

Great Walks

1 MINNAMURRA TO BONEYARD

(southern side of river) eg cnr of The Village and Riverside Drive.
Things To See: Minnamurra Headland, Rangoon Island, Jones Beach, Cathedral Rocks.
Distance: 4.6km **Grade:** Medium
Average walking time: 51 minutes

2 MINNAMURRA SCHOOL TO NORTH KIAMA NEIGHBOURHOOD CENTRE AND THORNETT WAY

Things To See: Minnamurra River, Kiama Golf Club.
Distance: 3km **Grade:** Gentle
Average walking time: 33 minutes

3 BONEYARD TO BLOWHOLE

Things To See: Boneyard Beach, Bombo Headland, Terrace Houses, Kiama Harbour, Kiama Blowhole and Lighthouse.
Distance: 3.9km **Grade:** Medium
Average walking time: 43 minutes

4 BOMBO BEACH TO BLOWHOLE

Things To See: Bombo Headland, Terrace Houses, Kiama Harbour, Kiama Blowhole and Lighthouse.
Distance: 3.2km **Grade:** Medium
Average walking time: 36 minutes

5 HINDMARSH PARK TO SPRING CREEK

(round trip)
Things To See: Hindmarsh Park, shops, Spring Creek (a rehabilitated wetland). You will be amazed at the local water bird species which can be viewed from the Bird Hide, between the lagoon and the freshwater lake.
Distance: 3.2km **Grade:** Medium
Average walking time: 36 minutes

6 BLOWHOLE TO KENDALLS BEACH

Things To See: Kiama Blowhole and Lighthouse, Surf Beach, Kendall's Beach.
Distance: 2.1km **Grade:** Medium
Average walking time: 23 minutes

7 SADDLEBACK MOUNTAIN

Things To See: Spectacular views of rural farmland, pristine beaches and native flora.
Distance: 3.4km, steep **Grade:** Hard
Average walking time: 38 minutes

8 BLOWHOLE TO BONAIRA RESERVE

Things To See: Blowhole and Lighthouse, Kendall's Beach, Bonaire Reserve – an established rainforest with beautiful flora and fauna.
Distance: 2.5km **Grade:** Medium
Average walking time: 28 minutes

9 KENDALLS BEACH TO LOVE'S BAY

Things To See: Kendall's Beach, Friars Cave, Little Blowhole – more consistent than the big Blowhole, Easts Beach, Love's Bay.
Distance: 3.7km **Grade:** Hard
Average walking time: 41 minutes

10 WERRI BEACH TO ELAMBRA ESTATE

Things To See: Werri Headland, specialty shops.
Distance: 1.7km **Grade:** Medium
Average walking time: 19 minutes

11 GERRINGONG TO GERROA BRIDGE

Things To See: Specialty shops, rural farmland, Gerringong Golf Course, Gerroa Headland, Seven Mile Beach. Nearby: Black Head, Gerroa
Distance: 4.1km **Grade:** Medium
Average walking time: 46 minutes

12 LOVE'S BAY TO WERRI BEACH COASTAL WALKING TRACK

This is a spectacular walking trail hugging the coastline, which was previously inaccessible, stretching from Love's Bay, Kiama Heights to Werri Lagoon, Werri Beach. There are route markers located approximately every 1km along the track. There are no drinking water supplies (bubblers etc) and no toilets located along the track – make sure you are prepared for this.

Werri Lagoon is open to the sea, so at times, it is inaccessible to traverse and you may need to return to Love's Bay. There are sections quite close to the cliff edge, as well as some steep slopes. Extreme caution should be taken in these areas.

Things To See: You will see all extremes – rolling hills, beaches, sea caves, rock platforms and exposed cliffs that create very dramatic scenery. From May to June and September to November, the walk provides great vantage points for whale watching.

Distance: 5.4km **Grade:** Hard
Average walking time: 2 hours

A GUIDE TO DIFFICULTY:

GENTLE walks are suitable for wheelchairs and strollers. They have at least two of the following:

- No slope or a gentle slope.
- Smooth pathways suitable for wheelchairs or prams
- Clearly defined pathways
- No steps

MEDIUM walks have at least two of the following:

- Medium slope
- A few stairs
- Relatively smooth pathways
- Relatively clearly defined pathways

HARD walks have at least two of the following:

- Steep slopes
- Uneven or rough terrain
- Several steps
- Unclear pathways

STAYING MOTIVATED

There are many ways to keep you motivated and your walks interesting:

- Take a friend, family or dog with you, join a local walking group or start your own.
- View your walk not only as exercise, but also as time to think and relax.
- Plan your walks in advance.
- Vary your walks to keep them interesting.

