

BICENTENNIAL COASTAL WALK

BEACHES

Warringah has a strong beach culture with rockpools and Surf Life Saving Clubs established around 100 years ago. The famous surfing demonstration by Hawaii's Duke Kahanamoku took place at Freshwater beach in 1914, popularising surfing in Australia and launching the surfing career of local, Isabel Letham.

The surf culture is recognised through the dedication of the Manly-Freshwater National and World Surfing Reserve and the Narrabeen National Surfing Reserve.

The beaches also played their part during World War II. Freshwater and Collaroy were fortified with trenches and barbed wire, manned by armed soldiers. The remains of a tank trap can still be seen in Dee Why Lagoon.

HEADLANDS

Long Reef Headland is unique in Warringah. The chocolate shales, claystones and ironstones were formed in the Triassic period 230 million years ago.

The soft rock is susceptible to erosion, resulting in a spectacular rock platform teaming with marine plants, animals and invertebrates. Enjoy the views from the top, or explore the rock platform at low tide, but please remember that it is a 'No Take' zone.

The striking Hawkesbury sandstone of Dee Why and Curl Curl Headlands provide a strong sense of ruggedness, softened by the beauty of the spring flowers that bloom from the heathland vegetation.

Dee Why Headland provides an important wildlife corridor between Curl Curl and Dee Why lagoons – this means animals can move easily between the two pockets of habitat. The boardwalk around Curl Curl Headland provides an easy stroll with spectacular views.

LAGOONS

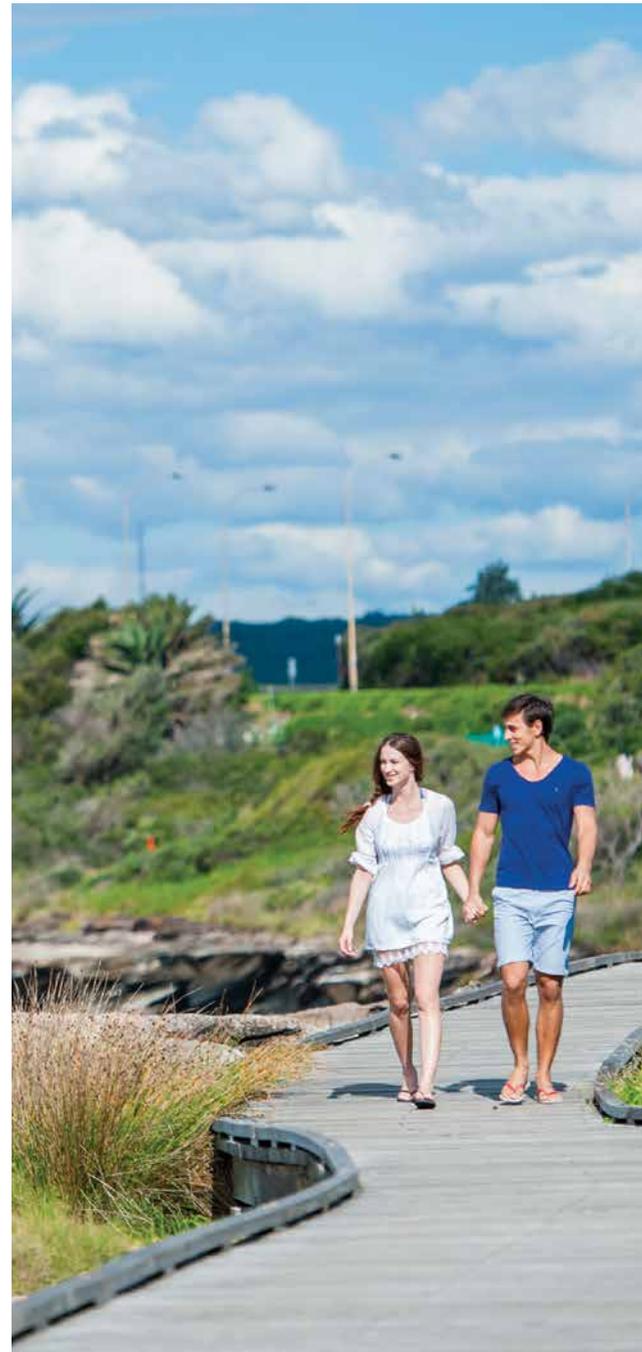
Since sea level stabilised around 6,000 years ago, the mouths of Warringah's lagoons have moved to the northern ends of the beaches. The mouths open naturally after high rainfall with Narrabeen Lagoon opened mechanically if the water level becomes too high.

The lagoons and surrounding environments provide important habitat for native plants and animals, including local and migratory birds.

ABORIGINAL HERITAGE

Australia's oldest known ritualistic killing occurred at Narrabeen beach 4,000 years ago, with the remains located in 2005. While the find is of high cultural significance, according to Aboriginal law it would be culturally inappropriate to mark the site.

Middens are also common along the shoreline, with rock engravings, shelters, art and grinding grooves also found in Warringah. The mix of coast, lagoon and bushland environments would have provided an abundance of resources.



Curl Curl Headland

Enjoy a stroll along the boardwalk, while taking in the amazing scenery.



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Hello BICENTENNIAL COASTAL WALK



GRADE
Medium

DISTANCE
10km one way

TIME
5 hours one way

PATH
Formed track, short steep hills, some obstacles, beach walking, many steps



- START HERE
- PARKING
- TOILETS
- BUS STOP
- OFF LEASH AREA

Aerial Imagery @ VEKTA 2012

BICENTENNIAL COASTAL WALK

Sparkling beaches, lagoons and headlands form Warringah's coastline, stretching from Narrabeen in the north to Queenscliff in the south. Start at either end for a spectacular half day walk.

- ① Narrabeen Lagoon & North Narrabeen National Surfing Reserve
- ② War Memorial, Collaroy
- ③ Fisherman's hut and winches
- ④ Long Reef Wildlife Protection Area
- ⑤ Sculptures
- ⑥ Long Reef Aquatic Reserve
- ⑦ Dee Why Lagoon Wildlife Refuge
- ⑧ Coronation Wishing Well
- ⑨ World War I Roll of Honour

- ⑩ Dee Why Headland
- ⑪ Obelisk, Cobbers Way
- ⑫ Curl Curl Lagoon
- ⑬ Duke Kahanamoku Statue and Memorial Park
- ⑭ Manly-Freshwater World Surfing Reserve plaque
- ⑮ Heritage Room, Freshwater Surf Life Saving Club
- ⑯ Freshwater View Reserve
- ⑰ Manly Lagoon

Caution: Please do not attempt to walk around the base of headlands. Check the tides and weather conditions.