

# Best Bush & Coastal Walks of the Central Coast

**The full-colour guide to 36 fantastic walks**

- Explore walks from Bouddi to Munmorah, Dharug to Gosford
- Learn about the local history and Central Coast environment
- Find out about local activities and attractions
- Discover the best walks for you and your party
- Includes colour maps, photos and detailed walk notes

# Best Bush & Coastal Walks of the **Central Coast**

By  
Matt McClelland &  
the Wildwalks Team



in association with





# The Central Coast

See map on  
page 163 for  
locations of  
walks 38 to 39

See map on  
page 163 for  
locations of  
walks 1 to 4

See map on  
page 164 for  
locations of  
walks 17 to 20

See map on  
page 163 for  
locations of  
walks 5 to 11

See map on  
page 165 for  
locations of  
walks 12 to 16

SOUTH  
PACIFIC  
OCEAN

To the next generation, particularly Eric and Laura.  
I hope that we take great care of these natural places, and  
I trust that you can pass them on to your children, in even better health.

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Matt McClelland and Wildwalks

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# Best Bush & Coastal Walks of the Central Coast

# Contents

**Regional map.....ii-iii**

**Introduction ..... 1**

    Walk grades and times..... 2

    Track closures ..... 2

    Looking after the bush..... 3

    Safety..... 3

**Walks at a glance..... 6**

**Best Bush & Coastal Walks of the Central Coast**

    Around The Entrance.....11

    Around Gosford.....35

    Bouddi National Park..... 65

    Brisbane Water National Park .....85

    Central West..... 119

    Dharug National Park .....143

**Location maps**

    Around The Entrance and Gosford..... 163

    Central West and Brisbane Water ..... 164

    Bouddi and Dharug National Parks ..... 165

**Navigation and staying found ..... 166**

**Map legend..... 167**

**Index ..... 168**

**About the author and Wildwalks ..... 170**

**Acknowledgements..... 171**

**Other books from Woodslane .....172**

**Feedback ..... 178**

# Introduction

The NSW Central Coast is a special place, blessed with some wonderful natural landscapes and many people flock to the coast in summer to enjoy the waterways and beaches. I trust that you will find great joy in discovering, exploring and sharing these walks.

A great way to ensure the ongoing health of our natural places is by encouraging more people to discover their significance. The National Parks and Wildlife Act of 1974 states that *“The purpose of reserving land as a national park is to identify, protect and conserve areas containing outstanding or representative ecosystems, natural or cultural features or landscapes or phenomena that provide opportunities for public appreciation and inspiration and sustainable visitor use and enjoyment....”*.

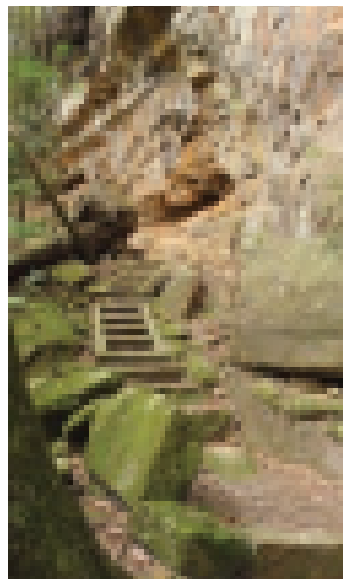
The national parks system is one of the many good mechanisms we use to protect our diverse natural environments. I am incredibly thankful for the people who had the foresight to protect these places; they were not originally protected primarily for our recreation, but what a great privilege it is that we have the opportunity to visit, enjoy and marvel at these ancient landscapes. My hope is that, as you walk, you might find great encouragement from your experiences, and that this encouragement might lead to a deeper love for our natural and significant landscapes.



## Walk grades and times

Establishing grades and times can be a little tricky. These walks were initially graded using the AS 2156.1-2001, Australia's standard for track classification. To keep things simple, however, we have tweaked the grades to help keep a consistent feel for this book series. You'll soon figure out whether your own pace is faster or slower than what's shown in this book. The walk times do not include extra time for rests, side trips or safety margins, please always allow extra time.

Some general rules of thumb when looking at walk grades in this book:



**Easy:** Suitable for people new to bushwalking; take care with children

**Medium:** Suitable for people who walk occasionally

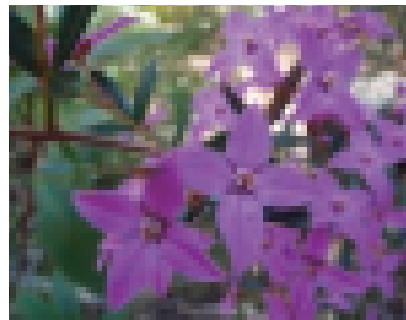
**Hard:** Steep sections, or requires particular attention to safety and navigation skills; these are for people who walk regularly

**Very hard:** For experienced walkers; a high level of fitness, bushcraft and navigational skills are required

Hills can really slow things down. A relatively level 6 kilometre walk will take half the time of a similar length walk that climbs and descends 600 metres (Google "Naismith's rule" to learn more).

## Track closures

All tracks are susceptible to closures for many reasons. Help park managers and save your frustration by checking for track and park closures information prior to setting out. Information about closures on National Park estate can be found at [www.npws.nsw.gov.au](http://www.npws.nsw.gov.au) or by phoning 1300 361 967. Forests NSW (T 1300 655687) and Gosford City Council (T 4325 8222) post some closure information but it is best to call and check, especially if you are travelling some distance. Unless you can find out otherwise, the safest option is to **assume parks are closed on days of total fire bans**. All walks in this book fall in the *Greater Sydney Region* fire area. Current ratings and fire bans can be found at [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au) or by phoning T 1800 679737.



## Looking after the bush

Chances are, you already know the basics. As a quick recap please remember to: take your rubbish, stay on the tracks, don't pick wildflowers, don't break branches off trees and don't blaze new trails. If nature calls and there are no toilets, bury your waste in a hole 15 cm deep and at least 100 metres away from any water source. Leave your dog at home, and if you're lucky enough to see a wild animal, be still and let it be (please do not feed it).

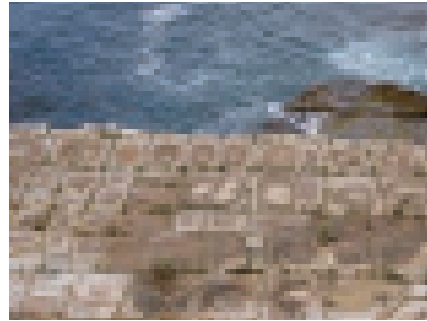
Avoid lighting fires, but if you do need to, use an existing fire place. Only light a fire if you are confident there are no total fire bans in place (neither park nor RFS bans). Make sure the fire is cold before leaving it unattended. In total fire bans you cannot use a camping stove. In summer be prepared with food that does not need cooking.

## Safety and comfort

Although bushwalkers have died walking in the Central Coast region, most serious problems can easily be avoided. Following are some ideas to help make your time out bush safer and more enjoyable. It is not possible to teach all that is needed here, however, and if you are not an experienced walker, then consider finding someone who is or consider joining a walking club. Walking with a competent bushwalker will help build your own skills, comfort and safety levels.

- Be confident enough to **pull out if things aren't right**. It doesn't take much for a minor incident to turn major, especially if you are ill or the weather is not favourable. If things look wrong, postpone your walk for another day.
- **Choose walks that are suitable** for you and your walking buddies. Walkers with heart, circulatory or breathing difficulties should be particularly cautious.

