
THE COASTAL TRACK

The Royal National Park, NSW



A LITTLE BIT ABOUT THE TRACK

 2 days

 26km

 Moderate

 10 max

Tracing the coast through the Royal National Park, this salt-swept bush track will lead you through a world of dramatic cliffs, waterfalls, swimming holes and seasonal wildflowers. Starting just one hour south of Sydney, this one-way journey from Bundeena to Otford follows a moderate trail skirting the edge of the Royal National Park.

Amidst salt spray and the ocean's thunder, Freeland Hiking Co. will take you atop spectacular cliffs, along unspoiled beaches, and across ancient plateaus, showcasing a range of terrain and vegetation.

DAY 1

Bundeena to Garie Beach | 18km

Starting early from Sydney (7:00am at Central Station meeting point), your guides will drive the two hours to Bundeena, a beautiful coastal town on the boundary of the Royal National Park. The track begins along an old 4WD track, but quickly emerges onto magnificent ancient sandstone cliffs, perched high above the seas. Skirting the coastline south, we will pass by several significant landforms including The Balconies, the Waterrun and Wedding Cake Rock; a phenomenal slice of pure white sandstone rock, smoothed by years of erosion. From here, the track becomes significantly quieter as we leave the day walkers behind and head deeper into the National Park towards

Watamolla. As your guides prepare lunch beside a waterfall, you can basking in the sunshine and soak your feet in the cooling trickle of the creek. The afternoon's walk is a mix of sandstone cliffs, coastal strolls, and inland tracks, with abundant birdlife and plant varieties to explore. Time permitting; you can jump into the ocean at Garie Beach for a refreshing swim, before we are chartered by private bus to Bonnie Vale Camp, approximately 20-minute's away. Upon arrival, the afternoon is yours; to swim, fossick the shores, or simply watch the sunset over the ocean, while your guides prepare a delicious meal for your night under the stars.

Approximate walking time - 8hrs

WHAT ARE YOU EXPECTED TO CARRY?

The Coastal Track is a day pack only walk. Guests will be required to provide their own day-pack, large enough to fit 3 litres of water, a raincoat, a light layer and any other personal items such as swimming items, sunscreen, hat etc.

A comprehensive gear list is available at the end of the itinerary, detailing the included equipment, essential equipment (including what is available to hire) and other recommendations.



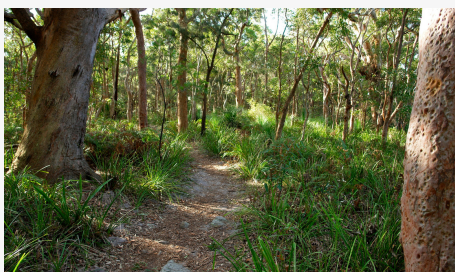
DAY 2

North Era Beach to Otford | 8km

A beautiful wake-up call from the birds will rouse you, while your guides prepare a hot drink and warming breakfast. Why not start the day with an early morning swim, before jumping on the bus and re-joining the track at Garie Beach. Hugging the cliff line, the track will lead us around to Era Beach, and the first set of Coastal Shacks, where your guides will entertain you with the story of their creation, their fight for survival, and some of the more colorful inhabitants. A short, steep climb will warm up the legs, as we dip into the cooling shade of the littoral rainforest towards Burning Palms. From here, you will have the choice to drop your pack and venture around the headlands out to the famous Figure Eight pools, a coastal rock shelf dotted with natural rock pools including

one in the shape of a figure-8, or just rest and enjoy the sunshine on the sand. After regrouping at the southern end of the beach, we will enter the forest, where enormous palms loom overhead. The vegetation will distinctly change as we start to climb up from the coast, turning into dry eucalypt bush; the perfect environment to spot Lyrebirds scratching at the undergrowth. Lunch will be had atop a large rocky outcrop, overlooking the coast and south towards Wollongong. From here, it's less than an hour to the end, with the final stretch of track a gentle curve around the gully, and down into our final destination; Otford. After arriving at the bus, we will journey back to Sydney with an estimated arrival time of 5 pm.

