



Baha'i House of Worship
One of only seven in the world
 The Baha'i House of Worship, a short drive from Sydney, was built by the Bahais as a gift to Australia. We welcome all religions and promote world peace. Services are at 11am on Sundays. We invite you to visit our Temple, gardens and Information Centre - video and guided tours are available. Coaches and School tours welcome.
 173 Mona Vale Road, Ingleside. www.bahai.org.au
 Tel 02 9998 9221



Newport Arms Hotel
Australia's Largest Waterfront Beer Garden & Family Hotel
 A Sydney pub-con and family friendly hotel overlooking Pittwater boasting something for everyone with a sun-drenched leafy beer garden, 3 kids playgrounds, 5 bars and 3 dining outlets including the Garden Bistro and The Grill in beer garden or a la carte dining at The Terrace on Pittwater. Only a short 45mins from the CBD, this landmark should feature prominently on your itinerary. Motel Accommodation available.
 Cnr Beaconsfield & Kalinya St Newport. www.newportarms.com.au
 Tel 02 9997 4900



Waratah Park Earth Sanctuary
Naturally Wild Australia
 Meet the Waratah Park Koalas and Eucie the Purebred Dingo, while you enjoy traditional Aussie 'Billy tea and damper'. Just 30 mins north of the Sydney Harbour Bridge, you'll see Sydney the way it was before Europeans arrived. See native wildlife hopping all around you as you walk in a beautiful natural bushland environment. Open 10am till late. Bookings essential.
 13 Namba Road, Terrey Hills. www.waratahpark.com.au
 Tel 02 9986 1788



Sydney's Northern Beaches

Sydney's Beach, Bush and Bay Experience

Beach Safety



Find the flags and swim between them. The flags represent the area patrolled by lifesavers and lifeguards. They mark the safest place to swim at the beach.

Look at the safety signs. The safety signs help you identify potential dangers and daily conditions at the beach. These are located at beach access points and at the flagged areas. Please read them carefully before entering the water.

Ask a lifesaver for some good advice. Surf conditions can change quickly (water depth, currents, wave size and type). Talk to a lifesaver or lifeguard before entering the water.

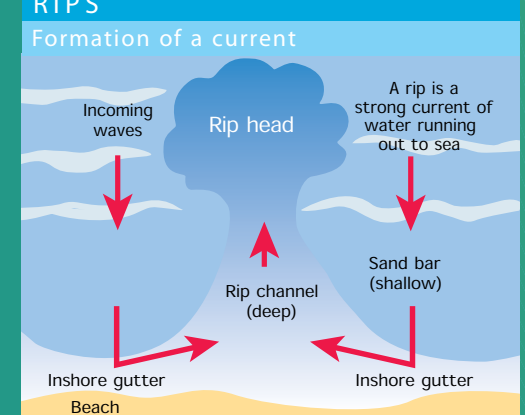
Get a friend to swim with you. Always swim with a friend so you can look out for each other's safety and get help if needed. Children should always be supervised by an adult.

Stick your hand up for help. If you get into trouble in the water, stay calm. Raise your arm to signal for help, float and wait for assistance. Float with a current or rip. Don't try and swim against it.

- NEVER**
- Never swim at unpatrolled beaches
 - Never swim at night
 - Never swim under the influence of alcohol or drugs
 - Never run and dive into the water
 - Never swim directly after a meal

How to Spot a Rip

- Rip currents are identified by the following:
- Discoloured brown water caused by sand stirred up from the bottom
 - Foam on the surface extending beyond the break
 - A rippled appearance, with waves breaking on both sides of the rip, but not inside the rip
 - Items on the water's surface, floating seaward on the surface of the rip



If You Are Caught in a Rip

- Do not panic. Tread water or float and let the current take you
- Raise one arm to signal for help from a lifesaver
- Never try and swim against a rip. Float out with the current and when past the breakers, swim across the rip, parallel to shore. When out of the rip, swim back to shore

Be Sun Safe

- SLIP on a shirt
- SLOP on sunscreen
- SLAP on a hat and WRAP on some sunglasses

Publishing Information
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Scale Km
 0 1 2 3 4 5



Terrace on Pittwater
 Contemporary cuisine, steaks & 250+ wines. Also enjoy breathtaking Pittwater views at the newly renovated restaurant only 45 mins from Sydney's CBD. Recent Finalist in RSC Awards for 'Best restaurant in a hotel' in 04 & 05.
 Upper Level - Newport Arms Hotel
 Cnr Kalinya & Beaconsfield St Newport
 www.terraceonpittwater.com.au
 Tel 02 9997 4900



Palm Beach and Hawksbury River Cruises
 Cruise to Ku-ring-gai Chase National Park. Daily departures at 11am from Palm Beach Wharf, returning at 3.30pm with one hour at Bobbin Head for lunch, cruising to Cottage Point and Patonga also.
 Palm Beach Wharf, Barrenjoey Road, Palm Beach.
 www.sydneyscruises.com
 Tel 0414 466 635



