

How to find us

Arrival:

Please arrive 15 minutes earlier than your appointment time so you can effortlessly prepare for your session without feeling rushed. Please take a seat outside of the treatment room. As this is a retreat space, we would appreciate it if you do not use mobile phones outside of the treatment room. There will be a clipboard waiting for you – please fill out the Client Details Form.

Bathroom:

Walk past the True Nature clinic room – it's an undercover verandah - until you see a door at the end of the verandah on your LEFT – ROOM 3. Just inside the door to your RIGHT you'll see the bathroom – they're unisex and there is a sign.

Getting here – by car:

Once you set your Navman (if you have one) for Manly follow these directions. If you come across the Spit Bridge, then you will be coming down **Sydney Road**. If you are coming a different way you will either come into Manly from **Sydney Road** or **Pittwater Road** – depending on how your navigator advises you. Either way, eventually, the directions below will be correct.

Finding True Nature is easy:

If you come down Sydney Road:

- At the bottom of **Sydney Rd** at the traffic lights
- Turn **right** at **Belgrave St**
- Turn **left** at **East Esplanade** (the ferry wharf will be across from you at these traffic lights)
- Take the 3rd **left** on to **Ashburner St**
- Take the 1st **right** on to **Darley Rd**

Or, if you come along Pittwater Road (which becomes Belgrave St)

- Drive to the end of **Belgrave St**
- Turn **left** at **East Esplanade** (the ferry wharf will be across from you at these traffic lights)
- Take the 3rd **left** on to **Ashburner St**
- Take the 1st **right** on to **Darley Rd**

CONTINUE:

- Up **Darley Road** (which is quite a long hill and you will pass St Patricks International Hotel School on your left and St Pauls College on your right)
- At the top of **Darley Road** you will see Manly Hospital on your right

AT THE TOP OF DARLEY ROAD:

When you get to the top of DARLEY ROAD:

- Veer right into North Head Scenic Drive

How to find us

- Stay on this road until you see the **North Head Sanctuary sign** on your **LEFT**
- Drive into the sanctuary – looks like a long driveway
- Drive right up to the old gatehouse and drive through it (gates open as it's no longer a military gatehouse)
- Follow the **P** for parking signs to the carpark – you'll actually drive past my room on your **RIGHT** (you'll know it because it has a row of newly planted flowers & 3 flowerpots out the front)
- Park in the car park and walk back to my room

Note that there is no building signage in the actual sanctuary itself. Remember that you are in a sanctuary which is part of a national park, please drive slowly and take care to avoid any small animals or birds which may be foraging along the roadside – especially at dusk. There is no smoking allowed anywhere in The Sanctuary.

Getting here - by public transport

There are two public transport options from Manly Town Centre – the local free bus HOP, SKIP, JUMP or regular government bus - 135. Both depart from the same bus stop and it's only a few minutes ride to True Nature.

The bus stop interchange is located on West Esplanade across from Manly Wharf 30 metres – from the Manly Wharf exit look across the road to your left and you will see a bus stop outside the Woodfire Pizza and other small restaurants.

Getting away:

If you have driven to your appointment, please wait a few seconds before driving off as small animals may be underneath or behind your vehicle. You can exit The Sanctuary via the car park gates – drive to the end of the car park and turn **LEFT**, drive along until the end of the road – you'll be opposite Manly Hospital. Then simply turn **RIGHT** into Darley Road and you'll be going back the way you came.

The bus stop is located across from The Sanctuary driveway.

Other important information:

If you are pregnant or suspect you may be pregnant, then you will need to cancel your booking or ask for your Gift Certificate to be refunded. If you are menstruating please consider that no underwear is worn during "old style" Hawaiian Lomi Lomi.

Please remember that the Traditional "old style" Hawaiian Lomi Lomi is a therapeutic massage and any disrespectful behaviour will result in the termination of your appointment.

True Nature - let the passion of your spirit guide you and walk gently on the earth...