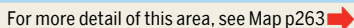


MANLY | BALGOWLAH HEIGHTS | CLONTARF | WARRINGAH

- 1 Splashing about on long, lovely **Manly Beach** (p170), Sydney's second-most-famous stretch of golden sand. Fully embrace the local lifestyle by learning to surf.
- 2 Hopping between headlands and beaches along the beautiful **Manly Scenic Walkway** (p174).
- 3 Exploring the wild, rugged surrounds of the **North Head** (p170) section of Sydney Harbour National Park.
- 4 Hiring a kayak and paddling to isolated, bush-lined **Store Beach** (p171).
- 5 Delving into the sad and spooky history of the **Quarantine Station** (p171) on a guided tour.



## Explore: Manly

Laid-back Manly clings to a narrow isthmus between ocean and harbour beaches abutting North Head, Sydney Harbour's northern gatepost. With its shaggy surfers, dusty labourers and relaxed locals, it makes for a refreshing change from the stuffier harbour suburbs nearby.

Manly's unusual name comes from Governor Phillip's description of the physique of the native people he met here; his Excellency was clearly indulging in an early example of the very Sydney habit of body-scrutinising.

The Corso connects Manly's ocean and harbour beaches; here surf shops, burger joints, juice bars and pubs are plentiful. The refurbished Manly Wharf has classier pubs and restaurants, and there are some good cafes scattered around the backstreets.

In summer, allocate a day to walking and splashing about. In winter, it's worth heading over for a quick look around, if only for Sydney's best ferry journey. Don't bother staying after dark – there are much better eateries and bars elsewhere.

## Local Life

➔ **Surfing** A fair proportion of Manly residents live to surf, squeezing in a few hours riding the swell before or after work. The beach's three surf life-saving clubs are hubs of community life.

➔ **Manly-Warringah Sea Eagles** The local rugby-league team are neighbourhood heroes, having won the premiership twice in the last decade. Home games are played further north at Brookvale, but Manly's pubs are lively places to watch matches.

➔ **Cafes** They may not be as self-consciously hip as they are in Surry Hills and Newtown, but Manly has its own dedicated band of baristas bringing quality coffee to those in the know.

## Getting There & Away

➔ **Ferry** Frequent ferry services head directly from Circular Quay to Manly, making this by far the best (and most scenic) way to get to Manly. Regular Sydney Ferries take 30 minutes for the journey while fast ferries take just 18 minutes.

➔ **Bus** PrePay express bus E70 takes 37 minutes to get to Manly Wharf from near Wynyard station, while regular bus 171 takes about an hour. From Manly Wharf, useful routes include 132 and 171 (Balgowlah Heights and Clontarf), 135 (North Head), 139 (Freshwater and Curl Curl) and 140, 143 and 144 (Spit Bridge).

➔ **Car** Street parking is restricted and metered in central Manly and near the beach.

## Lonely Planet's Top Tip

If you don't have a spare four hours to traverse North Head on foot, hire a bike. Otherwise, rent a kayak and paddle between the secluded bays facing the harbour. Beautiful little Store Beach can only be reached from the water.

## Best Places to Eat

- ➔ Pilu at Freshwater (p175)
- ➔ Hugos Manly (p175)
- ➔ Chat Thai (p171)
- ➔ Belgrave Cartel (p175)
- ➔ Barefoot Coffee Traders (p171)

For reviews, see p171 ➔

## Best Places to Drink

- ➔ Manly Wharf Hotel (p175)
- ➔ Hotel Steyne (p175)
- ➔ Bavarian Bier Café (p175)
- ➔ Hugos Manly (p175)

For reviews, see p175 ➔

## Best Beaches

- ➔ Manly Beach (p170)
- ➔ Shelly Beach (p170)
- ➔ Store Beach (p171)
- ➔ Freshwater (p171)
- ➔ Manly Cove (p170)

For reviews, see p170 ➔