From Rose Bay to Bondi

A sample private day on Sydney’s coast with Troy Storm Quinlan



First light on Sydney Harbour, seen from Rose Bay.

“I like to start on the harbour while Sydney’s still waking up. Later, above Bondi, I’ll ask you where you’d swim. It’s the quickest way to show you what I see from the headland.”

FIRST LIGHT

Paddle at Rose Bay

Meet at Tingira Memorial Park, beside Club Rose Bay. If a paddle suits your group, we’ll agree a start time for a guided kayak or stand-up board session. Allow about two hours with the briefing. Prefer dry land? Start with a foreshore coffee.

LATE MORNING

Read the coast at Bondi

Leave time for the road trip to Marks Park. From the headland, walk past Icebergs towards the promenade with me. Allow around 90 minutes for stories, questions and photo stops. For fewer steps, ask me to start on the promenade.

LUNCH & AFTER

Stay for the afternoon

Pick up fish and chips near Campbell Parade or ask me to suggest a pub for a long lunch. In wet weather, check what’s on at the Bondi Pavilion Gallery. If the harbour is too windy to paddle, we’ll agree a land-based morning.

CHECK BEFORE YOU GO

Marine forecast Transport planner Pavilion gallery

Make this trip yours

Tell me your dates, your group and the one thing you’d love to do.

Plan a private trip with Troy