolley Shoppe." Opposite pedestrian crossing at Katoomba Station COST estimate: Concession \$92 inclusive. Inspection time: 1.5 hours; Length: 470 Metres; Steps/stairs 358. Fitness Level: Average</p>	470 Metres Stairs/steps: 358
Grade 2	<p>KATOOMBA - LEURA VIA PRINCE HENRY CLIFF WALK Train from Central to Katoomba (Country Platform - Blue Mountains Line). Beautiful scenery. Good walking track. Many steps and many lookouts. Some muddy patches.</p>	Approx 7 – 8 kms
Grade 4	<p>KATOOMBA – MOUNT SOLITARY - KATOOMBA Rough bush tracks, climbs, steps up and down, lots of rock scrambling, very steep ascent and descent. For agile and experienced walkers. This is a very long and difficult walk, so expect a late finish.</p>	Approx 18-20 kms
Grade 4	<p>KATOOMBA – MT SOLITARY - KATOOMBA 8.30am start from the top of the Golden Staircase. Transport can be arranged to the Golden Staircase. 5 walkers minimum. Register interest with the leader by mid September. Down the Golden Stairs and along the very pretty and flat Federal Pass to Mt Solitary. Steep climb to the top with a lot of rock scrambling. At the top continue on to the lookouts. For experienced walkers but well worth the effort.</p>	Approx 12 kms
Medium	<p>KATOOMBA - NARROW NECK - CASTLE HEAD - LANDSLIDE VIEW - KATOOMBA Train from Sydney to Katoomba (Country Platform – Blue Mountain Line). Streets, tracks, fire trail, ups and downs, some steps. Great views of the Valley, Mt Solitary & Landslide. Coffee at Katoomba. Then train to City.</p>	Approx 16 kms
Grade 4	<p>KATOOMBA – NORTHS LOOKOUT – NELLIES GLEN – DEVIL’S HOLE - KATOOMBA Train from Central (Blue Mountains Line) to Katoomba. Rough bush tracks very steep and degraded approaching Devil's Hole, fire trail, climbs, steps up and down, creek crossings. For fit and experienced walkers. . Fire trails. No dropout points. Street walking back to Katoomba at end of walk.</p>	Approx 15 kms
Grade 2-3	<p>KATOOMBA – PRINCE HENRY CLIFF WALK - LEURA Train from Central (Blue Mountains Line) to Katoomba. Bush tracks, scenic cliff top track, slight ups and downs. May be muddy in places. Several lookouts.</p>	Approx 9 kms
Grade 2	<p>KATOOMBA – REIDS PLATEAU – ECHO POINT – LEURA CASCADES Train from Central (Blue Mountains Line) to Katoomba. Good bush tracks, some climbs, some steps. Many lookouts with superb mountain views.</p>	Approx 10 kms
Medium	<p>KATOOMBA - REIDS PLATEAU - SILVER MIST - LEURA CASCADES - GORDON - FALLS-LEURA. Train from Sydney to Katoomba (Country Platform – Blue Mountain Line) Streets, tracks, ups and downs, lots of steps, a few steep parts, great views, lookouts, autumn colours. Coffee at Leura. Then train to City.</p>	Approx 14 Km

Grade 2	<p>KATOOMBA – section of PRINCE HENRY CLIFF WALK - KATOOMBA If coming for the day only: 9.18am Train from Central (Blue Mountains Line) to Katoomba ETA 11.17am. Meet leader at 11.17 outside Katoomba station next to coffee bar and tourist office. If staying in the mountains: catch earlier train from Central at 8.18 to allow time to leave luggage. Meet leader at 11.17 – see above. Quiet leafy back streets, bush tracks.</p>	Approx 7 kms
Grade 2-3	<p>KATOOMBA – THE GULLY – KATOOMBA CASCADES – ECHO POINT – SILVER MIST – LEURA CASCADES - LEURA Train from Central (Blue Mountains Line) to Katoomba. Streets, parks and reserves, bush tracks, several lookouts with lovely mountain views.</p>	Approx 10 km
Grade 3	<p>KILLARA – SWAIN GARDENS - CIRCUIT OF PART OF KILLARA – TWO CREEKS TRACK – ROSEVILLE BRIDGE Train from Central (T1 North Shore Line) to Killara. Quiet suburban streets followed by a bush track. Steep pinches. Bus to Chatswood at end and opportunity for coffee there. Reasonably brisk pace but with time to look at the notice boards about the area we are walking through.</p>	Approx 15 km
Grade 2-3	<p>KILLARA – SWAIN GARDENS – SEVEN LITTLE AUSTRALIANS PARK – TWO CREEKS TRACK – ROSEVILLE BRIDGE – ECHO POINT PARK Train from Central (T1 North Shore and Northern Line) to Killara Parks, quiet streets, bush tracks, lovely water views of the upper reaches of middle harbour. Ups and downs. Medium pace. Bus return to Chatswood.</p>	Approx 10 kms
Medium	<p>KINCUMBA MOUNTAIN RESERVE Train from Sydney to Gosford (Country Platform – Newcastle and Central Coast Line). Tracks, climbs, Ferry back from Saratoga to Woy Woy.</p>	Approx 13 kms
Grade 2	<p>KINGS CROSS – ELIZABETH BAY – DARLING POINT – POINT PIPER - ROSE BAY Train from Central (T4 Eastern Suburbs Line) to King Cross Station. Historic Victoria Street to Embarkation Park, the Navy carpark roof with views of the City and Bay. Then follow loops of the Federation Track to the reserve at Elizabeth Bay House. Continue onto Rushcutters Bay, walk the line of the Maroo - the old aboriginal foot track to Point Piper. Amble the length of the wealthiest street in Australia, enjoy views to the city and Manly. Finish at Rose Bay. Bus or ferry back to the city.</p>	Approx 10 kms
Grade 2	<p>KINGS CROSS - LEICHHARDT Meet leader at Kings X Fountain 9:15 am. Kings X - Botanic Gardens - Barangaroo - Fish Markets (lunch) - Whites Creek - Leichhardt. Streets, gardens, foreshore walking, fish & chips, coffee. Bus return to City.</p>	Approx 12 - 14 kms
Grade 2	<p>KINGS CROSS – MAROUBRA - COOGEE Meet at Kings Cross Fountain Kings X – Centennial Park – Randwick – Environmental Park – Quarry Reserve – Sydney Water Reservoir – Maroubra – Coogee Mostly quiet back streets, parks and coastal track. Great views, hopefully avoiding the crowds. There are options to leave or shorten the walk along the way. Lunch is at Maroubra where swimming (at own risk) is possible at Mahon Pool. We can watch the Sydney to Hobart yachts from Mistral Point and then continue on to Coogee if people wish. Bring binoculars if you have any, the yachts will be quite distant. Relaxed pace.</p>	Approx 10 - 14 kms
Grade 2	<p>KINGS CROSS – NORTH ROSE BAY – MACQUARIE LIGHTHOUSE – THE GAP - WATSONS BAY Meet at Kings Cross Station. Coastal walk to Watsons Bay. Finish walk by lunch time and take the ferry or bus home before the heat of the day. Lunch, coffee or ice cream can be bought at Watsons Bay. Swimming possible at end.</p>	Approx 12 - 14 kms

Grade 2	<p>KINGSFORD – DACEYVILLE - PAGEDWOOD - BOTANY-BOTANY BAY Bus L94 from Circular Quay Alfred St Stand B or Martin Place; Elizabeth Street Stand F to Nineways Kingsford See the mosaic honouring Sir Charles Kingsford Smith; mostly flat suburb walking crossing several parks. A few steps. Great views of Kingsford Smith Airport and the expanding Botany Port from the Penrhyn Estuary Lookout. Can shorten if too hot. Bus return to the City after Coffee at Croquembouche; Botany.</p>	Approx 10 kms
Grade 2	<p>KISSING POINT - PARRAMATTA F3 Ferry from Circular Quay to Kissing Point. Pre-lunch walk along northern side of Parramatta River (some new bits) with a visit to the Parramatta information centre then optional lunch at Scrumptious Café on the River.</p>	Approx 12 kms
Medium	<p>KISSING POINT - SHEPHERDS BAY – CONCORD - FOREST WALK-EAST - BICENTENNIAL PARK - HOMEBUSH BAY - RHODES Rivercat Ferry from Circular Quay to Kissing Point Wharf. Parramatta River walk. If weather too hot, can shorten. Train return to the city.</p>	Approx 12 kms.
Grade 2	<p>KOGARAH - RAMSGATE - BRIGHTON - MUDDY CREEK -KYEEMAGH - ROCKDALE Train from Central to Kogarah (Suburban Platform – T4 Eastern Suburbs & Illawarra Line). Parks, reserves, wetlands, water views, Market Gardens. A little street walking.</p>	Approx 12 kms
Grade 2	<p>KOGARAH – SANDRINGHAM – RAMSGATE - BRIGHTON Train from Central (T4 Eastern Suburbs & Illawarra Line) to Kogarah Parks, reserves, wetlands, water views. A little street walking to begin. Swim (optional at own risk) and lunch at Ramsgate. If very hot can shorten by catching Bus 478 to Rockdale from Ramsgate.</p>	Approx 11 kms
Grade 2	<p>KOGARAH - SANS SOUCI – RAMSGATE – KYEEMAGH - ROCKDALE Train from Central to Kogarah (Suburban Platform – T4 Eastern Suburbs & Illawarra Line) Parks, reserves, water views, lunch at Brighton Beach/swim at own risk. Then, off to Kyeemagh and market gardens.</p>	Approx. 15 kms
Grade 2	<p>KOGARAH - THROUGH WETLANDS – SANDRINGHAM - BOTANY BAY - BRIGHTON Train from Central (T4 Eastern Suburbs and Illawarra line) to Kogarah. Street walking to begin, then through wetlands to Botany Bay. Walking along Botany Bay to Ramsgate and Brighton. Bus return to Rockdale Station.</p>	Approx 12 kms
Grade 2 Optional Grade 3 extension	<p>KURING-GAI WILDFLOWER GARDEN - ST IVES Train from Central (T1 North Shore Line) to Gordon. Bus 197 from Stand A Gordon Interchange to Gardens. Circuit walk, so if preferred you can drive and meet the group at entrance to Garden. The morning walk will be a leisurely one, on undulating bush tracks with time to enjoy the amazing variety of wildflowers now in bloom. Novices, experts and photographers all welcome. Optional walk at normal pace after lunch (Grade 3) on the Mueller Track. Bus return to Gordon Station.</p>	Approx 6 kms Approx 9 kms
Grade 3	<p>KU-RING-GAI WILDFLOWER GARDEN - THE SPHINX VIA WARRIMOO TRACK Train from Central (T1 North Shore Line) to Gordon then Bus 197 from Stand B western side of Gordon station to Ku-ring-gai Wildflower Garden. Steep descents and uphill climbs. Good bush tracks. Two creek crossings. Great bushwalk. Bus return to Turramurra Station. Optional coffee.</p>	Approx 11 kms
Option A: Grade 1	<p>KURNELL - COOKS LANDING PLACE - VISITOR CENTRE - CAPE SOLANDER - BOTANY BAY NP - KURNELL Train from Central (T4 Eastern Suburbs & Illawarra Line) to Cronulla, then Bus 987 from Cronulla opposite station to Captain Cooks Landing Place at Kurnell.</p>	Approx 4 kms
Option B Grade 2	<p>Infrequent buses from Kurnell mean we have to leave either earlier or later than ideal. So, there will be a choice of 2 walks today.</p>	Approx 9 kms

	<p>Option A is a short easy walk, finishing in time to catch the bus back to Cronulla.</p> <p>Option B is a longer walk along the coast, returning by bus. You can choose which you prefer on the day. Both walks will provide an opportunity to explore some of the history of the area. This is peak whale watching season, so with luck both groups should get a chance to spot some migrating whales along the way! Paved paths, easy bush tracks, and, for option B, exposed rock platforms.</p>	
Grade 3	<p>KURNELL - CRONULLA WITH OPTIONAL EXTENSION TO HUNGRY POINT.</p> <p>Train from Central (T4 Eastern Suburbs and Illawarra Line) to Cronulla Cross road for 987 Bus to Kurnell ETA at Kurnell Tracks, cliff top rock platforms, sand dunes and long beach. Easy pace. No drop outs.</p>	Approx 12 kms (16 kms with extension)
Grade 2-3	<p>KURRABA POINT – CREMORNE – TARONGA - BALMORAL</p> <p>F5 Neutral Bay Ferry from Circular Quay to Kurraba Point. Lovely harbourside walk with streets, tracks, plenty of steps, some steep sections and great views. Return from Balmoral by bus to Chatswood, Taronga Zoo Wharf or City.</p>	Approx 14 kms
Grade 2-3	<p>KURRABA POINT - CREMORNE POINT - BRADLEYS HEAD - CLIFTON GARDENS - OLD TRAM CUTTING - BALMORAL</p> <p>F5 Neutral Bay Ferry from Circular Quay to Kurraba Point. Streets, Paths, Lots of Steps, Ups & Downs, Steep Sections, Tracks. Great Harbour Views, Nice Bush, Lookouts. Coffee at Balmoral, Bus return to City / Chatswood / Taronga Zoo.</p>	Approx 14 -15km
Grade 2	<p>KURRABA WHARF – CREMORNE – TARONGA - BALMORAL</p> <p>F5 Neutral Bay Ferry from Circular Quay to Kurraba Point. Lovely harbourside walk with streets, tracks, plenty of steps, some steep sections and great views. Return by bus from Balmoral to Chatswood, Taronga Zoo wharf or City.</p>	Approx 14 kms
Grade 2	<p>LA PEROUSE – CAPE BANKS – LA PEROUSE</p> <p>L94 Bus from Circular Quay, Alfred Street, Stand E to La Perouse. Paths, bush tracks, a little beach walking. Spectacular bay & ocean views. Coffee at La Perouse.</p>	Approx 9 kms
Grade 2	<p>LA PEROUSE – HENRY HEAD CAPE BANKS – BOTANY CEMETERY – LA PEROUSE</p> <p>L94 Bus Stand B Alfred Street Circular Quay to Anzac Parade terminus, La Perouse. Short beach walk, bush tracks and rock platforms, some streets, parks and reserves. Small ups and downs, but at a pace suitable for summer. Bus return from La Perouse to City at the end of walk. Excellent views over Botany Bay and ocean.</p>	Approx 12 kms
Grade 1-2	<p>LAKE PARRAMATTA</p> <p>Train from Central to Parramatta (Suburban Platform – T1 Western Line). Then Bus 549 at Parramatta Interchange Stand A3 to Lake Parramatta. Bush tracks, some stepping stones, bushland and water views. Bus return on North Rocks Road to Parramatta or Epping Stations.</p>	Approx 4 - 5 kms
Grade 2	<p>LAKE PARRAMATTA – GOVERNOR PHILLIP WALK – PARRAMATTA PARK - PARRAMATTA</p> <p>Train from Central (T1 Northern Line) to Parramatta, then Bus 609 from Stand A2 Parramatta Interchange to Bourke St near Lackey St. Good bush tracks through bushland remnants and around Lake Parramatta with two easy creek crossings on stepping stones, then streets, parks and paths to Parramatta Park and Parramatta Wharf. Ferry, train or bus return to City.</p>	Approx 10 kms
Grade 2-3	<p>LANE COVE – BERRY ISLAND – WAVERTON STATION</p> <p>Bus 288 from Wynyard Station, Clarence Street Stand R to Lane Cove Interchange. A chance to explore some of the residential streets, peninsulas, coves and bushland of the lower north shore. Many ups and downs, steps and some steep and rocky tracks. Great harbour views and plenty of shade for most of the walk. Drop out points available. Coffee options at finish.</p>	Approx 12 kms
	<p>LANE COVE - STRINGYBARK CREEK - LANE COVE RIVER - LANE COVE</p>	

Grade 2	Bus 288 Stand C from York Street QVB to cnr. Epping Road & Phoenix Street, Lane Cove Circular walk, bush tracks, rough places, parks, streets, water views, few steps.	Approx. 12 kms
Grade 2-3	LANE COVE WEST - BLACKMAN PARK - CUNNINGHAM'S REACH - RIVERVIEW -TAMBOURINE BAY- LANE COVE VILLAGE Bus 288 from Stand R Clarence Street Wynyard to Epping Rd stop 2066244 before Mowbray Rd. A favourite springtime walk of mine with plenty of variety. Great river, bush and city views and Jacarandas in bloom. Many ups and downs, mostly bush tracks, boardwalks and reserves but some street walking. Coffee options in the village at end of walk.	Approx 12 kms
Grade 2	LANE COVE WEST - CUNNINGHAMS REACH - RIVERVIEW - LANE COVE WEST Bus 252 from Stand C at QVB to Lane Cove Cope St Terminus. A varied and interesting circular walk including bush tracks, peaceful waterside reserves and some residential streets. There are some short ups and downs, but rewards include some beautiful river and city views along the way, and a good coffee shop at the end!	Approx 10 kms
Grade 3	LAWSON - ADELINA FALLS - JUNCTION FALLS - FEDERAL FALLS - CATARACT FALLS - VICTOR FALLS - TERRACE FALLS - HAZELBROOK Train from Central to Lawson (Country Platform-Blue Mountains Line). Streets, tracks, fire trails, steps, ups & downs, steep sections, waterfalls (slippery after rain). Coffee at Hazelbrook, Train return to City.	Approx 11 kms
Grade 3	LAWSON – SIX WATERFALLS WALK - HAZELBROOK (ADELINA, JUNCTION, FEDERAL, CATERACT, VICTOR AND TERRACE FALLS) Train from Central (Blue Mountains Line) to Lawson. Rough bush tracks, fire trail, climbs. For experienced walkers.	Approx 10 kms
Grade 1	LEADER TRAINING: RUSHCUTTERS BAY – ELIZABETH BAY – ROYAL BOTANIC GARDENS Become a WEA Ramblers Sydney leader and join our Training Officer on a walk where you will discuss planning, pre walking, submitting and leading walks. Practice your new skills on the day. OR do you have a route that you would like to pre-walk?	Approx 7 kms
Grade 3	LEURA – BRIDAL VEIL FALLS – AMPHITHEATRE TRACK – WILDERNESS TRACK - KATOOMBA Train from Central (Blue Mountains Line) to Leura. Very scenic walk. Lots of steps. Track rough in places. Walk up Furber Steps or take train from Scenic World (cost)	Approx 15 kms
Grade 3	LEURA – CASCADES – AMPITHEATRE TRACK – LEURA FOREST – FURBER STEPS - KATOOMBA Train from Central (Blue Mountains Line) to Leura. Bush tracks, some rough. Hundreds of steps both down and up. Creek Crossings. Several waterfalls. Lovely views.	Approx 12 kms
	LEURA - GORDON FALLS – LEURA – CASCADES - KATOOMBA Train from Sydney to Katoomba (Country Platform – Blue Mountains Line) Walk from station down to Merriwa Street corner of Cliff Drive, join Henry Cliff walk along several lookouts past Echo Point to Falls reserve. Take bus to return.	
Grade 3	LEURA - GORDON FALLS RESERVE - PRINCE HENRY CLIFF WALK -LEURA CASCADES - ECHO POINT Train from Central to Leura (Country Platform - Blue Mountains Line). Rough steep bush track, many steps. Beautiful lookouts. Bus return adult fare to Katoomba station.	Approx 10 kms
Grade 2-3	LEURA - KATOOMBA - AMPHITHEATRE - WILDERNESS TRACKS Train from Central (Blue Mountains line) to Leura. Bush tracks, lots of steps, cascades, Bridal Veil Falls.	Approx 15 kms

Grade 3	<p>LEURA – POOL OF SILOAM – GORDON FALLS LOOKOUT – LEURA CASCADES – ROUND WALK - LEURA Train from Central (Blue Mountains line) to Leura. Good bush tracks. Lots of steps up and down. Several lookouts. Waterfalls and great mountain views.</p>	Approx 9 kms
Grade 3	<p>LEURA - WENTWORTH FALLS Train from Central (Blue Mountains Line) to Leura. Bush tracks, some rough, climbs, steps. Great scenery. Approximate walking time 5 hours</p>	Approx 15 kms
Grade 2-3	<p>LEURA CASCADE – PRINCE HENRY CLIFF WALK – LONE PINE WALK - EVERGLADES Train from Central (Blue Mountains Line) to Leura. Travelling from Katoomba: 9:14am Train to Leura ETA 9:18am. A very easy paced walk to view the cascades and spectacular views over Jamison Valley. Grade 3 required as there are many steps up and down; however we will take our time to catch our breath. A flat bush walk along Lone Pine Memorial Walk. Visit “Everglades” Historic House and Gardens. Entry \$8 Concession. Lunch can be enjoyed in the house around \$15. Spring garden displays are at their best</p>	Approx 10 kms
Grade 2-3	<p>LEURA GARDENS FESTIVAL Train from Central to Leura (Country Platform - Blue Mountains Line). Up to 12 gardens will be open to the public, including the large private estate of “The Braes” and the National Trust property “Everglades”. Cost: (Registered Charity). No need to book. Please have morning Tea on the Train.</p>	Approx 10 kms
Grade 3	<p>LINDFIELD - FORESTVILLE VIA THE TWO CREEKS, LYREBIRD and CARROLL CREEK TRACKS Train from Central (T1 North Shore) to Lindfield. A lovely bushwalk in the Garigal National Park. Bush tracks, slippery and mossy in parts especially after rain, lots of ups and downs and some scrambling. Medium pace. Bus return to Chatswood station and coffee option. This walk IS NOT FOR BEGINNERS as there are no easy drop out points.</p>	Approx 14 kms
Grade 3	<p>LINDFIELD – GORDON CREEK – LOCKLEY POINT – BUSHRANGER RESERVE - GORDON Train from Central (T1 North Shore line) to Lindfield. A bushwalk through a different part of Garrigal National Park. Lovely scenery, rough tracks, steps and creek crossings. One particularly rough rocky climb. NO DROP OUT POINTS. Coffee at Gordon.</p>	Approx 13 kms
Grade 3	<p>LINDFIELD – TWO CREEKS TRACK – ECHO POINT – LITTLE DIGGER TRACK - ROSEVILLE Train from Central (T1 North Shore Line via Gordon) to Lindfield. A lovely walk via Gordon Creek to Middle Harbour and on to Echo Point. Mostly bush tracks, rough in places with steps and creek crossings. Mainly shaded and can be slippery when wet. A few streets. Not a particularly hard walk but long with no easy drop out points. Coffee options at end.</p>	Approx 13-14 kms
Medium	<p>LIVERPOOL - CHIPPING NORTON LAKES - LIVERPOOL Train from Central to Liverpool. (Suburban Platform-T3 Bankstown Line) Streets and walkways through recreation areas and beside island wildlife refuges. Mostly flat. Bus and train return to the city.</p>	
Grade 2	<p>LOFTUS Train from Central to Loftus (Suburban Platform –T4 Eastern Suburbs & Illawarra Line). Bushland - Loftus & Forbes creeks, a couple of stony slippery, ups & downs, should be plenty of Gynea Lilies. Return by Train at Sutherland</p>	Approx 11 kms
Medium	<p>LOFTUS – AUDLEY - ULOOLA FALLS - WATERFALL Train from Central to Loftus (T4 Eastern Suburbs & Illawarra Line). All tracks, lovely bush, some climbs</p>	Approx 14 kms.

