WALKING FOR PLEASURE

SOUTHERN WALKERS

COMPiled by Allan Songberg

WALKS HISTORY AND PHILOSOPHY GUIDE
Edition 2
SOUTHERN WALKERS

A WALKING FOR PLEASURE CLUB

WALK DESCRIPTIONS HISTORY AND PHILOSOPHY GUIDE

COMPILED BY ALLAN SONGBERG

‘THE SHOE PEOPLE’ THE ICONIC SYMBOL OF WALKING FOR PLEASURE AND THEIR HEALTHY SOCIAL FUN ACTIVITY IN THE OUTDOORS
Many people have contributed towards the writing of this book and I am very appreciative to have its contents recorded so that anyone can follow and enjoy a healthy lifestyle through walking. I especially wish to acknowledge the assistance of
- Colleen Wilson Lord OAM for all the early history in her script
- Denis Martin and the Department of Sport and Recreation Western Australia for a considerable amount of their approach to walking and most important the original 1978 logo.
- Rose Powell and Samantha Stewart, Department of Sport and Recreation, Sydney, for all the latter and present walk information.
- Various Council’s local studies personnel for their research and reproduction of the historical photographs and information that add valued interest and comparative reminiscence to the landscape of modern times.
I also wish to express appreciation to the many local Councils for their foresight to create, and maintain, the multitude of tracks and pathways and reserves within the greater Sydney region without which these walks would never happen.
Finally a special mention to the exploring club people who ferreted out the routes of the many walks listed in this book, recalled the early beginnings, formulated our philosophy guide and showed the both existing walkers and those new to walking the where and how.

Allan Songberg
September 2011
History of Walking for Pleasure on the east coast of Australia

The original concept

The original 1978 program Walking for Pleasure came from Western Australia, through the Department of Youth, Sport and Recreation, Western Australia. The Western Australian Walking for Pleasure program had a very distinct logo (to left) - that being two neutral coloured legs wearing running shoes. It was a very original logo and depicted walking as an activity very well, as when looking at someone from behind who was wearing a Walking for Pleasure T-shirt, (with the logo on the back), it looked like the feet were actually moving along (i.e. walking). The “Walk Friendly” logo was created in 1999 for an improved approach to this ever popular program.

What was the aim of the Walking for Pleasure program?

The aim of the program was, and still is, to promote walking as a social activity that can be done with a friend, in a group, with the dog, or, if you prefer, on your own.

The development and establishment of Walking for Pleasure in NSW

In 1982, Dr. Anne Cripps, the then Regional Director for the Department of Health NSW, Northern Sydney Area Health, conducted a comprehensive Health and Leisure research survey in conjunction with Ku-ring-gai College of Advanced Education. The outcomes of the research recognised that there was a need for the development of more healthy lifestyle programs, especially for the over 50s. Without her the walking for pleasure concept would never have got off the ground.

Dr. Cripps visited Western Australia in 1983 and was introduced to their very popular Walking for Pleasure (WFP) program. Dr. Cripps decided to establish the WFP program in the Northern Metropolitan Health Region of Sydney after looking at the results of a research project that had been undertaken in the Northern District Region. Colleen Wilson, a Health Promotion/Educator from Manly District Hospital, who had been seconded to work in the Senior Adult Project Team with Dr. Cripps to develop Healthy Lifestyle Vacations, was given the initial task of establishing the Walking for Pleasure program.

In 1983, Paula Tinslay a student from the Ku-ring-gai College who had worked on the research project was asked to join Colleen to become the Walking for Pleasure project officer, to further develop and promote the WFP program in NSW.

In 1984, Colleen, Paula, and Madeline Forbes (Project Officer/Coordinator of Healthy Lifestyle Vacations), moved with Dr. Anne Cripps to the Health Media and Education Unit of the NSW Department of Health, situated at Greenwich (Sydney).

It was in 1984 that Colleen established the Senior Adult Unit and undertook the position of Director for all Senior Adult programs, including the Walking for Pleasure program. Colleen appointed Paula Tinslay as the Walking for Pleasure coordinator with the direct responsibility of promoting and establishing WFP walking groups in NSW.

The move to the Health Media and Education Unit was the beginning of growth for the WFP program, and, in 1984, saw the launch of the program by the NSW Minister for Health, Mr. Ron Mulock MP. The launch was a walk, conducted in Sydney, which attracted over 3,000 people and culminated in a mini-fair in the Domain.

The Senior Adult Unit (SAU) then went on to produce a manual on “How to Establish” a Walking for Pleasure program, with resources, promotional material, and the development of the very popular logo, walking sandshoes. This logo was one of many created by a commercial artist for submissions to the Walking for Pleasure team putting together the State wide health activity. When all the submissions were displayed together the “shoe people” stood out significantly and gave the project a huge boost and direction.
By the end of 1984 results of the team’s efforts in a field not pursued before were happening with ten NSW metropolitan clubs and eight country clubs being established. Now after 25 years of existence there are 70 clubs state wide in NSW. The distribution of clubs as of the end of 2009 is: Sydney 40, Hunter region 6, Riverina 6, Tamworth 1, Central Coast 5, North Coast 4, South Coast 7, Wellington 1.

In May 1986, Colleen appointed a new member of staff, Bernard Carlton, to take over the WFP program when Paula left to travel around Australia. Bernard, along with Colleen, travelled hundreds of kilometres around NSW establishing and running WFP workshops for communities, as well as health and recreation specialists.

In 1986 the SAU coordinated a Healthy Lifestyle Fair in the Domain with over 12,000 people attending. There was a walk from Hyde Park to the Domain with hundreds of people walking - many of them carrying their group WFP banners.

In 1987 another Fun Fair was conducted during Seniors Week at the Domain in Sydney with over 1,200 senior adults, including hundreds of people from the Walking for Pleasure program. In late 1987 Bernard left the Senior Adult Unit to further his career and he was sadly missed by many of the WFP participants.

On Australia Day 1991 Colleen Wilson was awarded an OAM for services to the community and walking for pleasure. Unfortunately, also in 1991, the Senior Adult Unit, along with the Health Media and Education Unit of the NSW Dept. of Health, was closed due to new directions and funding difficulties. All project officers and directors were made redundant.

At this point it looked like all the programs for seniors that had been established by the Senior Adult Unit would be drastically affected. With this bleak future ahead for all the programs, including Walking for Pleasure, Colleen Wilson, along with her co-director Anna Pratten, decided to take the risk and endeavour to establish a Healthy Lifestyle business. Their main aim in setting up the business was to establish a central service so that people could still continue to gain information and training.

Over the next two years Colleen and Anna, without any funding from the government, supplied their own money and funded the WFP program. They secured money for this program by selling their knowledge and experience as Health and Wellness consultants, running seminars and training courses all over Australia. During this time they also spent many hours in meetings with representatives of the NSW Dept. of Health and the NSW Department of Sport and Recreation, trying to convince one of these government bodies to take on the Walking for Pleasure program as a government run project so that it would have a continued life.

Finally, in 1993, after two years of negotiations, Colleen and Anna were successful in convincing the NSW Dept. of Sport and Recreation to take over the Walking for Pleasure program and handed over the project (including all the resources), which by then included 90 walking groups.

1994 saw the 10th anniversary of Walking for Pleasure and the Department of Recreation saw an opportunity to show their program’s success with a promotional walk for all clubs starting in Martin Place then walking up through the Botanic Gardens, the Domain and Hyde Park to finish at the War Memorial in a festival atmosphere. It was also an occasion to acknowledge the efforts of walk leaders and coordinators. The walking program had also become a big part of the Department’s working with Older Adults initiatives.

For this occasion a decision was made to change the logo (which was the Walking Shoes and the colour green) of the program for their new marketing campaign. The new logo, which is still in vogue today, 16 years later, was designed on a background of blue with white birds in the sky.
Colleen Wilson and Anna Pratte were very sad to say goodbye to this great program that they both loved and had put so much into, but they knew that the future of this program would have far longer sustainability under a government agency. Their prediction has been proven right, with the program now reaching its 25th year of existence - a milestone for any health promotion program.

The Walking for Pleasure marketing campaign has a great message as it promotes walking as a safe and effective physical activity. The campaign supports the concept that people want a comfortable and enjoyable activity that improves their fitness level, but can be done at a level that suits them. The major goal of the Walking for Pleasure program is to encourage social integration and for organisations to train volunteer leaders to establish Walking for Pleasure clubs or groups in their local areas.

Colleen Wilson—Lord OAM still runs her Healthy Lifestyle Consulting service and still promotes the Walking for Pleasure program wherever she goes. She has been recognised with many awards for her service to the community with programs that she has established and developed. Colleen is a true believer in establishing programs that can be run and directed “by the people, for the people” and knows that the Walking for Pleasure program is one that she can be very proud of. She believes that for this program to have survived for twenty five years has been mainly due to the passion of the people who belong to it. She congratulates all those who have stayed with this program for whatever reason. Her message to all of our walkers is – “May this program live on forever”.

