

The Emerald Way

SYDNEY AUSTRALIA

2-Day Southern 'Taster' Walk

The Southern 'Taster' focuses on the eastern side of Sydney's magnificent Harbour and allows walkers to immerse themselves in the unique environment that includes the quiet, often deserted beaches of The Hermitage Foreshore Walking Track.



Day 1. South Coogee to Watsons Bay (16km)

The tour departs The Rocks at 7.30am as we head by private transfer to our starting point in South Coogee. Our first days' walk hugs the coastline as we make our way north from Coogee along The Eastern Beaches Coastal Walkway. With its stunning beaches, dramatic clifftop sectors and inviting rock pools, the Walkway is the perfect introduction to The Emerald Way.

We encounter the impressive 'Sesquicentenary Boardwalk' behind Waverly Cemetery as well as the wildly popular Bronte to Bondi path before midday, so there's a chance to have a swim at the iconic Bondi Icebergs Club prior to lunch at the Iceberg's Club Bistro.

In the afternoon, a quick private transfer brings us to the Federation Cliff Walk as we head toward Watsons Bay. Towering cliffs, a lighthouse (or two) and of course the broiling cauldron that is The Gap are all encountered before we arrive at The South Head Heritage Trail which soon loops back to our accommodation, The Watsons Bay Boutique Hotel. There's time to relax and reflect on the day's adventures before re-joining your group for an evening feast at The Watsons Bay Beach Club.

Day 2. Watsons Bay to Circular Quay (7.2km)

A relaxed breakfast sets us up nicely for the first Harbour walking sector.

Highlights this morning include crossing the Parsley Bay suspension bridge (built 1903) and an exploration of the grounds of Vaucluse House. After entering the Hermitage Foreshore Walking track we'll pass secluded beaches, historical Strickland House and the Convent Heart Cemetery before rendezvousing at Hermit Point with our private water taxi that will whisk us across the harbour to Woolloomooloo Bay.

After morning tea we follow Mrs Macquarie's Bushland Walk into the Royal Botanic Gardens then past the Sydney Opera House and into Circular Quay for lunch at Squire's Landing after which your tour concludes.



NPWS LICENSED OPERATOR





About Urban Walks



Urban Walks is a small company with a big idea – to make urban walking as popular as bush walking. Its first product offering ‘The Emerald Way,’ is a premium, guided, hotel-to-hotel, fully inclusive walk hugging the Sydney coastline from Coogee to Pittwater. The company is committed to working with local hotels and restaurants and other small businesses to encourage visitors to Sydney to enjoy all of the myriad delights the city has to offer. Its team of outstanding Walk Leaders come from a variety of backgrounds but are all expert Sydney guides.

Clothing and Equipment Advice

Urban Walks is happy to offer advice on recommended clothing and equipment so that you can enjoy all aspects of The Emerald Way.

Australia is known for its warm blue-sky days but like most places it can also be quite cold and windy particularly when walking in coastal areas. It’s all about layers, as they can be adjusted during the day to suit variable weather conditions.

Our Walk Leaders will be providing you with daily weather forecasts, so that you are prepared for each day's adventures.

Essential items

- A day pack (at least 25 litres in size)
- Quality waterproof jacket with a hood (preferably Gore-Tex fabric)
- Warm fleece top or jacket (Polar Fleece)
- Sunglasses
- Sunhat
- Sunscreen (at least SPF30+)
- 1.5 to 2 litre capacity bottle or water bladder that fits within your daypack
- Tissues
- Mobile phone (for staying in touch or even just for photos)
- Personal insect repellent & blister kit
- Hand Sanitiser
- Swimmers

Depending on the weather conditions you may need to carry:

- Waterproof over trousers
- A warm hat (in Winter)

Other Items

- Camera
- Binoculars (you might see a whale or two)
- Walking pole/s

Waterproof Clothing

Your waterproof jacket is a practical item, designed to keep you warm, dry and comfortable where there is a risk of being cold.

Cheaper plastic or nylon raincoats are good for keeping the rain out, but they do not breathe, meaning that you'll still get wet from condensation.

We recommend fabrics like Gore-Tex that are waterproof and breathable meaning they wick body moisture through the material to the outside of the jacket. A great investment that will last a lifetime!

Clothing for cold weather

It is preferable to wear light clothing with layers that can be adjusted throughout the day as the conditions change.

A lightweight polar fleece or equivalent is recommended, as they dry quickly if wet.

During our colder months (June-Sept) a warm hat is going to keep your head cosy, as is a lightweight pair of gloves.

If you really suffer from the cold, a set of thermal clothing worn next to the skin will be most effective.

Clothing for warm weather

We recommend thin synthetic wicking material type clothing for summer walking.

Shirts with collars and sleeves will help to prevent sunburn, with light colours keeping you cooler.

Shorts are great for warmer weather and light long pants offer both sun protection and warmth on colder days. A good compromise is pants with "zip off" legs.

In Australia, a sun hat is essential. Hats with a brim all the way round are preferable to either baseball caps or floppy cotton hats, as they offer better sun protection for your face and neck. Choose a good quality hat that packs easily into your daypack, with ventilation and a chinstrap for windy days.

Sunglasses are a must for all walking in Australia.

Daypacks

You will be carrying this on your back every day so make sure you invest in a good quality daypack that has well-padded shoulder pads (chest straps are good too) and is big enough (we recommend 25 litres). At a minimum, you need to fit your water bottle, wet weather gear, fleece, hat, sunglasses, sunscreen, insect repellent, hand sanitiser, snacks, phone, camera and any other personal items you might want to bring along.

Look for something with external pockets giving you quick access to your water bottle, sunscreen and snacks.

As most packs are not waterproof, it's always a good idea to line the pack with a heavy-duty plastic bag. You can also buy a pack cover, which does an excellent job of keeping out most of the rain.

Footwear

As the saying goes 'Good shoes take you great places'. We want you to have the best experience when walking with us, so invest in a good pair of hiking shoes or boots which will give you ankle support. We do not recommend runners, as they don't have enough support and you risk rolling an ankle or slipping.

We will be walking on many different surfaces including footpaths; steps, sand, dirt tracks and some rocky paths so here are some things to consider:

- Whether you wear shoes or boots (it a personal preference) make sure you 'break' them in before the Walk as you do not want blisters!
- These days, most light to medium weight boots are of good quality and have synthetic uppers. If you are happy to spend a little extra, Gore-Tex (membrane built into the boot material) shoes/boots are worth the cost, as keeping your feet dry will be more comfortable and be less likely to cause blisters.
- Invest in good quality socks! Your feet will thank you at the end of each day if you spend a little extra on socks in the right size with shaped heels and good cushioning.

Walking Poles

It's a personal preference, however, 1 or 2 poles can provide valuable support when walking on uneven ground and can significantly reduce jarring on knees and ankles when walking downhill.

These days you can buy collapsible poles that are small enough to fit in your luggage and attach to the side of your daypack.

Water Bottles

Keeping hydrated is key in both cold and warmer weather. For a full day's walk, we recommend you carry a 1.5 - 2 litre reusable bottle. There will often be water stations along the way to refill your bottle. Water 'camelbaks' that fit into your backpack are also a great option.

Our Walk Leaders will let you know if and when you need to refill for longer walking sections.