WALKING DISTANCE CALCULATOR

(average) 30mins
 Stroll 1.8km
 Medium 2.7km
 Brisk 3.3km

WALK IT KIAMA



Look out for the "Walk It Kiama" symbol on the paths at 500m intervals. These will give you an idea of the distance you have walked.



DOG OFF-LEASH AREAS

There are eight coastal locations for the off-leash exercise and recreation of dogs, whilst under the control of their owner. In all other areas including the Coastal Walking Track, please keep your dog on its lead. Locations of the off-leash areas are marked on the map.



TIPS FOR SAFE WALKING

- Wear 30+ SPF sunscreen, a hat and sunglasses.
- Always make sure to wear comfortable and supportive shoes.
- Drink, and take, lots of water, especially in warm weather.
- Cross at traffic lights or pedestrian crossings where available.
- Always warm up, stretch and cool down.
- If you have chest discomfort, pain or palpitations while exercising, STOP immediately and seek medical advice.
- A Good Rule Of Thumb: Set a pace where you are able to walk and talk at the same time.

SHARED PATHWAYS

These are paths built specifically to be shared by pedestrians and cyclists. Shared paths are signposted to let you know you are expected to share the path.

WHEN USING SHARED PATHS:

- Stay alert and be aware of other people using the path. Wearing headphones or using a mobile phone will reduce your awareness of the people around you.
- Don't block the path if you are part of a group, and check behind you if you are about to pass someone, or change direction.
- Share the path. Keep left and move to the left if possible, when a cyclist sounds their bell/horn.

LOOKING AFTER THE ENVIRONMENT

While out walking try to have as little an impact on the environment as possible. Here are some things to keep in mind:

- Never litter while out walking. Pick up any litter you see.
- If you are out walking with your dog, always take a plastic bag with you, so you can pick up any of its droppings and dispose of them responsibly.
- While you are enjoying our coastline, remember that it is home to many plants and animals, so minimise any disturbance of their habitat.

DISCLAIMER

Kiama Council cannot guarantee the accuracy, currency or completeness of this map for your particular purpose. Except as required by law, Council will not be liable for any loss, damage, expense or cost (including any incidental or consequential loss or damage) incurred by any person or organisation arising out of use of, or reliance on, the map.

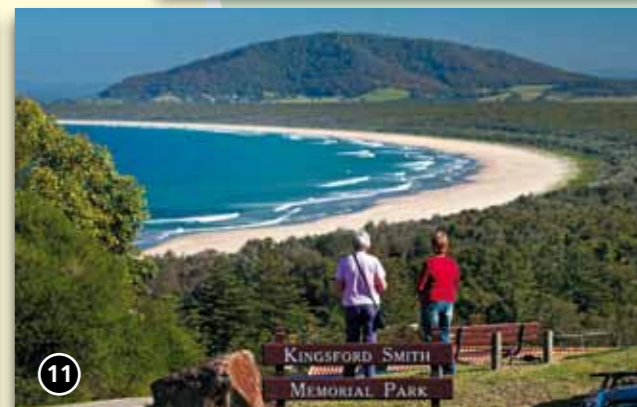
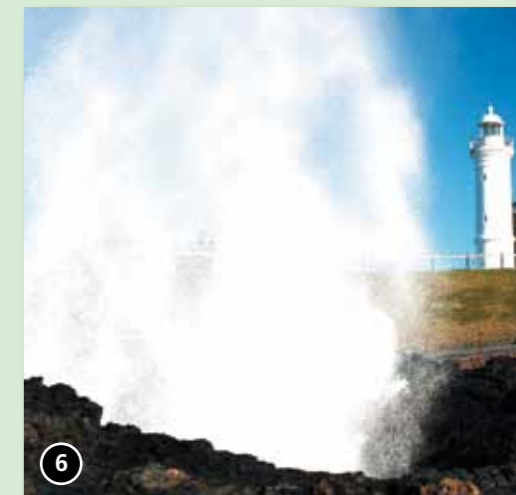


A map of great places to walk



Over 55km of paths

IN THE KIAMA MUNICIPALITY



KIAMA MUNICIPAL COUNCIL
 your council, your community

Ph: 4232 0444 Fax: 4232 0555
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Visit www.cleartheir.nsw.gov.au to find out how you can help clear the air by walking.



12 COASTAL WALKING TRACK