- **Keep well back from cliff edges** and keep a close eye on children.



- **Carry plenty of drinking water.**

Sadly, you can't rely on the availability or quality of water on many of these walks. Avoid walking on hot days, consider resting in a shady spot in the middle of warmer days and be well hydrated before you start. On hot summer days you can lose around 3 litres of water per hour during activity. Generally you want to carry at least one litre of water per person for every two hours of walking, but

on hot days carry more. Water is heavy, but critical for life.

- **Eat well.** Walking in the bush is a key time to eat well. Take some time to plan your food and snacks. Eating good food with friends in the bush is much better than the fatigue from hunger. Fresh fruit will last, if packed well.



- **Wear sensible shoes.** Choose comfortable and sturdy shoes; avoid using new shoes on a long walk (at least carry your old shoes with you). Look after your feet; if you feel a hotspot, take the time to prevent the blister before it grows.
- **Keep an eye on the weather.** The weather can change quickly. If you're walking for more than a few hours, or if rain is forecast, pack some wet weather and warm clothing. Visit [www.bom.gov.au](http://www.bom.gov.au) for forecasts.
- **Slip Slop Slap** Seek Slide. Slip on a shirt, slop on sunscreen, slap on a hat, seek shade, and slide on the sunnies. Visit [www.cancer.org.au](http://www.cancer.org.au) to learn more about protecting yourself from the sun.
- **Carry and know how to use a first-aid kit.** A remote area first-aid kit from an outdoor store is a great idea. Training in first aid, especially remote area first aid is very worthwhile, and potentially lifesaving. Make sure you and your friends are carrying any regularly taken personal medication. If anyone in your group has asthma, severe allergies or other life threatening conditions, make sure a few people understand

the signs and the appropriate management plan. Know how and when to apply a pressure immobilisation bandage and how to help a person who is unconscious. A good insect repellent can help relieve you of a few critters such as ticks, leeches and mozzies.

- **Walk in a group.** Some people enjoy walking alone, but it is much safer to walk with other people. If you choose to walk alone, then take extra precautions to deal with the significant increased risk.
- **Tell some where you are going.** Even on short walks, always make sure someone responsible knows where you're going, when to expect you back, and what to do if you are late returning.
- **Carry a mobile phone.** In an emergency dial 112 (only works on digital mobile phones; dial 000 from any other type of phone); this gives you the best chance of talking to the emergency services. Be ready to explain where you are and what help you need. Even a second hand digital phone with no sim card can make an emergency call; if you don't own a phone, ask a friend for their old one. Charge and conserve your battery.
- **Carry a PLB.** Seriously consider buying, borrowing or hiring a Personal Locator Beacon (PLB – sometimes referred to as an EPIRB) or another satellite based emergency beacon, such as SPOT. These devices call for help in a life-threatening situation. They work even when your mobile phone does not. A PLB offers a fast and reliable way to attract help; other devices like SPOT may be a bit slower, but offer additional functionality. They may sound expensive, but only until you need one. Trigger your PLB if there is a threat of grave and imminent danger, and there are no other reasonable means of communication (ie: try your phone first). I always carry a beacon with me in the bush, even on short walks. Help will come, but it will take time; be prepared to wait for several hours, or even overnight.

See page 166 for further information on navigation, not getting lost and getting found if you do.

Walks at a glance

Walk	Page	Distance (km)	Time	Grade	Café	Water access	Ascent (m)	Descent (m)	Highlights
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Around The Entrance

1	Munmorah Coastal	12	3.3 one way	1 hr 30 mins	Hard	-	Yes	100	100	Wildflowers, coast views, Frazer Beach
2	Norah Head Lighthouse Loop	16	2.5 circuit	1 hr	Medium	Nearby	Yes	70	70	Lighthouse, coast views, rock pool
3	Redgum Trail	22	3.4 circuit	1 hr 15 mins	Medium	-	-	50	50	Angophora forest, Tuggerah Lake views
4	Lillypilly Loop Trail	26	3.6 circuit	1 hr 15 mins	Medium	-	Yes	60	60	Tuggerah Lake shore, diverse forest
5	Wyrribalong Coast Walking Track	29	3.8 one way	1 hr 30 mins	Medium	Nearby	Yes	70	75	Coast Views, picnic areas, beaches

Around Gosford

6	Ouraka Point Loop	36	2.1 circuit	1 hr 15 mins	Medium	Nearby	-	140	140	Ouraka Point Lookout, dry forests
7	Ironbark and Flannel Flower Circuit	40	2.1 circuit	1 hr	Medium	-	-	110	110	Lookouts, varied forests, picnic areas
8	Rainforest walk to Nurrunga	44	2.2 one way	1 hr	Medium	-	-	200	50	Varied forest, sculptures, lookouts, picnic area
9	Gosford to Lisarow	48	11.3 one way	4 hrs 30 mins	Medium	Start	-	480	460	District views, wildflowers, picnic areas
10	Katandra Reserve Explorer	54	5.3 circuit	2 hrs 45 mins	Medium	-	-	350	350	Strangler Fig trees, Seymour Pond, lookout
11	Kincumber to Terrigal	60	4.5 one way	2 hrs	Medium	-	-	220	220	Rock formations, picnic area, lookout

Bouddi National Park

12	Box Head	66	3.1 return	2 hrs	Medium	-	-	130	130	Views from Box Head
13	Bullimah Outlook	69	2.3 return	1 hr 15 mins	Medium	-	-	100	100	Views from Bullimah Outlook, ridge walking
14	Gerrin Point Circuit	73	5.2 circuit	2 hrs 30 mins	Medium	-	Yes	300	300	View from Gerrin Point, beaches and coastline
15	Little Beach	78	1.2 return	30 mins	Easy	-	Yes	50	50	Little Beach, picnic area
16	Bouddi Coastal Walk	80	8.1 one way	5 hrs	Medium	-	Yes	370	410	Coastal views, shipwreck, beaches, botany



Walk	Page	Distance (km)	Time	Grade	Café	Water access	Ascent (m)	Descent (m)	Highlights
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## Brisbane Water National Park

17 Mt Ettalong	86	1.4 return	30 mins	Easy	-	-	30	30	Views, angophora forest
18 Patonga to Pearl Beach	88	4.2 one way	1 hr 30 mins	Medium	Yes	Yes	180	180	Water views, beaches, villages, diverse forest
19 Little Wobby to Woy Woy	92	16.1 one way	6 hrs 30 mins	Very Hard	End	Yes	590	600	Water views, waterfalls, remoteness
20 Staples Lookout to Mount Wondabyne Circuit	98	10.8 circuit	4 hrs 30 mins	Medium	-	Sidetrip	340	340	View from Mt Wondabyne, rocky outcrops
21 Staples Lookout to Kariang Brook Falls	102	5.7 return	2 hrs 30 mins	Medium	-	Yes	230	230	Falls, sandstone rocks, grass trees
22 Pindar Cave	104	11.5 return	4 hrs 30 mins	Hard	-	-	490	490	Pindar Cave, district views, remoteness
23 Bulgandry Engravings	107	0.8 return	20 mins	Easy	-	-	20	20	Aboriginal engravings, wildflowers
24 Girrakool Loop	110	1.4 circuit	45 mins	Medium	-	Yes	60	60	Lookouts, waterfalls, Aboriginal engravings
25 Piles Creek Circuit	114	4.1 circuit	2 hrs	Medium	-	Yes	300	300	Lookouts, waterfalls, caves, suspension bridge