WALKING FOR PLEASURE IN 1984

It was a directive of the then NSW Department of Health, Media and Education Unit, to create a new way to spend a healthy day outdoors. The project would be an extension of the “Life Be In It” to be called “Walking for Pleasure” with the aim being have our population happy, mixing with people, to know their surrounds and the outdoor pleasures of walking. Two people deserve special attention, Colleen Wilson the director of the project, and Norma Dean one of the early walk leaders. Colleen, with her team, put together the concept, led the first walk of 3000 people and decided on the fun “shoe people” icon. Norma entered the picture shortly after the start with her dynamic personality having the ability and drive to make her an amazing leader. Our group grew from a few to over 120. Norma organised not just walks for our group but also bus tours, and a large popular craft workshop. She controlled each large walk with a whistle. When it shrilled out everyone took notice.
SOUTHERN WALKERS BEGINNING
Southern Walkers unofficially began in 1983 with a small group of volunteer school canteen mothers from Cronulla looking for an alternative activity as their canteen duties were coming to an end. They wanted to continue their long friendship and an advertisement about walking for health took their interest. A Government department was about to launch another venture extending the successful ‘Life Be In It’ campaign. This health movement began in Western Australia in 1976 with such a success that it was taken nationally in 1978. This new venture was aimed at groups of friends walking together for their health. The Department team who were creating this health concept put together a promotional walk to show those who attended how a group of people could have a good day’s outing. One of the mothers who was on that first walk, Martin Place to the Domain, came back so enthused that the rest of the group plus some of their friends took off on their own first walk, with the Departmental supporting their effort. Walks were not too different from their already familiar morning walks in their local area and they soon discovered that many other people also wanted to join in, making their small group grow quite large. Things were quite hectic in the beginning with walks to be explored and researched, mostly with trial and error. But with continual Departmental input their day out evolved to approximately a 3 to 4 hour, 7 to 9 kilometre walk including lunch. The Department gave full support to this concept, helping promote it by providing green and white name badges and also suggesting walkers wear green and white attire. So dressed in green and white with their “cute little name badges”, as described by one of the group, Southern Walkers was officially launched in March 1984.

WALK CONCEPT
There are many aspects of Walking for Pleasure. Southern Walkers chose to plan walk routes where there were reasonable surfaces such as paths, fire trails and well formed bush tracks. As the area surrounding Sydney is quite hilly a few ups and downs are to be expected, many with numerous steps. Some of the parklands and trails can be a little difficult under foot but as long as the footing is reasonably even most tracks can be utilised. Harsher conditions come closer to bushwalking which is not an aspect of Walking for Pleasure.

WHY WALK
Walking for Pleasure provides the opportunity to share a hobby with other like minded people who have found that walking to explore their environment is a joyful and healthy experience. Who has this hobby? Ordinary people who enjoy the outdoors and the healthy, relaxed exercise that walking provides. Many join the walks because they appreciate that there are places to go that have been discovered by others only too willing to share what they have found. Friends see you participating in a healthy activity in different environments and they want to share the experience. Hence, one couple attracts another and a small group grows. Thus walking becomes a shared experience and provides the added benefit of companionship, a most important aspect of healthy mental living. It does not matter if there are 4 or 40. So, you “Walk for Pleasure”.

HOW SOUTHERN WALKERS DIFFERS FROM OTHER ORGANISATIONS
If you were to join any organization that requires you to learn specialised activities there can be a lot of training involved with many aims, restrictions and responsibilities. This is completely different from Walking for Pleasure where you are out for a day sharing peoples’ walk hobbies, enjoying exercise and companionship in many different locations. There are no fees or meetings and a volunteer organises the six monthly programme.

WHO PROMOTES THESE WALKS
The Department of Sport and Recreation promotes the Walking for Pleasure program as part of the Government strategies to promote physical activity and increase the level of fitness of all Australians. According to research, walking has proven to be one of the best exercise health activities. Southern Pleasure Walkers thus became associated with this concept and the Walking for Pleasure programme.
SHARING YOUR WALK WITH OTHERS
The first time you lead a walk will give you a real insight into Walking for Pleasure with this big group. Prior to the day it is essential that you go over the route carefully noting all the points of interest and the hazards that a large crowd will enjoy and manage. This is known as a ‘prewalk’ and must always be done, no matter how well you think you know the walk. The word hazard has to be mentioned as wherever one travels there are always some sort of hazard. What was in your mind when walking previously changes to become a narration of the fascinating things the group passes and how you might handle the hazards. You need to determine location of toilets and the appropriate time and place for lunch, as with a group there has to be space and some seats with toilets close by. You need to note the time taken to complete your walk and times made at different locations to ensure the home transport will be caught. On the day of the walk there will be many questions about locations on the way and walk speed will have to be such to keep this group together. Break off points need to be included and mentioned at the start for those who may worry that the total walk could be too much. Your walk knowledge and the information gained on the ‘prewalk’ enables you to plan your walk to provide an enjoyable and successful day out for all.

TURNING UP
As part of Walking for Pleasure, your group and all other group’s programmes are fully available to the public. Any one can turn up for your walk. There could be members of other groups, or people just out for a day. To protect the Department and you as leader, a sign on sheet MUST BE SIGNED BY EVERYONE at the start point. On that sheet there should be appropriate conditions for all concerned. It really means everyone takes responsibility for themselves. Every person must be self sufficient, with plenty of water, good shoes, correct clothing. It is advisable to have at least one mobile phone in the group. Hold a briefing at the start, or at the first quite spot available, for the important chat about the day. Southern Walkers departure time for the walk is usually 10am except for specific ferries, buses, or interurban trains. However in all cases meeting is 15 minutes before the departure time.

WALKERS HEALTH
Everyone knows their limitations, but as our years flow on we all slow down. Those out in front must be aware of this as it affects the groups’ progress. Everyone starts walking up front of the group but remember everyone finishes back with the tail-enders who struggle. Walking for Pleasure is an important part of people’s lives. Water drink stops are essential. Everyone should carry a small amount of first aid items that they may need. If someone falls and cannot get up call 000 for paramedics, you are not medical people. Most importantly each walk undertaken by Southern Pleasure Walkers is a social event where everyone is equally important, leaders and general walkers alike participating as a group, for without everyone there would be no Walking for Pleasure.

Introduced at the launch of Walking for Pleasure 1983 a metal circular badge

Both these badges failed in the long term as there was no way for quick production. Many badges were not claimed whereas the current badge below is instant presentation

Department new badge in laminex – engraved name introduced March 1994

Adopted by club members as a means to produce on any walk for new walkers the card is a standard convention card size. In this case the design was evolved using the club’s original badge plus the design by the Department of Sport and Recreation
This is a record of walks, as they were done, by Southern Walkers. The instructions provided are based on the conditions that were present at the time of recording. It is intended that anyone who reads these instructions does so in conjunction with a street directory. Time rather than distance is the important factor so you will know when you are returning home and when to connect with public transport before and after the walk. It is the responsibility of all walkers to evaluate the conditions on the day of each walk and proceed when considered safe to do so. No responsibility is taken by participating walkers or others who may misinterpret the directions.

1 Kiama rail station round walk Easts Beach along coast line to little blow hole and Kiama Harbour

2 Riverwood rail station to Bankstown rail station via Salt Pan Creek walkway

3 Dover Heights to Watson Bay along the cliff edge walkway past South Head Lighthouse.

4 Milsons Point rail station to Mosman Ferry Wharf along pathways and parklands

5 Woolooware rail station to Cronulla rail station along beaches and ocean front walkway

6 Bondi Beach to Coogee Beach along the ocean front walkway

7 Minnamurra rail station coast walk to Kiama rail station via pathways and streets

8 Jannali rail station through streets, bush parklands down to the Woronora River

9 Circular Quay to Edgcliff through the Botanic Gardens, Woolloomooloo and Potts Point

10 Beauty Point via The Spit to Balmoral Beach. Bus return to Zoo wharf and ferry to the Quay

11 Engadine rail station to Sutherland rail station down Loftus Creek to Prince Edward Park

12 Mortdale rail Station to Oatley rail station passing Hurstville golf course through waterside parks

13 Summer Hill rail station along east side of Iron Cove through Callan Park to Drummoyne

14 Lapstone rail station down along the Nepean River parklands to Emu rail station

15 Mortdale rail station to Oatley rail station through Lime Kiln Bay Sanctuary Lagoon and Oatley Park

16 Rozelle street walk to Balmain East ferry wharf, a fascinating look down back streets of early days

17 Petersham rail station to Drummoyne along the West side of Iron Cove parks and walkways

18 Riverwood to Narwee via Riverwood lagoon then along the motorway parks to John Mountford Reserve

19 Gosford station to Woy Woy station right beside Brisbane Waters all the way

20 Heathcote station to Engadine station via National Park trails mostly level through the best bushland

21 North Head round walk through ex Military School of Artillery with interesting features and walkway

22 Rockdale station to Ramsgate via parks and Botany Bay walkway, huge Chinese garden
Day walks continued

23 Rhodes to Homebush Ferry wharf via Bi-Centennial Park

24 Rhodes to Cabarita ferry wharf. With new walkways around the old Mortlake Gasworks

25 Zoo Wharf Round Walk via Little Sirius Cove, a little steep but the views and places are worth while

26 Mona Vale to Narrabeen coast walk. An appreciation of the north side coastline

27 Zoo wharf to Balmoral Beach via Harbour, Clifton Gardens, Chowder Bay, Georges Heights

28 Cronulla to Bundeena, Bonnie Vale and Mainbar, a tucked away tranquil area

29 Katoomba to Leura via Echo Point and Prince Henry Cliff Walk. A hard one but spectacular

30 Wollongong station to the coast, round the harbour, through Stuart Park to Fairy Meadow station

31 Wynyard to Martin place via west side of The Rocks and places you never knew existed

32 Worrawood wetlands. Another amazing place hidden in the middle of Sydney

33 Spit to Manly, the most well known walk and spectacular, but long making it a little hard but worth the effort

34 Milsons Point to Circular Quay via Harbour Bridge and the Rocks. How often do you walk the harbour bridge

35 Bexley North station to Wolli Creek station via Wolli Creek. From the train the bush looks thick. IT IS.

36 Kirrawee station to Miranda station via Gymea Baths Its worth the effort just to go there for lunch

37 Como station to Oatley station via Oatley park and Como rail bridge. A different look at the Georges River

38 Kurnell round walk in Botany Bay National Park, pleasant bush land walking with a little whale watching

39 North Wollongong station to Wollongong station via Botanical Gardens

40 Chatswood station to Lane Cove National Park along a bush shrouded river and a bus back uphill

41 Kings Cross station to Bondi station via Trumper and Cooper parks, which were once rubbish dumps

42 Manly Dam from Manly wharf along Manly Beach and up Manly lagoon, bus return

43 Abbotsford ferry to Cabarita ferry around bays through new estates waterfront walks

44 Rose Bay to Watsons Bay along harbour foreshore and through Vaucluse house, its history is fascinating

45 Bateau Bay to Forresters Beach through Wyrrabalong National Park, a long day but well worth the effort

46 Waverton rail station to McMahons Point Ferry Wharf extending to Luna Park ferry wharf

47 Bellambi to Thirroule along the coast cycle walkway

48 Katoomba Round Walk, streets, part of Prince Henry Cliff Walk to Echo Point bus return

49 Emu Plains station to Penrith rail station walking both sides of the Nepean River

50 Moxhams Meander, a walk down the Toongabbie Creek Baulkham Hills

51 Lapstone to Glenbrook along the eastern Zig Zag rail line up the Blue Mountains the first train 1867
Day walks continued