Grade 3	LOFTUS – TEMPTATION CREEK - SUTHERLAND Train from Central (T4 Eastern Suburbs and Illawarra Line) to Loftus. Lovely bush on tracks in Loftus and South Kirrawee. Some exposed tree roots and rocky tracks. Minor climbs.	Approx 12 kms
Grade 3	MACKEREL BEACH - RESOLUTE TRACK - WEST HEAD - KOOLEWONG TRACK - WEST HEAD TRACK - MACKEREL BEACH L90 Bus from Stand B Carrington St Wynyard (check stand) to Palm Beach Wharf. Palm Beach to Mackerel Beach Ferry. (\$15.60 return/\$7.80 return concession). Bush tracks, climbs, creek crossings, rock hopping, sand walking. Beautiful views from West Head.	Approx 8 kms
	MACQUARIE LIGHTHOUSE VAUCLUSE - NIELSEN PARK VAUCLUSE Bus 324 from Edgecliff (bus/train) Interchange to Macquarie Lighthouse Vacluse Meet leader at roof bus stop at interchange above train station. From Macquarie Lighthouse we will amble the coastal walk down to Watsons Bay, then follow the harbour foreshore when possible. On the way we will view many colonial connections, secluded coves, beaches and spectacular coast and city views. Bush tracks, steps, park, beach and road walking. Water available and dropout points. Coffee/tea options - 325 bus return to Edgecliff or city. NB Macquarie Lighthouse 1883 is on coastal parkland opposite cnr Old South Head Road and Macquarie Rd Vacluse –bus stop 20 30 62.	Approx 10 kms
Grade 2-3	MACQUARIE PARK – FULLERS BRIDGE – MOWBRAY PARK – BORONIA PARK Train (T1 North Shore and Northern Line) from Central to Macquarie Park Good bush tracks by the Lane Cove River with plenty of ups and downs, steps and a couple of steep sections.	Approx 15 km
Grade 2 - 3	MACQUARIE PARK STATION – LANE COVE RIVERSIDE WALK – FULLERS BRIDGE – BLUE GUM RESERVE – CHATSWOOD STATION Train from Central (T1 Northern Line via Macquarie University) to Macquarie Park Station. Good bush track along the Lane Cove Riverside Walk with some rocky sections and tree roots. A mostly shady walk along the river with no major ascent in this section. Drop out point available at Fullers Bridge for bus to Chatswood. The Blue Gum walking track has some fallen trees, which require climbing over, as well as short but steep climbs. It's a lovely shady walk but can also be somewhat overgrown. Street walking at the beginning and the end with a climb towards Chatswood.	Approx 11 kms
Grade 2-3	MACQUARIE UNIVERSITY – LANE COVE RIVER – CITY VIEW LOOKOUT – PENNANT HILLS Train from Central (T1 Northern Line via Chatswood) to Macquarie University (Note university station) Crossing through the university before picking up an access trail down to Lane Cove River. Uneven tracks along the river with a number of creek crossings (easy). Climb Conscript Pass to City view lookout and then an undulating bush track to Pennant Hills oval and then onto the station.	Approx 12 kms
Medium	MACQUARIE UNIVERSITY - TERRY'S CREEK WALK - DENCE PARK-PENNANT HILLS PARK - PENNANT HILLS Train from Central to Macquarie University (Suburban Platform –T1 Northern Line) via Chatswood Bush tracks, fire trails, some climbs & creek crossing. Coffee	Approx. 9-10 kms
Grade 2	MALABAR – CLOVELLY/BRONTE Bus 399 from Circular Quay, Alfred St. Stand B to Malabar Beach. Walk via Headland to Maroubra and Clovelly. Then option to continue to Bronte depending on our pace and the weather. Hopefully see the Sydney to Hobart yachts as they make their way south. Bring your binoculars. Bus back to city.	Approx 12– 15 kms
Grade 2	MANLY - DEE WHY (OR COLLAROY IF LAGOON IS LOW) F1 Ferry from Circular Quay to Manly. Bush tracks, coastal views, climbs, creek crossings, rock hopping, lots of steps, beach walking.	Approx 9 kms

Grade 2	<p>MANLY – DEE WHY LAGOON – LONG REEF – COLLAROY - NARRABEEN</p> <p>Ferry from Circular Quay to Manly. Then Stand C East Esplanade to catch Bus 136 to Dee Why (Howard Avenue near The Strand). PLEASE USE TOILET FACILITIES ON FERRY IF REQUIRED.</p> <p>Mostly sealed walking paths with lagoon, ocean and golf course views. Beach walking and a little soft sand walking (low tide but may get wet feet). Ups and downs, steps, possibly muddy surfaces, slippery after rain, some short unformed track sections with uneven surfaces. LONG LUNCH BREAK AT COLLAROY WITH OPTION OF SWIMMING AT OWN RISK. Moderate pace. Can shorten if very hot weather. Return by bus from Narrabeen to the city.</p>	Approx 8kms
Grade 2	<p>MANLY - NORTH HEAD - MANLY</p> <p>F1 Ferry from Circular Quay to Manly Wharf.</p> <p>This popular circuit walk is timed to see the best of the amazing variety of wildflowers in bloom on North Head. Novices, experts and photographers all welcome. Good bush tracks, lots of ups and downs, and great views. Coffee options at end of walk.</p>	Approx 11 kms
Grade 2	<p>MANLY – QUEENSCLIFF – MANLY</p> <p>F1 Manly Ferry from Circular Quay to Manly wharf.</p> <p>A short walk of little known back paths, back streets, parklands of Manly – a little history – some uphill steps. Coffee in Manly. Ferry return to city.</p>	Approx 7 - 8 kms
Grade 2-3	<p>MANLY DAM CIRCUIT WALK</p> <p>Bus 180 from Stand C Carrington St Wynyard to Condamine St near King St, Manly Vale.</p> <p>A circular walk around the unspoilt Manly Dam area. Some residential streets, mostly on good bush tracks, lots of ups and downs. After heavy rain, parts of track can become impassable, so in that event we may need to change the route. Coffee option at end.</p>	Approx 9 -10 kms
Grade 2	<p>MANLY LAGOON – MANLY BEACH – SHELLY BEACH – NORTH HEAD – COLLINS BEACH – MANLY WHARF</p> <p>L85 Bus from Stand D Carrington Street, Wynyard to Condamine Street, Manly Vale near King Street Ring 131500 or go to website to check bus time and place of departure from City. Leader will join bus at Neutral Bay.</p> <p>Lagoon, ocean, headlands and harbour walk with lovely views. Paths, promenade, boardwalks, bush tracks and streets. Some steps and climbs. Coffee option at Manly. Ferry return to City or buses to Northern Suburbs /Chatswood.</p>	Approx 12 – 14 kms
Grade 2	<p>MANLY- NORTH HEAD- MANLY</p> <p>Ferry from Circular Quay to Manly.</p> <p>Circuit walk via Little Manly Cove, the old gas works and Collins Beach to North Head. Return via Shelley Beach.</p> <p>Good tracks, short beach walk, some steps, small amount of road walking. Nice bush and great views.</p> <p>There is little shade or shelter so if hot or wet walk will be shortened to 8 km. If a very hot day, walk may be cancelled and replaced with a gelato hunt in Manly</p>	Approx 12kms
Grade 2	<p>MANLY WHARF - NORTH HEAD - MANLY WHARF</p> <p>F1 Manly Ferry from Circular Quay Wharf 3 to Manly Wharf.</p> <p>A circular walk taking in the highlights of the Manly peninsula including beaches, historic places, beautiful bush and some of the best views in Sydney! Mostly bush tracks, paths, and boardwalks. Coffee option at end.</p>	Approx 12 kms
Grade 2-3	<p>MARAYONG - BREAKFAST CREEK - LAKE WOODCROFT – DOONSIDE - NURRAGINGY RESERVE - DOONSIDE</p> <p>Train from Central to Marayong (Suburban Platform-T1 Western Line (via Richmond)</p> <p>Streets, cycleway, tracks, parks, bush, lovely lake. Mainly flat a few ups and downs. Coffee at Blacktown. Train to city.</p>	Approx 13 -14 kms
Medium	<p>MARKET DAY MEANDER - TOWN HALL - PYRMONT MARKETS – FISH MARKETS - BLACKWATTLE BAY - EVELEIGH MARKETS - SYDNEY PARK-ST PETERS STATION</p> <p>Meet at the Town Hall Steps. Visit various markets in the inner city.</p>	Approx 12 kms

Grade 2-3	MAROUBRA BEACH - LA PEROUSE VIA GOLF COURSES Bus 396 from Stand B Circular Quay to Maroubra Beach. Bush tracks to Long Bay then golf courses. If gate locked, a road walk to Long Bay. Ocean views all day.	5 hours walking
Grade 2	MEDLOW BATH- POINT PILCHER- MEDLOW BATH Train from Central to Medlow Bath (Blue Mountains Line) NOTE: there are no toilets at Medlow Bath station, there is only one in a park; suggest you check facilities on the train. Easy walking at a leisurely pace; no steps or creeks. Hopefully lots of waratahs in natural bushland and many other wildflowers also; great views from Point Pilcher lookout Easy walking, no steps or creeks.	Approx 15 kms
Grade 2	MELBOURNE A week of day walks around Melbourne including the CBD, Yarra River, city gardens, Lower Dandenong, Bellarine Peninsula, Mornington Peninsula, Port Melbourne to Brighton, Williamstown.	
Medium	MID NORTH COAST PORT MACQUARIE Train Sydney to Wauchope (Country Platform – North Coast XPT) Day Walks Port Macquarie Coastal Walkway, Kooloonbung Creek, Laurieton, North Haven. Accommodation “Sundowner Breakwall Tourist Park” (Phone 65832755) or preferred option. Participants to make own booking, Ring leader beginning of April. Return ticket from Wauchope to Central 9:59am Friday	
Medium	MIDDLE HEAD – BALMORAL – SPIT - MANLY Bus 244 from Carrington Street to Middle Head. Coastal walk, slight rock hopping, tracks, some road walking. Return from Manly by Ferry to city.	Long
Grade 2	MILSONS POINT – BARANGAROO – DARLING HARBOUR – JONES BAY – TRAMSHEDS HAROLD PARK Train from Central T1 (North Shore line) to Milson’s Point. Wendy’s Secret Garden and Lavender Bay then across the Harbour Bridge to explore Barangaroo. Then Pymont Bridge, around the foreshores of Jones Bay, cross the Anzac Bridge to finish at the Tramsheds. Three bridges, parks, steps, shared cycle paths, foreshore boardwalks, some street walking. Great harbour and city views. Many options for coffee or treats at Tramsheds. Light rail or bus return to Central or Martin Place.	Approx 12km
Grade 2+	MILSONS POINT – CREMORNE POINT – TARONGA – BRADLEYS HEAD Train from Central (T1 North Shore line) to Milsons Point. Easy pace. Some streets, then harbour side tracks. We’ll watch Harbour Festivities along the way and at Bradleys Head. Some steps and one steep incline. Return to City from Taronga wharf.	Approx 12 kms
Grade 1	MILSONS POINT – OPERA HOUSE – BARANGAROO – CENTRAL RAILWAY Train from Central (T1 North Shore line) to Milsons Point. After turn styles turn left (east side). Meet leader at bottom of harbour bridge steps. Walk across the harbour bridge, morning tea with views of the Opera House, lunch at Barangaroo/Darling Harbour and coffee at Central. Some steps up and down at the bridge then a flat walk following the harbour foreshore. Water and drop out points available.	Approx 7 kms
Grade 2-3	MILSONS POINT – WENDYS GARDEN – BALLS HEAD –BERRY ISLAND - WOLLSTONECRAFT Train: from Central (T1 North Shore Line) to Milsons Point. Streets, parks, bushland reserves. Good water and bush views. A number of small climbs and uneven bush tracks in places. Train return from Wollstonecraft.	Approx 11 kms
Grade 3	MINNAMURRA - KIAMA VIA QUARRY Train from Central (South Coast Line) to Minnamurra. Bush tracks, climbs, creek crossings, rock hopping, steps, sand walking, scrambling. Very pretty coastal walk.	Approx 12 kms

medium	MITTAGONG-LAKE ALEXANDRA AND SURROUNDS Train Central to T2 Campbelltown; Campbelltown to Mittagong (Country Platform Southern Highland Line). Easy walking, all new tracks and improvements. Abundant birdlife.	
Grade 2-3	MONA VALE – NARRABEEN – WARRIEWOOD WETLANDS – WARRIEWOOD ESCARPMENT Bus L90 from Stand C Carrington St Wynyard to Darley St Mona Vale. Walk along Mona Vale beach, headlands, bush tracks, short climbs, wetlands and some streets. Ocean, lagoon, wetland and rainforest views. L85 bus from Warriewood shopping Centre to Wynyard at end.	Approx 10 -12 kms
Grade 1-2	MORNING of AGM WAVERTON – MILSONS POINT – HARBOUR BRIDGE – BOTANIC GARDENS – WEA HOUSE BATHURST STREET Train from Central (T1 North Shore & Northern Line) to Waverton. Streets, parks and reserves. Some steps up and down. Beautiful views. Arrive at WEA House in time for AGM. Attendance optional.	Approx 9 kms
Grade 1-2	MORNING of AGM CENTRAL - THE GOODS LINE - GLEBE FORESHORE PARK - ANZAC BRIDGE – PYRMONT - WEA HOUSE Meet at entrance to Devonshire Street Pedestrian tunnel, southern end of Central Station, on Chalmers Street. A mixture of street walking, shared bike paths and pedestrian paths. A few steps. We walk past the innovative Chau Chak building of the UTS, and enjoy lots of beautiful views of the harbour, arriving at WEA House, Bathurst Street, in time for the AGM. Attendance optional.	Approx 12 kms
Grade 2	MORNING of AGM MOSMAN BAY – CREMORNE FORESHORE – KIRRIBILLI – HARBOUR BRIDGE – BOTANIC GARDENS – HYDE PARK – WEA HOUSE F6 Mosman Ferry from Circular Quay to Mosman Bay. A pleasant walk through streets, parks and reserves. Some steps, some ups and downs. We will arrive at WEA House in time for AGM – attendance optional.	Approx 10 kms
Grade 2	MORNING OF CHRISTMAS PICNIC SPIT TO FORTY BASKETS Meet at the Spit Reserve. A classic Sydney Harbour walk to the Christmas picnic at Forty Baskets Beach. Good bush tracks, lots of ups and downs and steps. Easy, slow pace.	Approx 10 kms
Grade 2	MORNING OF CHRISTMAS PICNIC MANLY WHARF – TOWARDS NORTH HEAD - MANLY Ferry from Circular Quay to Manly. Approx. two hour walk to stretch the legs before the picnic. To Collins Beach, cross to Shelley Beach. Some steps, a couple of hills and a short beach walk. Time to buy picnic food at Manly before meeting the ferry bringing the picnic group.	Approx 7- 8 km
Grade 2	MORNING OF CHRISTMAS PICNIC MANLY WHARF – TOWARDS NORTH HEAD - MANLY Ferry from Circular Quay to Manly. Approx. two hour walk to stretch the legs before the picnic. To Collins Beach, cross to Shelley Beach. Some steps, a couple of hills and a short beach walk. Time to buy picnic food at Manly before meeting the ferry bringing the picnic group.	Approx 7- 8 km
	MORTDALE – LIME KILN BAY – OATLEY PARK – OATLEY POINT – MOORE RESERVE - MORTDALE	

Grade 2	Train from Central (T4 Eastern Suburbs & Illawarra Line) to Mortdale. Bush tracks, streets and reserves with views of the Georges River.	Approx 12 - 14 kms
Grade 3	MORTDALE – OATLEY PARK – COMO BRIDGE - JANNALI Train from Central (T4 Eastern Suburbs & Illawarra Line) to Mortdale. A pleasant walk along streets into the bush of Oatley Park. We head over the Como Bridge, some more streets before heading down a very steep and uneven bush track to Glen Reserve. Some nice bush and water views. Train return from Jannali at the end of the day.	Approx 12 kms
Grade 2	MOSMAN - BALMORAL BEACH - MIDDLE HEAD - BRADLEYS HEAD - MOSMAN Bus 178 from Stand C Carrington Street Wynyard to Cnr Spit Road and Awaba Street, Mosman. Please check bus timetable and departure point. Streets, Parks, reserves and bush tracks around the Harbour. A few small climbs up and down, but not at a fast pace. Excellent harbour views and fortifications at Middle Head. Ferry return from Mosman Bay Wharf to Circular Quay at the end of the walk.	Approx 10 kms
Grade 2-3	MOSMAN – BEAUTY POINT – THE SPIT – MIDDLE HEAD – CHOWDER BAY Bus 178 from Stand D Carrington St Wynyard to Central Ave & Spit Rd Mosman. Streets, bush tracks – uneven in places, beaches, parks and reserves. Some steep climbs and descents. Excellent bush and water views. Lookouts over Middle Harbour and the Heads. Historic fortifications at Middle Head. Bus return to Wynyard at the end of the walk.	Approx 12 -14 kms
Grade 2	MOSMAN – QUAKERS HAT – BEAUTY POINT – THE SPIT – ROSHERVILLE RESERVE – MOSMAN RSL Bus 178, Stand C Carrington Street, Wynyard to Spit Road near Quakers Road, Mosman. Pre-lunch walk via bush tracks, streets and reserves. Nice views of Middle Harbour then optional lunch at Mosman RSL. Bring identification for RSL. Bus back to City.	Approx 8 – 10 kms
Grade 2-3	MOSMAN – QUAKERS HAT BAY – SPIT – CLONTARF – CRATER COVE - MANLY Bus 184 from Stand D outside North Sydney station to Medusa St Mosman. Bush tracks, some rough, coastal views, climbs, lots of steps, beach walking, scrambling.	Approx 15 kms
Grade 1	MOSMAN BAY – CREMORNE – HARBOUR BRIDGE – BOTANIC GARDENS F6 Mosman Ferry from Circular Quay to Mosman Bay. Short, easy stroll along streets and well defined tracks. Great harbour views. Will be at Gardens by lunchtime.	Approx 6 kms
Grade 1 - 2	MOSMAN BAY – CREMORNE - MILSONS POINT - HARBOUR BRIDGE - DARLING HARBOUR - CITY Ferry from Circular Quay to Mosman Bay. Mostly flat pleasant walking-some steps. Arrive approx.	Approx 7 kms
Grade 2-3	MOSMAN BAY – CURLEW ARTIST CAMP – BRADLEYS HEAD – GEORGES HEAD – BALMORAL BEACH F6 Mosman Bay Ferry from Wharf 2 Circular Quay to Mosman Walking from Mosman Wharf via Little Sirius Cove to explore and reflect at Curlew Artists' Camp. Then follow harbour walk to Bradleys Head, Clifton Gardens and Chowder Bay. Steep climb to Georges Heights and steps down to Balmoral Beach. Along the way you will walk on paths, some streets, bush tracks and across sand. Lovely harbour views. Coffee options at Balmoral. Bus to Taronga Zoo Wharf, then ferry to Circular Quay or bus to Chatswood, can change at Military Road for City or Northern Beaches.	Approx 10 kms
	MOSS VALE - CECIL HOSKINS NATURE RESERVE – BURRADOO - BOWRAL Train from Central to Campbelltown (Suburban Platform – T4 Airport & East Hills Line) Then Train from Campbelltown to Moss Vale (Southern Highlands Line). Streets, cycleway, easy walking (mainly flat-a few ups and downs), Autumn colours. Coffee at Bowral, then train to Campbelltown, change for City.	
Grade 2	MOUNT ANNAN BOTANIC GARDENS Train from Central to Campbelltown (Suburban Platform – T2 Airport & East Hills Line). Then Busways Bus 895 from Campbelltown to Mount Annan.	Approx 6 - 8 kms

	Mostly defined pathways gradients and bush tracks, some uphill climbs.	
Grade 3	MOUNT VICTORIA – PULPIT ROCK – WILSONS GLEN - MT PIDDINGTON – MT VICTORIA Train from Central (Blue Mountains Line) to Mt Victoria. Bush tracks, some rough, steps, ups and downs, climbs, creek crossings. Beautiful mountain scenery. Slow pace.	Approx 9-10 kms
Grade 1	MOUNTED POLICE UNIT TOUR, REDFERN Meet at Central Railway Station (Devonshire Street entrance). The NSW Mounted Police Unit is the oldest continuous operational mounted unit in the world. The Mounted Police Museum provides a visual display of history of the unit. On this tour we'll look at life in stables and may watch a horse being exercised in the ménage if available. We'll meet and greet the troop horses personally - they love their treats, so feel free to bring carrots, apples and/or bread. Lunch in Prince Alfred Park.	Approx 3 kms
Grade 2	MT ANNAN BOTANIC GARDENS CIRCUIT Train from Central to Campbelltown (Suburban Platform – T2 Airport & East Hills Line). Bus Route 895 (Busways) from Campbelltown Station to Mt Annan. Paths, roads, ups & downs, spring flowers, lakes. Coffee at Mt Annan, then Bus return to Campbelltown, Train return to City.	Approx 10 -12 kms
Grade 2	MT COLAH - APPLETREE BAY - BEROWRA Train from Central to Mt Colah (Suburban Platform – T1 North Shore Line). Bush tracks, waterside tracks, Zig Zag up at end.	Medium
Grade 3	MT COLAH – BOBBIN HEAD – THE SPHINX TRACK - TURRAMURRA Train from Central (T1 North Shore line) to Mt Colah. Bush tracks through Ku-ring-gai Chase National Park. Nice views during the day. Creek crossings, uneven tracks and a steep climb out at end. Bus return to Turramurra Station	Approx 16 kms
Grade 3	MT COLAH – KU-RING-GAI NP – KALKARI – BOBBIN HEAD – WARRIMOO & SPHINX TRACKS – BOBBIN HEAD ROAD. Train from Central (T1 North Shore Line) to Mt Colah. A few streets at the start and then uneven bush tracks through Ku-ring-gai National Park to Kalkari. A steep descent to Bobbin Head and then bush track along the Warrimoo track (some climbs up and down and creek crossing). Steep climb up the Sphinx track to the Sphinx. Bus return to Turramurra Station from Lady Davidson Hospital.	Approx 13 kms
Grade 3	MT COLAH-KURINGAI NP-KALKARI-BOBBIN HEAD-WARRIMOO & SPHINX TRACKS-NORTH TURRAMURRA Train from Central (T1 North Shore Line) to Mt Colah. A few streets at the start and then uneven bush tracks through Ku-ring-gai National Park to Kalkari. A steep descent to Bobbin Head and then bush track along the Warrimoo track (some climbs up and down and creek crossing). Steep climb up the Sphinx track to the Sphinx. Bus return to Turramurra Station from Lady Davidson Hospital	Approx 13 km
Grade 2	MT KURING-GAI - BEROWRA Via Ku-ring-gai Track, Berowra Track and Waratah Track T1Train from Central (Suburban Platform – T1 North Shore Line) to Mount Ku-ring-gai. Beautiful water views. Lots of steps with one major descent and one major climb. Can be slippery when after rain.	Approx 9 kms
Grade 2-3	MT KURING-GAI – BEROWRA Train from Central (T1 North Shore line) to Mr Kuring-gai. Bush tracks, walk around waterfront. May be slippery in parts. Steep climb out to Berowra.	Approx 10-12 kms
Grade 3	MT KURING-GAI - BEROWRA CREEK VIA LYREBIRD TRACK - BEROWRA	

