



nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



lemoncat1

The Eastern Beaches daytrip.

Bondi, Sydney, 1 Day

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Guide Description



AUTHOR NOTE: Wander around the coast from Bondi as far as Coogee, and take in the wonderful beaches which are perhaps Sydney's best known attraction. Though its lovely all year round, if it's summer, bring your bathers!

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - Sydney, Bondi

DAY NOTE: The cliffs between Bondi and Coogee are a Sydney classic... sandstone, crashing waves, because and (hopefully) sun. Bring a hat, a bottle of water, some sunscreen, your bathers and sunglasses... its pretty glory! Start off by checking into your hotel - the Bondi Beach House is a cute little B&B that makes a nice base. Then its off to check out the waves! Bondi Beach itself is a long strip of white sand, perhaps 50 metres deep. Summer weekend days it is caked in roasting bodies - thousands of locals and tourists draping themselves on the sand, worshipping the sun. Truth be told, there are many prettier beaches around - Bondi is quite built up nowadays (there are extant photos of what it looked like in the 19th century, sand-dunes running back off the beach - back then it really was beautiful) but still, there's something archetypal about Bondi Beach - it's just so huge, and the sand's so white, the delicate curve of the bay... it still satisfies, no matter how urbanised it has become. Be careful if you do step in for a dip. Swim between the flags, which mark the safe parts of the beach for swimming, and where there are professional life-savers stationed to ensure that you don't drown. Bondi has strong rips. This is even more true of the other beaches on this walk. This area is diverse, being populated by heaps of English and New Zealanders, but there is a healthy smattering of locals, and the further from the beach, the more interesting and local it becomes. It is, for instance, the defacto capital for Sydney's Jewish community. If you fancy a spot of lunch on the beach, you could top up with supplies from the handy little Earth Food Store, which sells healthy snacks on a side street just behind the beach. Heading South, there is a spectacular cliff walk, which is highly recommended, taking you over cliffs and down into little beach-coves, and part one of the most spectacularly situated graveyards you'll ever see. Head South of Bondi along the coast and you'll find a path, which will lead around the foreshore, over cliffs with panoramic views out over the Pacific. The walk is not particularly strenuous, unless you try to walk it too fast in the middle of a hot summer's day. It's better to take it easy, and if it's too hot, rest. The way is studded with frequent jewel-like beaches, and more cafes than you can poke a stick at, so there are plenty of excuses to. Particularly noteworthy... Bronte is a pretty beach, although beware of the rip! Clovelly is an interesting place, a concreted in bay, yet still wild to a great extent. It's a good place to go snorkelling as the bottom is rocky and there is a profusion of fishlife. Further along you'll find Gordon's Bay, which is famous for its 'Groper' fish - bright blue and a couple of feet long. Swim out and you just might see one! The Waverley Cemetery sits high on a hill between Bronte and Clovelly, with crooked graves overlooking a cliff and a 100 metre drop sheer into the Pacific. A beautiful place. Eventually, a couple of hours stroll from Bondi, you'll reach Coogee, which is much like Bondi, except a little less busy. You can eat here, or grab a bus or taxi back to Bondi. Laurie's, on Bondi Road, does great take-away vegetarian fare, and is highly recommended. Icebergs does more upmarket meals, and has great views. Later, if you feel like mingling, the Beach Road Hotel has something to suit most tastes

- it's a huge place, with live music, DJs, a selection of bars and outside seating, along with good pub food. Enjoy!

