

Monday 4th May 2026

Bundeena to Marley Headland and return

My first NPA walk post knee surgery! But very much limited by an inflamed Achilles tendon.

My party consisted of Paul Lofts, Sue Bosdyk, Valerie Atkinson, Claire Finnigan, Dave Noble, Elaine Yeoh, John Prats, Derek Hampton, Deb Little and Jane Marsden.

And the route was from Bundeena along the coast towards Marley Headland. At least 6 went all the way to the Headland. I opted to take care of my tendon and turned my walk into a 6.5km return walk instead. Elaine, Dave and Valerie also stopped there and John returned to us after reaching the Wedding Cake Rock!

The walk was under a low cloud cover and from 9.30am until we completed the walk, roughly at 12.30pm, it rained. Not heavily! But consistently. By the end of the day, at lunch, we were wet!



Waiting at Bundeena Wharf!

And watching the Harold Holt Swimming Club prepare for their morning dip!



On the coast; under mist





At least Elaine brought a touch of colour!





Well, there were birds. There were a number of Fantail Cuckoos calling and lots of New Holland Honeyeaters and Little Wattlebirds, often hawking for insects. There were Australian Ravens and even a Rainbow Lorikeet – amazingly, alone! And, ignoring the rain, lots of Welcome Swallows flitting about, suggesting that the rain had not deterred flying insects!

But, with little out to see and the rain still steady, we retreated to the club for lunch!