	Train from Central (Suburban Platform – T1 North Shore Line) to Mount Ku-ring-gai. Train return from Berowra Station. Beautiful bush tracks, boardwalks, pockets of rainforest and mangroves. Some steep climbs, steps and a number of creek crossings (Total 270 m descent; 255 m ascent.) This is a very rewarding walk, but not one to attempt in poor weather so walk will not proceed if conditions are very wet.	Approx 11 kms
Grade 2-3	MT KURING-GAI - COWAN CREEK - APPLE TREE BAY - MT COLAH Train from Central (Suburban Platform – T1 North Shore Line) to Mount Ku-ring-gai Rough Bush tracks, 1 climb, scenic views of Cowan Creek. A few streets, bush tracks through the National Park, steep descent to Apple Tree Bay, long steep climb at the end of the day. Train return to the City	Approx 10 kms
Grade 2-3	MT KURING-GAI – MT KURING-GAI TRACK – APPLE TREE BAY – BOBBIN HEAD – BIRRAWANNA TRACK – KALKARI – MT COLAH Train from Central (T1 North Shore line) to Mt Kuring-gai. Bush tracks, some rough, climbs, creek crossings, rock hopping, steps. Lovely water views. A few climbs and descents. Wildlife reserve at Kalkari. Nice bush, scenic views over Cowan Creek. Some street walking.	Approx 9-10 kms
Grade 1 - 2	MT VICTORIA Train from Central to Mt Victoria (Country Platform - Blue Mountains Line). Walk to Pulpit Rock and Mount Piddington after lunch back down Hooper Street. Walk return to the station.	Short
Grade 1	MT VICTORIA Train from Central to Mount Victoria (Country Platform - Blue Mountains Line). Small ups and downs, no steps, Ross Cave and lookout.	Short
Grade 3	MT VICTORIA – COX’S CAVE – MT PIDDINGTON – WILSONS GLEN – PULPIT ROCK – MT VICTORIA Train from Central (Blue Mountains Line) to Mt Victoria Bush tracks, some rough, short climbs, steps.	Approx 10-12 kms
Grade 3	MT VICTORIA – MT PIDDINGTON – COX’S CAVE – CONICAL ROCK - BLACKHEATH Train from Central (Blue Mountains line) to Mt Victoria Bush tracks, climbs, creek crossings, rock hopping, off track walking, steps, rough tracks, scrambling. Ladder optional. Great mountain scenery. Long walk, Approx 5 hours walking.	
Grade 3	MT VICTORIA - MT PIDDINGTON - FERRIS CAVE - MT VICTORIA Train from Sydney to Mt Victoria (Country Platform – Blue Mountain Line) Rough tracks, steps, grand scenery.	Approx 10-12 kms
Grade 2-3	MT VICTORIA - ZIG ZAG - RIENITS PASS - MOUNT VICTORIA Train from Central (Country Platform - Blue Mountains Line) to Mount Victoria. Bush tracks, old roads, caves, climb out.	
Grade 3	MT YORK - COX’S DESCENT – HARTLEY VALE – LOCKYERS PASS – MT YORK Train from Central (Blue Mountains Line) to Mount Victoria. *We will need to car pool from Mt Victoria to Mt York, so prior booking essential for this walk. A delightful walk with great views, wildflowers, and historic mountain passes. Tracks through varied terrain including some steep and rocky descents and ascents, interspersed with some easy walking on paths through fields and on quiet roads	Approx 10-12 kms
Grade 1-2	MYSTERY WALK (THE RAY WILSON WALK) INCLUDING A GREAT 160 FT. LONG TUNNEL Train Central to Waverton (Suburban Platform-T1 North Shore Line) A tribute to Raymond Wilson. Magnificent bush and views. All easy walking, good tracks.	

Grade 2	<p>NARRABEEN BRIDGE - BILARONG RESERVE - GREENSPACE TRAIL - TWO BROTHERS - NEW METAL TRACK - ACADEMY OF SPORT - CROMER TRACK - SOUTH CREEK CROSSING - THE DARDANELLES - JAMIESON WATERFALL PARK - NARRABEEN</p> <p>Bus L90 from Carrington Street Wynyard Stand C to Narrabeen. Good new tracks, a shady walk, no hills - complete circuit of Lakes area. All new. Coffee at Dardanelles.</p>	Approx 8 kms
Medium	<p>NARRABEEN LAGOON - JAMIESON WATERFALL - SOUTH CREEK - WHEELER HEIGHTS</p> <p>Bus L90 Stand C from Carrington Street Wynyard to Narrabeen. Shady, easy summer walking, good views, abundant birdlife. Late lunch at DARDANELLS (RSL Café). Bus return to the city.</p>	
Grade 1-2	<p>NARWEE - BARDWELL PARK</p> <p>Train from Central (Suburban Platform – T2 Airport & East Hills Line) to Narwee. A pre-lunch appetiser on mainly sealed surfaces / cycleway. The possibility to include short easy local bush tracks if dry.</p>	Approx 6 kms
Grade 2-3	<p>NELSON BAY - PORT STEPHENS HOLIDAY</p> <p>Train from Central to Newcastle (Country Platform -Newcastle & Central Coast Line). Then Bus 130 Stand 3 Newcastle Station to Nelson Bay. Accommodation: Halifax Holiday Park: Walks include: Boyce Track to Sand Hills & Tin City on Stockton Beach Birubi Point - Anna Bay coastal Walk Tomaree and Stephens Peak (Climbs) Fingal Bay Return Bus No 130 to Newcastle Station - Train to Central.</p>	
Grade 2	<p>NEPEAN RIVER - CAMDEN</p> <p>Train from Central to Campbelltown (Suburban Platform – T2 Airport & East Hills Line). Then Busways Bus 895 from Stand A Campbelltown to Camden Shops. Walk along Cycleway beside the Nepean River - then Historical Walk through Camden. Mostly flat easy walking, up small hills in Camden itself. (Possible visit to museum). Bus & Train return to City.</p>	Approx 6 - 7 kms
Grade 1	<p>NEWCASTLE EAST HERITAGE WALK NOBBY'S HEAD – NEWCASTLE HARBOUR AND BEACH – KING EDWARD PARK –CATHEDRAL.</p> <p>Train from Central (Newcastle & Central Coast line) to Newcastle. Mostly streets and parks. Some climbs and steps. Return train ex Newcastle.</p>	Approx 6 - 8 kms
Grade 2-3	<p>NEWPORT BEACH - PORTER RESERVE - CROWN TO SEA -RAINFOREST - KANIMBLA LOOKOUT - THE PINNACLE - ANGOPHORA RESERVE - CANAL TRACK - CAREEL CREEK BOARDWALK - HITCHCOCK PARK - PITTWATER</p> <p>L90 Bus from Stand C Carrington Street Wynyard to Newport Beach. Easy climbs, good tracks, good views.</p>	Approx 13 kms
Grade 2	<p>NEWTOWN - GLEBE</p> <p>Train from Central to Newtown (Suburban Platform – T2 Inner West Line). Sydney University, Orphans Creek, Johnson's Canal, Bicentennial Park. Bus return to the City.</p>	Approx 7 kms
Grade 1	<p>NEWTOWN - ST PETERS - SYDNEY PARK - ERSKINEVILLE</p> <p>Bus 428 from Stand A, Circular Quay to King St nr Queen St, Newtown.</p>	Approx 6 – 8 kms

	Street Murals Walk - Is it Art or Vandalism? Come with an open mind (and a camera) and decide. Hear the story behind some of these vivid and energetic works. Did you know that, in 2009, 300 pieces of graffiti were exhibited at the Grand Palais, Paris? Largely flat walking. Train / Bus back to City.	
Grade 2	NORTH BONDI – BONDI – BRONTE – CLOVELLY – COOGEE Train from Central (T4 Eastern Subs & Illawarra Line) to Bondi Junction. Then Bus 389 from Stand C Bondi Junction Interchange to Bondi Golf Course (Military Rd opp Wallis Pde) North Bondi. Streets, paths, steps. Ups & downs (a few steep sections). Long lunch and swim at own risk at Clovelly (bay or pool). Coffee at Coogee, bus return to City and Bondi Junction.	Approx 9 kms
Grade 2	NORTH BONDI TO CLOVELLY BOOK WALK (Summer holiday reading). Bus 333 from Stand E Circular Quay to North Bondi. (This walk starts from near the North Bondi RSL, Ramsgate Ave.). Option to walk on to Coogee for lunch. Good path, steps, ups and downs. Easy pace. Bus returns to the City.	Approx 7 kms
Grade 2	NORTH CURL CURL – DEE WHY – CROMER – NARRABEEN LAKES F1 Manly Ferry from Circular Quay to Manly Wharf, then Bus 136 from Stand A Manly Wharf to Cnr Griffin & Abbott Rds North Curl Curl. Bushwalking followed by a mainly flat walk along formed paths through parks and reserves. Buses to City and Manly from Narrabeen. Coffee at Narrabeen.	Approx 10 kms
Grade 2	NORTH MANLY – FRESHWATER (HARBORD) – QUEENSCLIFF – MANLY F1 Manly Ferry from Circular Quay to Manly, then Bus 155 from Stand B Manly Wharf to Cnr Pittwater Rd and Riverview Pde North Manly Streets, parks, reserves. One steep uphill climb and some uphill steps. This is a mainly suburban walk through the pleasant suburb of Freshwater, including, of course, beautiful views (and optional walking) of Freshwater Beach. Optional coffee in Manly. Ferry return to the City.	Approx 12 kms
Grade 2	NORTH MANLY – HARBORD (FRESHWATER) - MANLY F1 Ferry from Circular Quay to Manly, then 9.45am Bus 155 from Stand A Manly Wharf to Cnr Pittwater Rd & Riverview Pde North Manly. Streets, parks, reserves, beach walking (optional), one steep uphill climb and some uphill steps. This is a mainly suburban walk through the pleasant suburb of Harbord, including of course beautiful Freshwater Beach. Coffee in Manly.	Approx 8 kms
Grade 3	NORTH PALM BEACH – BARRENJOEY HEADLAND – PALM BEACH – THE BIBLE GARDEN PALM BEACH WHARF L90 Bus Stand B, Carrington Street, Wynyard to Beach Road near Governor Phillip Park, Palm Beach. Walk through Governor Phillip Park before climbing Barrenjoey headland on the recently upgraded Smugglers Track. Return and proceed to Palm Beach. Climb the steep stairs to The Bible Gardens and descend the bush track to Palm Beach Wharf for bus home. Steep climbs and descents at a slow pace. Brilliant views of the Northern Beaches, Central Coast and Pittwater	Approx 8 -10 kms
Grade 2-3	NORTH RYDE - DEBURGHS BRIDGE – MACQUARIE UNIVERSITY Train from Central (T1 Northern line via Chatswood) to North Ryde. Walk through the National Park on well-made bush tracks and fire trails. One creek crossing and a climb before lunch on a cycle track. Early finish to beat the heat. Train return from Macquarie University at end.	Approx 10 kms
Grade 2-3	NORTH RYDE - FULLERS BRIDGE - DEBURGHS BRIDGE - NORTH RYDE Train from Central to North Ryde (Suburban Platform – T1 Northern Line via Macquarie Park). Bush tracks through the Lane Cove National Park. Lots of ups and downs. Track uneven in places. Good bush and river views. Train return from North Ryde.	Approx 12 kms
Grade 3	NORTH RYDE – GNW - TURRAMURRA Train from Central (T1 Northern line) to North Ryde. Bush tracks and fire trails. Some uneven sections and steps. The walk follows the Riverside Walk in Lane Cove NP, then GNW before heading to Turramurra via Sheldon Forest.	Approx 15 kms

	There are coffee options at the finish.	
Grade 2-3	<p>NORTH RYDE – LANE COVE RIVER NP - FIELD OF MARS – TOP RYDE</p> <p>Train from Central (T1 Northern Line via Chatswood) to North Ryde. Bush tracks – uneven in places, streets, parks and reserves, a few small climbs We follow Lane Cove River from North Ryde to Buffalo Creek Reserve, through the Field of Mars and then through some parks and reserves to Top Ryde. Bus return from Ryde City shopping centre at the end of the walk.</p>	Approx 14 kms
Grade 3	<p>NORTH TURRAMURRA - SPHINX TRACK - WARRIMOO TRACK - BOBBIN HEAD - GIBBERAGONG WATERHOLE - NORTH TURRAMURRA</p> <p>Train from Central (T1 North Shore Line via Gordon) to Turramurra, then Bus 577 from stand C Turramurra Station to Lady Davidson Hospital. A very pretty bushwalk following Cowan Creek and Cockle Creek starting at The Sphinx with approx. 20mins of downhill steps. Most of the track to Bobbin Head is level with a couple of rocky creek crossings which could be slippery if wet. Once leaving Bobbin Head, the Gibberagong track is more challenging with some rock scrambling. The walk ends with a steep ascent for about 20minutes. Most of the walk is through beautiful bush with good shade.</p>	Approx 14 kms
Grade 2	<p>NORTH WYRRABALONG NATIONAL PARK – WETLAND TRAIL – BURRAWANG TRACK – LILLY PILLY LOOP TRAIL – REDGUM TRAIL</p> <p>Train from Central (Country Platform – Newcastle & Central Coast line) to Wyong. Then Busways Bus 80 from Wyong Stn Stand 2 to Lake Haven shops. Change Busways Bus 91 from Lake Haven shops Stand 5 to Heritage Village, Noraville. Sandy bush tracks, ups and downs, a few steps. Beautiful forest and lake views. Bus return to Wyong, train return to City. Coffee</p>	Approx 10 kms
Grade 2-3	<p>NORTHBRIDGE – TUNKS PARK – FLAT ROCK CREEK - ARTARMON</p> <p>Bus 202 from Loftus St before Bridge St or Bus 202 from Stand C Blue St North Sydney outside station to Clive Park Northbridge. Ring 131500 or go to website to check bus departure time and place from City. Few streets but mostly bush tracks and cycleway / paths, creek crossing, parks and reserves with lovely views of Middle Harbour and Long Bay. Early finish shortly after lunch.</p>	Approx 9 kms
Grade 2-3	<p>NORTHBRIDGE - TUNKS PARK - SAILORS BAY – CASTLECRAIG - HAROLD REID RESERVE - MIDDLE COVE</p> <p>Major changes to bus route Bus 207 from Loftus & Bridge Streets, or Bus 207 from Stand C Blue St North Sydney outside station to Northbridge Junction. Stop is at corner of Strathallen Ave and Sailors Bay Road, opposite The Northbridge Hotel. Meet leader at Northbridge Junction stop. Ring 131500 or go to website to check bus time and place of departure from City. Bush tracks with cooling water views, some rough tracks, slippery and muddy if wet, some street walking, climbs, steps, two creek crossings by stepping stones, and one by walking short plank. Pirates welcome. 2-3 Drop out points if hot day. Coffee option at Middle Cove. Bus return to City and North Sydney</p>	Approx 11- 13kms
Grade 2-3	<p>NORTHBRIDGE (CLIVE PARK) – TUNKS, PRIMROSE, FORSYTH AND ANDERSON PARKS – MILSONS POINT</p> <p>Bus 202 from Bridge & Gresham Streets. Bus 202 from Stand C Blue St North Sydney outside station to Clive Park Northbridge. Ring 131500 or go to website to check bus time and place of departure from City. Bush tracks, creek crossings, steps, some streets, bush and water views. Train back to City.</p>	Approx 9-10 kms
Grade 2	<p>NORTHERN BEACHES: AVALON – CROWN OF NEWPORT RESERVE – NEWPORT – MONA VALE</p> <p>Bus L90 from Stand C Carrington St Wynyard to Cnr Barrenjoey Road & Avalon Pde, Avalon. Streets, a short climb through Palm Grove Reserve to Attunga and Crown of Newport Reserves. Rainforest track down hill and streets to Newport Beach. Short Beach walks at Newport and Bungan Beach. Up and down on roads and good tracks. Bus return to City.</p>	Approx 10 kms

Grade 1 - 2	NORTHLAKES - BUFF POINT - BUDGEWOI - BUDGEWOI BEACH - BUDGEWOI Train from Central to Wyong (Country Platform - Newcastle & Central Coast Line). Then Bus 78 (Busways) Bus 81 (Busways) from Wyong Station to Lake Haven Shops. Then Bus 92 (Busways) from Lake Haven Shops to Northlakes Shops/Tavern. Streets, cycleways, paths, water views, boardwalk. Mainly flat, some ups & downs. Coffee at Budgewoi, Bus return to Wyong, Train return to City.	Approx 13 kms
Grade 2 - 3	NORTHSIDE PRODUCE MARKETS Meet Circular Quay Wharf 5. Circular Quay - Harbour Bridge - Neutral Bay - Nth Sydney - Balls Head - Coal Loader Tunnel - Milsons Point. A few ups and downs with a long morning tea at the "best market in Sydney" as per SMH Good Food Shopping Guide Awards 2011. Walk can be completed at Markets or continued on to Balls Head etc. .	Approx 6 or 12 kms options
Medium	NORTH-TWO VALLEY TRAIL - TEMPE Train from Central to Bexley North (Suburban Platform-T4 Airport & East Hill Line). Possible extension to Canterbury or Campsie. Train back to city.	
Grade 2	OATLEY - COMO - OYSTER BAY - JOSEPH BANKS NATIVE PLANTS RESERVE Train from Central (Suburban Platform - Eastern Suburbs & Illawarra Line) to Oatley. Streets, tracks, paths, ups & downs, a few steeper parts, native spring flowers, parks, water views. Bus return to Miranda, coffee at Miranda, Train return to City.	Approx 13 -14 kms
Grade 2	OATLEY – OATLEY PARK - OATLEY Train from Central (T4 Eastern Suburbs & Illawarra Line) to Oatley .A leisurely circular walk with a few short ups and downs and steps. Some street walking at start and end; easy bush tracks with great water views all around Oatley Park. Coffee options at end of walk.	Approx 10 kms
Grade 2	OATLEY - OATLEY PARK - LIME KILN BAY - OATLEY Train from Central Platform 25 (T4 Eastern Suburbs and Illawarra Line) to Oatley Station. A circular walk at a relaxed pace around the Oatley Park area, described by Bruce Elder as "one of the most beautiful bushland parks in Sydney". Some street walking, then good bush tracks, with great views over the bays and peninsulas of the Georges River.	Approx 8 kms
Grade 2	OATLEY - POULTON PARK - CARSS PARK - SCARBOROUGH PARK - BRIGHTON Train from Central (Suburban Platform - Eastern Suburbs & Illawarra Line) to Oatley. Streets, bush tracks, parks and reserves along the Georges River. Return by Bus to Rockdale Station.	Approx 14 kms
Grade 2	OATLEY STATION – OATLEY PLEASURE GROUNDS – COMO BRIDGE – COMO PLEASURE GROUNDS – JANNALI STATION Train from Central (T4 Eastern Suburbs & Illawarra line) to Oatley. Mostly reserve and street walking, a few good bush tracks. Some inclines/declines, will take at easy pace. Beautiful Georges River views. Return by train from Jannali. Exit points if required.	Approx 8-10 kms
Grade 2	OATLEY – OATLEY PARK- LIME KILN BAY - OATLEY STATION Train from Central (T4 Eastern Suburbs and Illawarra line). A circuit walk taken at a leisurely pace with plenty of time to enjoy the bush and many water views around Oatley Park. Some quiet street walking but mainly good bush tracks and boardwalks. Some short ups and downs, steps. Coffee option at end.	Approx 10 kms
Grade 2	OLYMPIC PARK – BICENTENNIAL PARK – CONCORD WEST F3 Ferry from Circular Quay to Sydney Olympic Park. Narawang Wetlands, Newington, mangroves, Lake Belvedere, Bicentennial Park (coffee?) Concord West station and trains. Mostly flat walking along cycle paths, boardwalks, parks and streets.	Approx 12-14 kms

Grade 2	<p>OLYMPIC PARK – BICENTENNIAL PARK – RHODES – GLADESVILLE Train from Lidcombe (T7 Olympic Park Line) to Olympic. A look around the recent Olympic Park and Rhodes foreshore development then Parramatta River northern side to Victoria Road, Gladesville and bus back to city. Mostly flat walking along bike paths, streets and parks.</p>	Approx 12-14 kms
Grade 2	<p>OLYMPIC PARK - BICENTENNIAL PARK - WALKER HOSPITAL - CABARITA PARK F3 Ferry from Circular Quay (Parramatta River) to Olympic Park. Footpaths, bush tracks, wetlands and parks along the Parramatta River. Nice river views along the way. A few small hills.</p>	Approx 15 kms
Grade 3	<p>OTFORD - BURNING PALMS – GARAWARA - OTFORD Train from Central (South Coast Line) to Otford. A few climbs, bush tracks, great coastal views, lovely rainforest and heathland sections, creek crossings, tree roots, could be slippery when wet, fire trail.</p>	Approx 14 kms
Grade 3	<p>OTFORD - CLIFF TRACK - GARRAWARRA RIDGE - BURNING PALMS BEACH - PALM JUNGLE - OTFORD Train from Central to Otford (<u>Suburban</u> Platform - South Coast Line). Fire trail, bush tracks, great coastal views, lovely rainforest sections, a few climbs. Lunch at the beach.</p>	Approx 13 -15 kms
Grade 1-2	<p>OTFORD - GARRAWARRA RIDGE - BURGH TRACK - BURNING PALMS BEACH - PALM JUNGLE - OTFORD Train from Central (Suburban Platform - South Coast Line) to Otford. Fire trail, bush tracks, great coastal views most of the way, rainforest, beach walking, some climbs, creek crossings, steps</p>	Approx 13-15 kms
Grade 3	<p>OTFORD – GARRAWARRA RIDGE – MID ERA – BURNING PALMS BEACH – FIGURE OF EIGHT POOL – PALM JUNGLE – THE CLIFF TRACK - OTFORD Train from Central (South Coast Line) to Otford. Bush tracks, rough in places, climbs, creek crossings, rock hopping, steps, sand walking. Fire trail, lovely rainforest sections, some parts steep & rough. Great coastal views most of the way. Interesting landscape. For experienced walkers.</p>	Approx 15-16 kms
Grade 3	<p>OTFORD – GARRAWARRA RIDGE – MID ERA – NORTH ERA – BURNING PALMS BEACH – PALM JUNGLE – THE CLIFF TRACK - OTFORD Train from Central (Suburban Platform – South Coast line) to Otford. Great coastal views most of the way. Rainforest, bush tracks, fire trail, beach walking, ups and downs, steps, some parts steep and rough in places. Carry sufficient water. Experienced walkers.</p>	Approx 15-16 kms
Grade 1	<p>PADDINGTON Bus 378 from Stand A, Eddy Avenue, Central Station to cnr Oxford and William Streets, Paddington. Enjoy a stroll through the markets before visiting a photography studio, some commercial art galleries and Sydney's most magnificent butchery. Some ups and downs. Coffee afterwards.</p>	Approx 6 kms
Grade 2-3	<p>PADDINGTON GATES – CENTENNIAL PARK – QUEENS PARK – FRED HOLLOWS GULLY – COOGEE BEACH – BRONTE BEACH – BONDI BEACH Bus 333 from Stand E Circular Quay to cnr Oxford St & Jersey Rd. Parks, gully, streets, steps up and down. Coastal walk – Coffee – Bus back to Bondi Junction & City.</p>	Approx 12 kms
Grade 2-3	<p>PALM BEACH Bus L90 from Stand C Carrington St Wynyard to Golf Course stop Palm Beach. Bush tracks, climbs, steps, sand walking. Short walk, very scenic. SLOW PACE. TWO CLIMBS.</p>	Approx 4 hours walking.