Approximate walking time - 6hrs



WHAT'S INCLUDED

- 2 professional wilderness guides
- 1 night camping
- Tent, sleeping mat and sleeping bag
- 1 breakfast, 2 lunches and 1 dinner
- Snacks on the trail
- Group camping equipment including stove, pots, tarp etc.
- Transport to and from Sydney, and Bonnie Vale campground
- All national park fee's and track fee's
- Emergency communications and first aid kits
- Maximum 10 guests



FOOD ON THE TRACK

OFTEN FOOD IS THE ONE OF THE MOST IMPORTANT FACTORS OF A TRIP, AND FREELAND HIKING CO. HAS TAKEN GREAT CARE WHEN PREPARING THE MENUS FOR ALL TRIPS.

Our guides are highly trained in expedition cooking, and all meals offer quality, variety, and high nutritional value. Each day on the track will start with fresh bush-coffee, and a selection of teas, and end with a 2-3 course meal that showcases some of the NSW's finest produce. In some cases, such as longer trips, dehydrated items may be used to lighten the load of the group. Wherever possible, Freeland Hiking Co. will cater for dietary requirements with

advanced knowledge (please advise us at least one month prior to departure). At a minimum, every trip will include gluten-free and vegetarian options.

Please note that options are likely to be limited in remote areas and there may be times when guests need to provide their own food if it's a particular requirement. Unfortunately, we are unable to guarantee a peanut-free or allergen-free trip, and therefore strongly advise guests to bring all necessary medications and be able to self-administer these medications for extreme food allergies.

Sample Menu

Breakfast

Warm porridge with dried fruit, nuts and local honey; fresh bush coffee and a selection of teas

Lunch

A picnic of fresh salad wraps with cold meats, falafel and caramelised onion relish

Dinner

Spring onion soup; Gnocchi with chilli, broccolini and bocconcini cheese; Chocolate mousse