## Central West

26 Bellbird Trail	120	3.3 circuit	1 hr 15 mins	easy	-	-	90	90	Birds, diverse forest, creek crossings
27 Strickland Falls and Cabbage Tree Loop	124	3 circuit	1 hr 30 mins	easy	-	-	220	220	Rock formations, waterfall (after rain), ferns
28 Somersby Falls	128	0.4 return	20 mins	Medium	-	Yes	40	40	Waterfalls, picnic areas, forest
29 Popran Creek from Peats Ridge Road	132	2.5 return	1 hr 15 mins	Medium	-	Yes	190	190	Sandy Creek, moist forest
30 Ironbark Road to Glenworth Valley	134	10 return	4 hrs 15 mins	Hard	Yes	-	490	490	Views, varied forest, Glenworth Valley
31 Emerald Pool Circuit	138	10.8 circuit	4 hrs 15 mins	Medium	-	Yes	350	350	Emerald Pool, varied forests, outcrops

## Dharug National Park

32 Dubbo Gully to Upper Mangrove Cemetery	144	7.2 return	3 hrs 15 mins	Medium	-	-	450	450	Historic cemetery, roads and farms
33 Dubbo Gully and 10-mile Hollow Circuit	148	24.3 circuit	2 Days	Hard	-	-	1120	1120	Historic cemetery, roads, bridges, forests
34 Devines Hill and Finch's Line Circuit	152	9.9 circuit	4 hrs 30 mins	Medium	-	-	550	550	Historic road, river views, sandstone cuttings
35 11km (Mill Creek) Circuit	156	8.2 circuit	4 hrs 15 mins	Hard	-	-	630	630	Grass trees, sandstone cliffs, rugged country
36 Grass Tree Circuit	160	1.7 circuit	1 hr	Medium	-	-	110	110	Grass trees, sandstone formations, forest

# Around The Entrance

Near many of the premium tourist destinations on the Central Coast, the walks in this chapter provide a wonderful way for locals and visitors to connect with the land and discover a series of rich and diverse coastal environments. These walks are scattered along the narrow coastal strip between Forresters Beach and Catherine Hill Bay, bounded by the South Pacific Ocean to the east and the Tuggerah Lakes system to the west.

Munmorah State Conservation Area, which really shows its vibrant personality in spring when wildflowers are in full bloom, is explored in the first walk. Beyond this, the park still has much to offer visitors with spectacular sea cliffs, long sandy beaches, palm forests, picnic areas and two great camp grounds. The next walk focuses on Norah Head Lighthouse Reserve, a small reserve protecting a pocket of bushland and the lighthouse, which was opened on 15th November 1903 and is still in use today. This reserve showcases local marine history and provides many grand coastal views. Wyrabalong National Park protects a number of important environments including the last significant stand of littoral rainforest on the Central Coast. These walks help you explore the coastal cliffs and the majestic *Angophora costata* (Sydney Red Gum) forest.



# 1 Munmorah Coast Track

Starting from Campbell Drive, this walk follows the Geebung and Grass Tree tracks to Frazer Beach, with an optional side trip to Wybung Head. Geebung Track leads you through low heath and past a few sweeping ocean views, as well as great wildflower displays in spring and summer. The side trip to Wybung Head follows a dirt road, and the views are well worth the detour. Grass Tree Track is overgrown and unclear in places as it makes its way down to Frazer Beach.

## At a glance

**Grade:** Hard

**Time:** 1 hr 30 mins

**Distance:** 3.3 km one way

**Ascent/descent:** 100 metres ascent / descent

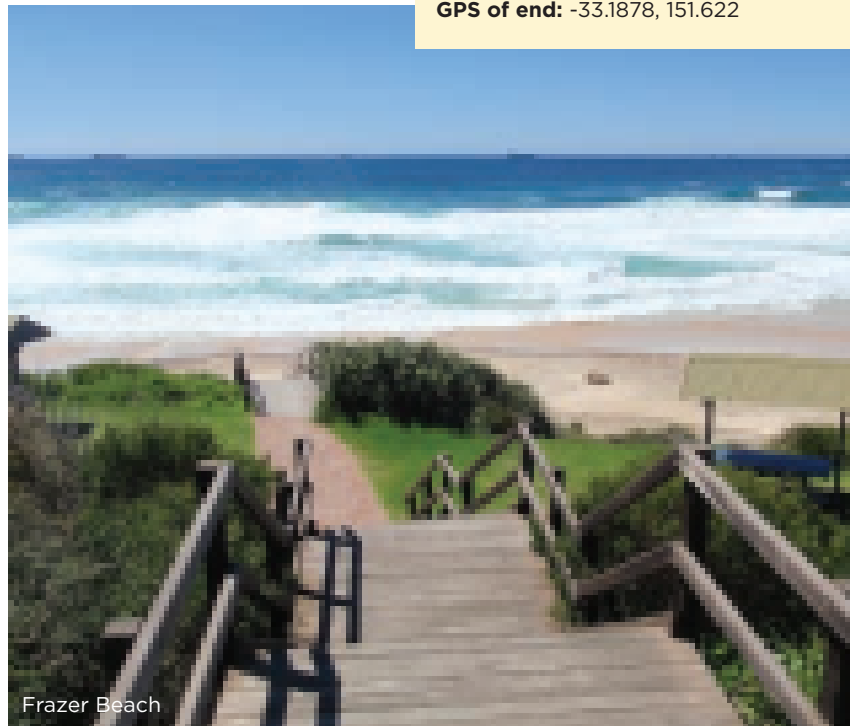
**Conditions:** Limited shade, best on clear but cooler days

### Getting there:

**Car:** Turn off the Pacific Hwy and follow Blue Wren Dr for 1.7 km then turn left and follow Campbell Dr for 800 m to find a small car park. The walk finishes at end of Frazer Beach Rd (found further along Campbell Dr). Either organise a second car or allow extra time to walk back to the start.