Grade 2 - 3	PALM BEACH - AVALON Bus L90 Stand D, Carrington Street Wynyard. Lots of steps, ups and downs, beach walking and street walking (mainly quiet back streets). Bush tracks, some terrific views. For fit walkers. Coffee then bus return to the City.	Approx 10 kms
Grade 2-3	PALM BEACH - BARRENJOEY HEAD - BANGALLEY HEAD - AVALON L90 Bus from Wynyard to Palm Beach Golf Course (Stand C Carrington Street). Streets and tracks with two steep climbs & descents. Good views of the coastline and beaches. Bus return to the City.	Approx 10 kms
Grade 2-3	PALM BEACH – BARRENJOEY HEADLAND – MCKAY RESERVE – PALM BEACH Bus L90 from Carrington St Wynyard to Palm Beach. Bush tracks and trails, climbs, views. Estimated walking time 3-4 hours. Bus return to City.	Approx 10 -12 kms
Grade 2	PALM BEACH – BIBLE GARDEN – MCKAY RESERVE – BARRENJOEY – PALM BEACH L90 Bus from Carrington Street Wynyard to Palm Beach. Water views all day. Steps and climbs.	Approx 10 kms
Grade 2	PALM BEACH WHARF – MACKEREL BEACH – WEST HEAD Bus L90 from Stand B Carrington Street Wynyard to Palm Beach Wharf. Then 10am ferry to Mackerel Beach. Short beach walk. Bush tracks, some rough. Possible creek crossing. Great views. Slow pace.	Approx 10 kms
Grade 3	PALM BEACH WHARF – MACKEREL BEACH – WEST HEAD – KOOLEWONG LOOKOUT – MACKEREL BEACH Bus L90 from Stand B Carrington St Wynyard to Palm Beach, then 10.00am ferry from Palm Beach to Mackerel Beach. Beach walking, bush tracks, some rough, climbs, maybe a creek crossing. Great views. Slow pace. Ferry and bus return to City.	Approx 10 kms
Medium	PALM BEACH WHARF - MCKAY RESERVE - BARRENJOEY HEADLAND. Bus L90 Carrington Street Wynyard to Palm Beach Wharf. Lots of steps and hills, but great scenery.	
Grade 2	PANANIA – GEORGES RIVER NP – YERAMBA LAGOON - REVESBY Train from Central (T2 Airport & East Hills line) to Panania Bush tracks, boardwalks, climbs, some lovely bush. Possible sightings of a lace monitor.	Approx 10 -12 kms
Grade 2	PANANIA – LAMBETH RESERVE – GEORGES RIVER – SYLVAN GROVE NATIVE GARDEN - PANANIA Train from Central (T2 Airport & East Hills line) to Panania Streets, paths, boardwalk, steps, ups and downs. Hopefully lots of wildflowers, maybe owl sightings. Coffee at Panania. Train return to City.	Approx 10 - 11 kms
Grade 2	PANANIA - LAMBETH RESERVE - GEORGES RIVER - SYLVAN GROVE NATIVE GARDEN - PANANIA Train from Central (Suburban Platform – T2 Airport & East Hills Line) to Panania. Streets, tracks, boardwalk, steps, ups & downs, water views, hopefully lots of wildflowers. Coffee at Panania, Train return to City.	Approx 10 kms
	PARRAMATTA Train Central to Parramatta (Suburban Platform – T1 Western Line) We take a Loop Bus on Darcy Street. Take in a free City Tour to corner of Grose and Church Streets. Walk starts at All Saints cemetery, several Sporting facilities, Reserves, Parramatta Tennis courts. Buses on Kissing Point Rd. to Parramatta.	
Grade 2-3	PARRAMATTA - LAKE PARRAMATTA - PARRAMATTA Train from Central (Suburban Platform – T1 Western Line) to Parramatta.	Approx 10- 12 kms

	Streets, Lake Parramatta Reserve, Parramatta Park. A few small climbs. Train return to City.	
Grade 2	PARRAMATTA - PARRAMATTA PARK – PARRAMATTA WHALF F1 Ferry from Circular Quay to Parramatta. Explore Parramatta Park including the beautiful “Governor Phillip Walk” and a tour of Australia’s oldest Public Building Old Government House.	Approx 10 kms
Grade 2	PARRAMATTA - RYDALMERE - THE PONDS WALK - EASTWOOD Train from Central to Parramatta (Suburban Platform – T1 Western Line). Follow the river along footpaths and streets to the historic University of Western Sydney buildings at Rydalmere. From there we follow the Ponds Creek and Terrys Creek (west) Tracks to Eastwood. Some climbs, parks and bush tracks. Train return from Eastwood to the City, coffee at Eastwood.	Approx 10 -12 kms
Medium	PARRAMATTA - TOONGABBIE STATION F3 Ferry from Circular Quay to Parramatta Walking alongside the Parramatta River and to Toongabbie Creek on tracks & reserves. Alongside waterways most of the day.	Approx 12 kms
Grade 2	PARRAMATTA – WESTMEAD – NORTHMEAD - TOONGABBIE F3 Ferry from Circular Quay to Parramatta. Please use facility on ferry next will be at morning tea. Walking alongside Parramatta River. New track at Wisteria Gardens then walk alongside Toongabbie Creek. Lunch at old quarry. Lots of tracks and reserves. Return by train (T1 Western Line) to City from Toongabbie Station.	Approx 12 kms
Grade 2	PARRAMATTA – WESTMEAD – NORTHMEAD - TOONGABBIE F1 Ferry from Circular Quay to Parramatta. Walking all day alongside Parramatta river, Toongabbie & Quarry Creeks, lots of tracks & reserves. Return by Train (T1 Western Line) to City from Toongabbie.	Approx 12 kms
Grade 2	PARRAMATTA RIVER – PARRAMATTA PARK Train from Central (T1 Western Line) to Parramatta. Mostly flat walking. Some bush tracks. Coffee at end.	Approx. 8-10 kms
Grade 1-2	PARRAMATTA WHARF - LAKE PARRAMATTA - PARRAMATTA WHARF Rivercat Ferry from Circular Quay to Parramatta. Walk a combination of The She Oak Track, The Banksia Trail and The Lake Circuit. Some uneven surfaces.	Approx 10 kms
Grade 2	PARRAMATTA WHARF TO KISSING POINT WHARF Stage 2 Source to Sea: Follow the Parramatta River to its meeting with Sydney Harbour and then the Tasman Sea at South Head on a series of day walks throughout 2016. F3 Parramatta River Ferry from Circular Quay to Parramatta. Stage 2 is along the foreshores of the Parramatta River. Mainly flat, good tracks, a little street walking. Medium pace. Coffee option at morning tea at Western Sydney University as there is no café at Kissing Point. Ferry return to city.	Approx 14 kms
Grade 1	PATONGA Train from Central to Woy Woy (Country Platform - Newcastle & Central Coast Line). Meet at Station Bus Stand. Then catch Bus 55 (Busways) to Patonga. Flat easy walking around Patonga, lovely views of Broken Bay. Coffee at Patonga Hotel. Bus return to Woy Woy.	Short
Grade 3	PATONGA - UMINA Train from Central (Country Platform - Newcastle & Central Coast Line) to Woy Woy. Busways Bus 50 to Umina. Change to Bus 54 for Patonga Steep climb to start, fire trail, rough track to creek, coastal and beach walking. Bus return to Woy Woy.	Approx 9 kms
Grade 2-3	PATONGA BEACH - PEARL BEACH - UMINA	

	Train from Sydney to Woy Woy(Country Platform – Newcastle/Central Coast Line), Then Bus from Woy Woy to Patonga Beach. Good hill to start, fire trail, rough tracks, beach. Bus return to Woy Woy.	
Grade 1	PEARL BEACH - ARBORETUM Train from Central to Woy Woy(Country Platform - Newcastle & Central Coast Line). Then Bus 55 (Busways) from Woy Woy Station Bus Stand to Pearl Beach. Walk to the Arboretum (a Native Botanic Garden). Lunch in the Arboretum. Lovely water views. Coffee at café before catching Bus back to Woy Woy.	Approx 3 – 4 kms
	PENNANT HILLS – JUNGO - BLUEGUM FOREST - HORNSBY Train from Central to Pennant Hills (Suburban Platform – T1 Northern Line via Chatswood). Bush tracks, fire trails and steep climbs. Coffee	Approx. 9 -10 kms.
Grade 2	PENSHURST - HURSTVILLE GROVE - EAST OATLEY - COMO Train from Central (T4 Eastern Suburbs & Illawarra Line) to Penshurst Poulsen Park - Mangrove boardwalk - Oatley Park Memorial Walkway - Oatley Pleasure Grounds, Oatley Point Reserve, Como Bridge - Como Pleasure Grounds. Optional cold and hot refreshments at Como Hotel. Train return to city. Water views, some interesting houses. Some street and lots of reserve walking, well-formed tracks. Some ups and downs, some steps. Could be some muddy sections if recent rain. Exit point if required.	Approx 10 -12 kms
Grade 2	PENSHURST – OATLEY – COMO then train to CRONULLA –HUNGRY POINT CIRCUIT Train from Central (Suburban Platform – T4 Eastern Suburbs & Illawarra line) to Penshurst. Historic properties, reserves, parks, pleasure grounds then a 22 minute train ride to Cronulla for a low tide circuit around Hungry Point. A relaxed walk including footpaths, cycle ways, bush tracks, grass, beach and water front.	Approx 12 kms
Grade 2	PENSHURST – POULTEN PARK - OATLEY PARK MEMORIAL WALKWAY – OATLEY PLEASURE GROUNDS – COMO BRIDGE – COMO PLEASURE GROUNDS - COMO Departure from Penshurst station Water views, some interesting houses. Some street and lots of reserve walking, well-formed tracks. Uneven surfaces. Some ups and downs, some steps. Could be some muddy and/or slippery sections if recent rain. One fairly steep (but fairly short) incline at end of walk to Como Station. Train return to the city. Can shorten walk if required.	Approx 9 -10 kms
Grade 2	PICTON – GLENROCK RESERVE – VIADUCT – BOTANICAL GARDENS - PICTON Train from Central (Suburban Platform – T2 Airport & East Hills line) to Campbelltown. Change at Campbelltown for Southern Highlands train to Picton. Streets, tracks, cycleway, steps, steeper sections. Nice country views and lovely autumn colours. Coffee at Picton, train return to City.	Approx 14 kms
	PITTWATER - BULLOCK TRACK Bus L90 Stand D from Carrington Road Wynyard to Palm Beach Golf Club Along Pittwater to Bullock track, coming down Smugglers Path after having lunch near the lighthouse.	
Medium	POINT CLARE - FAGANS BAY – GOSFORD - POINT FREDERICK - EDOGOWA JAPANESE GARDENS-EAST GOSFORD Train from Sydney to Gosford (Country Platform – Newcastle and Central Coast Line). Streets, cycleway, parks, water views, and boardwalk. Mainly flat, a few ups and downs, could be windy. Coffee at East Gosford. Then Private bus to Gosford. Train to City.	Approx 13 -14 kms.
Grade 2-3	PORT KEMBLA – HILL 60 – PORT KEMBLA POOL – PORT KEMBLA Train from Central (South Coast Line) to Wollongong. Change at Wollongong for Train to Port Kembla. Streets, cycleway, beaches (low tide), rocks, ups and downs (one steep climb up and down). Long lunch and swim (own risk) at Port Kembla Pool. Coffee at Port Kembla. Train return to City.	Approx 12 kms

Grade 2	<p>POTTS POINT – ELIZABETH BAY – DARLING POINT - POINT PIPER - ROSE BAY Train from Central (T4 Eastern Suburbs Line) to Kings Cross Station. We will walk the streets of Potts Point and Elizabeth Bay. Continue onto Rushcutters Bay, traverse Darling Point to Point Piper. Amble the length of the wealthiest street in Australia. On the way we will pass historic buildings and have views of the city and Manly. Some ups and downs, steps, drop out points and water available. Coffee / tea options at Rose Bay. Bus or ferry to the City.</p>	Approx 10 kms
Grade 1	<p>PYRMONT – DARLING HARBOUR - BARANGAROO – CIRCULAR QUAY L1 Tram from Central to Fish Market Light Rail Stop. Flat walk around the bays, points and parks. Drop out points and water available. Coffee options at Circular Quay.</p>	Approx 9 kms
Grade 2	<p>QUAY TO SEA CIRCULAR QUAY – HARBOUR BRIDGE – CREMORNE POINT – TARONGA ZOO 8.00am Meet at Circular Quay outside Wharf 6. Streets, tracks, parks, views, some climbs. Join Meredith’s walk to The Spit (optional).</p> <p>TARONGA ZOO – CLIFTON GARDENS – BALMORAL – THE SPIT 10.40 F2 Taronga Zoo ferry from Circular Quay to Taronga Zoo ETA 10.52am. Tracks, parks and climbs. Join Joan’s walk to Manly (optional).</p> <p>THE SPIT - MANLY 2.27pm Bus 179 from Stand C Carrington Street Wynyard (check stand) to Spit Bridge ETA 2.51pm. Meet leader at the Spit. Walk this classic track in the late afternoon. Fabulous harbour views, lots of steps and ups and downs. All walkers may wish to meet up at the end in Manly for fish and chips.</p>	<p>Approx 9 kms</p> <p>Approx 9-10 kms</p> <p>Approx 9 -10kms</p>
Grade 2	<p>QUAY TO THE SEA 1 CIRCULAR QUAY - SYDNEY HARBOUR BRIDGE - CREMORNE POINT - TARONGA ZOO Meet Circular Quay at Wharf 5. Streets, tracks, parks, views, some climbs. Join walk to The Spit (optional).</p>	Approx 10 kms
Grade 2	<p>QUAY TO THE SEA 2 ROSEVILLE - BLUE GUM CREEK - STRINGYBARK CREEK - ARTARMON Train from Central (T1 North Shore Line) to Roseville. Bush tracks, streets, climbs. Join George’s walk to the Spit (optional).</p>	Approx 7- 8 kms
Grade 2	<p>QUAY TO THE SEA 3 ARTARMON - FLAT ROCK CREEK - TUNKS PARK - FOLLY POINT - QUAKERS HAT - THE SPIT Train from Central (T1 North Shore Line) to Artarmon. Bush tracks, paths, streets, climbs. Join Charles’ walk to Manly (optional).</p>	Approx 9 -10 kms
Grade 2	<p>QUAY TO THE SEA 4 TARONGA ZOO - CLIFTON GARDENS - BALMORAL - THE SPIT F2 Taronga Zoo Ferry from Circular Quay to Taronga Zoo. Tracks, parks, climbs and rock hopping. Join Charles’ walk to Manly (optional).</p>	Approx 9 -10 kms
Grade 2-3	<p>QUAY TO THE SEA 5 SPIT - MANLY 2:24pm Bus 179 from Stand D from Carrington Street, Wynyard to Spit Bridge. Late afternoon walk, stopping at all lookouts for Harbour views. Plenty of steps. Optional Fish & Chips at Manly.</p>	Approx 9 -10 kms

Grade 2	RANDWICK - COOGEE 373 Stand D from Circular Quay to Cowper Street Randwick near Mulwarree Street. Exploration and history of this interesting suburb, the 2 nd municipality to be founded in Sydney. Lunch in Randwick Environmental Park (Old Defence Site of 49 ha) then walk to the coast and optional coffee, bus to city.	
Grade 2	RANDWICK - KENSINGTON PONDS - TRUMPER PARK - WHITE CITY -RUSHCUTTERS BAY - WOOLLOOMOOLOO - WEA BUILDING Bus 372 from Circular Quay Stand D (Alfred Street) to Alison Road near Darley Road Randwick. Walk via Reserves and streets.	Approx 12 kms
Grade 2-3	RAWSON PARK – CLIFTON GARDENS – TARONGA ZOO WHARF – CREMORNE WHARF Bus 247 from Stand A Carrington St Wynyard to Bradleys Head Rd & King Max St Mosman. Parks, tracks and streets with lovely harbour views all the way. Lots of steps up and down. Ferry return to the City.	Approx 10 kms
Grade 2-3	RAWSON PARK – CLIFTON GARDENS – TARONGA ZOO WHARF – SOUTH MOSMAN WHARF Bus 247 from Stand A Carrington St Wynyard to Bradleys Head Rd Mosman. Parks, tracks and streets with lovely harbour views all the way. Lots of steps up and down (more down than up). Ferry return to the City.	Approx 9 -10 kms
Grade 2	REDFERN TO GLEBE Meet outside Redfern Station. Easy flat walk through Sydney University then through Bicentennial Park, Glebe and Blackwattle Bay. Moderate pace. Return to City by bus.	Approx 6 -7 kms
Grade 2	RHODES – BENNELONG BRIDGE – WENTWORTH POINT – WENTWORTH COMMON – CONCORD WEST STATION Train from Central (T1 Northern Line towards Epping via Strathfield) to Rhodes. A mainly flat walk through Wentworth Point to the Brick Pit, Bicentennial Park and Shipwreck Bay. Good tracks and great views from Wentworth Common. Train return from Concord West Station.	Approx 9 kms
	RHODES - CABARITA Train from Central to Rhodes (Suburban platform–T1 Northern Line). Pleasant tree lined walk, by the water, very flat. Return By ferry from Cabarita.	
Grade 2	RHODES – MEADOWBANK – ERMINGTON BAY NATURE TRAIL – RYDALMERE – PARRAMATTA WHARF Train from Central (Suburban Platform – T1 Northern line) to Rhodes. Mostly cycleway, some new boardwalks, a few streets. Follows Parramatta River. Coffee at Riverside? Can leave at Rydalmere. Ferry returns to Quay.	Approx 10 -12 kms
Grade 2	RHODES – PARRAMATTA Train from Central (T1 Northern Line Epping to City via Strathfield) to Rhodes. Flat walking via cycle paths along the Parramatta River. Lunch can be bought at University of West. Sydney where we can learn about its former use as a school for female orphans.	Approx 14 -16 kms
Grade 3	RIP BRIDGE (DALEYS POINT) - BULLIMAH LO - MAITLAND BAY - BOUDDI COASTAL WALK - PUTTY BEACH - WAGSTAFFE Train from Central (Country Platform - Newcastle & Central Coast Line) to Woy Woy. Bus Route 64 (Busways) from Woy Woy Station to Daleys Point. Fire trails, streets, tracks, beach, rocks, steps, ups & downs, some steep sections. Lovely bush, great coastal views. Coffee at Wagstaffe, Ferry to Ettalong, Bus to Woy Woy, Train return to City.	Approx 15 -16 kms

Grade 2	<p>ROCKDALE - SANDRINGHAM BAY - BRIGHTON-LE-SANDS Train from Central to Rockdale (Suburban Platform- T4 Eastern Suburbs and Illawarra Line). Flat longish walk along the wetlands corridor. After lunch walk via beachfront to end of walk for coffee. Bus back to Rockdale station. Can leave walk early.</p>	Approx 12 kms
Grade 2	<p>ROCKDALE PARK - WETLANDS - TEMPE RESERVE -MUDDY CREEK - KYEEMAGH - BRIGHTON Train from Central to Rockdale (Suburban Platform – T4 Eastern Suburbs & Illawarra Line). Parks, reserves, wetlands, water views, a little street walking. Return by Bus or walk from Brighton to Rockdale station. Optional swim at Brighton (own risk).</p>	Approx 12 kms
Grade 2	<p>ROSE BAY – BELLEVUE HILL – TRUMPER PARK – DARLINGHURST – BOTANICAL GARDENS – MARTIN PLACE Bus 324 from Stand A, QVB, York Street ETA Lyne Park. A medium paced walk via quiet streets, 3 longish climbs, parks and reserves finishing in the Gardens for lunch then optional Friday Music concert 1:10 pm to 1:50 pm by The Sydney Camerata (www.sydneycamerata.com) at St Stephen’s Uniting Church, Macquarie Street. A gold coin donation appreciated. Lunch can be purchased in the Gardens.</p>	Approx 12 kms
Grade 2	<p>ROSE BAY - HERMITAGE TRACK - NIELSEN PARK Bus 324 from Edgecliff station to Tivoli Avenue Rose Bay. A short circuit to Hornby Lighthouse. To finish we take a scenic bus along shore line.</p>	
Grade 2	<p>ROSE BAY – HERMITAGE TRACK – NIELSEN PARK – SOUTH HEAD – WATSONS BAY F7 Eastern Suburbs Ferry from Circular Quay to Rose Bay. Streets, tracks and reserves with lovely harbour views. Bus or ferry to the City.</p>	Approx 10 kms
Grade 2	<p>ROSE BAY – NIELSEN PARK - DIAMOND BAY - BONDI BEACH F7 Eastern Suburbs Ferry from Circular Quay to Rose Bay. Coastal walk to Bondi. Finish walk by lunch time before the heat of the day. Lunch etc. can be bought at Bondi.</p>	Approx 10 -12 kms
Grade 2	<p>ROSE BAY - POINT PIPER - DOUBLE BAY - RUSHCUTTERS BAY - CIRCULAR QUAY 324 bus from Edgecliff Interchange to Rose Bay Wharf. Meet leader at roof bus stop of interchange above Edgecliff train station. We will follow the harbour foreshore, enjoy spectacular views. Park, beach, steps and street walking. Water available and dropout points. Coffee/tea options.</p>	Approx 11 kms
Grade 2	<p>ROSE BAY – SOUTH HEAD – WATSONS BAY F7 Eastern Suburbs Ferry from Circular Quay to Rose Bay Half day walk. Good harbour and ocean views. Some streets, parks and good bush tracks. Ups and downs. Medium pace. Lunch/coffee option at Watsons Bay at end of walk. Ferry or bus return to city.</p>	Approx 10 kms
Grade 3	<p>ROSEVILLE - BELROSE - MIDDLE HARBOUR TRACK - THE CASCADES - FRENCHS CREEK TRACK – GARIGAL NATIONAL PARK Bus 271 from Clarence Street after Market Street, Wynyard to Roseville Bridge Then cross bridge to Davidson Park Reserve. Beautiful bush, good bush tracks, small creek crossings, some uneven tracks, rocky and some scrambling. Then, short walk to (the new) Glenrose village for coffee and buses to Chatswood and the city.</p>	Approx 13 -15 kms
Grade 2-3	<p>ROSEVILLE - BLACKMAN PARK - FAIRYLAND- FULLERS BRIDGE Train from Central (T1 North Shore Line) to Roseville</p>	Approx 13 kms

