Sydney is a great city to explore on foot. With its beautiful harbour, sandstone cliffs, parks and gardens, there’s plenty of room to move as well as guided tours to favourite locations. Further afield, there’s a world of spectacular landscapes to explore by yourself or with expert guides.

**Famous Sydney coastal walks**

**Bondi to Coogee Walk***
The 6km cliff-top walk from Bondi to Coogee includes dramatic ocean views, golden beaches and cafes along the way. Each year in spring, a section of this dramatic coastal walk is transformed into an outdoor art gallery with the Sculpture by the Sea exhibition.


**Harbour Bridge Walk***
The pedestrian walkway on the Sydney Harbour Bridge offers excellent views and photo opportunities. Access is free and the walk takes about 20 minutes from The Rocks to Milsons Point on the northern side. Take the opportunity to visit the South East Pylon Lookout and Visitor Centre. After climbing 200 steps visitors will learn about the history and construction of the Bridge before discovering a viewing deck with sensational views of the harbour and city.


**Harbour Foreshore – Circle Walk***
The Circle Walk around Sydney Harbour takes four days. To complete the 59km-walk in one stretch, use overnight accommodation staying in a base such as Darling Harbour or the city. Alternatively, enjoy the walk in smaller sections of between two and five hours, each linked by public transport. The route winds along parts of the foreshore, into bays and across to headlands, through bush, along historic streets and over bridges.

**Manly to The Spit Walk***
The popular 10km-walk from Manly to The Spit meanders around the harbour foreshore taking in stunning harbour views, native bushland, Aboriginal landmarks and pockets of rainforest. Starting at The Spit allows walkers to finish with a well-deserved lunch in the heart of Manly.

**Walking Coastal Sydney***
Find out about routes for coastal walks around Sydney Harbour and the city’s coastline from Palm Beach in the north to Cronulla in the south. Mapped walks include the Harbour Circle, Manly to The Spit, Harbour Bridge to South Head and Clovelly to Cronulla. The maps are available via an app, called ‘Sydway Walker’, suitable for iPhones and iPads.

Tel: +61 2 9246 7702
Other Sydney self-guided walks

City of Sydney Walks*
The City of Sydney has created a number of self-guided historical, art and culture walks which can be downloaded for free on Apple and Android.
Tel: +61 2 9265 9333  
www.sydneyculturewalksapp.com

Walking in Sydney’s national parks*
Sydney is surrounded by national parks which feature wetlands, pockets of rainforest, eucalypt forests, sand dune ecosystems and ancient Aboriginal rock engravings. The NSW National Parks and Wildlife Service signposts bushwalking trails and provides maps and safety advice online and at the entrance to its parks.
Tel: +61 2 9995 6500  

Guided Sydney walks

All About Australia Tours
All About Australia Tours offer guided walking tours of The Rocks, Sydney Opera House, the Bondi coastline and Sydney Harbour; all with the option of Spanish, Italian, German or French language guides.
Tel: +61 2 8415 7113  
www.3at.com.au

Barangaroo Aboriginal Cultural Tour Program
Visitors to Barangaroo Reserve, Sydney’s new headland park, can connect with the world’s oldest living culture through the Barangaroo Aboriginal Cultural Tour Program. Developed by renowned educator Clarence Slockee, who leads a team of five Aboriginal Visitor Services Guides, the 90-minute guided walks provide an in-depth explanation of the Indigenous history of Sydney Harbour and surrounds, the cultural significance of this site, and the various flora and fauna within the park. They will also delve into the stories of Australia’s First National People and in particular, the clans of the Eora Nation.
Tel: + 61 447 690 117  
www.barangaroo.sydney/whats-on/guided-tours

Dave’s Pub Walks
Dave’s Pub Walks operate in The Rocks and Balmain. On The Rocks Pub Walk, a guide introduces visitors to some of the area’s oldest pubs, its alleyways and cobbled streets where they’ll enjoy a drink at three local pubs. Tours are offered three times per day and depart from Harts Hotel in The Rocks. The two and a half-hour Balmain Pub Walk explores the streets and the stories of this Inner-West neighbourhood, visiting three iconic pubs along the way. Tours depart every Saturday from the East Village Hotel on Darling Street, Balmain. An optional meal can be added to either tour. These pub walks are part of Dave’s Brewery Tours.
Tel: + 61 420 244 756  
www.davespubwalks.com.au

Current as at 1 April 2016
Dreamtime Southern X

Be touched by the most ancient human culture on earth in a 90-minute walkabout with an Aboriginal guide in The Rocks, and journey into Dreamtime, the culture of Aboriginal People. The Rocks Dreaming Aboriginal Heritage Tour is Aboriginal-owned and-operated by Aboriginal Elder, Margret Campbell. The tours are led by Aboriginal guides who have her permission to share her cultural knowledge and give visitors the opportunity to discover how the ancient Aboriginal Dreamtime is still alive within the modern Sydney landscape. It also explains how the billion-year-old harbour, waterways, flora and fauna continue to influence the lives of Aboriginals today.