**GPS of start:** -33.1954, 151.6016

**GPS of end:** -33.1878, 151.622



Frazer Beach

## 1 Munmorah Coast Track

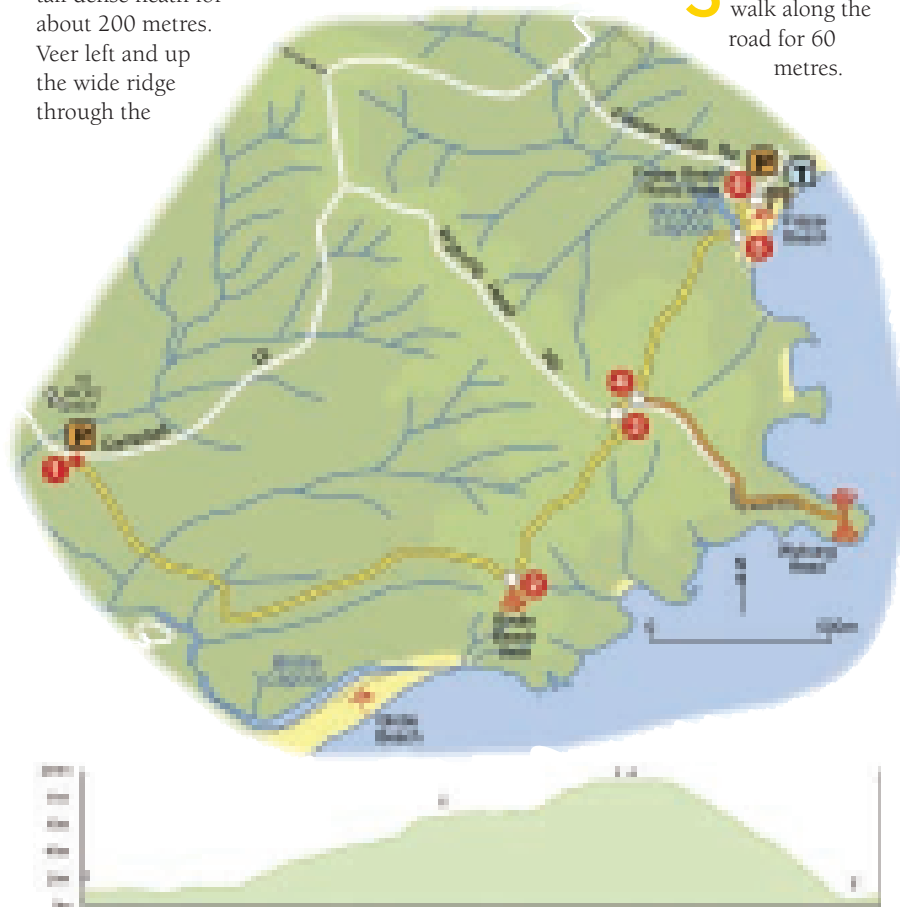
### Walk directions

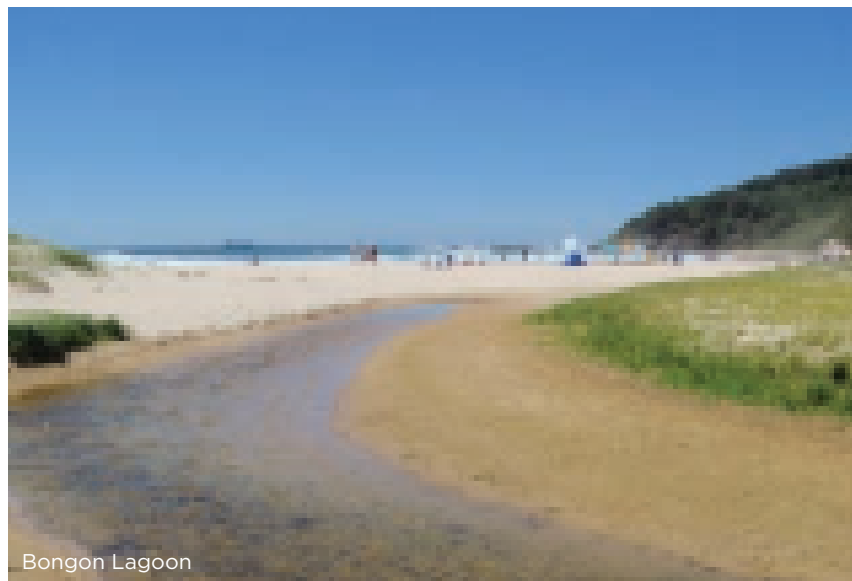
**1** From Campbell Drive, head south around the locked gate, though the clearing and then follow the *Coast Track* sign along the management trail. After about 350 metres, the management trail ends and you cross a small creek using a timber boardwalk. Head up a series of timber steps (where the track is lined with timber for a short time) and across a small clearing. The track then leads back through tall dense heath for about 200 metres. Veer left and up the wide ridge through the

low heath, with wide district views behind, then near the top of the hill (as Birdie Beach comes into view on the right), and just after a significant left-hand bend, you'll come to the first of the ocean views along Birdie Beach. The view south is over Red Ochre Beach then along Birdie Beach. You can also see past Bird Island to Norah Head in the distance.

**2** Continue north along the wide track that soon leads into taller heath. You'll soon pass another view into an un-named bay (on the right) and then continue through the tall heath for a while. Not long before Wybung Head Road, turn right at a 'Y' intersection then through a clearing. Head around the locked gate to the turning area and car park on Wybung Head Road.

**3** Turn right and walk along the road for 60 metres.

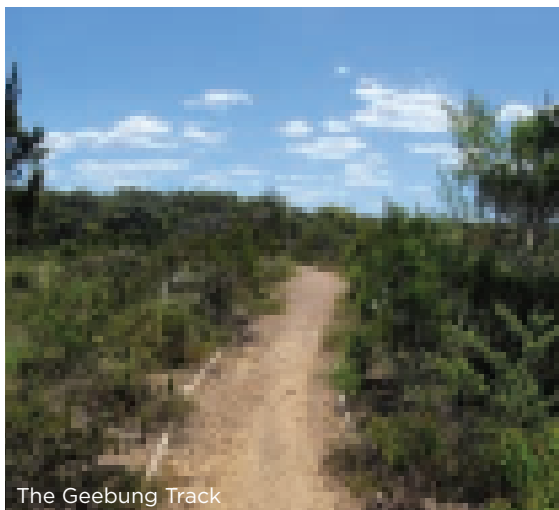




Bongon Lagoon

Just before the right-hand bend, you'll find an intersection with the faint Grass Tree Track on the left, just after the heath becomes taller. (Remember this point if you are taking the optional side trip to Wybung Head).

**4** Follow the faint Grass Tree Track north over a small rise and through the dense vegetation. Soon the vegetation becomes shorter and the track becomes clearer. There are some distant ocean views as you meander gently downhill for a while before the track becomes steeper and eroded in places. Try to follow the main track, and avoid the smaller side tracks that have been created. As you approach the beach, you'll enter a forest of taller trees and finally reach Frazer Beach,



The Geebung Track

just at the bottom end of Bongon Lagoon. This beach is a popular swimming area with a patrol service provided during Christmas, Easter and April school holidays.

**5** Tend left along the sand, keeping the lagoon to the left, then

tend right up to the lower car park, past the picnic shelters and tables, to the end of Frazer Beach Road. The picnic area has wide ocean views over the beach and there's a nearby amenities block (toilet and showers) plus an emergency telephone.

### Walk variation - side trip to end of Wybung Head

This side trip adds about 1.5 kilometres to the walk, but is well worth the extra time. From point 4 head along Wybung Head Road towards the ocean. Soon after passing a sweeping right-hand bend, the walk comes to a car park and the end of the road. Go through the locked gate and follow the management trail down the hill to find the wide ocean views. Continue along the trail at the top of an unfenced cliff, to a grassy clearing in the middle of a narrow saddle. A narrower track continues to the end of the point, where the heath suddenly opens up at the top of an unfenced cliff and view across the ocean. Wybung is a local Aboriginal word meaning 'Dangerous Sea'. The headland provides clear views up and down the coast and is a popular whale watching area.