	A few residential streets at the start but then all on good bush tracks along the beautiful banks and boardwalks of Lane Cove River; lots of ups and downs. Short bus return from Fullers Bridge to Chatswood where there are coffee options near the station.	
Grade 2	ROSEVILLE - BLUE GUM CREEK - STRINGYBARK CREEK - ARTARMON Train from Central to Roseville (Suburban Platform – T1 North Shore Line). Bush tracks, streets, climbs. Join George's walk to the Spit (optional).	Approx 7- 8 kms
Grades 2-3	ROSEVILLE - LITTLE DIGGER TRACK - TWO CREEKS TRACK - GORDON CREEK TRACK - QUARRY MASONS - FOREST-KILLARA Train from Central to Roseville (Suburban Platform – T1 North Shore Line) Superb bush tracks, fire trails, some climbs and streets. Coffee	Approx 9 -10 kms
Grade 2	ROSEVILLE - TWO CREEKS TRACK - SWAINS GARDENS - LINDFIELD 8:20am Bus 207 from Stand F Carrington St Wynyard to Addison Avenue, East Roseville. Road to start, tracks beside creek, slight climb at the end, road walk to Lindfield Station.	Medium
Grade 2	ROUSE HILL Train from Central to Blacktown (Country Platform - Blue Mountains Line). Then Bus T75 (Busways) from Stand 16 Blacktown Interchange to Rouse Rd nr Worcester Rd, Rouse Hill. Exploration of this burgeoning NW area including the Regional Park, historic Rouse Hill House (entry cost) and the new Town Centre named one of 5 best new developments in the world. (2010 Urban Land institute's global awards for excellence). Mostly flat with a few rises.	Approx 10– 12 kms
Grade 1-2	ROUSE HILL EXPLORATION Train from Central (Country Platform - Blue Mountains Line) to Parramatta. Then Hillsbus T66 Bus from Parramatta Interchange Stand B4 to Rouse Hill Town Centre T-Way Station Stand 5. A circular walk taking in the multi-award winning new Town Centre and the walking paths in the vicinity. Paths and bush tracks - mostly flat.	Approx 8-10 kms
Grade 2	ROYAL NATIONAL PARK - GRAYS POINT - SWALLOW ROCK RESERVE - GYMEA BAY - GYMEA Train Central to Loftus (Suburban Platform – T4 Eastern Suburbs & Illawarra Line). Then tram from "Loftus Tram Museum" to Royal National Park. Streets, tracks, fire trails, parks, ups and downs, lots of water views. Tram fare Coffee at Gymea, then train to city.	Approx 13 -14 kms
Grade 2	ROZELLE - GLEBE - DARLING HARBOUR - THE ROCKS - CIRCULAR QUAY Bus 504 from Circular Quay Stand C to Victoria Rd near Toelle St, Rozelle. The best of Olde Sydney Town and the new World City. Harbour views abounding. Some short climbs. Presentation of Certificates.	Approx 10 -11 kms
Grade 2	ROZELLE - GLEBE - DARLING HARBOUR - THE ROCKS -CIRCULAR QUAY Bus 504 from Circular Quay Stand C to Victoria Rd near Toelle St, Rozelle The best of Olde Sydney Town and the new World City. Harbour views abounding. Some short climbs. Presentation of Certificates.	Approx 10 -11 kms
Grade 1-2	ROZELLE BAY – CITY QUARTER DEVELOPMENT – ORPHANS SCHOOL CREEK - GLEBE Light Rail from Central to Rozelle Bay. Walk through parks beside channel to development site of old Royal Alexandra Hospital for Children, then through regenerated bushland pocket to historic Toxteth Estate in Glebe. Fairly flat with some inclines. Optional coffee in Glebe.	Approx 9 kms
Grade 1	ROZELLE BAY BREAKFAST WALK Train from Central to Stanmore (Suburban Platform - Inner West Line). Early walk along some creeks, Rozelle Bay and Blackwattle Bay. Bring brekkie, and be home by lunchtime. Bus back from Broadway. Coffee in Glebe? Flat walk, relaxed pace.	Short-Medium
	RYDALMERE - MEADOWBANK - RHODES - CABARITA WHARF	

Grade 2	F3 Ferry from Circular Quay to Rydalmere. Pretty riverside walk, crossing the Parramatta River over the 1885 James Whitton Bridge, then following the Kokoda Track and Concord Foreshore trail. Finishing at Cabarita Wharf. Ferry to Circular Quay or Bus to Burwood. Riverside walk by the Parramatta River on cycle tracks, parks, bush tracks and a few streets. Cross the river over the 1885 James Whitton Bridge then follow the Kokoda Track and the Concord Foreshore Track through the Edith Walker Estate to Cabarita Wharf. Ferry to the City or bus to Burwood. Leader joins at Rydalmere.	Approx 14 kms
Grade 2	RYDALMERE – MEADOWBANK – RHODES WALKWAY – LIBERTY GROVE PATHWAY – NORTH STRATHFIELD F3 Ferry from Circular Quay to Rydalmere. New boardwalks, cycleways, lots of river views. Poetry readings at selected venues. Bring a poem to read or recite (optional). Coffee	Approx 10 kms
Grade 2	RYDALMERE - WENTWORTH POINT - OLYMPIC PARK - RHODES - MEADOWBANK F3 Ferry from Circular Quay to Rydalmere. Streets, cycleway, paths, 2 bridges, water views. Mainly flat, some ups & downs. Coffee at Meadowbank, Train or ferry return to City.	Approx 15 kms
Grade 1	RYDALMERE WHARF – SILVERWATER BRIDGE – SYDNEY OLYMPIC PARK WHARF F3 Parramatta River Ferry from Circular Quay wharf 5 to Rydalmere. Along the foreshore path to Silverwater Bridge. Then flat walk by the river to the Armory and onto Sydney Olympic Park wharf. Ferry return to city. Coffee at Circular Quay.	Approx 8 kms
Grade 1-2	RYDE HISTORIC WALK: BRUSH FARM PARK & HOUSE - TALL TIMBERS TRACK IN DARVALL PARK - HISTORIC HOUSES IN ORIGINAL RYDE HUB Bus M52 from Drutt St near Kent St to Bus Stop outside Comfort Inn Motel on Victoria Rd near Marsden Rd, Melrose Park. From Blaxland's restored house to Blaxland Road, in between the two walking through sections of remnant Blue Gum High Forest and on to historic Addington, Willandra and more, plus exploring St Anne's churchyard with many historic graves including Granny Smiths.	Approx 10 kms
Grade 2-3	RYDE PARK – FIELD OF MARS – BUFFALO CREEK RESERVE – FULLERS BRIDGE – BLUE GUM CREEK – CHATSWOOD Bus 518 from Town Hall Station Stand K Park St before Pitt St City to Blaxland Rd & Princes St Ryde. Mainly on good bush tracks, some muddy areas, steps and a few streets.	Approx 13 kms
Grade 2	SANS SOUCI - WOLLI CREEK Train from Central to Kogarah (T4 Eastern Suburbs & Illawarra Line) then bus 476 to Sans Souci. Pre-lunch stroll along the sand and foreshore path at low tide from Sans Souci to Brighton for about one hour, morn tea/coffee at Brighton then bit more sand walking to Kyeemagh, then bike path to Wollli Creek for optional lunch at St. George Rowing Club on Cooks River.	Approx 14 kms
Grade 2	SARATOGA - MT PLEASANT - DAVISTOWN Train from Central to Woy Woy (Country Platform - Newcastle & Central Coast Line). Then Central Coast Ferry from Woy Woy to Veterans Hall Wharf. Walk around Saratoga foreshore, climb Mt Pleasant, walk Illoura Reserve and Davistown circuit. Climbs. Return by ferry from Central Wharf to Woy Woy, then Train return to City.	
Grade 2-3	SCARBOROUGH – COLEDALE - THIRROUL Train from Sydney to Scarborough (Country Platform – South Coast Line) Scenic footpath stroll downhill to Wombarra, where we have morning tea on the beach. Our walk continues with a short clamber over tumbled rocks before continuing along easier rock platforms and smooth beaches south, to finish at Thirroul. (Rocks will be avoided if wet). Great coastal walk for the warm weather. Swimming at own risk.	
Grade 2	SCARBOROUGH - STANWELL PARK Train from Central to Scarborough (Country Platform - South Coast Line).	Approx 8 kms

	A shorter coastal Summer walk firstly along highway over Sea Cliff Bridge to Stanwell Park seashore. <u>Swim at own risk</u> . Bring torch and fresh batteries for halfway penetration of historic railway tunnel beneath Bald Hill. Refreshments available Stanwell Park.	
Grade 3	SCARBOROUGH – WOMBARRA – AUSTINMER - BULLI Train from Central (South Coast line) to Scarborough. Travel in third from front carriage. An easy street-side descent to Wombarra followed by a short very steep climb to undulating quieter Morrison Avenue. Seaside, forest and escarpment views plus assorted real estate. Lunch at Austinmer with time to swim. Then seashore stroll to Bulli but can shorten if hot.	Approx 15 kms.
Grade 2-3	SCARBOROUGH - THIRROUL OR BULLI Train from Central (South Coast line) to Scarborough. Coastal walk, beaches, headlands.	Approx 15 kms
Grade 2-3	SCENIC WORLD KATOOMBA – NARROW NECK – CASTLE HEAD – SCENIC WORLD This is a circuit walk. Free car parking in multi storey car park and toilets are available on site. If using public transport catch Train from Central (Blue Mountains line) to Katoomba, then Bus 686 from stop outside the Carrington Hotel to Scenic World. The walking is mostly easy, along quiet roads and fire trails as we progress out along the Narrow Neck plateau. Lots of ups and downs, though we stay high above the Jamison Valley. Then about 1 km of rough/scrubby bush tracks to our lunch spot at Castle Head. Spectacular views along the way.	Approx 10 kms
	SCOTLAND ISLAND Bus L90 from stand C, Carrington Street, Wynyard to Mona Vale (Pittwater Rd near Waratah Street). Then, Bus 156 to Church Point Ferry Wharf. Then, Ferry to Scotland Island. Interesting small enclave of some 350 houses in beautiful bushland-home to a number of artists and the Island Thinkers. Ferry to the island (return trip), circumambulate the island and climb the 100m high hill. NB no public toilets on Scotland Island. Some short steep climbs and uneven terrain. On return optional walk on waterside path from Church point to Bayview Anchorage and/or Bus return to City.	
Grade 2	SCOTLAND ISLAND EXPLORATION Bus L90 from Stand C, Carrington St Wynyard to Pittwater Rd nr Waratah St Mona Vale and then Bus 156 to Church Point wharf then ferry to Scotland Island. Bush tracks, climbs, some beautiful stands of Pittwater Spotted Gum. No public toilets on the island. Ferry fare: Adult & Conc. Return trip goes all around Pittwater wharves.	Approx 5 kms
Grade 1-2	SCULPTURE TRAIL 3 CIRCULAR QUAY - MARTIN PLACE - THE ROCKS Meet at Wharf 3 at Circular Quay. Find links with the First Fleet, discover Explorers and Politicians. Learn of the history of The Rocks. Easy pace. Some steps and small hills.	Short
Grade 1	SCULPTURE TRAIL WALK ON WATER – HYDE PARK – CIRCULAR QUAY – BOTANIC GARDENS - DOMAIN Meet at Archibald Fountain Hyde Park. See spectacular fountains in parks and plazas to the drains and sewers hidden underground. Find the sculpture nicknamed “The Urinal”. Learn which water feature led to the settlement of Sydney. See sculptures which commemorate our history. Easy pace.	
Grade 1	SCULPTURE WALK ARCHIBALD FOUNTAIN – HYDE PARK – THE DOMAIN – BOTANIC GARDENS – CIRCULAR QUAY Meet at Archibald Fountain. See Victorian to contemporary sculptures in the beautiful Botanic Gardens, with poetical references. Easy pace.	
	SCULPTURES BY THE SEA: ANNUAL BONDI EXHIBITION	

Grade 2	<p>COOGEE - BONDI BEACH Bus 373 from Stand D at Circular Quay to Coogee Beach. Walk from Coogee to Tamarama, where the first sculptures are displayed. Enjoy the sculptures without the weekend crowd. Sea views all the way. Some steps very moderate pace to take photos and take in the sculptures.</p>	Approx 7 kms
Grade 3	<p>SEAFORTH OVAL - ROSEVILLE BRIDGE VIA THE BAY TRACK - BLUFF TRACK - NATURAL BRIDGE TRACK - MAGAZINE TRACK - FLAT ROCK TRACK Bus 169 from Stand E, Wynyard, Carrington St to Seaforth Oval at Wakehurst Parkway, near Burnt St. Seaforth. Ups and downs, many steps, creek and rock crossings, bush tracks and water views. Tracks can be very slippery when wet. A few rock crossings.</p>	Approx 13 kms
Grade 3	<p>SEAFORTH OVAL – THROUGH GARIGAL NP TO CURRIE ROAD FORESTVILLE Bus 169 from Stand E Carrington St Wynyard to near Sydney Rd & Frenchs Forest Rd Seaforth. Great bushland through Garigal NP, plus the feature of the Natural Bridge. Views at Bantry Bay, lots of ups and downs, some climbs, steps, rock hopping, several challenging slippery rocks. Coffee at Forestville shops. Bus return to Chatswood.</p>	Approx 10 -12 kms
Grade 2-3	<p>SEAFORTH OVAL – TIMBERGETTERS TRACK – NATURAL BRIDGE – FORESTVILLE Bus 169 from Stand G Carrington St Wynyard to Seaforth Oval Wakehurst Parkway. Ring 131500 or check website for bus departure time and place. Leader joins at Seaforth. A good bushwalk, great views of Bantry Bay. Bush tracks, some rough, ups and downs. Coffee options at Forestville. Buses return to City and Chatswood.</p>	Approx 8 - 10 kms
Grade 1	<p>SEE YOU IN COURT - Meet on the steps at Sydney Town Hall, George Street. Come for a sticky beak with an experienced legal practitioner as we visit Taylor Square, the Downing Centre, Brickfield Hill and Queens Square to discover the inner workings of the Local Court, District Court, Supreme Court, Federal Court, Land and Environment Court and a Tribunal. Mostly flat. Finish off with coffee and gorgeous views. PLEASE NOTE: Airport style security is in place at all courts, so it is advisable to leave all sharp/cutting implements and aerosols at home.</p>	Approx 5 kms
Grade 2-3	<p>SEVEN HILLS – PEMULWUY – PROSPECT CANAL – MERRYLANDS WEST Train from Central (T1 Western Line) to Seven Hills. Mostly flat walking via parks, reserves and cycleways then bus back to Parramatta.</p>	Approx 10 12 kms
	<p>SEVEN ISLANDS OF THE HAWKESBURY Train from Central (Central Coast & Newcastle Line) to Hawkesbury River. Walk from station to Brooklyn Wharf. Ferry departs 11.00am. Cruise past Long, Spectacle, Peat, Milson, Bar, Dangar Islands and views of Lion Island and the ocean. Informative and entertaining commentary. Fish and chips lunch on board, included in price. Returns to Wharf, train to Sydney. Travel in second carriage from front and pay Leader on train if you haven't paid in advance. Correct money would be appreciated. Cost: Adults, Concession. Bookings ASAP essential, approx. 15 places.</p>	
Grade 4	<p>SIX FOOT TRACK A guided walk - 2 nights / 3 days with Cutting Edge Adventures. This is a 44 kms grade 4 trek, approximately 16-18 hours of walking. Approximate distances over the 3 days are 15 kms, 19 kms and 10 kms respectively.</p>	Approx 44 kms
Grade 2-3	<p>SOUTH BONDI – TAMARAMA – BRONTE – COOGEE - MAROUBRA Bus 333 from Stand E from Circular Quay to Notts Ave Bondi Beach. Ocean views all day, a little sand walking and some steep climbs. Steps, ups & downs. Coastal walk. Rock hopping at low tide, or street walking. Bus back to City and Bondi Junction.</p>	Approx 12 kms

Grade 2	SOUTH CAMDEN – CAMDEN CYCLEWAY Train from Central (Suburban Platform – T2 Airport & East Hills line) to Campbelltown, then Bus 895 from Stand A Campbelltown Stn to South Camden. Walk along cycleway beside Nepean River from South Camden to Camden, then short walk up hill to Church. Climbs. Some historical information provided.	Approx 6 kms
Grade 2	SPIT – FOLLY POINT – TUNKS PARK – FLAT ROCK CREEK - ARTARMON Bus 180 from Stand D Carrington St Wynyard to Spit Reserve. Bush tracks, climbs, some steps, streets, lovely views.	Approx 9 -10 kms
Grade 2-3	SPIT - MANLY Bus 179 Stand A from Carrington Street, Wynyard to Spit Bridge. Late afternoon walk, stopping at all lookouts for Harbour views. Plenty of steps. Optional Fish & Chips at Manly.	Approx 9 - 10 kms
Grade 2-3	SPIT - MANLY Bus from Stand F Carrington St Wynyard to Spit Reserve. Please check bus timetable and departure point from Wynyard A popular walk with minimal sand walking, bush tracks which remain wet after rain, some street walking, some climbs, lots of steps and beautiful views of the harbour. Will be opportunity for coffee at Manly. Ferry back to Circular Quay	Approx 10 kms
Grade 2-3	SPIT BRIDGE - MANLY DAM - MANLY LAGOON – QUEENSCLIFF Bus 169 from Stand F Carrington St Wynyard to Spit Bridge. Some streets at start with steps and hills but great views over Middle Harbour. Rough bush tracks into Manly Dam. Easier walking along Manly Lagoon.	Approx 12 - 13 kms
Grade 2	SPRINGWOOD – GROUNDS OF NORMAN LINDSAY GALLERY, FAULCONBRIDGE – FAULCONBRIDGE STATION Train from Central (Blue Mountains line) to Springwood. Morning tea at Springwood. Then 690C stop ID 277747 from Macquarie Road, Springwood (opposite station) to Norman Lindsay Gallery Faulconbridge ETA 11.00. NOTE: This is the only bus we can take. If you are not meeting group for morning tea please ensure you are at the bus stop in plenty of time. If train times change take an earlier train to Springwood to allow time for morning tea. A walk through the gallery grounds down to the short bush walk at the rear of the property. Then lunch (optional coffee at Lindsay's Cafe) before walking through mostly quiet streets to Faulconbridge. If time permits we will walk through the Corridor of Oaks to the grave of Sir Henry Parkes and the Faulconbridge General Cemetery. Ups and downs, mostly sealed surfaces, steps, streets, some unsealed surfaces may be muddy and slippery after rain.	Approx 6 kms
Grade 3	SPRINGWOOD – MAGDALA CREEK – GLENBROOK CREEK – SASSAFRAS CREEK – SASSAFRAS TRACK – SPRINGWOOD Train Central to Springwood Bush tracks, creek crossings, ups and downs with one steep climb near end. Visiting waterfalls, pools and creeks in Blue Mountains National Park. Coffee at Springwood. For experienced walkers.	Approx 11 kms
Grade 3	ST IVES - BUNGAROO TRACK - THE CASCADES - FRENCHS CREEK TRACK - BELROSE Train from Central (T1 North Shore Line) to Gordon, then Bus 582 from east side of Gordon station to Founders Way, Hunter Ave St Ives A pleasant bushwalk – steep descent, bush tracks, creek crossing, climb out. Coffee options at Glenrose Shopping Centre or Forest Way Shops. Bus return to City or Chatswood.	Approx 10 - 12 kms
	ST IVES - GARIGAL – NP - BUNGAROO TRACK – CASCADES - KITCHENER ST - ST IVES Train from Central to Gordon (Suburban platform – T1 North Shore Line). Then Private Bus 582 from E side of Gordon Station to Hunter Ave, St Ives Good bush tracks through historic area & beautiful bush. Steep street climb out of Garigal.	