52 Windsor Road Baulkham Hills to Old Windsor Road Winston Hills and Toongabbie Creek
53 Martin Place to Bondi junction via Moore and Centenial Parks 8km out of the 10km is parks
54 Huntleys Point Gladesville ferry wharf round walk the old mental hospital and Tarban Creek
55 Windsor round walk, a look at an early colony town and the Hawkesbury River
56 Gymea station to Oatley station over the old train bridge
57 Penshurst station to Oatley station through Poulton Park and Moore Reserve
58 Redfern station through Sydney University then a historic route through Glebe
59 Edgecliff station to Rose Bay ferry wharf through Darling Point
60 Macquarie University Station to Fullers Bridge through Lane Cove National Park
61 Huntleys Point Ferry Wharf to Woolwich Ferry Wharf through Hunters Hill and shipping dock
62 Zoo ferry wharf to Neutral Bay ferry wharf around the harbour bays and coves
63 Bankstown station to Riverwood station via Salt Pan Creek, Ruse park and Skate park lagoon
64 Manly ferry wharf roundwalk through old gas works, Shelly beach and ocean edge walkway
65 Bondi Junction rail/bus interchange to Clovelly ocean pool via Fred Hollows reserve and Coogee beach
66 Collaroy Plateau down around Narrabeen Lake to Narabeen shops
67 Queen Victoria building to Glebe through Darling Harbour, fish markets, Rozelle Bay
68 Flemington to Campsie stations down the Cooks River storm water channel
69 Panania station along Georges River National Park to East Hills station
70 Canterbury station to Wolli Creek station down the Cooks River walk - cycleway
71 Eastwood rail station to Macquarie Uni rail station along Shrimpton Creek cycle walkway
72 Scarborough to Austinmere along the coastal fringe
73 Woolooware to Ramsgate around Woolooware Bay over Captain Cook Bridge then along Botany Bay
74 Artarmon rail station down Flat Rock Gully to Long Bay Cove returning to Willoughby road
75 Woy Woy to Ettalong along Brisbane Water and a ferry across Broken Bay to Palm Beach
76 Meadowbank Ferry Wharf to Morrison Bay Park Gladesville
77 Windang to Shellharbour along coastal walkway
78 Thornleigh rail station to Cherrybrook down a section of the BEROWRA VALLEY on the Great North Walk Track
79 Hurstville rail station to Carlton rail station via Carss Park, Kogarah Bay and Beverley Park Golf Course
80 Mosman, Rawson Park, Georges Heights, Middle Head, Chowder Bay
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1. Kiama Round Walk.

Meeting Place

**Kiama, Bong Bong St exit from station** 10:40 - Requires 7:58 Train from Central station to Kiama, 8:19 from Hurstville, OR 8:30 from Sutherland

Unfortunately there is approx ¾ hour street walk before following the coast line back along spectacular scenery & 2 ½ hours between TOILET stops. This walk is designed around 2 trains so as not to make the day too long. However Kiama has a lot to offer including the famous blowhole. Their Museum would have to be classed as brilliant and their history, bewildering.

Once out of the station you are in Bong Bong St, turn left walking down hill to the main road, Manning St, and turn right. Follow this road, which was the old Princes Hwy bending sharp right over the rail line, 11AM and onto a large grass area. Continue across down this to the footpath area continuing along the main road down the hill and up to the first street on the left. Turn here and go back over the railway line. Next turn right into Wilson St, then left into Marsden St. Follow Marsden for a considerable distance, from which you will soon to get a good view of EASTS BEACH. Ignore pathways that head down toward the water. Keep to Marsden until Tingira Cres, then turn right going downhill on a wide bend to the left. Continue to ignore pathways to the water until you locate the one between houses 41 & 43. Turn here and head through to the open mowed grass of Marsden Headland. Once on the headland veer left to the LITTLE BLOWHOLE, 11:40 am. Continue on past the blowhole onto a bitumen access road between houses uphill to Boanyo St. Turn right uphill to the end, Gwinganna Ave and turn right out onto the grass of KALEULA HEAD. On the headland turn left down to KENDALLS Beach. LUNCH, at shelter shed & tables south end of the beach. 12pm to 12:30. After lunch follow the path northward up and around KENDALLS Point passing the Caravan Park on the left, down to SURF BEACH and TOILETS. 1pm. Continue along the beach and at the north end, pass through the Showground and cross the road that goes up to the Lighthouse to be on the path that follows around the harbour waterfront. 1:20 pm. Follow this path and just before the overhead rail bridge on left there is a TOILET. Now head up to the main road and cross, going right under the railway bridge and turn left into Railway Pde. The rail station a short distance uphill to catch the 1:53 pm train to Sydney. WALK END Next train 3:05.

2. Riverwood to Bankstown

**Meeting Place**

**Riverwood Rail Station** 10am

A combination of street walk, boardwalks, concrete paths, gravel paths and bush track. Two toilets, Cutting reserve and Ruse park which is also the lunch spot. For opening the toilets at Ruse park contact Bankstown Council RECREATION Department (as at March 2009).

From Riverwood station head south along Belmore Rd to Claredon Rd, the 5th street on the right. Turn right into it and then first on the left, Ogilvy St, following it up and over the footbridge crossing Henry Lawson Drive. On the other side head downhill on the dirt path of Henry Lawson Dr, crossing Salt Pan Creek, keeping to the left or south side footpath of the Drive. Just across Salt Pan Creek is the entry to the Saltpan Creek Boardwalk / Walk Track to Bankstown. The entry is a set of wood steps down to water level. From here to Canterbury Road there are numerous entry & exits and creek crossings. Always keep to the track or path that follows up the west side of Salt Pan Creek, don’t wander off it. There is a single TOILET at Cutting Reserve beside the pathway, not long after passing beneath the pipe viaduct. Continue along the west or left side of the creek, passing beneath the railway line and the south western motorway (M5). There are no roads to cross, though you will pass the end of Bridge St after the railway, or follow until you arrive at a large electricity substation where the path crosses Gow St, follows it for a short while and then goes left into Short St. At the end of Short St use the two sets of traffic lights to cross Canterbury Rd beneath the huge crossover of Fairford Rd. Now follow the red path to the right around first Warren, then Exceller Aves. As Exceller bends to the left turn right instead back to Salt Pan Creek which by is now a large concrete storm water channel running through Hoskins Reserve. The channel divides in several places but follow the path as it crosses the channel to one side then the other only to cross back again. In one part of the park the path passes where there was a small model railway line. Next on right is Ruse Park LUNCH spot. There are two small shelters and plenty of close seating with a TOILET close by (see notes at top). After lunch continue along the path beside the channel to the path end at Macauley St. Turn right and cross the street into Restwell St at the traffic lights. Head up Restwell, past the Botanic Gardens, which is worth a look if you have time, to Bankstown rail station and bus terminals. WALK END. For those returning to the Sutherland area and have a little time to spare the Veolia Bus 962 to Miranda Square half hr service is good value Approx 1hr otherwise train to Sydenham & change


And away we go
3. Dover Heights to Watson Bay

Meeting Place
Bondi Rail Bus Interchange Stand A, 380 Watson Bay bus. Departing 9:20 or 9:50 or ½ hour service.

This walk was originally Bondi Beach to Watson Bay but changed to this route Nov 2007 TOILET before leaving the bus interchange as it is 1 3/4 hrs to the next one. The walk starts at the Dudley Page reserve on Military Rd at Dover heights. Alight the bus at bus stop just before Dudley Page Reserve 10:12. Cross grass to enjoy an expansive view of the city. From here go to the far (north) end of this old water reservoir onto Lancaster Rd. Follow Lancaster reserve towards the ocean to the end entering onto Dover Heights Reserve through a picket fence gate 10:20. Follow the cliff edge northward through the reserve down wood steps and along a boardwalk then grass to the end of Oceanview Av. 10:43 Go into the street and immediately turn right into Ray St. At the bend in Ray St enter onto a path and boardwalk between the cliff edge and a 10 storey block of flats. This out of place huge edifice was designed by supposed famous architect Harry Seidler in 1963. Follow the pathway around Diamond Bay and into Craig Ave turning right round Rosa Gully and into Chris Bang Cr again going right to follow it as it changes into Marine St then Jensen Ave. At the left bend in Jensen turn right off the bend into Clarke Reserve 11:12. Go across the park into Christison Park then across the playing field to the sports stand where you will find TOILETS under the concrete and brick structure 11:30. From here cross the park to the path along the cliff edge and head north again to pass by the Macquarie Lighthouse and further on to the original sailing days Flag Signal Station 11:40. A short walk further on the path meets Old South Head Rd 11:45. Follow the road to the right for a short distance where you will find another path that veers off to the right onto the cliff edge pathway 11:50. Follow this all the way to THE GAP. Take your time on this path for there much to see and read. At The Gap cross Military Rd into Robertson Park, LUNCH and TOILET 12:05 to 12:45. From the lunch spot head down towards the harbour in front of the Hotel & Doyles Restaurant to the promenade along the beach, walk along this towards the heads to Cove St and take the first on the left which is Pacific St. Walk to the parking area at its end and you are on Green or Laings Point. Keep to your left so you can walk the grass slopes around this Headland Reserve 1:00. On the far side of the headland you should be looking down on Camp Cove Beach at the head of a set of wooden steps. Go down the steps and walk along the sand at the water’s edge to the other end up the steps onto the original convict built road through the original fortifications. You are now on South Head with a good pathway for this final circuit. There is a large TOILET block on the way. The path goes around south head above and beside Lady Bay nudist beach and on to the Hornby Lighthouse 1:28. This was built after the sailing ship Dunbar missed the Heads at night after sailing from England drowning 121 people, 1858. The path then goes up and round in a loop past more fortifications back to the beach and the start of Cliff St 1:48. Follow Cliff St turning right down Short street to the stairs at the end of the promenade along the waterfront. Follow this back along Watsons Bay to the ferry wharf 2:15 for ferry or bus to the City. WALK END.
4. Milsons Point Station To Mosman Ferry Wharf.