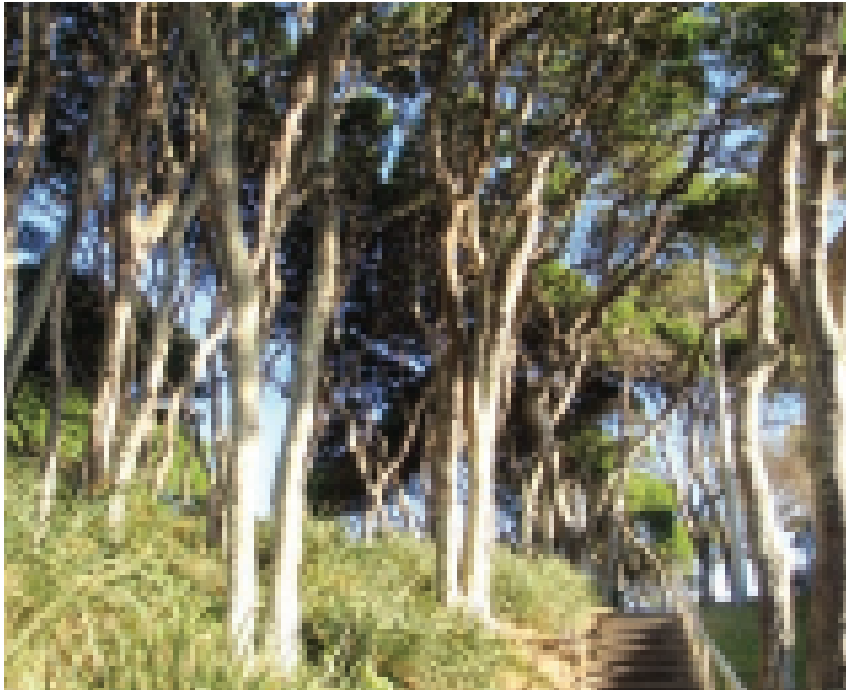
View North from Wybung Head

### Make a day of it

Whilst in the area, you may enjoy a drive to the end of Snapper Point Road to see the large Snapper Point Sea Cave, and walk along the short management trail to Snapper Point. Birdie Beach is a popular area for visitors and the more secluded walk to Timber Beach is a good opportunity to explore a quieter section of the park. You can make a weekend of it by camping at either Frazer or Freemans camping grounds.

# 2 Norah Head Lighthouse Loop

This wonderful loop walk, with a great variety of scenery, takes in the forest of the Norah Head Nature Trail, the merchant navy memorial and Norah Head lighthouse before returning via the shoreline. There are plenty of impressive coastline views and the opportunity to explore the rockshelf below the lighthouse. On weekends, you can also join a tour of the lighthouse (every half hour from 1000-1330).



## At a glance

**Grade:** Medium (the rockshelf will present extra difficulty)

**Time:** 1 hr

**Distance:** 2.5 km circuit

**Ascent/descent:** 70 metres ascent/descent

**Conditions:** All seasons. Only consider attempting the rockshelf at low tide and low seas

## Getting there:

**Bus:** Catch Busways route 79 from Wyong station to Lake Haven shopping centre then route 90 to the intersection of Bungary Rd and Maitland St - turn left and walk along Maitland St (becomes Bush St) to the Bush St Reserve (hourly services)

**Car:** Drive to Bush St Reserve, near the junction of Young St and Bush St, Norah Head

**GPS of start/end:** -33.2804, 151.5694

## 2 Norah Head Lighthouse Loop

### Walk directions

**1** Walk from the car park at the Bush Street Reserve across the park for 90 metres to the information board and track head at the back corner of the park.

**2** Walk through the timber barricade past the *Headland Nature Trail* sign. After spending a while winding through the bush your track will intersect with another, close to a fenced lookout platform.

**3** Veer left at the intersection and walk 15 metres to the Headland lookout platform.

**4** From the lookout, walk back to the previous intersection and turn left, following the



*Nature Trail* arrow left through the bush. After passing over a small timber bridge you will reach the lighthouse car park.

**5** Head through the car park and to the left, then cross Bush Street to the Merchant Mariners memorial and lookout.

There are some plaques in the footpath and in rocks at the memorial with information about merchant ships and lives lost during World War II.

**6** Take the footpath towards the lighthouse past an information board. After 120 metres you will



## 2 Norah Head Lighthouse Loop



Norah Head Lighthouse

arrive at the corner of the lighthouse cottage yard (the lighthouse can be booked for accommodation, T 1300 132 975, with the grounds available for weddings and events, T 4396 4102).

**7** From the corner of the yard, walk past the lighthouse cottages for 100 metres to the gate beside the lighthouse. Established in 1903 this was converted from kerosene to electric

power in 1961. Tours are available on weekends every half hour from 1000-1330.

**8** Head down the hill towards the ocean where, after 80 metres you'll find a viewing point at the top a set of steps offering views up and down the coastline.

**9** Walk down the timber steps to the beach at the bottom.

**10** At the beach turn left. There's the option to spend some time exploring the rock platform here, but make sure conditions are safe beforehand. Keeping the ocean to the right, walk around the headland until you reach the southern end of Lighthouse Beach.

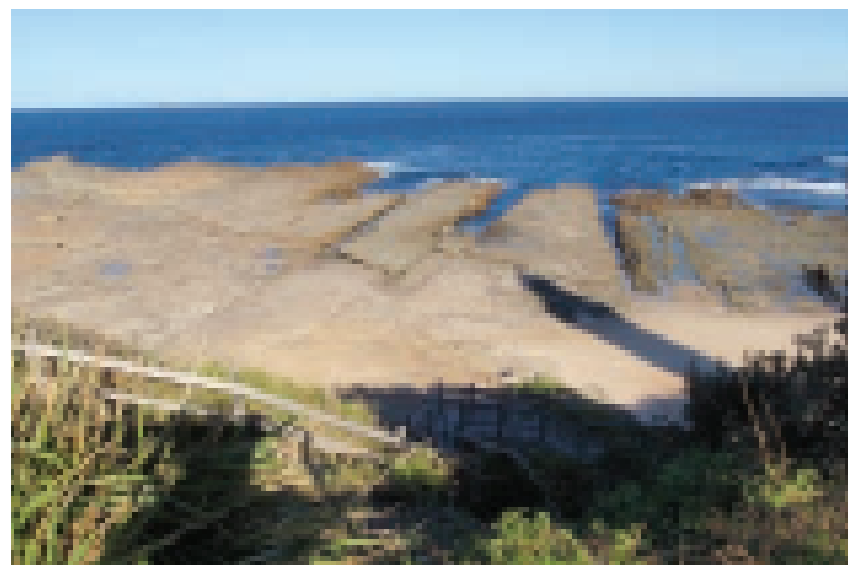
**11** Still keeping the ocean to the right, head towards the rock platform at the north end

## 2 Norah Head Lighthouse Loop

of the beach. Head up the steps and along the footpath with the metal handrail, around the headland and past the ocean pool to the bottom of the concrete steps, just below the toilet block.

**12** Walk up the steps away from the ocean pool, past the toilet block and along the footpath for 90 metres to an intersection signposted *Cabbage Tree Harbour Rock Pool path, Bush St.*

**13** Turn left – soon you will reach an open grassy area. Turn right and find the information board and track head at the back of the park. You are now back at waypoint 2. Retrace your earlier steps across the park and back to the car park.





Wyrabalong Coast Walking Track"

# 3 Redgum trail

Looping through the Sydney Red gums in Wyrrabalong National Park, this walk takes you under twisted trees leaning over the track, creating great scenery and atmosphere. Two lookout platforms along the way provide views over the surrounding areas and Tuggerah Lake. Much of the walk is on sandy tracks.