	Bus return to Gordon Station.	
Grade 2-3	ST IVES – GARIGAL N.P. – THE CASCADES – ROSEVILLE BRIDGE Train from Central (Suburban Platform – T1 North Shore line) to Gordon, then Transdev Bus 582 from east side of Gordon station to Cnr Acron & Douglas Sts St Ives. A pleasant bushwalk, bush tracks, one roughish downhill fire trail. Bus return to Chatswood from Roseville Bridge. Coffee.	Approx 10 kms
Grade 2	ST IVES - GARIGAL NP - BUNGAROO TRACK – CASCADES - ST IVES Train from Central to Gordon (Suburban Platform-T1 North Shore Line). Then, Private Bus 582 from East side of Gordon Station to Hunter Ave., St Ives. Good bush tracks through historic area and beautiful bush. Walk out of bush to Mona Vale Road. Bus return to Gordon Station.	
Grade 2	ST IVES – GARIGAL NP – ROSEVILLE BRIDGE Train from Central (T1 North Shore line) to Gordon, then Bus 582 from east side of Gordon station to Cnr Acron & Douglas Sts St Ives. Bush tracks, climbs, creek crossings, rock hopping. Pleasant bush walk.	Approx 10 kms
Grade 2-3	ST IVES – GARIGAL NP via BUNGAROO TRACK – MIDDLE HARBOUR TRACK TO THE CASCADES – STONE PDE DAVIDSON Train from Central (T1 North Shore Line) to Gordon, Transdev Bus 582 from eastern side of Gordon Station to Founders Way, Hunter Ave St Ives. Good bush tracks, steep downhill descent, stepping stones, fire trail, streets. Bus 271 return from Glenrose shops, Belrose to City.	Approx 8 -10 kms
Grade 2	ST IVES - GORDON Train from Central to Gordon (Suburban Platform – T1 North Shore Line). Then Bus 196 Forest Coast Lines from Gordon Station to Corner Mona Vale Road and Link Road St Ives. Walk to Surgeon White Reserve - Dingley Dell Reserve - Dalrymple-Hay NR -Richmond Park - Stoney Creek - Gordon Station. Walk between bush reserves.	
Grade 2	ST IVES - KU-RING-GAI WILDFLOWER GARDENS - ALL TRACKS - ST IVES Train from Central to Gordon (Suburban Platform – T1 North Shore Line) Then Bus No. 196 Forest Coach Lines from Gordon Station to Ku-ring-Gai Wildflower Gardens. Bush, wildflowers, tracks, steps, ups and downs. Bus return to Gordon Station, Coffee at Gordon, train to city.	Approx 10 kms
Grade 2-3	ST IVES –KU-RING-GAI WILDFLOWER GARDEN Train: Central (Suburban Platform) to: Gordon Line T1 North Shore Bus: 196 (Forest Coach Lines) Fire Trail, Tracks, Roads, Steps, Ups & Downs, Steep Sections. Hopefully lots of Wildflowers. Bus to Gordon, Coffee at Gordon, Train to City	Approx 10 kms
Grade 2-3	ST LEONARDS – BERRY ISLAND - WAVERTON Train from Central (T1 North Shore line) to St Leonards. Bush tracks, climbs, creek crossings, steps, streets. Visit Gore Hill Memorial Cemetery. Bring torch for stormwater pipe under River Rd. Lane Cove Bushland Park. Train return from Waverton station.	Approx 8 kms
Grade 2-3	ST LEONARDS - BERRY ISLAND - WOLLSTONECRAFT Train from Central to St Leonards (Suburban Platform – T1 North Shore Line). Streets, some steep cemetery paths, bush tracks, large stormwater pipe under River Road. Harbour views.	Approx 7 kms
Grade 3	ST LEONARDS – FLAT ROCK CREEK – TUNKS PARK – THE SPIT - BALMORAL Meet at St Leonard's Station near ticket barrier. Good bush and harbour views. Bush tracks, cycleway/paths, quiet streets, creek crossing, parks and reserves, ups and downs. Medium pace. For experienced walkers. Coffee at Balmoral. Bus return to City, Zoo and Chatswood.	Approx 16 kms

Grade 2-3	ST LEONARDS – GORE CREEK – WAVERTON Train from Central (T1 North Shore line) to St Leonards. Gore Hill memorial Cemetery, Lane Cove Bushland Park. Bring torch for stormwater pipe under River Road. Train return from Waverton station.	Approx 8 kms
Grade 2-3	ST LEONARDS – GREENWICH - HOLLOWAY RESERVE - ST LEONARDS Train from Central to St. Leonards (Suburban Platform-T1 North Shore Line) 1868 Cemetery, Lane Cove Bushland, some streets and steps, great views.	Approx 11 kms
Grade 2	ST LEONARDS – LANE COVE BUSHLAND PARK – WAVERTON STATION Train from Central (T1 North Shore Line) to St Leonards. Bush tracks, climbs, creek crossings, steps. Harbour views. Have a look around Gore Hill Memorial Cemetery. Please bring torch for storm water pipe under River Road.	Approx 7 kms
Grade 3	ST LEONARDS – THE SPIT – BALMORAL Train from Central (T1 North Shore line) or Train from Hornsby (T1 North Shore line) to St Leonards. Meet leader at ornamental pond just beyond ticket barriers. Streets, cycle path and bush tracks to Tunks Park, Primrose Park, Beauty Point, The Spit and then Balmoral. Tracks could be slippery especially on creek crossings. Lots of ups and downs. Marvellous views over Middle Harbour.	Approx 16 kms
Grade 2-3	ST LEONARDS STATION - GORE HILL MEMORIAL CEMETERY - LANE COVE BUSHLAND PARK - BERRY ISLAND - WOLLSTONECRAFT 9:10am Train From Central (Suburban Platform – T1 North Shore Line) to St Leonards. Streets, bush tracks, steps, some steep and slippery areas, harbour views.	Approx 7 kms
	ST LEONARDS STATION - GOREHILL CEMETERY - LANE COVE BUSHLAND PARK - BERRY ISLAND - WOLLSTONECRAFT. Train from Central to St Leonards (Suburban Platform – t1 North Shore Line) Bush tracks, views, streets, steep sections. Bring torch for traversing stormwater pipe under River Road. Coffee? Train return to City.	
Grade 1	ST PATRICK’S CHURCH - LAVENDER BAY - MCMAHONS POINT Meet in courtyard of St Patrick’s Church, 20 Grosvenor Street, and The Rocks (nearest Train station is Wynyard). From convict origins in the 1840s, this was the second Catholic Church to be built in Sydney. In 1999 it was restored to strict heritage guidelines. Tour lasting approx 1 hour. Light refreshments available (at own cost) from Coffee Shop in restored 19 th Century Convent Chapel. Following tour, walk over Harbour Bridge to Wendy Whiteley’s garden for lunch and harbourside stroll to ferry at McMahons Point.	
Grade 3	STANWELL PARK – THE GOAT TRACK – STANWELL TOPS – KELLYS FALLS Train from Central (South Coast Line) to Stanwell Park Streets and tracks down to Stanwell Park beach. We will climb over the headland track to the old train tunnel before ascending the steep but well maintained Goat track to Stanwell Tops. We follow the slightly overgrown Princess Marina track to Kellys Falls before walking up to the Hindu Temple. Bus return to Helensburgh Station. Some streets, parks, reserves and steep bush tracks and level but overgrown at top. Two creek crossings.	Approx 11 kms
Grade 2	STONY RANGE – CURL CURL LAGOON – CURL CURL BEACH – QUEENSCLIFF - MANLY Bus 180 from Stand D Carrington St Wynyard to Cnr Pittwater & Warringah Rds, Dee Why. Streets, paths, tracks, beach, steps, ups and downs. Water views, long lunch and swim (own risk) at North Curl Curl (Rock Pool). Coffee at Manly, ferry to City.	Approx 12 kms
Grade 1	STONY RANGE BOTANIC GARDEN - DEE WHY Bus 178 from Carrington Street Wynyard Stand A to Warringah Road and Pittwater Drive Dee Why.	Ramble

	3.3 Hectares of Hawkesbury Sandstone Bushland with ferns, staghorn, rock lilies, trees. The cascades, rock lilies, Bunya Pine, rainforest and sensory walks. Optional coffee at Casablanca Café - a short walk from the garden.	
Grade 2	SUMMER HILL - BALMAIN Train from Central (T2 line Inner West and South line) to Summer Hill. Walk via Hawthorn Canal, Callan Park, Ballast Point and Balmain. Parks and some streets. Fairly flat. Return to city by bus or ferry. Coffee options.	Approx 13 kms
Grade 2	SUMMER HILL – HAWTHORNE CANAL – BALLAST POINT – EAST BALMAIN WHARF Train from Central (T2 Inner West line) to Summer Hill. Parks, paths, streets. Mainly flat with water views. A few uphill sections with multiple steps. Bus or ferry back to City from Balmain East wharf.	Approx 13 kms
Grade 1-2	SUMMER HILL – HAWTHORNE CANAL – BIRKENHEAD POINT – THE BAY RUN – RODD POINT – TIMBRELL PARK – FIVE DOCK PARK – FIVE DOCK Train from Central (T2 Inner West Line) to Summer Hill. Meet northern side of station (Cnr Sloan Street & Grosvenor Crescent). Parks, paths/cycle way, streets. Mainly flat, some steps, water views. Coffee at Five Dock. Bus return to City.	Approx 11 kms
Grade 1	SUMMER HILL - IRON COVE BREAKFAST WALK Train from Central to Summer Hill (Suburban Platform – T2 Inner West Line). Early walk along creeks and bay at Iron Cove. Bring brekkie, and be home by lunchtime. Bus back to City. Coffee at Birkenhead Point? Flat walk, relaxed pace.	Short-Medium
Grade 1-2	SUMMER HILL - LEICHHARDT Train from Central (T2 Inner West Line) to Summer Hill. Summer Hill – along Hawthorne Canal, then through streets and parks to arrive at Italian Forum at 21 Norton Street, Leichhardt to visit the Bald Archies art exhibition. Admission concession. An irreverent look at people in the news this year. Usually very entertaining. – see politicians in a new light.	
Grade 1	SUSANNAH PLACE MUSEUM History Tour 58-64 Gloucester Street, The Rocks. Meet at Wharf 5 Circular Quay Built in 1844, Susannah Place is a rare surviving example of a working-class terrace which was home to over 100 different families. Tour the four houses, see a short video, and hear the stories of the lives of working class people and the neighbourhood in which they lived. Also visit the re-created corner store of 1915 which sells goodies from that era. Cost: Concession: Following tour, visit The Big Dig archaeological site (free).	
Grade 3	SUTHERLAND - OYSTER BAY - COMO BRIDGE - OATLEY PARK WETLANDS - MORTDALE Train from Central to Sutherland (Suburban Platform - T4 Eastern Suburbs & Illawarra Line) Bush tracks, parks and reserves around Georges River.	Approx 14 kms
Grade 3	SUTHERLAND - TEMPTATION CRK - SUTHERLAND - WORONORA - JANNALI Train from Central (T4 Eastern Suburbs & Illawarra Line) to Sutherland. A Figure of eight route via the Bee Garden, Loftus, Temptation Creek, Savilles Creek, Sutherland, then Woronora to Jannali. Suburban Streets, Bush Tracks, Reserves, Climbs. Enjoy underslung high level crossing of Woronora River. Views.	Approx 14 kms
Grade 3	SUTHERLAND – WORONORA RIVER – WORONORA HEIGHTS - ENGADINE Train from Central (T4 Eastern Suburbs and Illawarra Line) to Sutherland. Walk to Prince Edward Park before joining the pipeline track through the bush to Woronora Heights and then onto Engadine. Parks, service trails, quite a few ups and downs on well-maintained service tracks in the bush. Streets at the end to get back to the station. Train return to Central. No drop out points	Approx 12 kms
	SWANSEA HEADS – BLACK NEDS WALKING TRACK – CAVES BEACH	

Grade 1-2	Train from Central (Country Platform – Newcastle & Central Coast line) to Newcastle. Then Bus 350 from Scott Street, Newcastle to Swansea Heads. Streets, tracks, beaches (low tide). Explore Sea Caves at low tide, possible swim (own risk), ups and downs. Bus return to Broadmeadow, train return to City. Coffee	Approx 6 kms
Grade 1	SYDNEY HOSPITAL AND LUCY OSBURN-NIGHTINGALE MUSEUM HISTORICAL TOURS Meet at Il Porcellino (bronze bear sculpture) near entrance to the Hospital on Macquarie Street (nearest train station is Martin Place). Cost: Hospital and Museum for tours lasting 2.5 hours Approx Highlights: Hear the history of Sydney's first hospital dating back to the First Fleet, view the magnificent original boardroom, restored nursing quarters, Florence Nightingale's sewing basket, historical photographs and artefacts relating to a bygone era in medical and nursing care.	
Grade 2	SYDNEY OLYMPIC PARK – WOO-LA-RA – THOMAS WALKER HOSPITAL – EADITH WALKER HOSPITAL - CABARITA F3 Ferry from Circular Quay to Sydney Olympic Park. Relaxing ferry ride then a nice walk through Olympic Park Wetlands and onto the Walker estate, then walk around old AGL gas works (Breakfast Point) to Cabarita ferry.	Approx 12 kms
Grade 1	SYDNEY UNIVERSITY - A CULTURAL AFTERNOON Bus 438 from Circular Quay (Stand C) to Sydney University. Visit the Macleay Museum (natural history, ethnography and history), the Nicholson Museum (Australia's largest collection of ancient artefacts) and the University Art Galleries before enjoying a carillon recital over lunch in the Quadrangle. Can visit the bells afterwards. All free. Coffee in Glebe?	
Grade 2-3	SYLVANIA - SYLVANIA WATERS - KAREELA - JOSEPH BANKS NATIVE PLANTS RESERVE - JANNALI Train from Central (Suburban Platform - South Coast Line) to Hurstville. Bus Route 970 (Transdev / Veolia) from Hurstville Station (Ormonde Parade) Stand F to Southgate Shops Sylvania Streets, tracks, paths, ups & downs, a few steeper parts, one steep descent & ascent, parks. See some amazing houses, native spring flowers and water views. Coffee at Jannali. Train return to City.	Approx 14 kms
Grade 2	TARONGA ZOO – BRADLEYS HEAD – CLIFTON GARDENS – BALMORAL F2 Taronga Zoo Ferry from Circular Quay to the Zoo Half day walk with early start to beat the heat. Good bush tracks, glorious harbour and bush views. Mostly flat with one steep section. Easy pace. Shady. Lunch/coffee option at Balmoral at end of walk. Bus return to the city, zoo or Chatswood.	Approx 7-8 kms
Grade 2	TARONGA ZOO - CLIFTON GARDENS - BALMORAL - THE SPIT T2 Ferry from Circular Quay to Taronga Zoo. Tracks, parks, climbs and rock hopping. Join Charles' walk to Manly (optional)	Approx 9-10 kms
Grade 2	TARONGA ZOO – CLIFTON GARDENS – MIDDLE HEAD - BALMORAL T2 Ferry from Circular Quay to Taronga Zoo. Bush tracks, some minor climbs, beautiful harbour views, walked at easy, unhurried pace.	Approx 10-11 kms
Grade 2-3	TARONGA ZOO - CREMORNE - HARBOUR BRIDGE - THE ROCKS F2 Ferry from Circular Quay to Taronga Zoo. Some tracks, some streets, steps up and down, some steep sections.	Approx 10 kms
Grade 2-3	TARONGA ZOO – CREMORNE – HARBOUR BRIDGE – THE ROCKS Ferry from Circular Quay to Taronga Zoo. Some tracks, some streets, steps up and down, some steep sections. We will detour to Wendy Whitely's garden for lunch. A very pretty walk.	Approx 12 kms
Grade 2	TARONGA ZOO - CREMORNE RESERVE - HARBOUR BRIDGE -BOTANIC GARDENS F2 Ferry from Circular Quay to Taronga Zoo.	Approx 10 - 11 kms

	Tracks, paths, streets, some stairs up and down, some inclines. Great harbour views.	
Grade 2-3	TARONGA ZOO - MOSMAN – CREMORNE - FOLLY POINT - FLAT ROCK GULLY - ARTARMON F2 Ferry from Circular Quay to Taronga Park Zoo. Harbour side walk, some streets, bush tracks, parks and small climbs.	Approx 10 kms
Grade 3	TARONGA ZOO WHARF – CLIFTON GARDENS – MIDDLE HEAD - BALMORAL F2 Ferry from Circular Quay to Taronga Zoo. Bush tracks, climbs and steps. Sydney Harbour National Park. Bus return to City or Chatswood.	Approx 12 kms
Grade 3	TARONGA ZOO WHARF - CLIFTON GARDENS - MIDDLE HEAD-BALMORAL T2 Ferry from Circular Quay to F2 Taronga ZOO. Beautiful Sydney Harbour National Park, bush tracks, steps. Bus return to City or Chatswood.	Approx 12 kms
Grade 2	TASCOTT – GOSFORD Intercity train (Central Coast & Newcastle Line) to Tascott. NB short platform at Tascott, travel in last carriage. Pre-lunch walk along Brisbane Water foreshore then optional lunch at Central Coast Leagues Club (buffet lunch for seniors). Flat walking via bike path, nice views. Please travel in last carriage.	Approx 12 kms
Grade 2	TAVERNERS HILL - HAWTHORNE CANAL - THE BAY RUN - DAWN FRASER POOL - BIRCHGROVE L1 Tram from Central to Taverners Hill Light Rail Stop. Parks, Paths, Steps, Ups & Downs, Water Views. Long Lunch & <u>Swim</u> (Own Risk) at Dawn Fraser Pool (Harbour Pool). Approx. Entry Fee for swimmers Non swimmers lunch in Elkington Park (free). Ferry or Bus return to City. Coffee somewhere.	Approx 8 kms
Grade 3	TEMPE - BEXLEY NORTH - TRAIN - NARWEE - PADSTOW Train from Central (T4 Eastern Suburbs and Illawarra Line) to Tempe Walk Twin Valley Trail through bush reserves from Tempe to Bexley North where we pick up a train to Narwee and continue via shared cycleway, reserves and finally board walks through mangroves to Padstow. Uneven tracks. Unhurried pace.	Approx 13 kms
Grade 1	TEMPE - CANTERBURY - TEMPE Train from Central to Tempe (Suburban Platform – T4 Eastern Suburbs & Illawarra Line). (Can drop out at Canterbury) Flat, by river on one side and back on the other. Trees all the way (Cycle Way).	Approx 7- 8 kms
Grade 2	TEMPE - COOKS RIVER - BEXLEY NORTH - BARDWELL PARK RSL Train from Central to Tempe (Suburban Platform – T4 Eastern Suburbs & Illawarra Line). Pre-lunch walk with optional lunch at Bardwell Park RSL. Suburban walking and short bush track section.	Approx 10 -12 kms
Grade 2-3	TEMPE - COOKS RIVER – CANTERBURY - STRATHFIELD SOUTH – NORTH STRATHFIELD Train from Central to Tempe (Suburban Platform – T4 Eastern Suburbs & Illawarra Line). Streets, parks, cycleway, river views, mainly flat, a few ups and downs. Coffee at the Bakehouse Quarter. Train from North Strathfield to City/Epping.	Approx. 15 kms
Grade 2	TEMPE – DULWICH HILL – HAWTHORNE CANAL - LILYFIELD Train from Central (T4 Eastern Suburbs & Illawarra Line) to Tempe Follow the Cooks River on the northern side then the GreenWay which is a 5 km urban green corridor linking the Cooks River with the Parramatta River at Iron Cove. Flat walking mostly on shared cycle paths and some back streets, some parallel to the light rail line if people want to opt out of the walk.	Approx 12-14 kms
Grade 3	TERREY HILLS - NARRABEEN VIA GARIGAL NP Bus 270 from Clarence St after Market St to Auslink, Forest Way Terrey Hills. Leader joins at Forestway shops.	Approx 15 kms

	Bush tracks and fire trails, beautiful bush, a few ups and downs but very minor. First half of this walk is new to Ramblers. Coffee and return buses to City from Narrabeen.	
Grade 1	TERRIGAL - SKILLION Train from Central (Central Coast & Newcastle Line) to Gosford, then Busways Bus 67 from Stand 8 Gosford Station to Terrigal. Short walk around Terrigal to Skillion. Lunch at Fish and Chip Shop.	Approx 3 kms
Grade 2	TERRIGAL BEACH – EASTERN SIDE TERRIGAL LAGOON – WESTERN SIDE WAMBERAL LAGOON – FORRESTERS CREEK Train from Central (Central Coast & Newcastle Line) to Gosford, then Busways Bus 68 from Stand 8 Gosford to Terrigal Beach. Bush tracks, sand walking, wetlands. Bus return from Cnr Crystal St & Central Coast Hwy. Train return to City.	Approx 9 kms
Grade 2	THE ENTRANCE - BATEAU BAY Train (Newcastle & Central Coast Line) from Central to Gosford. Bus 23 (Red Bus) Stand 1/2 from Gosford Station to Torrens Avenue, The Entrance, beaches, streets, sand, rocks, ups & downs. Long lunch & swim (own risk) at Bateau Bay. Bus return to Gosford, Train return to City. Coffee somewhere.	Approx 6 kms
Grade 2-3	THE ENTRANCE - SHELLY BEACH - BATEAU BAY - CRACKNECK LO - WYRRABALONG LO - FORRESTERS BEACH Train from Central (Country Platform - Newcastle & Central Coast Line) to Gosford. Bus Route 23 (Red Bus Service) from Gosford Station Stand 1 / 2 to The Entrance. Beaches, rocks, streets, tracks, ups & downs, steep sections, 2 lookouts, nice bush and steps. Hopefully lots of Flannel Flowers. Coffee at Forresters Beach, Bus return to Gosford, Train return to City.	Approx 12 kms
Grade 3	THE GRAND CANYON BLACKHEATH Train from Central (Blue Mountains Line) to Katoomba , then Bus 698 from outside Carrington Hotel on Katoomba Street to Evans Lookout Rd & Links Rd Blackheath. Beautiful walk on recently up Graded bush tracks. Some street walking, some steps up and down, some climbs. Stunning views. Train return from Blackheath.	Approx 10 kms
Grade 1	THE PONDS WALK - CARLINGFORD - RYDALMERE Train from Central to Clyde (Suburban Platform – T1 Western Line). Change at Clyde for Train to Carlingford. Follows Ponds Creek and Subiaco Creek in bushland and parks. Bus on Victoria Road to return to City. Slow pace.	Approx 6 - 7 kms
Grade 1	THE RIVERBOAT POSTMAN – HAWKESBURY RIVER Train from Central (Newcastle & Central Coast line) to Hawkesbury River station Don't miss this historic, iconic cruise which started in 1910. Join Ferry includes stops at Dangar & Milson Islands, Kangaroo Point, Bat Point, Marlow Creek, Fisherman's Point etc. Commentary - entertaining and informative. Fare includes morning tea – 'real' coffee or tea and fresh ANZAC biscuits, and a Ploughmans Lunch – bread, ham, cheese, pickles, salad etc. Other drinks on board are at extra cost. Ferry, Train returns from Hawkesbury River station or take a walk around Brooklyn and catch the train Visitors welcome.	
Grade 3	THE SPHINX – WARRIMOO TRACK – BOBBIN HEAD - APPLE TREE BAY – MT KURING-GAI Train (T1 North Shore Line) from Central to Turrumurra. Then Bus 577 from Turrumurra Station Stand D to Lady Davidson Hospital Stop.. Rough bush tracks, steep descent and ascent, no drop-out point , proper toilet only at lunch. Lovely views of bush and creeks.	Approx 11 kms
Grade 2	THE SPHINX - KU-RING-AI NP - BOBBIN HEAD - GIBBERAGONG TRACK - LADY DAVIDSON Train Central to Turrumurra (Suburban Platform-T1 North Shore Line) Then Bus 577 Stand C to Lady Davidson. Bush tracks, fire trail. Hills, lots of steps, bush and water views. Bus return to Turrumurra	Approx 16 kms