Meeting Place
Milsons Point Station west side of station entry

From the starting point, which is Alfred St South, go south down the street to the waterfront to beneath the Harbour Bridge. Follow the harbour side path under the bridge past Jeffreys Wharf onto a boardwalk eventually following the steps up to Mary Booth Lookout and onto the end of Waruda ST. Follow the road along to Admiralty, & Kirribilli Houses where it joins with Kirribilli Ave. Cross over Kirribilli and dog leg into Carabella St. Following it round a bend and turn right into Peel St at the cross roads. Turn left into Elamang Ave, following it to the end, cross over Willoughby St into McDougall St and then turn right into Milson Park. TOILETS. Cross the park at the waterfront, to a set of steps. Part way up the steps a path goes to the right, take this into Stannards Plce, at the bend, and go left uphill to High St. Turn left and fallow High St turning right into Hipwood St, cross Adderstone Ave at the end and veer right along Clark Rd into Anderson Park located at the end of Neutral Bay. Cross the park beside the waterfront, TOILETS far side (poor quality) and up the steps to a path along the side of a large stone wall up to Kurraba Rd, turning right past traffic lights then straight away right into the dead end of Manns Ave. Along Manns and cross Hayse St to be in Lower Wycombe Rd. BREAKOFF POINT. In Hayse St there are some shops leading down to the Neutral Bay Ferry Wharf. From the bend in Lower Wycombe go right into Wallaringa Ave to pass Nutcote House, worth a visit later. Left & uphill in Spains Wharf Rd then right along Kurraba Rd to pass the steps that lead to Kurraba Ferry Wharf, BREAKOFF POINT, and cross over the road. Continue along Kurraba and turn left into Shellcove Rd then right into Hondard Rd and at its end right again to Bogota Ave. As the road bends left, locate a park entry on the right with a CREMORNE RESERVE sign overhead. Turn down this is a very good waterfront pathway all the way to Robertsons Point Headland & Cremorne Ferry Wharf. A good lunch stop TOILETS and another BREAKOFF POINT. This is Cremorne Reserve where a good path extends along the waterfront around Mosman Bay to the walk end at the Mossman Bay Ferry Wharf on the end of Avenue Rd. There is a slight diversion around houses at Bromley Ave at the end of which go down steps across a gully. Also part way this Pathway Reserve is a memorial to the couple who built all the gardens, LEX & RUBY GRAHAM. Just before the end you pass Mosman Rowing Club is a good spot for food & drink, also on the wharf is a coffee kiosk. Ferries are 10 to & 20 past, the hour plus the 230 bus goes to Milsons Point.

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This is just the start. There are lots more to come

Oi !! A bit of attention over here first, before you go further.

You should always check the train/bus timetables before you go. They were correct at the time of writing but things can change.
5. Woolooware station to Cronulla station around the Cronulla peninsular experiencing ocean and Port Hacking River views

Meeting Place
Woolooware Station 9.45 AM.

This walk takes in some of the best of Sydney's coastline. With long beaches, sandstone cliffs and sheltered harbours it is one of the must do walks. Distance 8km, Time 3hrs 25min, Grade easy, Toilets 7. The full walk is shortened to 6-2km with a bus trip from the end of the peninsular to Cronulla Station. There are also two route options for the walk to the station depending on the tide.

Leave Woolooware station and go north into the small HAGGER PARK for a briefing. The first part of the walk is a street walk along less trafficked roads to get to the ocean side pathways. 10am depart from the park across DENMAN Ave on the marked crossing and turn east along the footpath to the end of the road, veering left across FRANKLIN Rd into the blank end of PHILIP St. Down Philip to its end then right then left on KURNEILL Rd into BURKE Rd which goes slightly uphill then steeper down passing Judd and Seaview to turn left along WYANBAH Rd 10:15. Turn right at the first street, MARLO Rd and walk its length, crossing the busy ELOUERA Rd with care, to its end 10:25. There is a ramp to continue up to MITCHELL Rd and turn left for a short distance then turn right across a car park to be to the ocean side footpath and be confronted by your first panorama along Cronulla – Elouera – Wanda Beach 10:30. After admiring the view turn right along the path and head south to the lower flat area of the North Cronulla SLSC building with a kiosk, park and TOILETS for an ideal refresher stop 10:40.

Continue on your way 10:55 still heading south along the walkway now on the left side of restaurants then beside a length of cliff line with houses above, around to SOUTH CRONULLA BEACH staying on the path across the front of the SLSC buildings (toilets in the buildings). This is a break off point for those wishing it. At the end of the building is a kiosk 11:10. The path continues up a wide set of steps to the start of what is known as THE ESPLANADE which is a wide walkway all the way to BASS & FLINDERS POINT. Now it is a steady level walk. By 11:30 you should pass SHELLY BEACH and the park behind with toilets in the park then 11:55 OAK PARK with only a small beach but a large ocean pool. When the pathway starts up hill you come to BASS & FLINDERS Point 12:10 at the end of GOWRIE St. The stone monument makes for an excellent vantage point to view out of the ocean and the entrance to PORT HACKING. It is easy to spend some time here just taking in the scenery. The route now takes you downhill on a short bitumen service road to SALMON HAUL Park 12:20 with a kid's play area where, amongst good lawn, there is plenty of rock, grass banks, seats, and an unusual tree to sit under and a wide expanse of PORT HACKING to look out over for LUNCH. Toilets are also located in the park tucked away in the bush. Beware of the rock ledge and overhang for it is a fair drop down to the water and rocks.

After lunch, 1:00, from the western end of the park, still on the waterfront, head up the steps and steep path around a white painted mansion on your right and SALMON HAUL BAY on your left to pass the entry gate to the NSW Fisheries complex on the end of NICHOLSON Pde. Continue across the entry alongside the fence on a narrow concrete path downhill veering right into DAROOK Park where the path comes to an abrupt end 1:05. The park provides extensive views over Port Hacking and Gunnamatta Bay and it is worth having a look around. By 1:20 locate the access gate at the back of the houses on the eastern side of the park and in about the middle of the park. Follow the access onto STACEY St and turn right up to NICHOLSON Pd. Cross over and turn right then left into EWOS Pde where, on the right is a bus stop where you can catch a bus back to Cronulla Station. Buses run every half hour at 8 minutes past the hour and half hour. WALK END

However, if you are still feeling adventurous and choose to do so, it is not a long walk to the station from the northern end of the park. If the tide is low you can walk along the exposed sand in the bay to Gunamatta Park and then up to the station, or from the north east corner of the park up steps to Gunyah St then along Nicholson Pde which will also take you to Gunamatta park and the station. It is approximately 1-8km from the park to the station.

6. Bondi to Coogee coast walk.

Meeting Place
Bondi Bus Terminal stand A1 above the Rail Station Bus to Bondi Beach 10am

This walk focuses on Inner Sydney’s rugged sandstone coast with its numerous bays and famous beaches all joined by an outstanding walkway. With sometimes difficult terrain, there are many steps to negotiate the steeper sections but with easy sections in between, all rewarding the walker with magnificent views. A very popular walk with not only walk clubs, but many Sydneysites. Distance 6.5km, Toilets at the four beaches and plenty of bus transport if breakoffs are required.

From the 2nd bus stop at Bondi beach divert to the beach Pavilion building to reassemble 10:30 and first TOILETS. At the south end of Bondi Beach the coast walkway starts up steps into NOTTS Ave which goes past Bondi Iceberg Club & Baths. At the end of Notts Ave is the actual walkway down steps and around small bays with spectacular stone formations and cliffs all the way. The pathway goes around MACKENZIES POINT right on the cliff edge and gradually drops down to and across the lawn of TAMARAMA Beach 11:15. TOILETS are on the far side before going back up to the walkway which is beside the main road. Next round to BRONTE Beach. TOILETS in clubhouse. On the far south end of the parkland and above the pool is a narrow road where trams once ran. Go left up this hill to find the walkway bearing left beside the cliffs onto an elevated boardwalk passing by the historic WAVERLY CEMETERY 12:30. Next, on your right, is a good lunch spot as you walk into CLOVELLY. It is a large shelter, usually empty of people, with seats & tables a little tucked away 12:20. There is water but facilities are across the swimming area. The walk takes you through the area of the lifesaving Clubhouse, Restaurant, TOILETS, Bus Terminal & a huge carpark. Cross this to be on the walkway and go up the steepest and highest steps on the walk to go around GORDONS BAY. Once through this area the pathway is interrupted by a short interlude along part of Major St before returning to the pathway and going over the large headland of DUNNINGHAMS Reserve, and down to the flat grass picnic area of COOGEE BEACH. Cross this area to a large Bus Terminal, shelter & TOILETS. WALK END 1:40. Busses run to many places from here.

7. Minnamurra Rail Station to Kiama Rail Station Coast Walk.

Meeting Place
Central Rail Station for the 7:54 train to Kiama second front carriage. OR Hurstville station 8:17, OR Sutherland Station 8:28. Arriving Minnamurra rail station 10:18.

The walk provides for more spectacular scenery along the coast. There may be some well made enhancements to help with the adventure but there is still the occasional hill to challenge and climb over that makes the views even more rewarding. Grade MEDIUM Distance 7.5 Km. Time 3hrs 35min. Break off point at lunch time, BOMBO Rail Station, Sydney train at 1:07 Time to walk to the station 15 Min from the lunch spot. TOILETS 4 None when getting off the train, the first are 15 Min away.