## At a glance

**Grade:** : Medium

**Time:** 1 hrs 15 mins

**Distance:** 3.4 km circuit

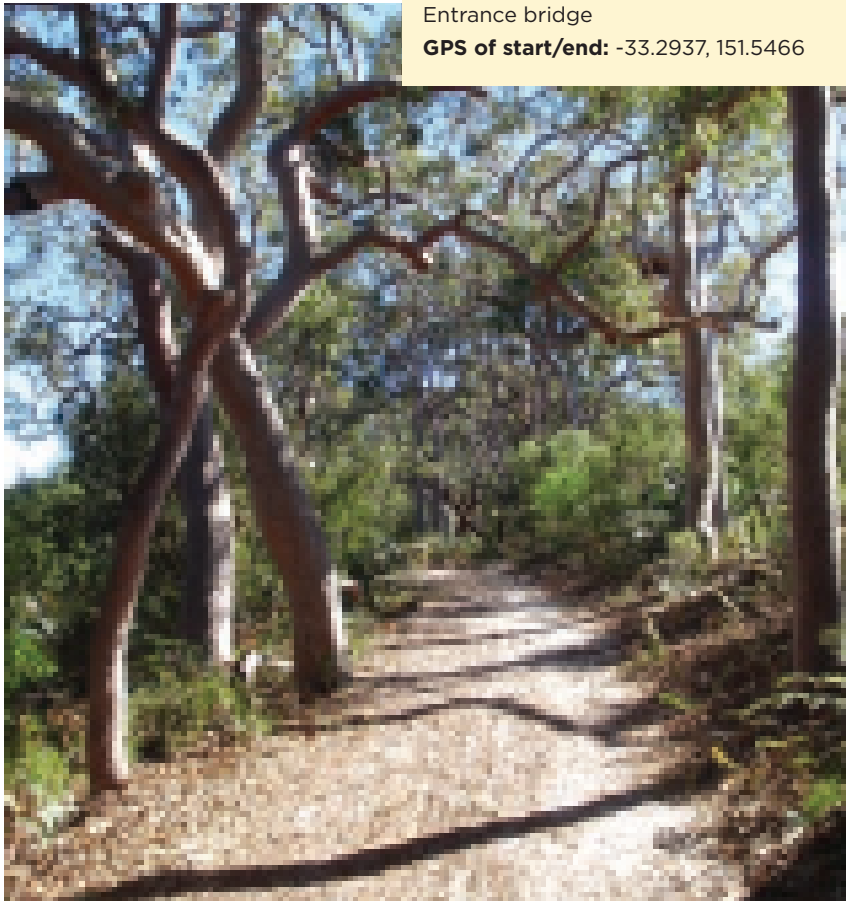
**Ascent/descent:** 50 metres ascent/descent

**Conditions:** All seasons

### Getting there:

**Car:** Drive to the Wyrrabalong National Park signposted car park on the Central Coast Hwy, aka Wilfred Barret Dr, about 7 km north of The Entrance bridge

**GPS of start/end:** -33.2937, 151.5466



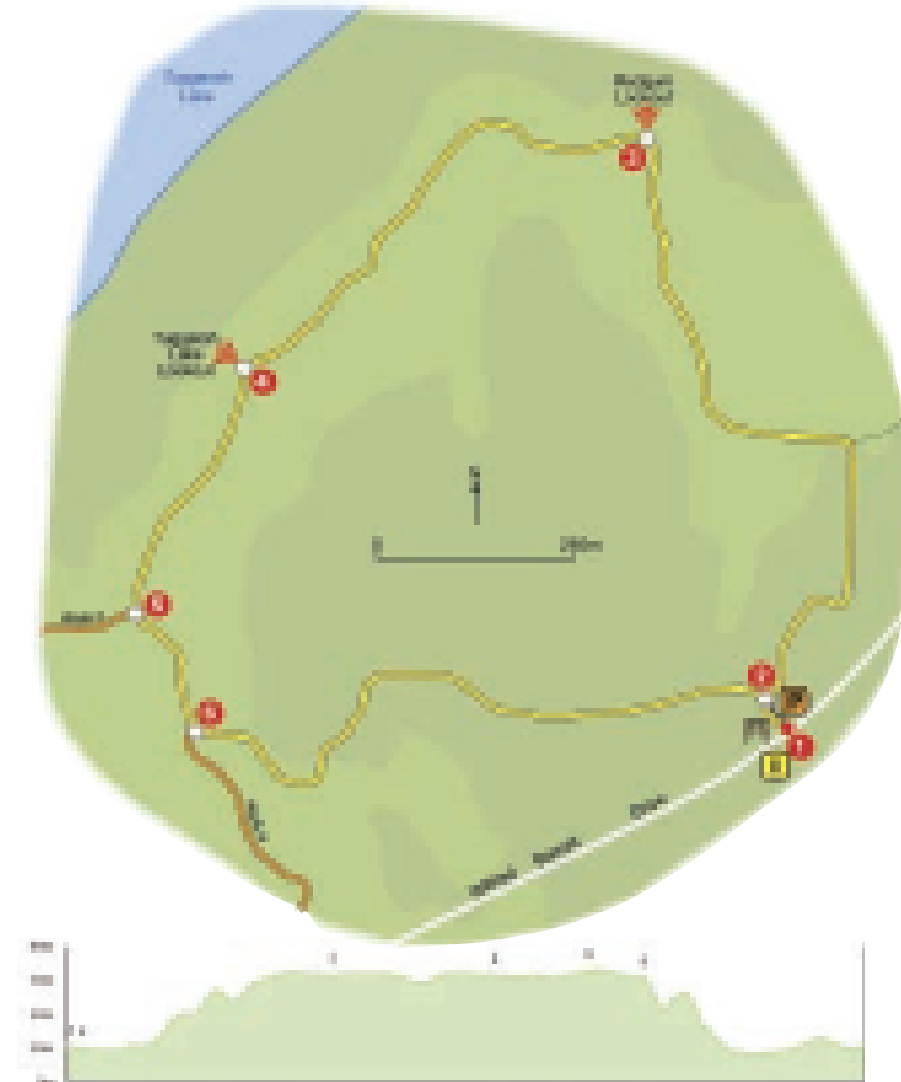
## 3 Redgum trail

### Walk directions

**1** Walk from the car park through the timber fence and past an information board, following the sandy management trail. After 60 metres you will reach the intersection of the *Red Gum Trail* and the *Burrawang Walking Track*.

**2** Follow the *Red Gum Trail* arrow to the right and along the sandy track. You will climb a little through a series of bends, passing a couple more *Red Gum Trail* signs. Turn left when you arrive at the intersection with the *Wetland Trail*,

dropping through a gully and up the other side. When you pass a *Red Gum Forest* information board, continue another 300 metres to find a wooden lookout platform with views to the north and northeast.



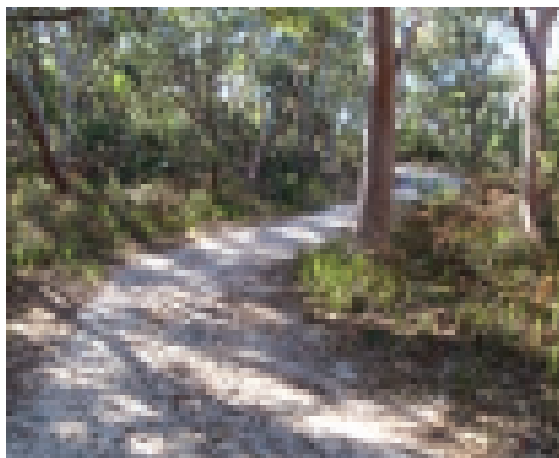


### 3 Redgum trail

**3** Continue along the sandy bush track through the forest and around to the left. You'll have glimpses of Tuggerah Lake to the right and the ocean to the left for a while, until you reach another fenced wooden lookout platform with more views west over Tuggerah Lake.