Grade 2	THE SPIT – FOLLY POINT – TUNKS PARK – FLAT ROCK CREEK - ARTARMON Bus 180 from Stand D Carrington St Wynyard to Spit Reserve. Bush tracks, climbs, some steps, streets, lovely views.	Approx 9 -10 kms
Grade 2-3	THE SPIT - MANLY Bus 180, Stand D from Carrington Street, Wynyard to Spit Reserve. Afternoon walk , stopping at lookouts for Harbour views. Tracks, paths, some roads; ups and downs, steps. Fish and Chips at Manly optional.	Approx 9 -10 kms
Grade 2-3	THIRROUL – TOWRADGI – PUCKEY’S ESTATE – NORTH WOLLONGONG Train Central Station (South Coast line) to Thirroul. Following the cycleway from Thirroul to Fairy Meadow and then an easy bush track through Puckey’s Estate to North Wollongong. A short street walk from here back to the station. Mostly flat walking with views of the beaches and escarpment both north and south. Train return from North Wollongong.	Approx 15 kms
	THORNLEIGH - BROWNS WATERHOLE - ROFE PARK - TURRAMURRA Train from Central to Thornleigh (Suburban Platform – T1 Northern Line via Chatswood). Bushtracks, some climbs, tricky creek crossing Coffee	Approx. 9-10 kms
Grade 2-3	THORNLEIGH – FULLERS BRIDGE Train from Central (T1 North Shore & Northern line) to Thornleigh. The walk heads south through the northern section of Lane Cove National Park, following the beautiful Lane Cove River as it flows downstream. Ups and downs, good bush tracks, sometimes rocky. Short bus journey to Chatswood station and coffee option.	Approx 13 kms
	THORNLEIGH - LANE COVE RIVER – STEPTRACK - TERRYS CREEK - EASTWOOD Train from Sydney to Thornleigh (Suburban Platform – T1 Northern Line via Chatswood). Bush tracks, creek crossing, steps, ups and downs. In bush all day.	Approx 12 kms
Grade 2-3	THORNLEIGH – PENNANT HILLS PARK – LANE COVE NATIONAL PARK – NORTH EPPING - EPPING Train from Central (Suburban Platform – T1 Northern line via Macquarie Park) to Thornleigh. Streets, tracks, ups and downs, steep sections, steps, creek crossings (possible wet feet after rain). Lovely bush, perhaps autumn colours. Coffee at Epping. Train return to City.	Approx 14 kms
Grade 2-3	THORNLEIGH – THE JUNGO – CALLICOMA WALK – CHERRYBROOK LAKES – PENNANT HILLS Train from Central (T1 Northern Line via Macquarie Park) to Thornleigh Streets, parks, bush tracks, lots of ups and downs, fire trails, steps, steep sections (slippery after rain). Coffee at Java Lava (Pennant Hills), then train to City.	Approx 14 kms
Grade 2-3	THORNLEIGH - WAHROONGA Train from Central to Thornleigh (Suburban Platform – T1 Northern Line). Some streets, mostly bush, tracks fire trails, down to Lane Cove River and back up again. Not flat walking but lovely bush in the suburbs. Hope for lots of wildflowers. Coffee options at Wahroonga.	Approx 11 kms
Grades 2 - 3	THREDBO – KOSCIUSZKO NATIONAL PARK Four days walking in the national park, self-catering, members’ cars. Walks will include: Thredbo Top Station to the summit of Mt Kosciuszko; Dead Horse Gap track; Merritts Nature Track; Thredbo River Track.	
Grade 2	THREE BRIDGES WALK: MEADOWBANK – RHODES – WENTWORTH POINT – THE RIVER WALK – SILVERWATER – ERMINGTON - MEADOWBANK F3 Parramatta River Ferry from Circular Quay to Meadowbank.	Approx 10 kms

	Streets, cycleways, parks, some steps, a few ups & downs, boardwalks, lots of water views. Cross 3 bridges including the new \$63m Bennelong Bridge. Coffee at Meadowbank, choice of ferry or train to City.	
Grade 2	TOONGABBIE – PARRAMATTA PARK – PARRAMATTA Train from Central (T1 Western Line) to Toongabbie. Follow Toongabbie Creek to the head of the Parramatta River along Settlers Walk, Pemulwuy Loop, Redbank Track and Governor Phillip Walk. Then through Parramatta Park to Parramatta Station. Mainly flat walking on bush tracks, reserves and a few streets. Some sections are overgrown.	Approx 13 kms
Grade 2	TOONGABBIE - PARRAMATTA WHARF Stage 1 Source to Sea: Follow the Parramatta River to its meeting with Sydney Harbour and then the Tasman Sea at South Head on a series of day walks throughout 2016. Train from Central (T1 Western Line) to Toongabbie Stage 1 follows Toongabbie Creek along a green corridor using a number of tracks: Settlers Walk, Pemulwuy Loop, Redbank Track, Governor Philip Walk to the Head of the Parramatta River, then through Parramatta Park to Parramatta Wharf. A mainly flat walk along bush tracks and reserves. Medium pace. Coffee at Parramatta. Ferry or train return to the city.	Approx 14 kms
Grade 2	TOONGABBIE – PEMULWUY - MERRYLANDS Train from Central (Suburban Platform – T1 Western Line) to Toongabbie. Mostly flat walking along cycle paths, paths and back streets	Approx 14-16 kms
Grade 2	TOONGABBIE - TOONGABBIE CREEK - PARRAMATTA Train from Central to Toongabbie (Suburban Platform-T1 Western Line) Level walking along Toongabbie Creek, some streets, lunch/coffee can be purchased at café in Parramatta Park. Return by train or Ferry.	Approx 11 kms
Grade 1	TOUR OF MUSEUM PRESENTATION AND TOUR - RESERVE BANK OF AUSTRALIA 65 Martin Place Sydney Meet leader at corner Martin Place and Macquarie Street for complimentary tour Hear the history of the development of Australia's banknotes; see a DVD presentation; explore the Museum's historic collection of notes, photographs and artefacts.	
Grade 1	TOUR OF ST MARY'S CATHEDRAL AND CATHEDRAL CRYPT Meet at main entrance on College Street. Guided tour from 10am-11.30 (approx) costing \$5 per person. Standing on the site of the first Catholic Chapel in Australia (1821) and constructed in local sandstone, St Mary's is a great legacy from the past. The tour covers the history of the Cathedral and its main features including the high altar, the archbishop's throne, imported stained glass windows, the beautiful terrazzo mosaic floor, and more.	
	TOUR OF SYDNEY TOWN HALL Meet at Sydney Town Hall at the bottom of Town Hall front stairway. Tour led by Kieran Tonge President "Friends of the Sydney Town Hall". Cost. Sydney Town Hall was among the first buildings in Sydney to feature Australian flora as architectural decoration. Built in the 1880's. An opportunity to see our town hall through someone who is passionate about the building and its history.	
Grade 1	TOUR OF THE GREAT SYNAGOGUE AND MUSEUM 187 Elizabeth Street, Sydney Meet outside the Great Synagogue (approx 1.5 hrs). Cost: Concession, Adult. Designed by Thomas Rowe and opened in 1878, the Great Synagogue is a fascinating and historic heritage building. Hear the history of the Synagogue and the Jewish community in Australia, watch a DVD, learn about the Ark and the Torah Scrolls.	
Grade 1	TOUR OF THE MOUNTED POLICE UNIT AND MUSEUM	

	<p>7 Baptist Street Redfern Bus 372 from Stand C Eddy Avenue Central to Baptist Street Redfern. Guided complimentary tour from 11am – 12 noon (approx). Following tour, optional visit to the nearby Taoist Church. Hear the history of the Mounted Police Unit; visit the museum, barracks and stables. Feel free to bring apples and/or carrots to treat the horses. Recommended: wear flat non-slip closed-in shoes. Police requirement: home address.</p>	
Grade 1	<p>TOUR OF THE VICTOR CHANG CARDIAC RESEARCH UNIT Meet at the Ticket Office in Kings Cross Railway Station and walk to o Institute15 mins Free tour of 1.30 to 2 hours duration commences with morning tea. See a short DVD, hear from researchers about the cutting edge research carried out by the Institute, tour the laboratory, and more. <i>Please wear closed-toed</i></p>	
Grade 2	<p>TOWN HALL – BARANGAROO – CIRCULAR QUAY Tour of Sydney Town Hall, lasting approx. 2 hours. A donation of 5 dollars would be appreciated for upkeep of the town hall. After the tour walk to Barangaroo via Wynyard walk and on to Circular Quay.</p>	Approx 6 kms
Grade 1	<p>TOWN HALL – HARBOUR BRIDGE – CREMORNE FORESHORE WALK – MOSMAN BAY Meet Town Hall Square Station Exit, Corner Bathurst & Kent Streets. Short, easy stroll along paths and tracks. Some steps. Water views.</p>	Approx 10 kms
Grade 3	<p>TOWN HALL - HYDE PARK - KINGS CROSS - DARLING POINT - HERMITAGE TRACK - WATSONS BAY Meet at the Town Hall steps. Streets, parks, bush track. Return by Bus or ferry.</p>	Approx 16 kms
	<p>TOWN HALL - PYRMONT MARKETS – FISH MARKETS - BLACKWATTLE BAY - EVELEIGH MARKETS - SYDNEY PARK - ST PETERS STATION - MARKET DAY MEANDER - Meet at the Town Hall Steps. Visit various markets in the inner city.</p>	Approx 12 kms
	<p>TURRAMURRA Train from Central to Turrumurra (Suburban Platform – T1 North Shore Line) Lovely bush in suburbia, some streets, many steps.</p>	
	<p>TURRAMURRA - DARRI TRACK - WARRIMOO TRACK - BOBBIN HEAD - KALKARI MT. COLAH Train from Central to Turrumurra (Suburban Platform – T1 North Shore Line) Then Bus 577. Ku-ring-gai chase NP long steep descent, creek crossing, ups and downs, along Cowan Creek, gradual climb up after lunch, the good news is that you will see lots of lovely bush, a great picnic area and wildlife displays at Kalkari.</p>	Approx.17 kms
	<p>TURRAMURRA - SHELDON FOREST - BROWNS WATERHOLE - MACQUARIE UNIVERSITY Train from Central to Turrumurra (Suburban Platform –T1 North Shore Line). Bush tracks, fire trails, some climbs. Coffee</p>	Approx 9 – 10 kms
Grade 3	<p>TURRAMURRA – SHELDON FOREST – ROFE PARK – GNW – DE BURGHS BRIDGE – MACQUARIE PARK Train from Central (T1 North Shore Line) to Turrumurra Some street but mainly bush walking with some rough tracks. Steps and creek crossings. Coffee at Eden Gardens with train return from Macquarie Park station.</p>	Approx 11 kms
Grade 3	<p>TURRAMURRA – SHELDON FOREST – ROFE PARK – GREAT NORTH WALK – DE BURGHS BRIDGE Train from Central (T1 North Shore Line) to Turrumurra. Some streets but mainly bush walking. Some bush tracks are rough and there are steps and creek crossings. A fairly shaded track. Coffee at end at Eden Park with train return from Macquarie Park station.</p>	Approx 11 kms

Grade 2-3	<p>TURRAMURRA – TWIN CREEKS RESERVE – BROADWAY HISTORIC PARK – CITY VIEW LOOKOUT - THORNLEIGH</p> <p>Train from Central (T1 North Shore Line) to Turramurra. A lovely bush walk. Some streets at start and end. Bush tracks, some rough, creek crossings and steps. No drop out points.</p>	Approx 11 kms
	<p><u>UPPER NORTH SHORE CIRCUIT PART 1</u> HORNSBY – FISHPONDS - THE JUNGO - THORNLEIGH.</p> <p>Train from Sydney to Hornsby (Country Platform – Newcastle & Central Coast Line). Bush tracks, fire trails, some climbs & creek crossings Coffee</p>	Approx 9 – 10 kms
	<p><u>UPPER NORTH SHORE CIRCUIT PART 2</u> THORNLEIGH - BROWNS WATERHOLE - ROFE PARK - TURRAMURRA</p> <p>Train from Central to Thornleigh (Suburban Platform – T1 Northern Line via Chatswood). Bushtracks, some climbs, tricky creek crossing.. Coffee</p>	Approx 9 – 10 kms
	<p><u>UPPER NORTH SHORE CIRCUIT PART 3</u> TURRAMURRA - SHELDON FOREST - BROWNS WATERHOLE - MACQUARIE UNIVERSITY</p> <p>Train from Central to Turramurra (Suburban Platform – T1 North Shore Line). Bush tracks, fire trails, some climbs Coffee</p>	Approx 9 – 10 kms
	<p><u>UPPER NORTH SHORE CIRCUIT PART 4</u> MACQUARIE UNIVERSITY - TERRYS CREEK WALK - DENCE PARK – PENNANT - HILLS PARK - PENNANT HILLS</p> <p>Train from Central to Macquarie University (Suburban Platform – T1 Northern Line) via Chatswood. Bush tracks, fire trails, some climbs & creek crossing. Coffee</p>	Approx 9 – 10 kms
	<p><u>UPPER NORTH SHORE CIRCUIT PART 5</u> PENNANT HILLS – JUNGO - BLUEGUM FOREST - HORNSBY</p> <p>Train from Central to Pennant Hills (Suburban Platform – T1 Northern Line via Chatswood). Bush tracks, fire trails and steep climbs. Coffee.</p>	Approx 9 – 10 kms
Grade 3	<p>VALLEY HEIGHTS - CIRCUIT TRACK – FLORABELLA PASS – PIPPAS PASS - BLAXLAND</p> <p>Train from Central (Country Platform – Blue Mountains line) to Valley Heights. Bush tracks, rough in places. Some street walking. Several steep descents. A couple of steep ascents.</p>	Approx 11 kms
Grade 2	<p>VAUCLUSE - WATSONS BAY - SOUTH HEAD - ROSE BAY</p> <p>Bus 324 from Stand C Edgecliff Bus Interchange to Vaucluse. Cliff top and harbourside scenery, historic sites and parks including a visit to South Head Cemetery and Wentworth's Tomb, coffee. Bus or ferry back to City.</p>	Approx 13 kms
Grade 1	<p>VICTOR CHANG CARDIAC RESEARCH INSTITUTE TOUR</p> <p>Lowy Packer Building, 405 Liverpool Street, Darlinghurst Meet at Kings Cross Railway Station Ticket Office for about 15mins walk to Institute. Free tour commences with morning tea and runs for approximately 1.5 – 2 hours. See a short video, hear from researchers about the work carried out by the Institute, and tour the laboratory. Please wear comfortable non-slip closed-toe shoes.</p>	

Grade 2-3	<p>WAGSTAFFE – BOX HEAD – PUTTY BEACH - WAGSTAFFE</p> <p>L90 Bus from Stand B Carrington St Wynyard to Palm Beach Wharf. Ferry to Wagstaffe. Scenic day on the Central Coast. Morning tea at Palm Beach before taking ferry. Steep hill to start. Then bush tracks, stunning water views, some street/beach walking, and part of Bouddi Coastal Walk before return to Wagstaffe for ferry to Palm Beach. Ferry No drop out points. Bus return to City</p>	Approx 10-12 kms
Grade 3	<p>WAHROONGA – GIBBERAGONG TRACK – BOBBIN HEAD – APPLE TREE BAY – MT KURING-GAI</p> <p>Train from Central (T1 North Shore Line) to Wahroonga. Bush tracks, some rough, climbs, creek crossings, rock hopping, steps. Nice bushland, some great views, plenty of rainforest sections, couple of steep climbs, a bit of street walking at start.</p>	Approx 15 kms
Grade 3	<p>WAHROONGA - GIBBERAGONG TRACK - BOBBIN HEAD - KALKARI TRACK - MT COLAH</p> <p>Train from Central to Wahroonga (Suburban Platform – T1 North Shore Line). A little street walking at first, then all on bush tracks, climbs. Fair fitness level required.</p>	Approx 12 kms
Grade 3	<p>WAHROONGA – NORTH WAHROONGA – KURING-GAI RECREATION TRACK – TURRAMURRA</p> <p>Train from Central (T1 North Shore line) to Wahroonga. Streets, parks and laneways to reach Kuring-gai recreation track, then service trail for the remainder of the track. Some nice bush and views over Kuring-gai National Park from a different perspective. Lots of hills, up and down, some quite steep. Pace will not be quick. No drop out points. Bus return to Turramurra Station.</p>	Approx 10 kms
Grade 1	<p>WALK ON WATER/SCULPTURE TRAIL CENTRAL - HAYMARKET - DARLING HARBOUR - HYDE PARK</p> <p>Meet under clock at Central Station. Explore Sydney's water features from Ponds, Fountains, Drinking Places and find Sculptures from Classical to Contemporary and Quirky to Solemn.</p>	
Grade 3	<p>WALKING SYDNEY'S COAST STAGE 1 OF 10 - PALM BEACH.- AVALON VIA BARRENJOEY</p> <p>Bus (B-line) from Stand B Carrington Street Wynyard to Mona Vale Then Bus 199 to Palm Beach (get out at second last stop – just after the sharp bend near the golf course). Special note: if you get to Wynyard early, hop on the first B-line bus (yellow double deckers) you see and wait at Mona Vale. Leader will be doing this. This is stage 1 of Walking Sydney's Coast. There will be very steep pinches and beach walking. Reasonably brisk pace but with time to look around. Fabulous views – worth the early start.</p>	15 kms
Grade 3	<p>WALKING SYDNEY'S COAST STAGE 2 OF 10 – AVALON - NARRABEEN</p> <p>B line Bus from Stand B Carrington Street Wynyard to Mona Vale Wait at same stop for next 199 bus (Avalon Parade bus stop). Special note: if you get to Wynyard early, hop on the first B line bus available, get off at Mona Vale and take the next 199 bus, alighting at Avalon Parade, Avalon. Meet the group on the grass on the opposite side of the main road near the surf club. This walk includes many steep bush tracks, steps, beach and some road walking. Much of the route is exposed with limited shade and shelter. The rewards are magnificent coastal views. Steady pace but time to draw breathe and enjoy the views. Expect a full day of walking</p>	Approx 16 kms
Grade 3	<p>WALKING SYDNEY'S COAST STAGE 3 OF 10 – NARRABEEN - MANLY VIA COLLAROY, DEE WHY, CURL CURL, FRESHWATER AND QUEENSLIFF</p> <p>Bus (B-line) from Stand B Carrington Street Wynyard to Narrabeen Special note: The B-line buses (yellow double deckers) run every 5 to 10 minutes. If you get to Wynyard early catch the first one and wait at Narrabeen (there is only one B line stop) for the leader. This will ease avoid overcrowding on the same bus. Great coastal northern beaches walk. Some beach walking, paths, bush tracks, ups and downs, steps. Coffee options at Manly. Ferry return to city.</p>	Approx 15 kms
Grade 1 - 2	<p>WARRAGAMBA</p> <p>Meet at Penrith Station Bus Interchange Stand 12. Route 795 Bus. Interesting bus trip through the areas of Jamistown, Regentville, Glenmore Park, Mulgoa, Wallacia and Silverdale, some of which are semi-rural.</p>	Approx 5 kms

EASY PACE	Warragamba 1.Walk to Warragamba Information Centre. Panoramic views over the dam and surrounding countryside. Hopefully we can see DVD containing original footage of the construction of the dam. Lunch in the park at Warragamba Village where there are some original public buildings still in use and some of the original shops. We are restricted in how long we can stay due to the infrequent bus returns to Penrith. However, we should have time to walk along a residential street to see the old cottages. Return to Penrith by bus Warragamba. A few ups and downs, a few steps. Mostly flat walking on footpaths and good tracks. Some street walking.	
Grade 2-3	WARRIEWOOD - COLLAROY VIA NARRABEEN LAKES - COLLAROY PLATEAU L90 from Stand B Carrington St Wynyard to Jackson St Warriewood. Parks, reserves, some street walking, one steep uphill climb. Beautiful views.	Approx 10 kms
Grade 2-3	WARRIEWOOD - NARRABEEN LAKES - COLLAROY PLATEAU Bus L85 from Carrington Street Wynyard to Warriewood. This is a mainly flat walk through streets, parks & reserves, but it's worth it all for the great views from Collaroy Plateau - there is one steep uphill climb. Coffee! Bus return to the City from Collaroy.	Approx 10 kms
Grade 2	WARRIEWOOD BEACH – TURIMETTA HEAD – NARRABEEN LAGOON – WARRIEWOOD WETLANDS - WARRIEWOOD Bus L88 from Stand B Carrington St Wynyard to Cnr Warriewood Rd & Hunter St Warriewood. Mainly on tracks with steps, a little sand walking and a few streets. This walk has lovely coastal views and (hopefully) lots of bird spotting in the wetlands. Bus back to City.	Approx 9 kms
Grade 2-3	WARRIEWOOD WETLANDS – WARRIEWOOD BEACH – NARRABEEN BEACH – L85 from Stand C Carrington Street, Wynyard to Warriewood Shopping Centre. Beach walking, lots of steps uphill, bush tracks, great views.	Approx 10 kms
	WARRIMOO - BLAXLAND Train from Sydney to Warrimoo (Country Platform-Blue Mountains Line). Florabella Street, Florabella Pass, Pippas Pass, Chisholm Crescent. Some steep and rocky sections, ups and downs, a few creek beds – could be wet. Pleasant coffee spot en route to Blaxland station. Train return.	Approx 8 kms
Grade 2-3	WATERFALL – AUDLEY – HONEYMOON STEPS - LOFTUS Train from Central (Illawarra line) to Waterfall. Bush tracks and fire trails. Climb out to Loftus. Flowers should be great.	Approx 10 kms
Grade 2-3	WATERFALL – BONDEL POOL – KINGFISHER POOL – MYUNA POOL – BULLAWARING TRACK - HEATHCOTE Train from Central (Illawarra & Eastern Suburbs line) to Waterfall. Bush tracks, some rough, climbs, creek crossings, rock hopping, steps. Waterfalls, plenty of waterholes, views, interesting terrain. All on bush tracks and a bit of fire trail at start.	Approx 12 kms
Grade 3	WATERFALL - COURANGA TRACK - FOREST ISLAND PATH - LADY CARRINGTON DRIVE - PALONA CAVE - WATERFALL Train from Central to Waterfall (Suburban Platform – T4 Eastern Suburbs Illawarra Line) All on tracks, a few climbs, one creek crossing. Fair fitness level required.	Approx 15 kms
Grade 3	WATERFALL - COURANGA TRACK - FOREST PATH - LADY CARRINGTON DRIVE - AUDLEY - LOFTUS Train from Central (Suburban Platform – T4 Eastern Suburbs & Illawarra Line). Bush tracks, fire trail, creek crossings, lovely rainforest sections, great bush, couple of climbs, some steep, mostly easy walking but LONG.	Approx 19 - 20 kms

Grade 3	WATERFALL - HEATHCOTE Train from Central to Waterfall (Suburban Platform - South Coast Line). A bush walk following the Bullawarring, Goanna and Pipeline track with a diversion to creek for lunch. Some ups and downs. Some very uneven tracks. No drop-out points. Carry sufficient water for the day.	Approx 14 kms
Grade 3	WATERFALL - HEATHCOTE VIA ULOOLA FALLS - KARLOO POOL Train from Central (T4 Eastern Suburbs & Illawarra Line) to Waterfall Bush tracks, rocky at times and with exposed roots. Fairly long climb out at end.	Approx 10 kms
Grade 3	WATERFALL – KINGFISHER POOL – LAKE ECKERSLEY – BATTERY CAUSEWAY - HEATHCOTE Train from Central (T4 Eastern Suburb & Illawarra Line Express Limited Stops) to Waterfall. Exploring Heathcote National Park with lovely views of bush, wildflowers and waterholes. Rough bush track, several steep ascents and descents, remote with no drop out point, no toilet facilities and no water refilling. Overgrown bushes and very narrow tracks in some places, creek crossings, fire trail towards the end to Heathcote Station.	Approx 12 kms
	WATERFALL - LAKE TOOLOOMA - MT WESTMACOTT - KINGFISHER POOL RIPPLE RILL - MOORAY TRACK - WATERFALL Train from Central to Waterfall (Suburban Platform-T4 Eastern Suburbs & Illawarra Line). Scratchy, rough off track sections, climbs. Steep smooth rocks on mountain views. Rock formations, pools.	
Grade 2-3	WATERFALL – ULOOLA FALLS – AUDLEY - LOFTUS Train from Central (T4 Eastern Suburbs & Illawarra Line) to Waterfall. Long fire trail walk to start, then tracks, may be rough and overgrown. Climb up Bridal Track at Loftus.	Approx 16 kms
Grade 3	WATERFALL – ULOOLA FALLS – KARLOO POOL – KARLOO TRACK - HEATHCOTE Train from Central (T4 Eastern Suburbs & Illawarra Line) to Waterfall. Bush tracks, some rough, climbs, creek crossings, rock hopping, steps, fire trail. Nice rainforest sections, bush views, waterholes. Long lunch at Karloo Pool, optional swim (at own risk).	Approx 11-12 kms
Grade 2	WATSONS BAY - BRONTE Bus 324 from York St Wynyard near Wynyard St to Watsons Bay. Streets, paths, some steps up and down, some climbs. Great views following Coastal Track. Optional swim at own risk at completion of walk. Bus returns to Bondi Junction or Railway Sq.	Approx 9 kms
Grade 2-3	WATSONS BAY - BRONTE Bus 324 from Circular Quay Stand D to Watsons Bay. Streets, paths, some steps up and down, some climbs. Great views. Optional swim at own risk at Bronte on completion of walk. Bus returns to Bondi Junction and Railway Square.	Approx 9 kms
Grade 1	WATSONS BAY - CAMP COVE - PARSLEY BAY - NIELSEN PARK - WATSONS BAY Ferry from Circular Quay to Watsons Bay. Pleasant harbourside walk. Optional swim at Nielsen Park (own risk) or sit under the shady trees. Kiosk nearby. Return to Watsons Bay by ferry or bus return to the city.	
Grade 2-3	WATSONS BAY - HERMITAGE TRACK - COOPER PARK - BONDI JUNCTION. F7 Ferry from Circular Quay to Watsons Bay. Great Harbour views, morning tea at Shark Beach. Beautiful Cooper Park for lunch. Return Trains to City at Bondi Junction.	Approx 11 kms
Grade 2	WATSONS BAY - ROSE BAY NORTH - BELLEVUE HILL – CITY	Approx 14 kms