GEAR LIST

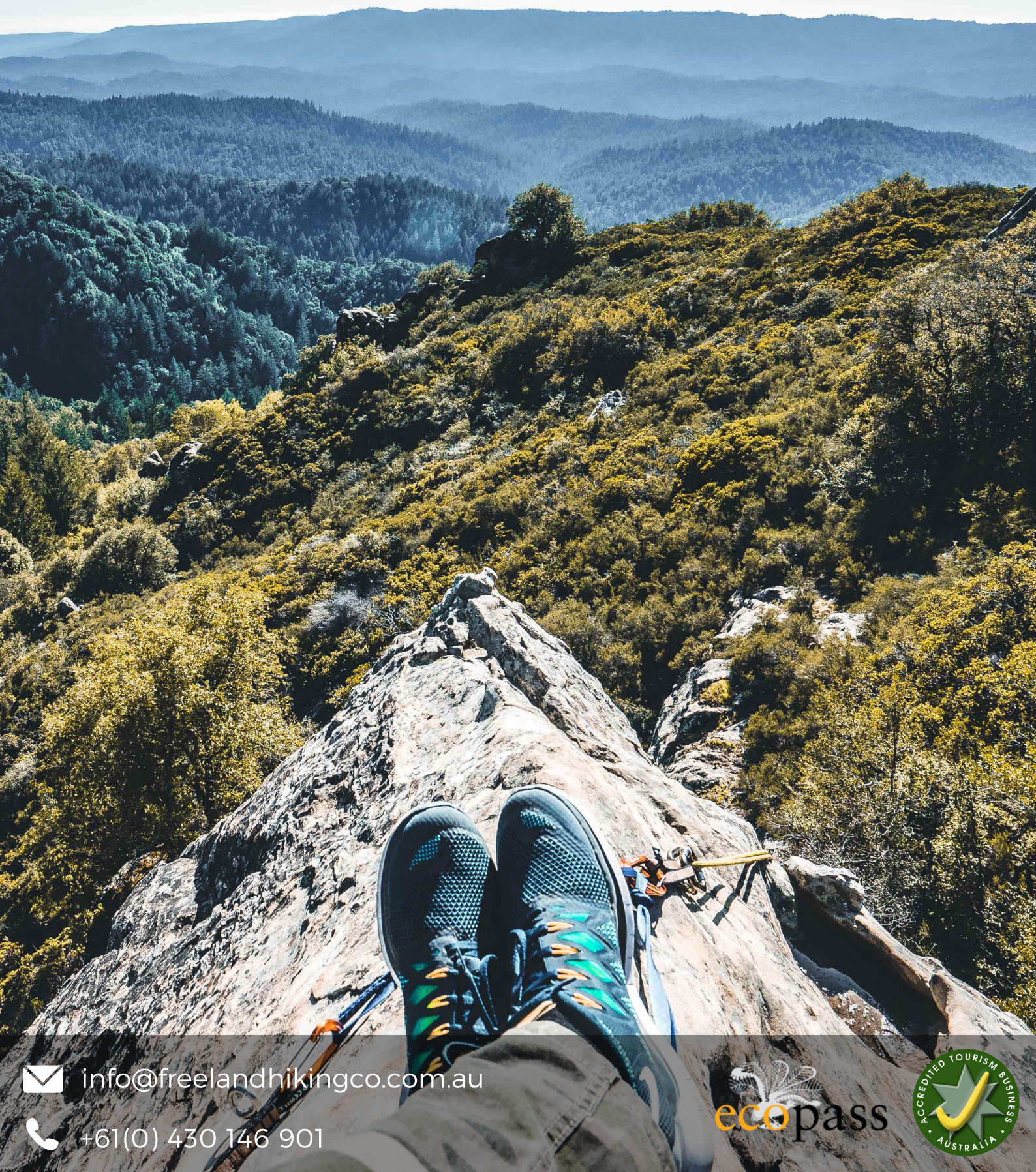
THE FOLLOWING LIST INCLUDES BOTH THE ESSENTIAL AND RECOMMENDED GEAR FOR THE COASTAL TRACK.

Clothing	✓
Waterproof jacket with hood attached. Must be seam sealed waterproof fabric; Gore-Tex, Hydronaute etc. Mid-thigh length with storm flap over zip (available for hire)	
1 long sleeved thermal tops (merino, polypropylene, polyester) - <i>April - November months only</i>	
1 woolen/polar fleece jumper (wool, polar fleece, synthetic fiber)	
1-2 t-shirt(s) (merino, synthetic preferred)	
Walking shorts/trousers	
Camp trousers (tights, wool, lightweight)	
Underwear	
Sunhat	
Swimmers	
Footwear	
Walking boots - Hiking boots preferable but sneakers okay. Worn in but not worn out.	
Camp shoes; thongs, crocs, Texas - lightweight	
1-2 pair(s) walking socks (wool or thermal)	
Equipment	
Day pack (large enough to carry 3 liters of water and raincoat + other personal items)	
Inflatable sleeping mat - lightweight (included)	✓
Sleeping Bag - 3 seasons, down filled (included)	✓
3 season lightweight tent (included)	✓
Head torch with spare batteries	
Sunglasses	
Water bottle or Water bladder - minimum 3 liters	
Small towel	
Personal Toiletries and First Aid	
Sunscreen and lip balm	
Personal Toiletries - no soaps, shampoos etc.	
Insect repellent - no aerosol sprays	
Personal first aid kit including tape for preventing and treating blisters, as well as any personal medications	
Optional extras	
Walking poles (available for hire)	
Book	
Camera	
Ear plugs	
Warm beanie and gloves	

Please note, for the Coastal Track, guests must supply their own day pack. Please see the list above for further details or contact us.

Freeland

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