	Bondi to Coogee Coastal Walk Spectacular coastal walkway linking two iconic beaches
	Sculpture by the Sea Beachy Keen Artwork
	Bondi Beach House Gorgeous guesthouse, full of character, minutes from beach
	Earth Food Store Organic fruit veg and takeaway
	Bondi Beach Famous Sydney beach
	Beach Road Hotel Great for live music
	Bondi Icebergs Club Priceless view of Bondi Beach
	Wylie's Baths Beautiful beachside baths and park
	Tamarama Beach Locally known as Glamarama
	Bronte Beach Better than Bondi
	Clovelly Beach A fishy experience
	Waverley Cemetery Perfect point for final rest
	Coogee Beach Beach and cafe culture

Day 1 - Sydney, Bondi

QUICK NOTE

DAY NOTE: The cliffs between Bondi and Coogee are a Sydney classic... sandstone, crashing waves, because and (hopefully) sun. Bring a hat, a bottle of water, some sunscreen, your bathers and sunglasses... it's pretty glary! Start off by checking into your hotel - the Bondi Beach House is a cute little B&B that makes a nice base. Then it's off to check out the waves! Bondi Beach itself is a long strip of white sand, perhaps 50 metres deep. Summer weekend days it is caked in roasting bodies - thousands of locals and tourists draping themselves on the sand, worshipping the sun. Truth be told, there are many prettier beaches around - Bondi is quite built up nowadays (there are extant photos of what it looked like in the 19th century, sand-dunes running back off the beach - back then it really was beautiful) but still, there's something archetypal about Bondi Beach - it's just so huge, and the sand's so white, the delicate curve of the bay... it still satisfies, no matter how urbanised it has become. Be careful if you do step in for a dip. Swim between the flags, which mark the safe parts of the beach for swimming, and where there are professional life-savers stationed to ensure that you don't drown. Bondi has strong rips. This is even more true of the other beaches on this walk. This area is diverse, being populated by heaps of English and New Zealanders, but there is a healthy smattering of locals, and the further from the beach, the more interesting and local it becomes. It is, for instance, the defacto capital for Sydney's Jewish community. If you fancy a spot of lunch on the beach, you could top up with supplies from the handy little Earth Food Store, which sells healthy snacks on a side street just behind the beach. Heading South, there is a spectacular cliff walk, which is highly recommended, taking you over cliffs and down into little beach-coves, and past one of the most spectacularly situated graveyards you'll ever see. Head South of Bondi along the coast and you'll find a path, which will lead around the foreshore, over cliffs with panoramic views out over the Pacific. The walk is not particularly strenuous, unless you try to walk it too fast in the middle of a hot summer's day. It's better to take it easy, and if it's too hot, rest. The way is studded with frequent jewel-like beaches, and more cafes than you can poke a stick at, so there are plenty of excuses to. Particularly noteworthy... Bronte is a pretty beach, although beware of the rip! Clovelly is an interesting place, a concreted in bay, yet still wild to a great extent. It's a good place to go snorkelling as the bottom is rocky and there is a profusion of fishlife. Further along you'll find Gordon's Bay, which is famous for its 'Groper' fish - bright blue and a couple of feet long. Swim out and you just might see one! The Waverly Cemetery sits high on a hill between Bronte and Clovelly, with crooked graves overlooking a cliff and a 100 metre drop sheer into the Pacific. A beautiful place. Eventually, a couple of hours stroll from Bondi, you'll reach Coogee, which is much like Bondi, except a little less busy. You can eat here, or grab a bus or taxi back to Bondi. Laurie's, on Bondi Road, does great take-away vegetarian fare, and is highly recommended. Icebergs does more upmarket meals, and has great views. Later, if you feel like mingling, the Beach Road Hotel has something to suit most tastes - it's a huge place, with live music, DJs, a selection of bars and outside seating, along with good pub food. Enjoy!

contact:

tel: +61 (0)2 9130 5311

fax: +61 2 9265 9222(Tourist Information)

http://www.waverley.nsw.gov.au/things_to_do/local_walks/bondi_to_bronte_coastwalk

location:

Start from Bondi Icebergs Club
Sydney NSW 2026

1 Bondi to Coogee Coastal Walk

DESCRIPTION: If one activity epitomizes Sydney, this could be it. A 4-mile walk on the wild side that literally traverses the rocky cliffs, golden beaches, pristine bays and grassy knolls between two iconic beaches. Doesn't cost a cent; just a few hours of free time. And it's not strenuous; more gently undulating than roller-coaster terrain, but highly exposed in windy weather because you're on the edge of the continent for much of the way. Start at Bondi, behind the Icebergs Club, head south and keep the Pacific Ocean on your left. Joggers and all manner of humanity pass this way. After rounding MacKenzie's Point and Bay, the path rises towards Tamarama Beach. Look out for signs of ancient Aboriginal occupation, including rock carvings depicting migrating whales. Bronte Beach then beckons, with its 1880s ocean baths (Sundays and public holidays were



Wikimedia Commons

originally reserved for men back then, but times have changed). Many café options along the way can turn the walk into a full day out.

After slicing through a sandstone cutting beyond Bronte, cross the Calga Reserve and tread carefully through Waverley Cemetery, where many notable literary luminaries were laid to rest.

Clovelly comes next. The very narrow inlet and concrete formwork on either side make it look more like a large swimming pool than a beach, though there is plenty of sand stretching inland. Great place to swim and perhaps catch a glimpse of the famous Clovelly Blue Groper that's made its home here for ages.

Finally (or sadly) you reach Coogee, one of the city's safest swimming beaches, and far more laid-back and down market compared to Bondi (which beach isn't, come to think of it?). © NileGuide

contact:

tel: +61 (0)2 8399 0233
<http://www.sculpturebythesea.com/>

location:

Bondi to Tamarama Coastal Walk
Sydney NSW 2022

hours:

Call for details

2 Sculpture by the Sea

DESCRIPTION: This is a much-awaited annual summer event. Contemporary sculptures created by Australia's popular sculptors, as well as leading artists from around 15 countries are exhibited on the seashore. This, one of the largest outdoor events of the country, attracts a huge crowd of around 400,000 visitors each year. So come by to check out these astonishingly creative original pieces of art. For further information, check the website. © wcities.com



Photo courtesy of Sculpture by the Sea

contact:

tel: 0412 33 4654
fax: +61 2 9300 0250
<http://www.bondibeachhouse.com.au/>

location:

28 Sir Thomas Mitchell Road
Bondi Beach NSW 2026

3 Bondi Beach House

DESCRIPTION: A mere 100 yards from one of the world's most famous beaches. Check. A sun drenched deck and courtyard for relaxing and breakfasting. Beautifully appointed and stylish rooms with period features. Check. A clean, well-equipped shared kitchen so I can save money on meals. Check. But close to bustling cafes, bars, restaurants and chic boutiques where I can spend up when I want to. Check. If there was a quaint little bookshop, that would be a bonus. Check that too. It's probably fair to say that Bondi Beach just about has it all. Plenty chose to stay elsewhere but visit it often. Others chose to base themselves at Bondi and find it hard to leave. That's your dilemma.

If you choose to stay beachside (which is only 20 minutes to the city anyway), you'd be hard pressed to find a better value, clean and professionally run establishment as Bondi Beach House. Once a large family home, its 9 rooms (capable of hosting up to 21 guests) offer a choice of singles, doubles and delightful bright suites. They all have wonderful period features, in-room tea and coffee making facilities, plus flat-screen TVs. Many of the larger rooms come with folding French doors and plantation shutters to let in those afternoon sea breezes.