Depart MINNAMURRA rail station 10:20 by turning right along RAILWAY Ave on the concrete path between the road and the railway. As the road bends left it becomes RANGOON Rd where you have to leave the path and follow the road, along the footpath, up to CHARLES Ave 10:27 at a roundabout with a huge palm tree in the middle. Turn right along Charles and cross over to the left footpath area walking towards where the road starts to go uphill. Here there is a road ramp that goes left downhill into a park area, the JOHN OATES RESERVE. Go towards the right, over to the brick building and TOILETS beside the tennis courts. 10:33 Morning tea break. Depart 10:50 down to the Boat Ramp at the bottom end of the car park and the mouth of the MINNAMURRA River, a spectacular location. On the right of the Ramp Area a small grass picnic area with thick bush on 3 sides of it. The Coastal Track starts here on the left through the bush out on to the mown headland. Your guide now, as you move along the coast track, is the solid post route markers. You start off walking over mown grass but the mower keeps well clear of the cliff edge, so there is some long grass tracks, eventually coming out onto come onto a wide bitumen walkway 10:58 which continues around the headland to meet the end of EUREKA Ave. Follow this around a bend and take the next street left, JOHNSON St, to where it meets NORTH KIAMA DRIVE. Go left and in about 200 metres you are at the TOILET block of KIAMA DOWNS SLS CLUB 11:35. Next continue along this road, firstly over flat ground parallel with the beach which is shrouded by thick bush, then past houses up a steep hill passing a rail road bridge. Here the road changes to CLIFF Dr and you will be going down a steep hill still with houses between you and the coast, then up a lesser incline, now with open space so you can see out over the ocean, to the road end with a sign CAMERON BOYDE RESERVE. 12:08 A concrete path continues along the coast from the road end following alongside the rail line to pass over the next headland. Soon on left, down in an old quarry, is a sewer treatment plant and at the far side the path joins the plant access road. Turn left down the road and as it starts to bend left turn sharp right onto a side road bringing you out onto the end of BOMBO BEACH picnic area by 12:25. Here there is shelter seat tables, TOILETS and LUNCH with good views looking down the beach and out into the ocean.

The nearby Bombo rail station, which can be seen, offers a breakoff point. The next Sydney train is 1:07 and it takes 15 minutes to walk to the station.

Depart from lunch 12:25 and continue along the access road as it runs along the railway then turns right and passes beneath the railway but don’t go under the motorway. Instead turn left between the tow and follow the footpath along the motorway past the BOMBO Railway station 1:10 and along to just after crossing Spring Ck where the footpath turns sharp left down a ramp onto HOTHERSAL St. The road bends sharply right then goes uphill to GIPPS St where you turn left continuing uphill now in Gipps St reaching the crest by 1:37. Downhill now, around the bend, to the third street on the left, MINNAMURRA St, turning left downhill past the roundabout at the end then and across PHEASANT POINT Dr and onto the waterfront path of KIAMA HARBOUR 1:45. Turn right walking along the foreshore path until you see, up to the right, two small brick buildings which are TOILETS. Head across the grass to the toilets and a set of steps that will put you up onto KIAMA’s main street, TERRALONG St, and WALK END 1:55

There is now time to look around and refresh. The next trains to Sydney are 2:27 and 3:16 If you are ahead of the recorded times there is a 1:51 Sydney train. Kiama is an amazing place to explore with a fascinating history, especially the steam tram system carting gravel from the quarries to ships in the harbour which ran down Terralong St. The museum is brilliant. Get a copy of their booklet TERRALONG TRACKS KIAMA


Meeting place
Jannali Station west side of station. 10am

The walk consists of bush, street, & parklands walking. It is suggested that use of the station TOILET be considered before meeting as the next one is over an hour away.

From the Station head uphill in MITCHELL Ave to the T Intersection with SOLDIERS Rd and turn left. Go down to the playing field and turn right across the field keeping alongside the house fences and turning right around the last house. You are now between a house and a huge water supply pipeline, cross over the pipeline and a little further on go left and left again to be on the pipeline service road. All this area is now is a very large Bush Reserve. A short way on, pipeline & dirt road go down a steep hill, at the bottom of which, on your right, is a well worn bush track, no sign, heading back in the direction which you have just come from, but veering down a deep gully. The track zig zags down to cross a creek just above a waterfall. NOTE too dangerous to cross after heavy rain. The track now is a little steep nearly going straight up to turn right on the concrete footpath of Tudar Rd. Keep on this footpath passing a large BONNET BAY sign on left to cross TUDAR Rd, at the Public School crossing to be on the left side of Tudar and continue on to its end at a T intersection and round a bout at WASHINGTON Dr turning left. Keep to the right side of Washington Drive, going round in a huge left circle to COOLIDGE Cr (1.2km), turning right down this street and into LAKEWOOD CITY Reserve. Follow the access down to the tennis courts. If tennis is being played a key can borrowed for the toilets. There are open Toilets a bit further on. Return to Washington Dr and continue along it to its end (another kilometre) and more sports fields. Continue on through more parklands to a picnic area just short of the huge WORONORA BRIDGE. Here there is seating, shelter and TOILETS. LUNCH spot. After lunch head through the carpark up the access road under the high bridge to cross the Wononora River on the low level bridge. On the other side of the river turn left into the waterside parkland. Go through the park along the river to the far side and up a hill with a steep rough track. There is an alternative route between the last two houses which is a right of way with a gentle slope up to PRICES Circuit. Once there go left. Continue along Prices until it goes up a short steep hill where it makes a sharp almost intersection right turn. But straight ahead and to the left is the access, (PARK St) to the footbridge back across the Woronora River. Head back across the river into PRINCE EDWARD Park. Cross over the park to the main road and through the carpark to TOILETS. The Bus Stop is up on the road behind the toilets and opposite the R.S.L. Club. Bus 1/hr service to Sutherland Station. Although there is a pathway all the way to Sutherland it is part of another walk. But, as with all walks, variations can be made.

Walk dates: 31/01/2008

Are you still with us?
9. Circular Quay to Edgecliff Railway Station through the Botanic Gardens, Woolloomooloo and Potts Point.

Meeting place
Circular Quay eastern end in front of ferry terminal 2 to depart 10am

This walk provides interest in not only present day features but also historical aspects. It explores a sizable section of the City to South Head along the harbour side. At 6 ½ km the route is a mixture of street walking, crossing parks and includes a challenging set of stairs plus a short steep ramp. TOILETS 5. Break off points Plenty.

Depart the concourse heading around Sydney cove toward the OPERA HOUSE. As you pass the Opera House stay close to the stone cliff and go through the first gate into the BOTANIC GARDENS entry. Make sure you enter the first gate past the cliffs. Once inside there is a magnificent rainforest feature, water fed from rock seepage. Your route sweeps left along the path that rises quickly above but parallel to the Farm Cove waterfront out in the open looking down the harbour. 10:10  The path continues to rise as you pass alongside GOVERNMENT HOUSE perimeter fence. Up a short distance is a very large pine tree, go left around this, also a patch of large Bamboo, then in front two large stone art exhibits. 10:15. At this point you have to assess the time schedule given as there are many other features that could distract and delay you. Perhaps keep them in mind for another day. Return to the pathway continuing around the fence which quickly takes a right turn away from the path and the path veers left across the vast lawn area to take you over to the lower side of the SYDNEY CONSERVATORIUM OF MUSIC. Go straight across the path junctions keeping the building on your right and on you left is a large herb garden. Although tempting, keep its inspection for another day. A little further up the path comes to a T junction at which you should cross straight over onto the lawn heading to the two large glass buildings in the distance. 10:22 Go left between the two glass houses and down steps turning left on another wide path with the large lawn you just came across on your left. The glass houses are the Gardens Tropical exhibitions and another day visit. On the right a wide mass of trees and shrubs from around the world. Straight away off to the right through this maze a single file gravel path snakes its way through the vegetation Find it as it is worth the effort. The gravel comes out onto a wide bitumen pathway at which you should go left then take the next path right, downhill, until the garden KIOSK is seen over to the right. There are many paths criss-crossing this area which can be confusing but keep heading to the KIOSK. On the side facing the large duck ponds there are TOILETS next to the GARDEN SHOP. 10:32 morning tea rest stop.

10:52  Depart the area by standing with your back to the shop and take the wide pathway to the right crossing the watercourse that flows into the Duck Ponds. The path goes slight uphill against a high stone wall on your right that goes off into the distance. However, in a short distance uphill there is an exit through the wall. Take this path away from the wall going around two roundabouts to T junction where you go left heading towards to the Garden’s south east exit gate, THE WOOLLOOMOOLOO GATE an out onto MRS MACQUARIES ROAD 11:00  Cross the road on the marked crossing and go left on the downhill footpath with the traffic coming toward you. When the path flattens out 11:04 there will be a path with stone walls going right, down and across a footbridge to a huge garden area on top of a building with the path winding its way through. At street level below is LINCOLN CRESCENT.

10:56  Go up the stone steps and cross the road to the left into the Botanic Gardens. The rooftop gardens are likely to be one of Sydney’s earliest examples of such architecture.

Originally planned in 1989 to replace the derelict wharf storage buildings with a 5 story motel complex, opponent groups including union green bans, delayed the commencement. Due to the opposition the project was redesigned as a lower level residential complex incorporating rooftop public accessible gardens to enhance the domain open space towards the foreshore and waterfront promenades. This was seen a compromise between developers and those who wanted everything, including the nearby Boy Charlton Pool to be demolished and given over to open space Completed in 2000 the rooftop gardens are accessed by bridges at either end into the domain and a lift at the Cowper Road end to take you down to wharf level. The rooftop gardens are likely to be one of Sydney’s earliest examples of such architecture.