Tel: +61 2 9517 4390
www.dreamtimesouthernx.com.au

EcoTreasures

EcoTreasures is a fully-accredited, eco-tourism specialist providing unique local tours to Sydney's Northern Beaches, Ku-ring-gai Chase National Park and Sydney Harbour National Park. A series of coastal and Indigenous culture walks ranging from two to five hours operate on demand and are subject to minimum numbers.

Tel: +61 415 121 648
www.ecotreasures.com.au

Ghost Tours - Q Station*

Q Station, the former Quarantine Station on Manly’s North Head, has a wealth of history. A series of ghost tours follow in the footsteps of the early quarantine internees to reveal tales of unexplained phenomena, whilst daylight walks explore the history and beauty of this fascinating site.

Tel: +61 2 9466 1551

Local Eyes Sydney

Local Eyes Sydney offers small group and private charter experiential day tours of Sydney and surrounds. A full-day guided bushwalk through Sydney’s harbour-side national parks takes in some stunning photo vantage points and unique flora, and includes Aboriginal and colonial history plus a relaxed lunch at a Sydneysider’s home. Visitors can also enjoy some of the city’s other spectacular coastal walks such as the Bondi to Coogee or the Palm Beach lighthouse walk on a private charter basis.

Tel: +61 2 9907 6620
www.localeyessydney.com

The Rocks Ghost Tours*

With lanterns in hand, visitors will be guided through the ‘convict colony’ of The Rocks, through narrow alleyways and courtyards to discover how a haunted past has created the ghosts of today.

Tel: +61 2 9241 1283
www.ghosttours.com.au

Current as at 1 April 2016
The Rocks Walking Tours
Visitors can hear tales from local guides about the story of European settlement from the arrival of The First Fleet through to the present day. Specialising in daily, educational, corporate, incentive and private tours.
Tel: +61 2 9247 6678
www.rockswalkingtours.com.au

The Royal Botanic Garden Sydney
A series of free daily walks through the gardens is led by volunteer guides. In addition, an Aboriginal Heritage Tour is offered with an Aboriginal guide on Wednesday, Friday and Saturday and for group bookings by appointment. This 90-minute tour explains traditional uses of plants by Aboriginal people, bush tucker and cultural insights.
Tel: +61 2 9231 8134
www.rbgsyd.nsw.gov.au

SAW (Sydney Architecture Walks)*
Choose to walk or cycle through Sydney, exploring the city with a local architect and SAW guide whilst learning about the concepts behind the buildings and how they relate to Sydney's culture, history and natural environment. All tours are available in English. Some tours are also available in Mandarin, Dutch or German.
Tel: +61 403 888 390
www.sydneyarchitecture.org

Sydney Coast Walks
Explore the harbour, secluded beaches and ancient Aboriginal rock engravings on a half-, full-, or multi-day hike. Discover both Sydney Harbour and the Royal National Park coastlines on guided walks for groups and private tours.
Tel: +61 2 9526 7390
www.sydneycoastwalks.com.au

Sydney Photo Tours
One of the most enjoyable ways to discover the breathtaking beauty of Sydney is on foot with camera in hand. A professional photographer helps guests get the best from their cameras creating high-quality images to print and hang. Sydney Photo Tours offers guests full- or half-day tour options as well as tours around Vivid Sydney in May and June. Groups are limited to five participants to allow personalised tuition; tours operate during the day and in the evening.
Tel: +61 418 947 183
www.sydneyphototours.com.au

Sydney Photography Tours
See the cobbled laneways and heritage buildings of The Rocks through the lens of a digital camera with a professional photographer.
Tel: +61 2 9427 9636
www.sydneyphotographytours.com

Current as at 1 April 2016
Two Feet & a Heartbeat
Two Feet & a Heartbeat operate walking tours in Sydney, Kings Cross, Darlinghurst and along Oxford Street. A team of passionate guides introduce visitors to Sydney’s culture, history, art, food and bar scene with a fun and relaxed style. Hear stories about colonial Sydney and The Rocks, check out cool new bars popping up in heritage sites and laneways, or learn about the gay and lesbian scene in one of the world’s most welcoming cities.
Tel: +61 8 6143 4620
www.twofeet.com.au

Zoo2Q
Zoo2Q is Sydney’s first luxury, guided overnight walking experience. The tour is a collaboration between Sydney Harbour EcoHopper, Taronga Zoo, Q Station Manly and Sydney Coast Walks. The three-day experience commences at Circular Quay, crosses the harbour and includes a behind-the-scenes tour of Taronga Zoo. The 15-kilometre walk from the Zoo to Q Station, the former Quarantine Station in Manly, is fully-guided. Guests return to Circular Quay on the morning of day three. Overnight accommodation is at Taronga Zoo Roar and Snore and Q Station; all meals are included.
Tel: +61 2 8521 7423
www.zoo2q.com.au