Photo courtesy Bondi Beach House

Plus there's your stringent checklist, which I've duly completed upfront. It's hard to see how you could do better than Bondi Beach House for the price. © NileGuide

contact:
tel: 61 2 9365 5098

location:
81 Gould Street
Sydney NSW 2026

hours:
8a-7:30p M-F, 8a-6:30p Sa-Su

4 Earth Food Store

DESCRIPTION: Tucked away on a side street in Sydney's famous Bondi Beach this food store is a treasure known mostly to Bondi Beach locals. Selling a huge range of fresh organic fruits and vegetables to local beachgoers, aside from the fresh produce, they stock a small boutique range of organic products such as yogurt, noodles, breads and cakes. Their fresh juices are the best in Bondi and their takeaway selection is just as hearty. A fun place with a bohemian edge, which is a welcome relief from the glitz and trash that can sometimes seem overwhelming on Campbell Parade, along the waterfront. © NileGuide

contact:
tel: +61 (0)2 9130 5311
<http://www.sydney.com.au/bondi-beach.htm>

location:
Bondi Beach
Sydney NSW 2026

5 Bondi Beach

DESCRIPTION: A visit to Bondi should be on every visitor to Sydney's itinerary. It's Australia's most famous beach, and for a reason. Bondi is a massive quarter moon of sand, wedged between two rocky headlands, endlessly pounded by huge ocean waves, its sand draped with sun-lotion slick bodies in various states of undress, kids running around on the sand, the old guys in their speedos (trans: Australian for male swimming briefs).

When you're tired on the beach, then head in for the hippy cafes, cool kids, boho locals and tourists tourists tourists of the colourful and so, so Sydney streets immediately behind the beach. © NileGuide



contact:
tel: 61 2 9130 7247
fax: 61 2 9300 6094
<http://www.beachrdhotel.com.au/>

location:
71 Beach Road
Sydney NSW 2026

hours:
Daily 5p onwards

6 Beach Road Hotel

DESCRIPTION: To the mostly local patrons the hotel in which this restaurant is nestled, is known as the Regis (once its old name). Within the hotel there is a betting area, pool hall, pokies and No Names—a very cheap pasta restaurant. There are also three bar areas. The ground floor bar is filled with casually dressed locals. Upstairs it is a lot trendier and younger: the upmarket rear bar often has jazz bands playing, and the other bar is filled with pool tables and contemporary bands or DJ's playing mostly hip hop. © wcities.com



Photo courtesy of Beach Road Hotel

contact:
tel: 61 2 9130 3120
fax: 61 2 9130 7174
<http://www.icebergs.com.au>

location:
1 Notts Avenue
Sydney NSW 2026

7 Bondi Icebergs Club

DESCRIPTION: Cheap drinks, a rich history and unmatched views of iconic Bondi Beach make the Icebergs Club the best and only bar to soak in Bondi. Supplying the mostly local crowd with fairly priced drinks and gorgeous afternoon views, the Icebergs Club accommodates for all. With bands and live entertainment playing most nights and a priceless view, the



editor

hours:
11a-9p M-Th, 11a-midnight
F-Sa, 11a-10p Su, Closed
Christmas Day

Icebergs Club becomes a must visit venue when in the area. The flocks of locals can't be wrong when it comes experiencing the best Bondi has to offer. The Bondi Icebergs Club has been the front-runner for winter swimming for over 75 years, and they aren't slowing down anytime soon. You can also hire a downstairs venue for functions and parties with an equally stunning view of the ocean.
1 Notts Avenue, tel. 61 2 9130 3120
Trent van der Jagt, Sydney Local Expert
© NileGuide

contact:
tel: +61 2 9665 2838
fax: +61 2 9398 4993
<http://www.wylies.com.au>

location:
Neptune Street
Sydney NSW 2034

hours:
Summer: 7a-7p, Winter:
7a-5p

8 Wylie's Baths

DESCRIPTION: In 1995, this fantastic well maintained development won the Francis Greenway Award for Conservation. Located on the coast, just 15 minutes south east of Sydney's Central Business District, are the unique, cliff hugging platforms on stilts and beautiful baths known as Wylies. For a truly relaxing swim and bake, you cannot go past the ambiance and beauty of this sunny, restful spot. © wcities.com



Wylies Baths

contact:
tel: +61 (0)2 9255 1788
fax: +61 2 9265 9222(Tourist
Information)

location:
Gaerloch Avenue
Sydney NSW 2026

hours:
24 hrs (except during
dangerous conditions)

