



MANLY PACIFIC RUN GUIDE

Whether you're here to move, reset, or simply soak up the energy of the coastline, Manly offers the perfect backdrop for every stride.

Our curated run routes - 3km, 5km and 8km options trace the edges of the ocean, winding past iconic surf breaks, hidden coves and sunlit trails from South Steyne to Curl Curl. Set your pace, feel the salt air, and let the rhythm of the sea lead the way.

MANLY
PACIFIC

MGALLERY SYDNEY

FRESHWATER

FRESHWATER
BEACH

QUEENSCLIFF

QUEENSCLIFF RD

PITTWATER RD

QUEENSCLIFF
BEACH

PITTWATER RD

N STEYNE

MANLY BEACH

MANLY
PACIFIC
MGALLERY SYDNEY

SYDNEY RD

S STEYNE

E ESPLANADE

3KM RUN

Manly Pacific to
Shelly Beach return.

CABBAGE TREE BAY

SHELLY
BEACH

FRESHWATER

FRESHWATER
BEACH

QUEENSCLIFF

QUEENSCLIFF RD

PITTWATER RD

QUEENSCLIFF
BEACH

PITTWATER RD

N STEYNE

MANLY BEACH

MANLY
PACIFIC
MGALLERY SYDNEY

SYDNEY RD

S STEYNE

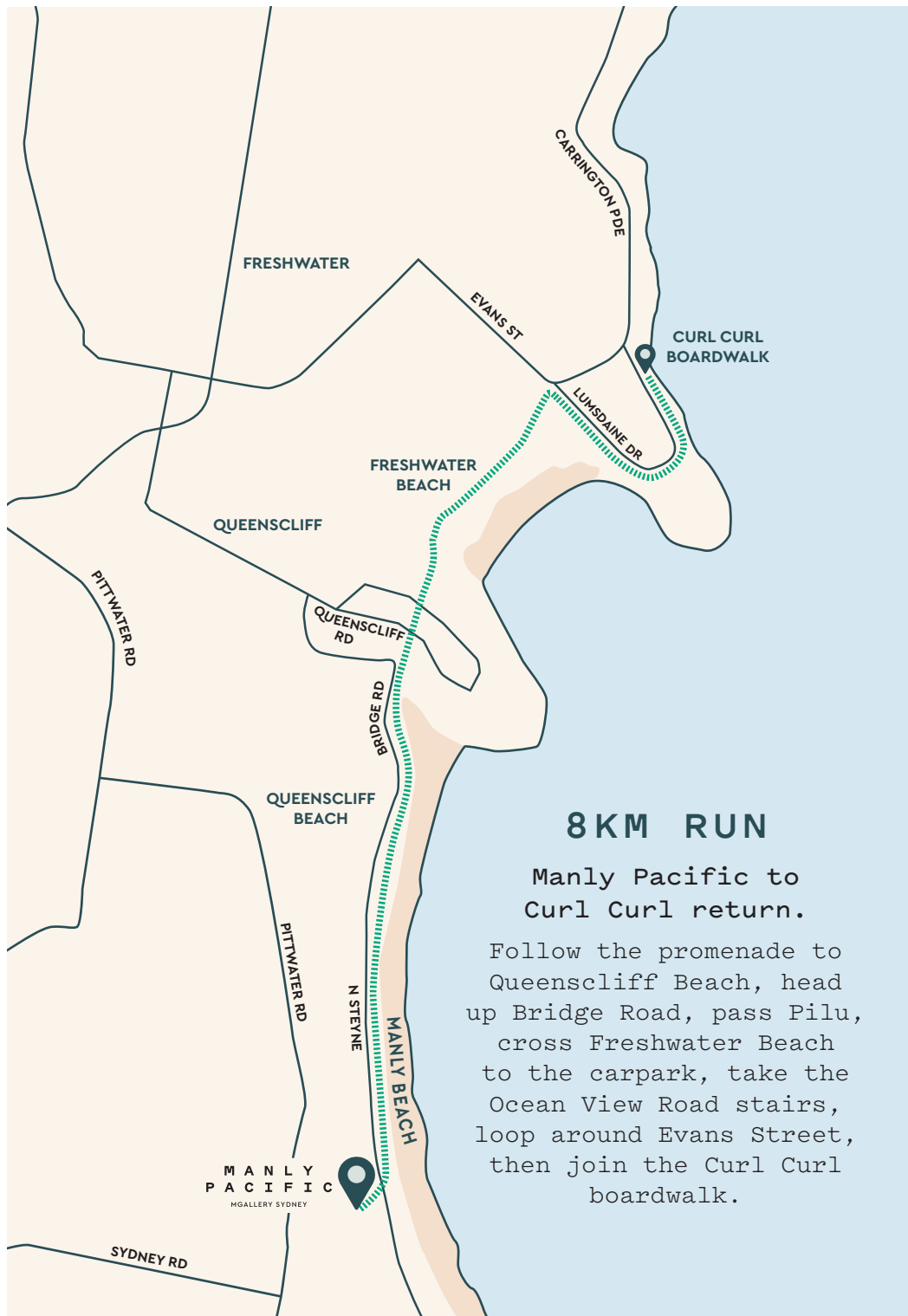
E ESPLANADE

5KM RUN

Manly Pacific to
Shelly Beach and
Queenscliff, return.

CABBAGE TREE BAY

SHELLY
BEACH



8KM RUN

Manly Pacific to
Curl Curl return.

Follow the promenade to Queenscliff Beach, head up Bridge Road, pass Pilu, cross Freshwater Beach to the carpark, take the Ocean View Road stairs, loop around Evans Street, then join the Curl Curl boardwalk.