Multi-region

Auswalk Walking Holidays
Guided itineraries of varying length are available for the novice through to experienced walkers in Sydney, the Blue Mountains, Lord Howe Island, Snowy Mountains and the North Coast of NSW. Self-guided itineraries are also available.
Tel. +61 3 9530 8800
www.auswalk.com.au

Life’s an Adventure
This multi-award-winning company offers day and overnight guided hiking tours in Sydney, the Royal National Park and the Blue Mountains. Enjoy walking through spectacular scenery and camp beneath the stars. All walks are fully supported with luggage transported to overnight campsites.
Tel: +61 2 9975 4553
www.lifesanadventure.com.au

Blue Mountains

Blue Mountains Adventure Company, Katoomba
Blue Mountains Adventure Company offers a range of nature-based outdoor adventure experiences in the Greater Blue Mountains. The company is a technical specialist in abseiling, rock climbing, canyoning, bushwalking and navigation, offering tours for a range of abilities; from beginners to advanced. Bushwalking is available for half-or full-day tours.
Tel: +61 2 4782 1271
www.bmac.com.au
Blue Mountains Trolley Tours*, Katoomba
Blue Mountains Trolley Tours operate an hourly hop-on, hop-off service that visits 29 attractions located in Katoomba and Leura. The service is an ideal way for independent travellers to access a range of scenic walks, while the Katoomba office can help plan a range of walking itineraries.
Tel: +61 2 4782 7999
www.trolleytours.com.au

Life’s an Adventure – Six Foot Track Walk, Katoomba
This guided three-day walk with all the creature comforts takes the famous Six Foot Track from the Blue Mountains to Jenolan Caves. The 45 kilometre route follows the original 1884 horse track across mountain ranges and into deep valleys, featuring sheer sandstone cliffs, waterfalls, and spectacular panoramas. Stay overnight in an eco-lodge next to the picturesque Cox's River (night one), and camp under the stars (night two), enjoying a glass of wine and a delicious dinner. Time is available at the end of the walk to explore Jenolan Caves before being transferred back to the start. All meals and camping equipment are provided and overnight bags are transported. Life’s an Adventure’s portfolio of hiking tours also includes a collection of half- and full-day guided walks in the Blue Mountains.
Tel: +61 2 9975 4553
www.lifesanadventure.com.au

The Blue Mountains Explorer Bus, Katoomba
The Blue Mountains Explorer Bus operates a hop-on, hop-off service from Katoomba train station. Departing every 30 minutes, the service stops at 29 destinations around Leura and Katoomba. Visitors can access 14 walks with the Explorer Bus. Most walks take less than an hour to complete, and by getting off at one stop and walking to the next, visitors will spend more time exploring.
Tel: +61 2 4782 1866
www.explorerbus.com.au

Tread Lightly Eco Tours, Medlow Bath
Tread Lightly Eco Tours offer a range of guided bushwalks in the Blue Mountains, from a few hours to a full day, for all fitness levels. Walkers can explore the region’s canyons, waterfalls and forests.
Tel: +61 414 976 752
www.treadlightly.com.au

North Coast

Byron Bay Adventure Tours, Byron Bay
Byron Bay Adventure Tours offer a range of scenic walks and activity touring. Choose from a Mount Warning sunrise walk to see the first rays of sun light warming the Australian mainland, a guided walk to the Byron Bay lighthouse or hike the rainforest to swim in the fresh water rock pools beneath Minyon falls. There are a number of coastal and hinterland half-day, full-day and overnight itineraries to showcase the best of the region.
Tel +61 434 290 012
www.byronbayadventuretours.com.au

Current as at 1 April 2016
South Coast

**Illawarra Fly Treetop Walk, Robertson**
Located 90 minutes from Sydney, the elevated steel walkway features two gently swaying cantilevered walkways and a central tower raised nearly 50 metres off the forest floor. The stunning views take in the rainforest canopy to Lake Illawarra and out to the Pacific Ocean. Visitors have the opportunity to see native fauna including wombats, echidnas and sugar gliders. Guided sunrise walks allow visitors to enjoy the dawn wake-up call of the local birds, followed by a full hot breakfast. Recently opened is the new zipline tour, officially the highest zipline in Australia. Illawarra Fly is a member of the Merlin Entertainments Group.
Tel: +61 2 4885 1010
www.illawarrafly.com

**Snowy Mountains**

**K7 Adventures, Jindabyne**
K7 Adventures provides half-, full- and multi-day adventure and cultural walks in the Snowy Mountains. Climbing, abseiling, snow shoe and cross-country ski tours are also available.
Tel: +61 421 862 354
www.k7adventures.com

**Kosciuszko Alpine Guided Walks, Thredbo**
Experience the beauty and solitude of Kosciuszko National Park with the Best of Both Worlds guided tour combining the Mt Kosciuszko and Blue Lake treks. The tour features an overnight stay at Lake Crackenback Resort & Spa and a range of self-guided walking packages is available.
Tel: +61 2 6451 3000

Please note: products marked with an asterisk (*) generally do not pay commissions.