9 Tamarama Beach

DESCRIPTION: This tiny beach is nestled between Bondi and Bronte and is patronized almost exclusively by Sydney's beautiful people. While the surf can be dangerous and prone to rips, Tamarama is a haven for serious sunbathing as well as celebrity watching. The beachfront cafe has a well-deserved reputation and the park behind the beach offers picnic tables and barbecue facilities. Three inspectors patrol the beach daily between October and May (9am-7pm) and volunteer lifesavers are also on duty at the weekend and public holidays (Summer only). Very limited car parking. © wcities.com



wcities

contact:
tel: +61 (0)2 9255 1788
fax: +61 2 9265 9222(Tourist
Information)

location:
Bronte Marive Drive
Sydney NSW 2024

hours:
24 hrs (except during
dangerous conditions)

A Bronte Beach

DESCRIPTION: Popular with all age groups, Bronte Beach is close to the inner city and has managed to retain a great deal of its original charm. Choose between a superb body surfing beach and a twenty-five meter ocean pool. The large adjoining park offers picnic and barbecue facilities as well as shade and is patronized by an extraordinary, multi-cultural mix of families at weekends. Three inspectors patrol the beach daily (9am-7pm) between October and May; volunteer lifesavers are also on duty at the weekend and public holidays (Summer only). Parking very limited. © wcities.com



wcities

contact:

tel: +61 (0)2 9665 0468
fax: +61 2 9265 9222(Tourist Information)

location:

Clovelly Road
Sydney NSW 2031

hours:

24 hrs except during dangerous conditions

B Clovelly Beach

DESCRIPTION: Clovelly Beach offers a totally different experience due to its protective breakwater. The waves (and marine life) splash over the wall of rocks into a large, sheltered rock pool, which is ideal for swimming, snorkeling and scuba diving. Sunbathing is confined to concrete expanses although there is a tiny stretch of sand at the northern end. The adjacent park has picnic and barbecue facilities. Two inspectors patrol the beach daily from 7am-7pm (Summer) and 9am-5pm (Winter); volunteer lifesavers are also on duty at the weekend and public holidays (Summer only). Large, free car park. © wcities.com



wcities

contact:

tel: +61 2 9665 4938
fax: +61 2 9665 4785
<http://www.waverley.nsw.gov.au/cemetery/>

location:

Saint Thomas Street
Sydney NSW 2024

hours:

Daily 7a-Dusk

C Waverley Cemetery

DESCRIPTION: This Australian location is a pilgrimage destination for visitors around the world; however it is a fully functional and operational cemetery first. In spite of its local, state, and national significance and being a treasure trove of history Waverley Cemetery receives no government funding for its operation. All revenue is derived from the provision of their services (the sale of Rights of Burial in graves and memorial gardens, burials and ash interments, grave maintenance plans, guided tours, etc). © wcities.com



wcities

contact:

tel: +61 (0)2 9665 0468
fax: +61 2 9265 9222(Tourist Information)
http://www.visitnsw.com/Coogee_Beach_p3253.aspx

location:

Arden Street
Sydney NSW 2034

hours:

24 hrs

D Coogee Beach

DESCRIPTION: Close to the inner city, Coogee Beach is becoming increasingly popular with backpackers and tourists as well as Sydneysiders. The surrounding area includes a promenade, barbecue facilities and outdoor showers. There are also two rock pools at the southern end. When you tire of the beach, pop across the road and enjoy a bite at one of Coogee's countless cafes, restaurants and hotels. Two inspectors patrol the beach daily and volunteer lifesavers are also on duty at the weekend and public holidays. Limited, free parking at the northern end. © wcities.com



Photo courtesy of Coogee Beach

Sydney Snapshot

Local Info

What's the definition of envy? Sydney. Come to think of it, a few other deadly sins might equally apply. Is it sinful to be greedy? Not here. If you lust after one of the most desirable environments or fancy consuming fine wine and diverse foods, this is your town. After such gluttonous, ravenous and lustful behavior, does lazing on a beach, a boat, a bench or a hotel balcony equate to sloth? Never. Sydneysiders call that 'balance'. And the only wrath you'll likely experience is that of family and friends jealous as hell for not having joined you living it up in Sydney.

