

# Sydney Royal National Park Figure 8 Pools Coastal Adventure & Hike Full Day Tour with Vietnamese Veggie Salad Roll

• 9 hours 30 minutes (approx.) •

## • KEY FACTS •



1. Return guided hike along the Coast Track (3-hour)
2. Visit the Figure 8 Pools
3. Explore other areas in the Royal National Park at Wattamolla Lagoon & Beach
4. Bald Hill Lookout at Stanwell Tops photo stop
5. Sea Cliff Bridge on the Scenic Grand Pacific Drive
6. Spot native wildlife and whales during the migration season (May-November)
7. Adventure guide
8. Return transportation from departure point in Sydney
9. National Park fees
10. Lunch (Vietnamese Veggie Salad Roll)



1. Transport from/to hotels
2. Food & beverages not listed as Inclusions
3. Souvenirs
4. Travel Insurance
5. Any optional extra items (including but not limited to rides / shows / encounters / experiences / photo packages) that are not included in the standard admission. All optional extra items are at own expense.

## Departure point

- Departs: daily, all year round  
Tour does not run on May-August 2020, Christmas Day (25 December)
- Departure Point: 812 George Street, Haymarket (In front of St Laurence Church)
- Departure Time: 07:00  
Departure times are reference only and subject to availability.
- Arrives back at approximately 16:30

## How to get there

- By Car
  - Secure Parking: 2-8 Barlow St, Haymarket NSW 2000 (Approximately 2 minutes walk).
  - Wilson Parking: 169-179 Thomas St, Haymarket NSW 2000 (Approximately 4 minutes walk).
  - Parking fees apply.
- By Public Transport
  - Please check the Transport NSW timetables (<https://transportnsw.info/>) for more details to plan your trip.
  - Trains are available to Central Train Station, from there it is a short walk to the departure point (Approximately 5 minutes walk).

## Reconfirmation requirements

Please be advised you are required to contact The Service Provider 24 hours prior to the travel date during business hours (08:00-19:00 Sydney Time) to reconfirm your booking, departure location and time with your confirmation number. Please adjust your travel plan according to the details given by The Service Provider at time of reconfirming.

## Check-in requirements

Please ensure you arrive at the meeting point / departure point 15 minutes before your scheduled departure time to allow enough time to check in. Regrettably, failure to arrive before this time will most likely be classified as no-show and result in forfeiting the booking and it cannot be refunded or transferred.

If you are not familiar with the area or travelling on a weekend or local

## What to bring/wear

public holidays / school holidays, please make sure you've checked your timetable or driving route beforehand, and allow extra travelling time for unexpected delays to ensure you do not miss your check in.

- Appropriate clothing for all weather conditions, eg. jacket for cooler months.
- Comfortable enclosed walking shoes (no sandals, flip flops)
- Protective clothing, hat, sunscreen lotion, and sunglasses
- Water bottle (3 litres), Snacks
- Small backpack with swimmers, towels, change of clothing (if swimming)
- Umbrella / raincoat if rains
- Camera (waterproof if swimming)
- Money / credit card for optional purchases

## Other info

### Child Policy

- Kids under 12 yrs not allowed.
- Kids must be aged 12 yrs and up and anyone under the age of 18yrs old must be accompanied by a Parent/Guardian/Carer.

### Safety Policy

- The Figure 8 Pools hike requires a medium-high fitness level as the track take involves hiking down and back up a steep track, uneven surfaces, rock hopping over two headlands and suited to the fit and active person. The climb back up is 214m or 700ft and 6km or 4mi hike return.

- Medium-high fitness required and if over 59 yrs then must be fit and active with a HIGH level of fitness.

- Suited to the fit and active person, aged 15-59 yrs, if over 59 yrs need to be very fit with a high fitness level.

- Assessments on ocean conditions are made each week and prior to the tour. If the Figure 8 Pools are not safe to visit on the day due to other dangerous ocean conditions then an alternative activity may be offered or the trip will be cancelled.