	Eastern Suburbs Ferry from Circular Quay to Watsons Bay A walk back to the city via mostly back streets. Some climbs, nice views, interesting graves, private schools and mansions of the rich and famous along the way. Finish and coffee at Martin Place.	
Grade 2	WATSONS BAY - SOUTH HEAD - BONDI BEACH F7 Ferry from Circular Quay to Watsons Bay. Coastal walk with possible whale sightings along the way. Bus back to City.	Approx 12 kms
Grade 2	WATSONS BAY – SOUTH HEAD – BONDI BEACH Festival of the Winds F7 Ferry Circular Quay to Watsons Bay. Coastal walk to Bondi and the annual Festival of the Winds, witness the skies come alive with hundreds of kites of all shapes and sizes. Bus back to city.	Approx 12 kms
Grade 2	WATSONS BAY - SOUTH HEAD - NIELSEN PARK - ROSE BAY F7 Ferry from Circular Quay to Watsons Bay. Lovely harbour scenery all the way. Some flat walking, some steps, some streets, some bush tracks. Can Shorten.	Approx 11 kms
Grade 1-2	WATSONS BAY - SOUTH HEAD - SOUTH HEAD CEMETERY - WATSONS BAY F7 Ferry from Circular Quay to Watsons Bay. Watsons Bay Heritage Walk including two lighthouses, the village and interesting newspaper barons' cemetery - some history thrown in. On streets, a beach and walking paths. Mostly flat but some steps and inclines.	Approx 8-10 kms
Grade 2	WATSONS BAY - SOUTH HEAD - WATSONS BAY - NIELSEN PARK - ROSE BAY F7 Eastern Suburbs Ferry from Circular Quay to Watsons Bay. Streets, Tracks, Steps, Ups & Downs (A Few Steep Sections). Long Lunch & <u>Swim</u> (Own Risk) at Nielsen Park. Coffee at Rose Bay, Bus / Ferry return to City.	Approx 11 kms
Grade 2	WATSONS BAY - VAUCLUSE COASTAL CLIFF WALK – HISTORIC CEMETERY - VAUCLUSE HOUSE BEACH PADDOCK Bus 324 from Edgecliff (bus/train) Interchange to Watsons Bay bus terminal. Meet leader at roof bus stop, stand C, bus interchange above train station. From Watsons Bay fishing village we will amble up the coastal cliff walk, stopping at historic points and take in sweeping harbourside and ocean terrain. Visit the coastal historic cemetery and walk down to the harbour to Vaucluse House, Park and Beach Paddock. Park, steps up and down, beach and road walking. Water available and dropout points. Coffee/tea options – Bus 325 returns to Edgecliff or City.	Approx 10 kms
Grade 2-3	WAVERTON – BERRY ISLAND – LANE COVE BUSHLAND PARK – LANE COVE VILLAGE Train from Central (T1 North Shore Line) to Waverton. A leisurely exploration of some of the streets, reserves, coves and beautiful bush tracks of this picturesque area. Water views along the way, lots of ups and downs, steps and some rocky tracks. We finish in Lane Cove village where there are many good coffee shops and frequent bus connections back to the city and other directions.	Approx 11 - 13 kms
Grade 1-2	WAVERTON – MILSONS POINT – HARBOUR BRIDGE – BOTANIC GARDENS – WEA HOUSE BATHURST STREET Train from Central (T1 North Shore & Northern Line) to Waverton. Streets, parks and reserves. Some steps up and down. Beautiful views.	Approx 9 kms
Grade 2	WAVERTON - WAVERTON HEADLAND - TUNNEL - NAVAL BAY Train from Central to Waverton (Suburban Platform – T1 North Shore Line). Mostly on good tracks with good views. Lookouts and good coffee.	Short/Medium

Grade 2	WAVERTON - WYNYARD Train from Central (Suburban Platform – T1 North Shore, Hornsby via Gordon line) to Waverton. Visit the former coal loader, see what the ugly duckling has turned into, then to Balls Head, visit Wendy Whiteley’s Garden, Milsons Point and over the Harbour Bridge to see what’s happening at Barangaroo. Streets, parks, lovely views but there are many steps	<u>MANY STEPS</u>
Grade 1-2	WENTWORTH FALLS Train from Central to Wentworth Falls (Country Platform - Blue Mountains Line). A fairly even walk, with a little up and down with very few steps - easy walk.	
Grade 3	WENTWORTH FALLS – CHARLES DARWIN WALK – NATIONAL PASS – VALLEY OF THE WATERS – OVERCLIFF TRACK – WENTWORTH FALLS Train from Central (Blue Mountains Line) to Wentworth Falls. A classic Blue Mountains walk with pauses to enjoy impressive scenery. Very steep descent followed by hard climbs with many steps. Slippery in places. No drop outs.	Approx 10 kms
Grade 3	WENTWORTH FALLS – CONSERVATION HUT – NATIONAL PASS – DARWIN TRACK – WENTWORTH FALLS Train from Central (Country Platform – Blue Mountains line) to Wentworth Falls. Good track. Lots of steps up and down. Great views.	Approx 11 kms
	WENTWORTH FALLS - CONSERVATION HUT - NATURE TRAIL - EDINBURGH CASTLE ROCK - OVER AND UNDER CLIFF - DARWINS WALK - WENTWORTH FALLS Train from Sydney to Wentworth Falls (Country Platform-Blue Mountain Line) Many ups and downs, great mountain scenery.	
Grade 2-3	WENTWORTH FALLS - DARWINS TRACK - UNDERCLIFF - DEN FENELLA TRACK - WENTWORTH FALLS Train from Central to Wentworth Falls (Country Platform - Blue Mountains Line). Good walking, track to start, but later some parts rocky, could be slippery, muddy, need sturdy feet, good balance required. Fantastic scenery	Approx 12 kms
Grade 2-3	WENTWORTH FALLS - LAKE - WATER NYMPHS DELL -WENTWORTH FALLS Train from Central (Country Platform - Blue Mountains Line) to Wentworth Fall. Some streets, easy level stroll around lake. Bush track, rough in places, steps up and down, some inclines. Waterfall, cave, very pretty walk.	Approx 8 - 9 kms
	WENTWORTH FALLS - MATURE TRACK - WENTWORTH PASS - SLACK STAIRS - DARWIN TRACK- WENTWORTH FALLS Train from Sydney to Wentworth Falls (Country Platform – Blue Mountain Line). Tracks, some rough, stairs, covered ladders (not bad) great views!	
Grade 3	WENTWORTH FALLS – NATIONAL PASS – CHARLES DARWIN TRACK – WENTWORTH FALLS Train from Central (Blue Mountains line) to Wentworth Falls. Bush tracks, some rough. Hundreds of steps up and down. Great views.	Approx 10 kms
Grade 3	WENTWORTH FALLS – NATURE TRACK – OVERCLIFF AND UNDERCLIFF TRACKS – PRINCES ROCK – CHARLES DARWIN TRACK – WENTWORTH FALLS Train from Central (Country Platform – Blue Mountains line) to Wentworth Falls. Rough tracks. Muddy in places. Lots of steps up and down. Great scenery. Reasonable level of fitness required.	Approx 11 kms
Grade 3	WENTWORTH FALLS – NATURE TRACK – SHORT CUT TRACK – PRINCES ROCK – CHARLES DARWIN TRACK – WENTWORTH FALLS	Approx 10 kms

	Train from Central (Blue Mountains Line) to Wentworth Falls. Bush tracks, rough and muddy in places, creek crossing, lots of steps up and down. Great scenery.	
Grade 3	WENTWORTH FALLS – NATURE TRACK – VALLEY OF THE WATERS – NATIONAL PASS – DARWIN TRACK – WENTWORTH FALLS Train from Central (Country Platform – Blue Mountains line) to Wentworth Falls. Rough tracks, lots of steps, great scenery.	Long walk, Approx 5 hours
Grade 3	WENTWORTH FALLS – NATURE WALK – OVERCLIFF AND UNDERCLIFF TRACKS – WENTWORTH FALLS Train from Central (Blue Mountains Line) to Wentworth Falls. Bush tracks, some rough, climbs, creek crossings, steps, downs and ups. Beautiful mountain scenery. Slow Pace. (Don't be fooled into thinking the slow pace means an easy walk – it definitely is not).	Approx 10-12 kms
Grade 3	WENTWORTH FALLS - SHORT CUT TRACK - LILLIANS BRIDGE – GRAND CLIFFTOP TRACK – POOL OF SILOAM - GORDON FALLS - LEURA Train from Central (Blue Mountains Line) to Wentworth Falls. Bush tracks, some rough, many steps, climbs, creek crossing. Lookouts, great views.	Approx 11 kms
Grade 3	WENTWORTH FALLS – WATER NYMPHS DELL – LAKE – WENTWORTH FALLS Train from Central (Blue Mountains Line) to Wentworth Falls. Bush tracks, rough, steep and muddy going down to the Dell, creek crossings, many steps up and down. Waterfall and rainforest. Flat walk around the Lake mostly on bush tracks but some road walking.	Approx 9 kms
Grade 3	WENTWORTH FALLS CIRCUIT - CHARLES DARWIN WALK - ROCKET POINT, UNDERCLIFF/OVERCLIFF TRACK - DEN FENELLA LOOKOUT - CONSERVATION HUT Train from Central (Blue Mountains Line) to Wentworth Falls. Bush tracks, rough and slippery in parts. Some steep climbs, lots of ups and downs, many steps. Medium pace. Wonderful views. NOT FOR BEGINNERS	Approx 10 kms
Grade 2	WESTERN SYDNEY REGIONAL PARK - CANLEY VALE Train from Central (Suburban Platform – T2 South Line) to Merrylands, then Westbus Bus no. 806 from Stand 2 (Horsley Park) The Dairy, Moonrise LO, Sugarloaf Ridge, Paddock and Orphan Creeks. Mostly parks, reserves and cycleways with great views to City and mountains and hopefully lots of wattle.	Approx 14 -16 kms
Grade 1	WINDSOR – Historic Train from Central to Windsor (Suburban Platform – T1 Western Line). Bring your camera if you like pictures of the best looking church in Australia, also lots of old cottages, an early burial ground etc. Also we walk along Hawkesbury River & out to the countryside to look at Tebbutt's observatories. Lunch on the junction of Hawkesbury River & South Creek. Then lots of time to wander the Free regional museum with historic artefacts & Windsor Mall Craft Market. Train service every 30 minutes to Blacktown/Parramatta/City.	Approx 7 kms
Grade 2	WINDSOR HISTORY WALK 8.55am Train from Central (Western Line) to Windsor ETA 10.01am. Lots of history inside and outside St Matthew's Church and the Law Courts, both Francis Greenway buildings. Walk alongside the Hawkesbury River seeing the countryside and lots more. Museum at end of walk.	Approx 9 kms
Grade 2	WOLLI CREEK - BOTANY BAY – BRIGHTON - RAMSGATE Meet leader at Wollie Creek Station.	Approx 11 kms

	Street walking to begin, then wetlands and reserves. All flat walking along Botany Bay to Ramsgate. Bus return to Kogarah or Rockdale Stations.	
Grade 2	WOLLI CREEK - TEMPE - BARDWELL PARK Train from Central to Wollli Creek (Suburban Platform – T2 Airport & East Hills Line). Explore the new Wollli Creek development and then take the Two Valley Trail passing the Jackson cottages and on to lunch in the Bistro at Earlwood-Bardwell Park RSL (optional). Streets, bush tracks, mostly flat but a few short climbs.	Approx 8 -10 kms
Grade 2	WOLLSTONECRAFT – BRIDGE END TRACK – COAL LOADER GREEN – BOTANIC GARDENS - EDGECLIFF Wollstonecraft Station A short bush walk then a visit to the new Coal Loader Green which should be open by now then shortcut via Lavender Street to the Harbour Bridge and on to Edgecliff station via back streets through Woolloomooloo and Kings Cross.	Approx 12 – 15 kms
Grade 2-3	WOLLSTONECRAFT – CIRCULAR QUAY – TARONGA ZOO – BRADLEYS HEAD – CREMORNE POINT - KIRRIBILLI Train from Central (T1 North Shore & Northern Line) to Wollstonecraft. A pleasant ramble around the best harbour in the world. Waterside paths, some bush tracks, some streetwalking, a couple of very steep step climbs, 2 ferry trips. Medium pace. Drop out points. At Kirribilli trains head to city and North Shore.	Approx. 13 -14 kms
Grade 1-2	WOLLSTONECRAFT – GREENWICH AT JACARANDA TIME - WOLLSTONECRAFT Train from Central (T1 North Shore line) to Wollstonecraft. Explore Greenwich village with vintage houses up to 21 st century mansions. See historic Greenwich House (Captain Mann’s house) where famous people lived. Enjoy the jacarandas, river and harbour views. Streets, lanes, steps, small hills, reserves/parks, bush tracks. Optional coffee.	
Grade 1 - 2	WOLLSTONECRAFT STATION (WEST) - BERRY ISLAND - BALLS HEAD - BLUES POINT - LUNA PARK - MILSONS POINT - CITY Train from Central to Wollstonecraft (Suburban Platform – T1 North Shore Line). Tracks, streets, lunch in Wendy’s garden, North Sydney, then across Harbour Bridge to Circular Quay (optional).	Approx 7-10 kms
Grade 3	WOMBARRA - BULLI Train from Central to Wombarra (Suburban Platform - South Coast Line). Follow Morrison Avenue and Buttenshaw Drive back-roads before taking the Gibson Bush Track via Fuller Park to Thirroul. From there we cross to the waterfront to follow the Bike Path via Sandon Point to Bulli Cemetery and the Train. Some ups and downs.	Approx 12 kms
Grade 1 - 2	WOMBARRA – COLEDALE – AUSTINMER – THIRROUL Intercity train from Central (South Coast Line) to Wombarra Pre-lunch walk along beaches and headlands. Optional lunch at The Bistro, Ryan’s Hotel, 138 Phillip Street, Thirroul. Easy pace, no rock hopping. Alternatively, meet at the Hotel which is a short walk from Thirroul Station.	Approx 6 - 8 kms
	WOMBARRA - SCULPTURES & GARDENS IN FOREST TRACK - SOUTH HEADLAND LOOKOUT - BELLS LOOKOUT - AUSTINMER Train from Sydney to Wombarra (Country Platform – South Coast Line) Tracks, quiet streets, Coledale Park entry fee.	
Grade 2-3	WOMBARRA – THIRROUL – BELLAMBI Train from Central (South Coast line) to Wombarra. Walk Buttenshaw & Morrison Roads followed by beach and cycleway after lunch. Bush, escarpment and beach scenery. Steady pace.	Approx 12 kms

Grade 2	WOOLOOWARE - ELOURA BEACH - GUNNAMATTA BAY - BASS & FLINDERS POINT - SHELLY BEACH - CRONULLA Train from Central (T4 Eastern Suburbs & Illawarra Line) to Woollooware. Streets, Paths, Steps, Ups & Downs, Water Views. Long Lunch & <u>Swim</u> (Own Risk) at Shelly Beach (Rock Pool). Coffee at Cronulla, Train return to City.	Approx 10 kms
Grade 2-3	WOOLWICH – CLARKES POINT – BORONIA GARDENS – BUFFALO CREEK – FAIRYLAND – FULLERS BRIDGE Ferry (F3 Parramatta River) from Circular Quay to Woolwich. Streets, reserves, bush tracks – uneven in places, some small climbs up and down.	Approx 12 kms
Grade 2	WOOLWICH – GREAT NORTH WALK – FIELD OF MARS – TOP RYDE F3 Ferry from Circular Quay to Woolwich. Streets, bush tracks with occasional steep, rough sections. Lane Cove River views. Bus return to city.	Approx 13 kms
Grade 2	WOOLWICH - HUNTLEYS POINT F3 Ferry from Circular Quay to Woolwich. Walk, some steps ,rough tracks & short climbs around Woolwich Docks, Kellys Bush, Hunters Hill, Tarban Creek, The Priory, Banjo Paterson Park, River Walk past Gladesville Asylum to Huntleys Point. Ferry return to Circular Quay.	Medium
Grade 2	WOOLWICH - WHARF-KELLYS - BUSH-TARBAN - CREEK-HUNTLEYS POINT - BANJO PATTERSON PARK – PUTNEY - CABARITA F3 Ferry Circular Quay to Woolwich. Walk along River, many streets, parks, short climbs, steps, rough tracks. Putney Punt crossing, Breakfast Point, Cabarita wharf. Ferry to Circular Quay or buses from Cabarita or Mortlake to Burwood railway Station. Drop off Points available.	Approx 14 kms.
Grade 1-2	WOONONA - BULLI - ILLAWARRA GREVILLEA PARK - BULLI - THIRROUL Train from Central to Thirroul (Suburban Platform - South Coast Line). Then Train from Thirroul to Woonona. Streets, paths, tracks, ups & downs, climbs, ocean views, Grevillea Gardens (Entry Fee). Coffee at Thirroul, Train return to City.	Approx 11-12 kms
Grade 1 - 2	WOY Woy Train from Central to Woy Woy (Country Platform - Newcastle & Central Coast Line). Walk along Brisbane Water, observe many Pelicans on Sandbar. Carry on to Ettalong. Take Bus to Woy Woy or return on foot.	Short
Grade 2-3	WOY Woy – BLACKWALL MOUNTAIN – ETTALONG - UMINA Train from Central (Central Coast & Newcastle Line) to Woy Woy. Level walk along the edge of the bay, then steep climb over Blackwall Mountain. Steep descent on uneven tracks, then level streets, parks to Ettalong, beach and parks to Umina. Excellent views over Broken Bay. Bus return to Woy Woy	Approx 11-12 kms
Grade 1-2	WOY Woy - BOOKER BAY - ETTALONG Train from Central to Woy Woy (Country Platform - Newcastle & Central Coast Line). Streets, cycleway, lots of water views. Mostly flat with a few ups & downs. Long lunch & swim (own risk) at Ettalong. Coffee somewhere. Choice of Ferry return to Palm Beach OR Bus return to Woy Woy, Train return to City.	Approx 8 kms
Grade 1	WOY Woy - BRISBANE WATER Train from Central to Woy Woy (Country Platform -Newcastle & Central Coast Line). Walk around Brisbane Water, some streets. Wonderful views of Brisbane Water. Lunch at Woy Woy Hotel.	Approx 3 - 4 kms

Grade 1	<p>WOY WOY - BRISBANE WATER - WOY WOY Train from Central to Woy Woy (Country Platform - Newcastle & Central Coast Line). Short walk along water's edge. Then lunch at Woy Woy Hotel. Seniors meal. Optional 1 hour Ferry ride on Brisbane Water (Senior \$6.20). Short walk back to Woy Woy Station. Relaxed pace. Great hot day outing.</p>	
Grade 2-3	<p>WOY WOY - GOSFORD Train from Central (Newcastle & Central Coast line) to Woy Woy Some roadside footpath to commence then cycleway. All on sealed surfaces. Long lingering lunch at Gosford Leagues Club bistro.</p>	Approx 10 kms
Grade 2	<p>WOY WOY - GOSFORD - GLUTTONY AT LEAGUES Train from Central (Central Coast & Newcastle Line) to Woy Woy. A pre-lunch steady paced appetiser along trafficked roads, local streets, shared cycleway and reserves offering water and escarpment views with brief morning tea. Then (optional) Star Buffet all-you-can-eat lunch at Gosford Leagues (carry ID for entry) before staggering to the station for a train back to Sydney.</p>	Approx 12 kms
Grade 3	<p>WOY WOY – KOOLEWONG RIDGE – EGYPTOID HIEROGLPHICS – ABORIGINAL ENGAVINGS – KARIONG. Train from Central (Central Coast / Newcastle Line) to Woy Woy. A local track, climb of 139 metres from Parks Bay (using hands to heave through cleft) to Koolewong Ridge. Then intimate bush track along Ridge-top offering overhangs and views. Then bland fire trails to the puzzling partially collapsed 'Egyptoid Gallery' (See Kariong Egyptian Hieroglyphics on internet) followed by the Belgandry engravings. Unhurried but quicker paced along fire-trails. From Kariong take bus to Gosford. No Dropouts. Climbing total of 270 metres.</p>	Approx 13 kms
Grade 2-3	<p>WOY WOY - MT. WONDABYNE - KARIONG FALLS - WONDABYNE STATION Train from Central to Woy Woy (Country Platform - Newcastle & Central Coast Line). Taxi to start of walk. Fire trails, tracks, some hills. Then down to Wondabyne Station.</p>	Approx 14 kms
Grade 2-3	<p>WOY WOY – PATONGA – UMINA Train from Central (Newcastle & Central Coast line) to Woy Woy, then Bus 50 from Woy Woy to Umina to connect with Bus 54 to Patonga. Bush tracks, climbs, creek crossings, rock hopping, off track walking, steps, sand walking, rough tracks, scrambling. Water views most of the way. Approximately four hours walking.</p>	
Grade 2	<p>WYNYARD – BARANGAROO - BOTANICAL GARDENS – RUSHCUTTERS BAY – MCKELL PARK - EDGECLIFF Wynyard Park top of Wynyard Station exit, Carrington Street side. A medium paced walk following the foreshore to Edgecliff station via all the parks along the way. Mostly flat walking with a few short climbs. Coffee options at morning tea and end of walk.</p>	Approx 14 – 15 kms
	<p>ZOO - MIDDLE HEAD – BALMORAL – ZOO F2 Ferry from Circular Quay to Zoo. A circuit walk with spectacular views, fortifications and historical buildings. Some climbs.</p>	
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