Manly Surf School
 Learn to Surf - Manly Beach, Collaroy Beach, Long Reef Beach & Palm Beach.
 Learn the thrill of riding a wave at Palm Beach Wharf, returning at 3.30pm with one hour at Bobbin Head for lunch, cruising to Cottage Point and Patonga also.
 Palm Beach Wharf, Barrenjoey Road, Palm Beach.
 www.manlysurfschool.com
 Tel 02 9977 6977



National Parks & Wildlife Services NSW
 Discover the highlights of nature. Enjoy a tour with Discovery Rangers show, casing highlights of the national parks and secrets of nature. Whether it is a spotlight show at night or a climb up 55 steps of the Barrenjoey Light House, we can guide you through the mysteries of the local area.
 Guided tours, Kalkari Discovery Centre
 Tel 02 9472 9300/301



Oceanworld Manly
 Literally dives in with Shark Dive Xtreme, suitable for first time divers! (Bookings essential). Daily interactive shows and tours allow you to get up close and personal with sharks, turtles, rays, deadly snakes and spiders. Visit website for shark feeding and talk to the dive times and a great special offer.
 West Esplanade, Manly
 www.oceanworld.com.au
 Tel 02 9951 7877



Warringah Aquatic Centre
 Heated Indoor and Outdoor Pools. Public lap swimming. Learn-to-Swim classes and Child-Minding, Aquarobics, Yoga and Pilates classes available please see website for times and prices.
 Aquatic Drive, Frenchs Forest
 www.warringahaquatic.com.au
 Tel 02 9451 8000



Pittwater RSL Club
 Northern Beaches Favourite Leisure Destination enjoy the Pittwater Brasserie, lounge area, club play area and five bars. Come along and be part of the Pittwater experience.
 82 Mona Vale Road, Mona Vale
 www.pittwaterlsl.com.au
 Tel 02 9987 9833



Outdoor Shack
 The Adventurers, Camping & Travel Specialists. Want to see Australia? We are your ONE STOP SHOP - supplying all your camping, backpacking, trekking, kayaking and fishing gear. Open daily. 10% discount welcome.
 1131 Pittwater Road, Collaroy Beach
 www.outdoor-shack.com.au
 Tel 02 9981 9533



Avalon Beach Hostel
 Friendly Budget Backpacker Accommodation. Open and airy, with a relaxed atmosphere and all facilities. From the hostel it's an easy walk to beaches, cafes and restaurants. Water sports are available locally.
 59 Avalon Parade, Avalon Beach
 www.palmbeachlodge.com.au
 Tel 02 9918 9709



Pro Kayaks
 Commitment to Lifestyle.
 Sydney's premier kayak accessories, test paddles, group training, corporate programs, birthday celebrations. Open daily 9am to 5pm.
 The Boatshed 11 Narrabeen Street, Narrabeen
 www.prokayaks.com.au
 Tel 02 9970 7081



Accommodation

Avalon Beach Hostel	59 Avalon Parade, AVALON BEACH	02 9918 9709
Checkers Country Resort	331 Mona Vale Rd, TERREY HILLS	02 9450 3422
Falls Retreat	1110 Oxford Falls Rd, OXFORD FALLS	02 9452 1300
Newport Arms Hotel	2 Kalinya Street, NEWPORT	02 9997 4900
Newport Mirage Hotel	Queens Parade West, NEWPORT	02 9997 7011
Pittwater Bed & Breakfast	15 Fairview Road, NEWPORT	02 9918 6832
Pittwater YHA	Arrivals via Ferry/Water Taxi from CHURCHPOINT to Halls Wharf then 10 mins walk up hill through National Park	02 9999 5748
Sydney Lakeside Holiday Park	Lake Park Road, NORTH NARRABEEN	02 9913 7845
Travelodge Manly Warringah	4-10 Victor Road, BROOKVALE	1300 886 886

Airport Transfer/Car Rentals/Ferry Service

Avis, Dee Why	814 Pittwater Rd, DEE WHY	02 9982 6622
Collaroy Airport Transfers		02 9984 1420
Manly Car & Truck Rentals	65 Kenneth Avenue, MANLY VALE	02 9949 3554
Palm Beach Ferry Service	Palm Beach Wharf, Barrenjoey Road, PALM BEACH	02 9918 2747

Attractions

Baha'i House of Worship	173 Mona Vale Road, INGLESIDE	02 9998 9221
Eden Gardens & Garden Centre	301-307 Lane Cove Rd, NORTH RYDE	02 9491 9923
Oceanworld Manly	West Esplanade, MANLY	02 8251 7877

Activities

D'Albora Marinas, Akuna Bay	Ku-ring-gai Chase National Park, TERREY HILLS	02 9486 3000
Falls Tennis Centre	1110 Oxford Falls Rd, OXFORD FALLS	02 9452 1300
Manly Surf School	North Steyne Surf Club, MANLY	02 9977 6977
Mona Vale Golf Club	Golf Avenue, MONA VALE	02 9999 4266
Zappadella-Manly Harbour	Manly Pavilion, West Esplanade MANLY	02 9949 7400
Palm Beach & Hawksbury River Cruises	Palm Beach Wharf, Barrenjoey Road, PALM BEACH	0414 466 635
Pro Kayaks	11 Narrabeen Street, NARRABEEN	02 9970 7081
Salty Surf School		02 9344 6604
Surf Life Saving Northern Beaches		02 9971 4996
Waratah Park Earth Sanctuary	13 Namba Road, TERREY HILLS	02 9986 1788
Warringah Aquatic Centre	Aquatic Drive, FRENCHS FOREST	02 9451 8000
Wildlife Boat Charters & Adventure Tours		02 9973 3514