At the other end ignore the bridge back across Lincoln Cres and go down steps to reach ground level and out across the wharf decking then around the front of the Finger Wharf complex at the head of WOOLLOOMOOLOO BAY. 11:10. Once past the wharf you can look the length of GARDEN ISLAND NAVAL BASE. The road you are on is COWPER WHARF Rd. As it curves around the end of the bay and starts to straighten and splits to dual carriageway toward the...
Base Entry there is a Bus Stop. At this point cross the road to the left side of BROUGHAM St with another Bus Stop to the left and in front of a huge multi level naval car park. Between the car park and the residential units to the right, off the bend in Brougham St is a massive set of stairs, the McELHONE STAIRS built in the 1800s. They look a daunting challenge and the joggers made it look simple but with a slow steady pace and the occasional breath catching rest it should take about 5 minutes to get to the top 11:20 and VICTORIA St. Turn left then right into CHALLIS AVE on the left footpath to its end at MACLEAY St. Cross straight over with the lights turning right along the footpath then on the far side of number 16, a brick faced building turn left down a small gap between the next building. There is a small blue direction sign indicating ELIZABETH BAY HOUSE on the post opposite the entryway. This narrow gap goes left then right opening out down steep steps to come out onto BILLYARD Ave. Turn right then as it forks into ONSLOW AVE, in between the fork is a small park Arthur McElhone Reserve. Go into the park for a look around. 11:42  Across Onslow Ave stands ELIZABETH BAY HOUSE. The park you are in was once the estate front courtyard garden of the house.

In 1826 ALEXANDER MACLEAY came to the colony as COLONIAL SECRETARY and was granted 54 acres facing the harbour. He built this mansion and it was the place to visit for dignitaries and scientists. He was a keen Botanist and it showed around his land. Today the house is a National Trust icon, ideal for a visit another time. To continue turn right along BILLYARD Ave to its end then turn left along ITHACA Rd to the waterfront and BEARE PARK. In the estate days it was just a small waterfront retreat. 11:55 LUNCH  and TOILETS. Depart 12:30 back up ITHACA Rd which becomes steeper as you approach ELIZABETH BAY Rd with shops on the corner. Cross straight over WITH CARE and go down HOLDSWORTH Ave to its end then down steps into the level RUSHCUTTERS BAY PARK. 12:40  As you step out into the park be thankful you are not doing so in the days of Alexander Macleay for you would be stepping out into the water. The head of Rushcutters Bay has been filled in creating the park. Head over to the water for a look and follow the wall around the waterfront across the large storm water channel bridge 12:40 and once over veer right over to the KIOSK by crossing the cricket field. Here are TOILETS and a large fenced Kids Play Area. Time for rest, drinks etc departing by 12:55  Head over towards the play area between the kiosk and NEW BEACH RD turning left following the line of trees near the road. The road, and trees, bends right then left where the trees end in a large gap before the next set of trees further along in the park. Turn right to the road and on the other side of the road is a bus stop. Cross the road, WATCH FOR CARS, to the bus stop and to your right should be the bottom of MONA LANE. The lower section commences with a few steps up to the footpath ramp and a steady climb up the hill. It should only take 4-5 minutes. At the top the lane become accessible by vehicles, bends left and ends on MONA Rd. Turn right downhill to NEW SOUTH HEAD Rd 1:12. Turn left across Mona, Darling Point Rd and at the pedestrian lights cross New South Head Rd entering into the EDGECLIFF INTERCHANGE, shopping complex bus and rail stations.
WALK END  1:20 PM

Walk dates: 13/02/2008
10. Beauty Point to Balmoral

Meeting place
Wynyard Bus Terminal Carrington St. Sydney above Wynyard Rail Station Stand “C”  Bus 178  9:54 am

The walk is considered as 80% Medium and 20% Hard.

Alight bus at the stop near the corner of QUAKERS Rd and SPIT Rd at Mosman 10:30. Head downhill along Spit Rd and turn left into CENTRAL Av, with a view out to sea. Down Central Ave twisting right then left to the T intersection with BAY St. Bay St is split into upper & lower levels with approximately 20m height between. There is a set of wood steps leading to the lower level with extensive views of the Middle Harbour and side valleys from the top of the stairs. Down the steps and at the bottom turn right and cross the road immediately turning left into Pulpit Lane, 10:40. Actually it is not a lane or a path but a very narrow bush track and steps jammed between house fences. The track does improve a little along the way to the Spit. As it turns right along the waterfront this seemingly neglected bush track becomes Beauty Point Foreshaw Walk. Despite the apparent roughness it has a magnificent atmosphere of thick bush waterfront with the track tunnelling through. Bad sections have short boardwalks, there are bush steps and some cut into solid rock, but there are 2 places of exit to the roads above. At the end of the track at Spit Reserve, 11:10, follow the waterfront to the far end. TOILETS, rest stop. 11:25. Although you have walked past a set of traffic lights to cross Spit Rd it is preferable and safer to use the underpass of the Spit Bridge taking in the Marina and yachting fraternity of Middle Harbour. Pass once again the traffic lights, 11:45, now heading up hill, steep, along PARRIWI Rd with water views. Parrivi Rd was once where Trams ran. On the way up be bewildered how some people build houses. You will pass a small to medium lighthouse and arrive at a Bus Shelter at the junction of CYPRIAN St, 12pm. Turn left down steps and down steep Cyprian St to where the first part of CHINAMANS BEACH - ROSHERVILLE RESERVE appears at a fenced landing and one seat looking straight down at water and sand, 12:05. For a small group a good lunch spot with a view. 12:25. From here steep steps on your left that go down to the beach. At the bottom head along the sand and half way along turn right into the grass reserve, TOILETS, and other lunch spot, NO seats for a larger group. Cross the grass Reserve to the Kids Play Area, and on left is the start of a very steep path of ARMITAGE Ln leading up to HOPETOUN Ave. Go left at the top and follow this Road around veering right all the time to STANTON Rd, which is only a short access to houses. At its end there are steps and a bush track down through WYARGINE Reserve to the EDWARDS BEACH. Walk along the sand to access the grass areas and pathway around BALMORAL BEACH. Spend time to walk up to the large unit block built right to the beach edge & read the plaque. The red roof bus shelter and TOILETS just past Rocky Point Island is the walk end. BUS 238 leaving 10 past and 20 to the hour will take you to the Zoo Wharf.

Walk dates: 26/03/2008
11. Engadine station to Sutherland Station via Prince Edward Park, Woronora.

Meeting place
Engadine Station 10.00AM

The walk is considered Medium, Approx 9 ½ km, 3 1/2 Hrs on walk.

10am depart station through rail subway into shops of STATION St and up to the first cross street & round-a-bout turning right into CALDARRA Av. Cross to the left side footpath, down, past and around Engadine Court building, to pass through the Engadine Community complex and up to the Old Princes Hwy. At the shops veer right and before the round-a-bout cross to the road far side to go left down CALDARRA Av once again crossing to the right side to pass the Police Station and then turn right at the next corner, ANZAC Av, crossing to the left side then almost immediately turn left into BIROK Av, which is short and divided into two sections by a path and steps down to its lower section and PORTER Rd. Cross this and head downhill in DOBELL Rd to a reserve on the right with a kids play area, tennis courts plus TOILETS. On the lower side of facilities is a playing field, cross this to the lower end of Dobell Rd and onto the start of a fire trail through a gate. 10:30 am. This trail is gravel, mud areas, steep pinches, creek crossings and follows LOFTUS CREEK to Prince Edward Park. The four creek crossings could give you wet feet in wet weather, but is beautiful walking. 11:10 am 1st crossing; 11:24 2nd crossing; 11:27 ...3rd crossing; 11:30 4th crossing. Be wary here of your route in crossing the creek 4th crossing. Although the main trail stays on the right side straight ahead, once across the creek there is a short steep rise then another fire trail coming in from the left. Keep going straight ahead to more steep short rises, plus a small water course. 11:45 A large campsite area with 2 small buildings, a Girl Guide Training Area, NOORUMBA. 11:55 The fire trail winds left around a ridge then right down steep to cross FORBES CREEK on a timber deck bridge and up to meet a huge water supply pipeline from Woronora Dam with its service road beside. 12:02 The road crosses the pipeline and includes a very heavy gate and fence. Climb through the fence. 12:07 2nd gate, old original one, and out onto the end of THORP Rd, Woronora. Head downhill and turn right into PRINCE EDWARD PARK Rd crossing the river inlet and into the PRINCE EDWARD PARK proper. TOILETS. 12:15 LUNCH. For those who do not wish to complete this walk a Sutherland bus departs at approx 12:50 pm. After lunch walk across the grass park area to the far end to where the river meets the hillside. Here there is steep steps and a path up to the main road. Cross the road diagonally onto an uphill gravel pathway to once again cross the huge pipeline. From here, travelling up the hill the path is concrete but changes to gravel and flat passing between the Woronora Cemetery and Sutherland Playing Fields. At the path’s end are traffic lights to cross LINDEN St. Go right up to the next street ADELONG St, turn left and Sutherland Station is in front of you. WALK END 1:30 pm.


Love the flowers
George
12. Mortdale To Oatley via Hurstville golf course.

Meeting place
Mortdale Station, western side, 10am

Medium Walk 3 ¼ Hrs TOILETS Mortdale Station then 1hr 40 mins at lunch stop plus 2 more on way out of the Park.

