

## Sydney & New South Wales – An Itinerary for Outdoor Lovers

### Day 1, Sat

Arrive at Sydney Airport on your Qantas flight in the morning.

Have brunch at **The Grounds of Alexandria**.

Head to **The Rocks** for its weekend markets on the quaint cobblestone laneways of the birthplace of modern-day Australia where European settlers first stepped ashore.

Catch a glimpse of the **Sydney Opera House** from under the **Sydney Harbour Bridge** at Dawes Point Park.

From here, choose to walk westwards to **Royal Botanic Garden**, or eastwards to explore **Barangaroo Reserve**.

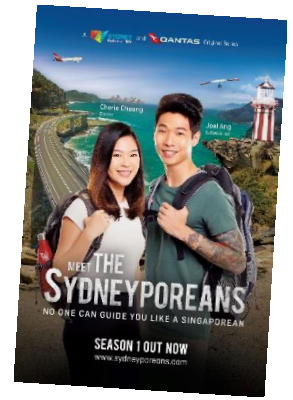
[Barangaroo](#) is Sydney's newest waterfront destination where you can wander along the winding paths of its extraordinary shoreline laid with skillfully cut sandstone slabs and around the hills and beautifully designed gardens. There are plenty of options for lunch such as The Canteen, 12-Micron or Anason.

The [Royal Botanic Garden](#) is an enchanting oasis with thousands of plant specimens and colourful flowers. Mrs Macquarie Chair is a vantage point that offers one of the most iconic views of the Sydney Harbour. There is a picturesque restaurant and café within the lush garden surrounds, or you can also choose to have lunch along the harbor like Opera Bar or Sydney Cove Oyster Bar.

Depending on where you are, hop on a ferry from **Darling Harbour** or **Circular Quay** to **Watsons Bay** and enjoy Sydney Harbour's iconic views along the way.

Explore rugged cliffs at Gap Bluff and if you're up for more stunning views, go on the South Head Heritage trail towards the historic **Hornby Lighthouse**.

Enjoy dinner at Doyles on the Beach and watch the sunset as the Sydney city skyline lights up from afar.



Mrs Macquarie's Chair



Barangaroo



Hornby Lighthouse

### Day 2, Sun

Spend half a day at **Bondi Beach**. Have breakfast at Speedos café, visit the weekend Bondi Markets, savour Sydney's most-loved ice-cream from Gelato Messina or even sign up for a surfing course on this iconic beach!

Take a leisurely stroll at the iconic **Bondi to Bronte Coastal Walk** dotted with plenty of stops, such as the colourful graffiti on the Bondi sea wall, the spectacular Bondi Icebergs Pool and Bondi Icebergs Club Bistro for lunch with a view.

Head to Circular Quay and make your way out to sea on a **whale watching** cruise during the migration season of May to November; or

Hop on a **jet boat** for an adrenaline-pumping ride in one of the most famous harbours in the world;

Explore Sydney Harbour with a kayak tour and paddle right up in front of the Sydney Opera House.

To up the excitement level, go on a twilight Climb with **BridgeClimb Sydney** and discover Sydney from another angle during the most beautiful time of the day. Alternatively, enjoy the sunset hues during this magical golden hour on a sunset helicopter ride or from the **Sydney Tower Eye**, the city's tallest building.



Bondi Icebergs POOL



OZ Jet Boating



Kayaking in Sydney Harbour

## Day 3, Mon



Newtown

Spend the morning at **Sydney Fish Market**, the largest market of its kind in the Southern Hemisphere; or

Discover the quaint neighbourhood of Newtown, where you can taste the famous Strawberry Watermelon cake at **Black Star Pastry** or check out the famous 'I have a dream' wall mural featured in Coldplay's 'A Sky Full of Stars' on MTV.



Scenic World

Make your way to the **Blue Mountains**, a World Heritage-listed region known for its dramatic scenery, steep valleys, limestone cliffs and hiking trails, accessible via a 1.5 hour car or train ride.



Honeymoon Bridge

Visit Scenic World, an outdoor playground where you can journey on the world's steepest incline railway or glide between clifftops on Australia's highest Skyway. Lunch is available at Terrace Café or EATS270 with expansive views of the Three Sisters and Jamison Valley.