Cafes & Restaurants

Cafe Cruz	Manly Pavilion, West Esplanade MANLY	02 9948 9555
D'Albora Marina, Akuna Bay	Ku-ring-gai Chase National Park, TERREY HILLS	02 9486 3000
Eden Gardens & Garden Centre	301-307 Lane Cove Rd, NORTH RYDE	02 9491 9923
Surf Rock Hotel	1064 Pittwater Road, COLLAROY BEACH	02 9982 3924
Terrace on Pittwater Restaurant	2 Kalinya Street, NEWPORT	02 9997 4900

Clubs and Pubs

Great Northern Hotel	522 Pacific Hwy, CHATSWOOD	02 9357 2111
Mona Vale Golf Club	Golf Avenue, MONA VALE	02 9999 4266
Newport Arms Hotel	2 Kalinya Street, NEWPORT	02 9997 4900
Pittwater RSL Club	82 Mona Vale Road, MONA VALE	02 9997 3833
Royal Prince Alfred Yacht Club	16 Mtala Street, NEWPORT	02 9997 1022
Surf Rock Hotel	1064 Pittwater Road, COLLAROY BEACH	02 9982 3924

Retail Shopping

Beach General Surf Shop	66 Old Barrenjoey Rd, AVALON	02 9918 3184
Eden Warringah	Jacksons Road, WARREWOOD	02 9913 4444
Eden Gardens & Garden Centre	301-307 Lane Cove Rd, NORTH RYDE	02 9491 9923
Outdoor Shack	1131 Pittwater Road, COLLAROY BEACH	02 9981 9933
Village Living	45a Avalon Pde, AVALON	02 9918 9954
Warringah Mall	Cnr Condamine Street & Old Pittwater Road, BROOKVALE	02 9905 0633

Tour Operators

Down Under Experience Holiday Travel		02 9299 0991
True Blue Touring Co.		0411 603 807
Wildlife Adventure Tours		02 9973 3514

Information Centres

Baha'i House of Worship	173 Mona Vale Road, INGLESIDE	02 9998 9221
Coastal Environment Centre	Lake Park Road, NARRABEEN	02 9970 6905
Manly Visitors Information Centre	Manly Forecourt, East Esplanade, MANLY	02 9977 1088
Mona Vale Library	Park Road, MONA VALE	02 9997 5422
Warringah Council	Civic Centre, 725 Pittwater Road, DEE WHY	02 9942 2111

Conference Venues

Checkers Country Resort	331 Mona Vale Rd, TERREY HILLS	02 9450 3422
Eden Gardens	301-307 Lane Cove Rd, NORTH RYDE	02 9491 9923
Falls Retreat	1110 Oxford Falls Rd, OXFORD FALLS	02 9452 1300
Newport Mirage Hotel	Queens Parade West, NEWPORT	02 9997 7011

Hospitals

Manly District Hospital	Darley Road, MANLY	02 9976 9611
Mona Vale District Hospital	Conarion Street, MONA VALE	02 9998 0333

Police Stations

DEE WHY	Corner Fisher Road and Howard Avenue, DEE WHY	02 9971 3399
MANLY	Belgrave Street, MANLY	02 9977 9499
MONA VALE	Pittwater Road, MONA VALE	02 9997 1444
WATER POLICE		02 9979 4044

Libraries

Avalon Library	Avalon Parade, AVALON BEACH	02 9918 2013
Dee Why Library	Civic Drive, DEE WHY	02 9942 2449
Mona Vale Library	Park Street, MONA VALE	02 9997 5422
Warringah Mall Library	Cnr Condamine Street & Old Pittwater Road, BROOKVALE	02 9452 3211

Medical Centres

Warringah Mall	1A Cross Street, BROOKVALE	02 9938 6666
Oaks Medical Centre	30 Oaks Avenue, DEE WHY	02 9971 7333
Skin Cancer Clinic	818 Pittwater Road, DEE WHY	02 9984 7277
Warringah Medical Centre	3 Vuko Place, WARREWOOD	02 9970 6600

Design/Communication Services

Pimento Design	NARRABEEN	02 9401 5015
SRA Communications	BROOKVALE	02 9907 3678



Centro Warriewood
 Sydney's Northern Beaches Favourite Shopping Destination. At Centro Warriewood you'll discover a delightful mixture of lifestyle essentials in fashion, food and service presenting you with the true flavours and colours of Australia. With over 90 shops including Kmart, Coles and Woolworths, plus shaded parking all on one level, you'll find it all at Centro Warriewood. Serving Sydney's Northern Beaches. Jacksons Road, Warriewood. Tel 02 9913 4444