- Trips operate during low tide/swell and safe ocean conditions. Please check the NSW National Parks safety checklist for more details to plan your trip: (<https://www.nationalparks.nsw.gov.au/things-to-do/lookouts/figure-eight-pools>)

- Coastal hike includes slippery and uneven terrain, steep sections, an uphill hike, rock hopping and requires a medium to high level of fitness. The hike itself is around 2.5-3 hours total return time. The climb back up is 215m or 705ft and 6km or 4mi in distance return.

### General Policy

- Service Provider cannot change the weather and trips are not cancelled or refunded due to poor or rainy conditions.

- Still do hike in the rain, snow, wind and any other weather conditions. Guests accept the risk that weather conditions they consider unsatisfactory may occur on the date booked.

- Service Provider reserves the right to change a route or itinerary, inclusions, amend times, days and fares for its tours if necessary or withdraw without notice.

- All passengers will be required to sign a safety waiver form on the day that outlines their agreement in participation of adventure activities offered by Service Provider.

- All persons are charged at adult rates, no large luggage items are permitted on board the mini bus as there is limited space (only small backpack is permitted).

- Service Provider takes no responsibility for personal items left on the bus, lost or stolen.

- All passengers are required by Australian law to wear seat belts at all times.

- Due to Australian law smoking is prohibited on the bus.

- Any inappropriate behaviour or misconduct is not tolerated on the tour and Service Provider reserves the right to remove such person/s. Any guest who is rude or aggressive to any customer or guide will be asked to leave the tour and make their own way back to Sydney at their own expense.

## • OVERVIEW •

### **Sydney Royal National Park Figure 8 Pools Coastal Adventure & Hike Full Day Tour with Vietnamese Veggie Salad Roll**

This tour takes guests on an adventure to explore the Worlds 2nd oldest National Park - the Royal National Park. For a fun Eco-friendly tour that includes coastal hiking and bush walking, beaches, Figure 8 Pools, spotting native wildlife, and spectacular scenery.



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Visit the Royal National Park or as the locals like to call it, the 'Nasho', on this eco-adventure tour from Sydney. Explore this spectacular area found just 37 Km (23 miles) and less than an hour drive south of Sydney. See one of Illawarra's best lookout spots, also known internationally as a major hang gliding point at Bald Hill Lookout for spectacular coastal views and drive along the famous Sea Cliff Bridge on the Grand Pacific Drive for breathtaking views of the south coast.

Enjoy a guided hike in the Royal National Park through coastal heathland and rainforest along part of the Coast Track. Take in the beautiful scenery and coastal views along the 6km return (3.7 mi) trek spotting native wildlife and birds along with whales and dolphins off the coast during the whale migration season. (This coastal hike includes slippery and uneven terrain, steep sections, an uphill hike, rock hopping and requires a medium to high level of fitness.)

Walk through Burning Palms Beach and see the heritage listed Coastal Shacks and hear the fascinating facts about the local area and how the 'shacks' came to be. Rock hop around the headlands to reach the Figure 8 Pools and spend some time to explore this spectacular area, swim in naturally formed rock pools of all sizes and shapes including the famous Figure 8!

After the hike up the mountains, head off to visit a little slice of paradise down the south coast at Wattamolla where the waterfall, lagoon and beach are at your fingertips. Take a walk up to Providential Point Lookout if you like, enjoy panoramic views and see the impressive sandstone cliffs and headlands surrounding the local area.

After a full days adventure, sit back and relax as pump some good tunes and make the way out of the Royal National Park back to Sydney.

*As a proud Eco-Certified Tour Operator, the adventure guides clean up rubbish on the hike back and encourage guests to help in effort to keep the National Parks clean.*

*Service Provider's guides carry an extensive remote wilderness pack which includes a First Aid Kit, defibrillator, E-pirb, Satellite Phone, Oxygen mask and other medical misc goods in case of any emergencies. All guides are trained and have their First Aid CPR Certificates up to date.*

### • POLICY •

#### Cancellation Policy

All sales are final and incur 100% cancellation penalties.



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