Catch the sunset from several lookouts, such as Lincoln's Rock, Honeymoon Bridge or Cahill's Lookout.



The Three Sisters, Blue Mountains

## Day 4, Tue



Empress Falls

Start your day with a sunrise hike to one of the Blue Mountains' spectacular lookouts like Sublime Point or Govett's Leap.

Go on an extreme canyoning adventure – abseil off waterfalls, rockclimb steep cliffs, jump into deep pools and swim through narrow rock gorges; or

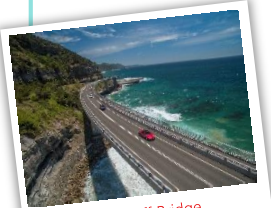
Head to Jenolan Caves, one of Australia's most outstanding cave systems. Marvel at the impossibly Blue Lake. Dine at award-winning restaurant, Chisholm's.

End the day with a spectacular sunset from the Kanangra Walls Lookout.

“ *A little trail out that's quite a nice short walk... ends up on this amazing flat plain and overlooks cliffs and the ocean. It's really really beautiful!* ”

- Cherie on the Wattamolla Bay, Royal National Park

## Day 5, Wed



Sea Cliff Bridge

Set off for another national park – Australia's oldest and the world's second oldest – the **Royal National Park**, south of Sydney. Explore its stunning hiking trails and lookouts such as the Wattamolla Beach to Providential Point or Eagle Rock and Curracurrong Falls, one of the rare waterfalls that plunge directly into the ocean.

Continue south to the **Grand Pacific Drive** past the magnificent **Sea Cliff Bridge** and **Bald Hill Lookout** with breathtakingly beautiful views high above the rugged coastline. It is also one of the best launching pads in the world for hang gliding and para gliding.

Explore the gorgeous natural rock pools that dot the coastline before arriving at **Wollongong Head Lighthouse**, an active lighthouse overlooking the Tasman Sea from the top of Flagstaff Point popular with locals and tourists alike for coastal walks or a picnic.



Wollongong Head Lighthouse

## Day 6, Thur

Begin the day with an adrenaline fix by jumping out of the plane with Skydive Wollongong for the best coastal views.

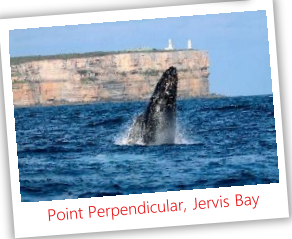
Experience the dramatic **Kiama Blowhole**, which is one of the largest in the world before heading to Jervis Bay for its white sand beaches and crystal clear waters, a playground for dolphins, whales, kangaroos and seals. Here you can discover sea caves on a kayak or spot wild dolphins on a cruise.

Head back to Sydney or if you have more time, continue down the NSW South Coast for the following:

- Visit the iconic **Australia Rock** shaped in the map of the continent and Glasshouse Rocks at Narooma
- Snorkel, scuba dive or swim with the seals at **Montague Island**
- Soak in the stunning **Blue pool at Bermagui**, a natural ocean rock pool
- Take a coastal hike and check out **Camel Rock** and **Horse Head Rock**
- Savour fresh oysters right on **Australia's Oyster Trail**
- Go on an oyster farm experience with **Captain Sponge's Magical Oyster Tour**
- Catch your own abalone, sea urchin, mussels and more seafood with **Australia's Coastal Wilderness Adventures' Ocean to Plate** experience
- Drive westwards towards the **Snowy Mountains** and ski down its powdery slopes during winter or hike to the summit of **Mt Kosciuszko**, Australia's highest mountain and one of the world's seven summits



Skydive the Beach



Point Perpendicular, Jervis Bay



Jervis Bay



Australia Rock



Glasshouse Rocks



Seals at Montague Island



The Snowy Mountains



Kosciuszko National Park

Photo credits: Couple, Blue Mountains NP by Adam Taylor – Aubergine Productions (2002); Empress Falls, Blue Mountains by David Hill; Wollongong Head Flagstaff Lighthouse, Wollongong by Dee Kramer Photography; Point Perpendicular, Jervis Bay by Jervis Bay Wild; Kayaking, Jervis Bay by Dee Kramer; Skiing, Perisher by Perisher