10am, Depart across the crossing into PIT St, take the next right and then THE STRAND, then 2nd left, MARTIN Place, and diagonally cross the park with huge trees turning right along BOUNDARY Rd. Follow this down to the traffic lights and cross into GUNGAH BAY Road. Pass a service station, 10:15, turn right into SEAFOORTH Av which bends left and has a park on the right plus a Kids Play Area, all with a creek along the park boundary. Enter the park keeping well to the top side of the play area and cross a small watercourse after which go right, still in the park, to cross GLEN Rd, and continue through the gate beside 3rd Mortdale Scout Hall, 10:25. You are now in various Parklands until you exit Oatley Park some 2hrs on. Once past the Scout Hall walk through the middle of the park to its end getting on to a Council Service Road, gravel, which is below the bend in Acacia St. Here the council road continues down the left side creek BUT instead you turn right to cross the sewer viaduct bridge over the creek and head uphill. Part way up this hill there is a bush track going left bringing you into Oatley Heights Park bushland. Follow the track and part way round there is a very large sandstone rock overhang on right and a man made lookout, left, over a Lagoon below. The track winds up and down around the bush hillside to end up on another council access road, turn left and follow the road around the bottom end of Hurstville Golf Course. The road runs around the mangrove swamp edge and becomes a boardwalk. Continue on the boardwalk up stairs and onto a dirt bush track again with a wide backwater, Lime Kiln Bay, on left. In a short distance steps go down to a park on the bend of JINNA RD and PAMELA Ave. Veer left onto a bitumen path along the park edge and head toward an elevated foot bridge which goes over the upper end of Lime Kiln Bay. Cross the bridge onto the round-a-bout of OATLEY PARK road complex. 11am Good roadside map showing all the possibilities within the park. Head uphill on the bitumen road to a bush track off to the right, signposted. 11:15. This bush path/track goes right round the Park Headland between the road complex and the river water, follow it. The track is mainly in good condition high above the water on a sloping hillside but later seems much higher as the slope becomes near vertical to the water below. Down hand railed steps to be near water level continuing around to the swimming enclosure. Good concrete paved areas, shelter tables, TOILETS, LUNCH 11:40 to 12:20.

Walk around the water edge, past the up road, to the first sign and up old sandstone steps to an easy sloped track left up to the Park Headquarters & TOILETS. Over to the left across the well groomed picnic area is a sandstone building called “The Castle”, worth a look. Head up the concrete road to a gate and the main road going both ways. Turn right for about 30 paces crossing over to an old set of steps on the left and up onto a rough washed out track which soon takes you away from the road below. There are more steps toward the top then over to the top section of the main road. Cross over to be on an open section and along the top side of a Kids Play area, and then just past this find the circular end of a concrete path with a toilet sign. Follow the path up to the right through a bush area to an Oval with TOILETS. Cross the Oval, keeping right, to walk through the Oval Car Park and out the park’s Main Entry which is at the end of OATLEY PARK Avenue, 12:55. Walk along the venue and at the far end turn right then left into MULGA RD, passing the shopping centre and on to OATLEY Rail Station. 1:15 WALK END.

Walk dates: 31/05/2006, 07/05/2008
13. Summer Hill to Drummoyne via Callan Park.

Meeting place
Sumer Hill Station, north side, 10 AM

Medium. Walk Time 3 1/2 HRS. First Toilet from Station ½ hr. Total 4 toilets, 2 break off locations.

10:00 From north side of station head down the right side of SLOANE St, to cross Parramatta Rd at the traffic lights and continue up Sloane to the next right, LORD St, which is only short then left into HAWTHORNE Pde. Cross MARION St, into the top end of HAWTHORNE CANAL RESERVE, 10:15. Ideal briefing spot. The path winds all the way downstream along the canal to the far end. TOILET, the second block is best, 10:25 -10:30. At the Canal end the path goes under the new Motorway plus under the original road bridge. Immediately past the second bridge take a sharp turn left up steps and on top of the original bridge, now a walkway 10:45. At the other end, Leichhardt, go down the steps to the left next to IRON COVE near water level. Follow the water edge path right round to the Leichhardt Rowing Club at the end of GLOVER St, 11:05. There is a TOILET block just up from the club building. The path continues around the waterfront but becomes rough gravel. The whole area you are in is the Rozelle Hospital complex, earlier known as Broughton Hall Mental Hospital. This whole area is now, in April 2008, up for redevelopment as the patients are being transferred to the new medical facility at Concord Hospital. Continuing along the track you will pass 3 abandoned buildings and come to a bitumen road around a Sports Field. Follow the pavement going right for a short distance to veer left around another abandoned building, then up hill on the road toward the sandstone complex of Callan Park. At the top go right at the T intersection so that you will walk around the huge walls of the facility that are on your left. A short distance along this road turn left up a short entry road toward a closed and abandoned gate but on your right is a set of steps and path that will lead you around the south perimeter of the complex. On your right is one the Original Colony Mansions, now the Writers Club of N.S.W. The building is permanently staffed, but if you ask, part entry is permissible. From here you walk along the south boundary of the sandstone complex looking into some courtyards which will give some idea of its immensity. As you round the complex to the east side and main entrance you can look across its extensive groomed grounds. Access to the internal complex must be prearranged by phone, when you will be referred to a person for allocating lunch area and TOILETS 11:45 lunch to 12:30. Explore but don’t get lost.

Once outside again go left along the building’s front turning right down steep steps onto a road and then turn left. In a short distance turn onto a good footpath that veers left from the road going along the Complex Wall to join the road again at an intersection at an abandoned multi-story building. At the road, MANNING St, follow it downhill, with the building on your left, towards IRON COVE. The road goes very sharp right and down to the sports fields of KING GEORGES PARK. Continue to the waterfront turning right along the flat path which soon goes uphill toward the city end of Iron Cove Bridge. Just at the bridge is the abutment of the previous bridge and this is where a duplicate bridge is proposed. Follow the path under the bridge and up the stairs to the footpath side of the bridge. This is VICTORIA Rd, Rozelle. For those who wish to conclude the walk uphill to the bus stop for the city. 12:55 To continue, it is worth the views, cross over Iron Cove on the bridge to a small park/rest area, 1:07. This is the 2nd conclusion point, with a Bus Stop close by. Here there is an opportunity to explore Birkenhead Shopping Complex. The walk continues on from this park to the corner of VICTORIA Rd AND ROSEBY St. Turn right and go uphill across a round-a-bout and continue down Roseby St, which is between the Shopping Complex and carparks, almost to the end near the waterfront and locate a footpath going left up into GEORGES Crescent. This will take you right round to the Ferry Wharf, known as Drummoyne or Wolseley St., Ferry Wharf. Arrival time 1:35 / 1:45 Ferry to the Quay 1:50 & 2:50.

NOTE; Whoever plans this walk in the future must take into consideration the huge changes that will occur if the proposed bridge & whatever happens to Broughton Hall Complex goes ahead.

14. Lapstone station to Emu Plains Station along the Nepean River.

Meeting place
Central Rail Station to catch Inter Urban 8.55 Train To Lapstone Rail Station.

2% Medium 98% Easy, but some up and down. Walk 3 hrs. TOILETS at start, lunch time, 11:15, and just before walk end.

9:55 arrive Lapstone Station, TOILET & briefing. 10:10 depart Station out the gate on the “UP” platform on to a rough bush track going downhill for a short distance to be on an old dirt road going left & right. Go right, the road becoming quite good for a short bit, curving left downhill. This original horse & buggy track, about 1900, is washed away, so take care to enjoy the view down and across the Nepean River. This part of the walk takes about 20 minutes. At the bottom, cross the watercourse and up a very steep and narrow track to the bitumen road of LAPSTONE Cres, 10:33. Go down Lapstone and turn right into RIVER Road snd after a few houses you walk along side the bush parkland of the Nepean River to the motorway bridge over the river; 11am. Don’t go under the bridge but instead go left beside the approach and up the ramp and on the bridge and cross over the river on the walkway. As you cross you will look upstream. On the other side of the river turn down the other side ramp, under the bridge and cross the road entering on to the grass area of TENCH RESERVE heading past the boat ramp and paddle boat landing. Tench Reserve continues along the riverside but there is a good LUNCH area here 11:20, with TOILETS located above the carpark. Seats and shelters scattered over the area.

At lunch everyone will scatter so at 12PM assemble at the toilet area. To continue cross over the road, TENCH Av, to the footpath on the other side. Turn right on the path which takes you directly to the motorway bridge ramp and onto the downstream footpath. Head back across the river on the bridge and on the other side, drop down onto the road along the riverside heading downstream, RIVER Rd. 12:15. Cross the road heading down toward the river onto the pathway along the river’s edge. This path is good gravel, it winds round bush and river features, but although there are some ups and downs you cannot see the houses up above. Walk along the path for approx ¾ hour. The last little hill heads you back across to RIVER Rd and into Regatta Park. Walk parallel with the road in the park to the TOILETS, 1:00. From here head away from the river crossing the park and enter into YORK St then right then left into the main road, the old Great Western Highway. Go along to the traffic lights, cross over and head away from the main road direct toward the railway line BILLINGTON Pl which at the railway turns left and finishes at the rail station, approx 1:15 pm. Trains to Sydney every half hour 1:34 2:04 etc. You will need to cross the line on the rail bridge to the other side platform for the city trains.

Walk dates: 21/05/2008
15. Mortdale to Oatley via Lime Kiln Bay Bushland Sanctuary Lagoons

Meeting Place
Mortdale Station, western side, 10 am

Walk 3½ hrs; TOILETS Mortdale Station then 40 mins to Park swim area then Oatley Stn. 60% med, 40% easy;
NOTE, listed in these walks is a similar walk with much overlap & title but worth doing for a different diversity.