**4** Walk on through the forest for 400 metres to the intersection with the Lilly Pilly Loop Trail.

**5** Turn left, following the Lilly Pilly Loop Trail, down through a gully and some more forest before coming to an intersection with the

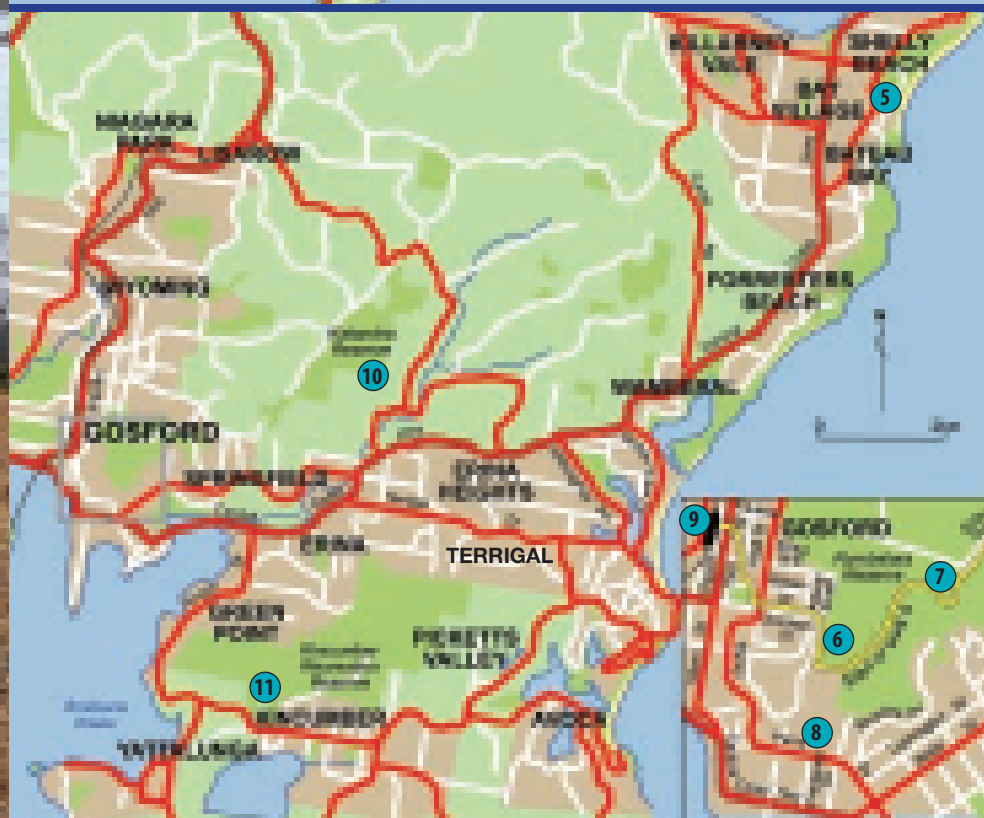


*Burrawang Walking Track.*

**6** Again turn left, through the forest and some thick vegetation, passing a Burrawang Walking Track signpost.

Eventually you will reach the signposted intersection with the Red Gum Trail (you are now back at waypoint 2). Veer right and follow the trail back to the car park.







# Navigation and staying found

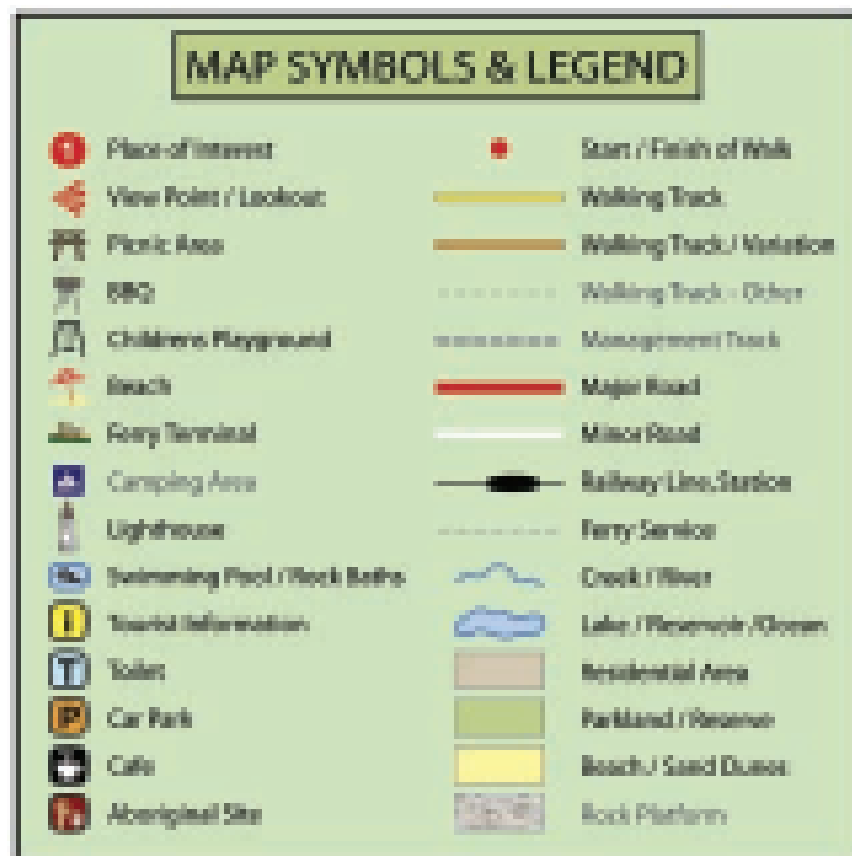
Good navigation will help you have a safer and more enjoyable journey. The notes and maps will help, but you will still need to pay attention and be able to deal with changes.

For longer and harder walks, **carry a topographic map and compass** – you will need them. You can print more detailed topographical maps for each of these walks from [wildwalks.com](http://wildwalks.com) but it is also still worth carrying a 1:25,000 scale map of the larger area just in case. The following LPMA sheet maps cover the walks in this book: Broken Bay (91301N), Catherine Hill Bay (92314S), Cowan (91304N), Gosford (91312S), Gunderman (91313S), Lower Portland (90312S), Mangrove (91313N), St Albans (90312N), Toukley (92313N), Wyong (91312N).

A GPS is a helpful tool for finding your location and other useful info. Generally GPS still do not have detailed maps on them, but the co-ordinates can be useful when using maps marked with grids or when calling for help. A GPS is another tool and like compasses they have their limits.

**Don't leave the main track**, even if you are concerned that you're no longer on the correct track. 'Bush-bashing' to try to find your way is hard work, very slow and dangerous. If you feel you have gone the wrong way, stop, look at the maps and read the notes. It is often helpful to backtrack to the last place where you knew you were on track. If you see someone, swallow your pride and ask for help; you might make a new friend.

In the unlikely event you find yourself really lost, then stop and stay put on a track. Call for help and make yourself comfortable, visible and heard. If your phone does not work, remember that you have told someone responsible where you were going, and when you are due back. Trust that they will raise the alarm. You wandering about is only likely to make a search harder. Even if your phone is out of range try sending an SMS when holding the phone above your head. Sometimes a message will get through even when calls cannot. If sending an SMS please, send it to someone who will act (neither 112 nor 000 accept SMS's). Any message must be clear, with information about what help you need and where you are. If you have tried all reasonable means of getting help, and you feel your welfare is at risk then you can use your PLB. Whatever means you use to raise help, it will probably take hours (or longer); conserve your energy, keep warm, dry and get comfortable.