Is it any wonder Sydney is often referred to as 'Sin City'? So come prepared. It's such a physical place too. From craggy sandstone cliffs and golden surf beaches, to hidden harbor bay, verdant green gardens and wild national parkland hugging the foreshore, few cities demand as much active, outdoor immersion.

Take a dip in North Sydney pool in the shadows of the Harbor Bridge, watch whales frolic in a secluded inlet, hop on a ferry to Manly, then finish with a surf in the Pacific just in time for lunch. Iconic landmarks- that levitating bridge, that beach, that Opera House with its wings spread like a giant white swan taking flight- make you feel like you've arrived in the most exciting city on earth.

But it's hard to escape that harbor. Why would you want to? Even many of the museums and art galleries have water views. As one of the deepest, largest urban expanses of water in the world, the interlocking fingers of land and sea are

the cultural, historical and spiritual heart of the city. This sleek, sinuous, yacht-flecked waterway somehow never seems far away. "It's beautiful, of course it's beautiful- the harbor," said Mark Twain. "But that isn't all of it, only half of it. Sydney [the physical city] is the other half, and it takes both of them together to ring the supremacy bell. God made the harbor, and that's all right, but Satan made Sydney."

Elsewhere, Sydney looks and feels like an open air museum: the city's complex multicultural history, whether indigenous, colonial or migrant, is evident everywhere: in the sandstone alleyways of The Rocks or facades of stately Victorian buildings, in the Aboriginal rock carvings near Bondi and Manly, in the Vietnamese or Italian restaurants not far from Lakemba mosque.

The wild summer storms that come thundering in from the south generate only some of the city's spark and verve. The fireworks extravaganza of New Year's Eve is hard to equal- anywhere. There is a flourishing arts scene. Hot on the fiery heels of New Year's Eve is the Sydney Festival, a month long cultural feast culminating on Australia Day, 26th January. There are music festivals, short and feature film festivals, the biggest Gay and Lesbian Mardi Gras in the world, plus a writers' festival. And it's not yet the end of May. With winter comes an avalanche of football codes and other sports. But Sydney doesn't really 'do' winter, at least not in the northern hemisphere sense. July, the coldest month, averages 55-60 degrees Fahrenheit.

Before long, spring blooms, daylight saving looms, bodies begin to tan, the water warms, light brightens and that brash

Sydney persona is back. Call it pretentious, call it brazen, some call it vain; that air of confidence the city exudes. Call it what you like; locals might call it pride. Spend a bit of time here and you'll understand why. What was that definition of envy, again?

© NileGuide

Fun Facts

Sydney State: New South Wales
Country: Australia

Sydney By The Numbers:

Population: 164,547(city);
4,085,578(metropolitan area) Average
Summer Temperature: 22 °C/ 72 °F
Average Winter Temperature: 12 °C/ 53
°F Most Precipitation: 1130 mm/ 44.5 in
Elevation: 6 m/ 20 ft

Quick Facts:

Electricity: 240 volts, 50Hz, angled two or three-pronged plugs Time Zone: GMT/UTC +10 Country Dialing Code: 61 Area Code: 02

Did You Know?

Sydney was first settled by the British in 1788 when 400 settlers and 750 convicts arrived on the First Fleet. The convicts were sentenced to Australia for crimes as small as stealing food.

The name of the Aboriginal people that inhabited Sydney, prior to European settlement, were the Cadigal, who in turn are part of the Darug Nation or language group.

©