# Index

11km (Mill Creek) Circuit, 156-159  
248 Trail, 141

## A-B

Arboretum Loop Trail, 121-122  
Bellbird Trail, 120-123  
Birdie Beach, 13, 15  
Bongon Lagoon, 14  
Bouddi Coastal Walk, 80-83  
Bouddi National Park, 65-83  
Box Head, 66-68  
Brisbane Water National Park, 85-117,  
128-131  
Brooklyn, 92, 93  
Engravings, 107-109  
Bullimah Outlook, 69-42  
Bulls Hill Quarry, 100  
Bundilla Lookout, 115  
Bush Street Reserve, 17

## C

Cabbage Tree Loop, 124-126  
Cabbage Tree Palm, 127  
Casuarina Track, 37, 39  
Charles Darcy Roberts, 71  
Charles Kingsford Smith sculpture, 41,  
47  
Charles Sturt sculpture, 38, 39, 50  
Clare's Bridge, 150  
Croppy Point, 93

## D-E

Devines Hill and Finch's Line Circuit,  
152-155  
Dharug National Park, 148-163  
Donny's Track, 151  
Dubbo Gully and 10-mile Hollow  
Circuit, 148-151  
Dubbo Gully to Upper Mangrove  
Cemetery, 144-147  
Emerald Pool Circuit, 138-141

engravings, Aboriginal, 107-109, 111  
Engravings, Bulgandry, 107-109  
Eve Williams Memorial Oval, 88

## F-G

Fairview homestead, 146  
Finch's Line, 152-155  
Flannel Flower Track, 40-42  
Frazer Beach, 12, 14  
Geebung Track, 12  
Gerrin Point Circuit, 73-77  
Girrakool Loop, 110-113  
Girrakool Picnic Area, 111, 115  
Glenworth Valley, 134, 136  
Gosford to Lisarow, 48-53  
Grass Tree Circuit, 160-161  
Grass Tree Track, 12, 14  
Great North Walk, 88, 89, 116

## H-K

Hawkesbury River, 92, 93  
Headland Nature Trail, 17  
Illoura Lookout, 115  
Ironbark and Flannel Flower Circuit,  
40-42  
Ironbark Road to Glenworth Valley,  
134-137  
John Eyre sculpture, 51  
John Eyre, 53  
John 'Jack' Higgs, 110  
Kariong Brook, 102-103  
Katandra Reserve Explorer, 54-59  
Katandra Reserve, 51-59  
Killcare Heights (Marie Byles) Lookout,  
73  
Kincumber to Terrigal, 60-63

## L-M

Lilypilly Loop Trail, 24, 26-28  
Little Beach, 78-79  
Little Wobby to Woy Woy, 92-97

Maitland Bay Information Centre, 69,  
70, 74  
Maitland Beach, 82  
Marie Byles (Killcare Heights) Lookout,  
73  
Marie Byles, 73  
Matthew Flinders sculpture, 41, 47  
McPherson State Forest, 144-145  
Merchant Mariners Memorial, 17  
Mill Creek picnic area, 156, 157, 158,  
160, 161  
Mount Wondabyne, 95, 98-101  
Mt Ettalong, 86-87  
Mt Olive, 135, 140, 141  
Munmorah Coast Track, 12-15

## N-P

Norah Head Lighthouse Loop, 16-19  
Nurrunga Picnic Area, 41, 42, 44-47  
Old Great North Road, 144, 148, 150-  
151, 152-154  
Ouraka Point Loop, 36-39  
Patonga to Pearl Beach, 88-91  
Pearl Beach, 91  
Pearl Caves, 90  
Phil Houghton Suspension Bridge, 116  
Piles Creek Circuit, 114-117  
Piles Creek, 112-113, 114-117  
Pindar Cave, 104-106  
Pindar Lookout, 105  
Pindar Pool, 106  
Pindar Waterfall, 106  
Popran Creek from Peats Ridge Road,  
132-133  
Popran National Park, 132-141  
Putty Beach & camping area, 76, 77, 83

## R

Rainforest walk to Nurrunga, 44-47  
Red Ochre Beach, 13  
Redgum Trail, 22-25

Rocky Ponds, 92  
Rumbalara Environmental Education  
Centre, 36, 49  
Rumbalara Reserve, 36-51  
Rumbalara sculptures, 39

## S

Seymour Pond, 55-56  
Simpson's Track, 150  
Snapper Point, 15  
Somersby Falls, 128-131  
Spring Beach, 94  
SS Maitland, 80, 82, 83  
St Johns Lookout & picnic area, 52, 59  
Staples Lookout to Kariong Brook Falls,  
102-103  
Staples Lookout to Mount Wondabyne  
Circuit, 98-101  
Strickland Falls and Cabbage Tree  
Loop, 124-127  
Strickland Forest, 120-126

## T-Y

Ten Mile Hollow, 148-151  
Thomas James Bridge, 152, 155  
Thommo's Loop, 102-103  
Timber Beach, 15  
Tuggerah Lake, 22-24, 26-28  
Upper Mangrove Cemetery, 144, 145  
Vera Murdoch, 110  
Warrah Lookout, 88, 89  
Wiseman's Ferry, 155  
Woy Woy, 97  
Wybung Head, 12, 15  
Wyrribalong Coast Walking Track,  
29-32  
Wyrribalong National Park, 22-24,  
26-32  
Yaruga Picnic Area, 50

# About the authors and Wildwalks

The walks in this book have been diligently documented by the people at Wildwalks. A special thanks to Ian Morrison, our first staff member, for helping lay the foundation.



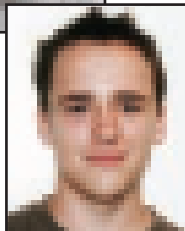
## **Matt McClelland**

Having developed a love for wild places through the Scouts, Matt established Wildwalks to share this passion with others. For this book, Matt has documented walks in Dharug NP, Brisbane Water NP, Munmorah SCA, Katandra Reserve and Kincumber Mountain.



## **Kieran Babich**

A keen outdoors man, who holds a Bachelor of Applied Science (Ecotourism), Kieran is passionate about kayaking and walking. Kieran documented the walks in Bouddi NP for this book.



## **Peter Buckle**

Peter is a keen walker and an unassuming fellow. Peter loves putting on his pack, grabbing a camera and spending days exploring long stretches of tracks. For this book, Peter documented many of the walks in Brisbane Water NP.



## **Craig McClelland**

A keen traveller, photographer and computer nerd, Craig joined the Wildwalks team on a 3-month contract. Craig helped to improve the way we record information on walks, and for this book documented walks in Dharug NP, Wyrabalong NP, Popran NP, Strickland SF, Rumbalara Reserve and at Norah Head.

## **About Wildwalks**

Wildwalks is a small team of professional bushwalkers, dedicated to making bushwalking more accessible and safer for



our community. At [www.wildwalks.com](http://www.wildwalks.com) you will find useful information

on hundreds of walks around NSW, including track notes, photos, walk grades, walking times, terrain profiles and more. Our track notes are frequently upgraded, and there is up-to-date information on weather forecasts, fire ratings and park closures. There are also printable versions of track notes that include topographical maps. You may be surprised to discover how many more walks there are near you. Please visit [www.wildwalks.com](http://www.wildwalks.com) to leave feedback on your walk, and read about other people's experiences.

# Acknowledgements

I would like to first acknowledge the traditional owners of these lands, both past and present.

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