10am, Depart across the crossing into PITT St, take the next right, THE STRAND, then 2nd left, MARTIN Place, and
diagonally cross the park with huge trees turning right along BOUNDARY Rd. Follow this down to the traffic lights and
cross into GUNGAH BAY Road. Pass a service station, 10:15, turn right into SEAFORTH Av which bends left and
has a park on the right plus a Kids Play Area, all with a creek along the park boundary. Enter the park keeping well to
the top side of the play area and cross a small watercourse after which go right, still in the park, to cross GLEN Rd,
and continue through the gate beside 3rd Mortdale Scout Hall, 10:25. You are now in various Parklands until you exit
Oatley Park. Once past the Scout Hall walk through the park in the middle of the mowed area to its end and onto a
gravel service Rd. Keep to the creek left side on the service road ignoring the stops on left and at the sewer duct
bridge go right. In a short distance you come to 3 lagoons and a bridge going right. NOTE this whole valley was
only a swamp which Council converted to be the Lime Kiln Bay Bushland Sanctuary dividing the lagoons with
peninsula walk ways. Cross the bridge and go right onto a dirt track which curves slowly left over the lagoon area to
the other side of the valley then right on a dirt service road. The right side of this road becomes mangrove trees,
the left the valley hillside with huge gum trees. You will soon come to the bottom end of the Oatley Park bitumen road
complex where a good roadside map of the area is located. 11am approx Uphill now on the bitumen rd., and ¾
way up a signposted track goes right. Go down a few steps to a reasonable bush track. There are some rough areas
and the track goes right round the Lime Kiln Head between the Park road complex and the water but high above the
water’s edge. As you progress the track seems higher as it becomes near vertical to the water below. Soon a hand
railed set of steps is in front of you going down to near water level. This now takes you around to the park swim
enclosure where there is sheltered picnic tables, TOILETS, & lots of concrete paved areas, 11:50 Lunch to
12:20.
On the move again walk around the built up area off the sand to the 2nd set of steps which go direct up from the sand
and go sharp right on a bush track above the lower picnic area. This track, rough in places, goes right around the
hillside above the water but gradually veers away from the water and meets up with the park east boundary fence and
lower vehicle entrance at the bottom of DOUGLAS HAIG St. Unfortunately it is now a steep hill up to turn left into
GUNGAH BAY Rd, which you were in at the early part of the walk. Go left then next right into MULGA Rd, through the
Village shops to be at OATLEY station by 1.05 approx. Trains Hurstville way 1:13 or ½ hr service.

Walk dates: 30/07/2008
16. Rozelle street walk to Balmain East Ferry Wharf

Meeting Place
Circular Quay bus terminal stand C for a 9:45 500 series bus to Roselle. Ask driver if he stops at the stop before new Iron Cove Bridge, use only such a bus.

Walk is through a suburb partly held in time but with contrasting modern infill housing developments. It is also a walk through history see what is today compared with what was before.

Distance 7.2km Time 4 hrs 20min. Grade 90% easy, 10% medium some short hills

Alight bus near CLUB St 10:10 before the Iron Cove bridge VICTORIA St, Rozelle. Head back up Victoria St and turn right down TOELLE St following it to the bottom into KING GEORGE PARK to toilets. Short Rest 10:15. Go through the park to the waterfront turning right on path passing beneath the new concrete and old original Iron Cove bridge abutments 10:30. Continue along the path until lawns give way to bushland and a set of stairs and path at back of Balmain Campus of the Sydney Technical College into LONGVIEW St. A short distance down the road to a set of stairs turning right up into BRIDGE St. At the top turn left along TERRY St cross the intersection into GLASSOP St until ELKINGTON Park 11:15 is on your left. Enter the park down to the Rotunda for shelter, seats and rest stop. Toilets are nearer the waterfront. On leaving go around the rotunda and across the grass to FITZROY Ave following it up and right into PUNCH St to get back onto GLASSOP St. Turn left and at the end left again onto BIRCHGROVE Rd passing Birchgrove Primary School 11:50. Next to the school was once a coal mine (1897 to 1956) with two shafts 850 metres deep. The site was once terraced down to the waterfront to a coal loader for ships. It is now all gone, replaced by modern housing units. Turn left around the estate down WATER St which bends into RIVER St. Follow it to a T junction with COVE St. Cross Cove St veering right down LOUISA Rd following it past tennis courts and around the bend to the lower section of BIRCHGROVE Park. Turn right down the stairs into the park onto the waterfront walkway. Follow the path past the oval to the other side, onto GROVE St 12:37 and turn left then right up WHARF Rd. (Be careful as this is a bus turn around and backing area). BREAKOFF point for a 441 bus back to the city. Follow WHARF Rd along until it starts a U bend where instead go left into BALLAST POINT PARK for toilets and LUNCH 12:45. After lunch go left again on a gravel path down numerous steps to the water. Turn right along a wide walkway right around the point into YEEND St on the other side. Immediately veer off the road into MORT BAY PARK which was once, for its day, the largest ship building and repair facility in Sydney. It is now all demolished, even filling in the slipway, and turned into the park. Follow the path around the bay along a latter build wharf going to the far end exiting 1:50 across the road and turn right on the opposite footpath. Instead of following Mort St back around the park keep left straight up THAMES St then left at the first intersection into TROUTON St. At the end cross CAMPBELL St veering left into WELLS St and at its end right up WATERVIEW St. Left into CAROLINE St then next left into CAROLINE lane to the end down stairs to path and along the waterfront around the original Colgate Palmolive multi story factory, now home units. Follow the path past the buildings to leave the water and onto the end of COOPER St. Follow this up to DARLING St turning left then left again on HART St back down towards the water. On the bend between 12 and 14 is a path to the waterfront that looks like a driveway. Follow the path to the park turning right across the grass to almost the other end. Locate the end of GUILCHRIST PI 2:15 and follow it up hill veering right up DUKE St and after 50m turn left between two terrace houses down a laneway into ORIGGLASS PArk. Go through the park to NICHOLSON St turning left then right into BRETT Ave and down its length to GALLIMORE Ave. It is two levels and there is a set of stairs almost opposite to get you to the lower level. Once there turn right and go along to LOOKES Ave. Turn left, go down the road to a lane between numbers 15 and 17 turning right down the lane into THORNTON Park. Go across the park to the Balmain East ferry wharf and WALK END 2:15. Ferries to the city on the hour and half hour. 442 bus also to city

Walk dates: 06/09/2006, 18/06/2008
17. Petersham to Drummoyne

Meeting Place
Petersham Rail Station 10 am

Walk 3 ¼ hrs Easy  TOILETS Petersham Station; Bone Café  Robson Park; Rodd Point; Brett Park just before return bus.  Breakoff points; 3, Marion St., Leichhardt;  Robson Park;  Rodd Park.

From Petersham Station head out the north side turning left down TERMINUS St and at the end with PALACE St, dogleg right, left, into SEARL St. Turn second right down The AVENUE past the Bowling Club and left at its corner into BRIGHTON St. As you pass the end of the bowling fields in Brighton St, diagonally cross the road into PETERSHAM PARK, entering through an old fancy gateway onto a pathway beneath an avenue of huge trees, past a Childcare Centre on the right. Head down to the oval edge and veer right on another path around the oval to the opposite side and down steps into PARK St then to PARRAMATTA Rd. Cross at the traffic lights into FLOODSt., Leichhardt heading along this turning left into LORDS Rd at the roundabout. Cross the TEBBUTT St traffic lights continuing down Lords St past the public school to the railway line with a pedestrian tunnel underneath. Go through the tunnel and immediately turn right on a wide path beside HAWTHORNE CANAL with an adjacent row of large trees which shield LAMBERT PARK. Down the path to MARION St, BREAKOFF POINT. bus. 10:50am Cross the road at the safety island on the other side of the canal, into HAWTHORNE CANAL RESERVE. Follow the path through the reserve a short distance to a footbridge crossing the canal. Head across the canal to the opposite side continuing on the path left beside the railway line. This area between the Canal and Rail Line is a dog training and exercise area with its own BONE CAFÉ. 11am TOILET. Proceed north along the canal and park access road going under the CITY WEST LINK Motorway then up onto the old road bridge, which is now a walkway, 11:20am. Cross the canal on the bridge and at the other end go down steps on the right to go back under both bridges turning right around the abutment of the Motorway bridge to head uphill getting onto the grass area between the Motorway and the houses. Stay on the grass heading uphill to meet a footpath in front of the houses. This path heads around into ROBSON PARK after crossing BOOMERANG St. TOILET in the park. 11:35am. At the southern corner of the Park, corner of Boomerang and Mortley is a bus stop and breakoff point. Now head down to the traffic lights at the western corner of the park at DOBROYD Pde and MORTLEY Ave crossing into TIMBRELL Drive using 3 traffic lights crossings to be on the waterside path of Timbrell Drive. WARNING. There is little footpath space at these crossings PROCEED WITH CARE. The path now runs beside the water most of the way. For LUNCH divert onto RODD POINT. The original Rodd family sandstone crypt is there well preserved. There are also surprisingly small, but good TOILETS. Arr 11:55 Dep 12:30. Continue following the path beside the water around to another “breakoff point” for busses coming down BRENT St, turning along the waterfront road. Again follow the path right round to enter BRETT PARK at or near SOUTH St 1pm. You now need to cross HENLEY MARINE DRIVE and it is debatable where the safest crossing would be, but you need to go through the park on the grass to walk across the abandoned oval, up a slight grass embankment, past a TOILET to FORMOSA St, crossing this to enter PARK Ave. Go down Park crossing VICTORIA Rd at the traffic lights. Turn right down the road a little to the bus stop. WALK END 1.10 approx. Bus return to the city. For those with time to spare, a visit to Birkenhead Point shopping complex may be interesting.

Walk dates: 02/07/2008
18. Riverwood to Narwee

Meeting Place
Riverwood Station 10 am

Easy    Time 3hrs 45mins.  TOILETS, Riverwood Station, Riverwood Park, John Mountford Reserve.

Depart from station southward down BELMORE Rd turning right into WEBB St down to and beside the railway line to where Webb turns sharp right under the rail line. Follow beneath the railway then left onto a park area. Good spot for briefing. You are now at the bottom of LILLIAND Rd. Walk across the grass area onto a boardwalk in the mangroves of Salt Pan Creek. Do not cross the bridge over Salt Pan Creek. Instead immediately take the right boardwalk walking for a short distance along the mangrove swamp east side of Salt Pan Ck. The boardwalk changes to a concrete pathway bending to the right over a small bridge and up between RIVERWOOD PARK and WILLIAM Rd veering left up to and onto the park oval. Cross directly over to the TOILETS beside COLERIDGE St. Rest and break. 10:30. Cross Goleridge and head along UNION St passing Riverwood Primary School and left around its fence into mowed parklands. This area is huge, all mowed and created from a Municipal garbage tip which built the huge hill. Head toward the hill to be on a service road, veer right up the road which bends around a Housing Estate to be beside the M5 Motorway turning right onto a wide concrete pathway. 10:55 Pass a spur path on left, which goes over the M5. 10:58 The Park between the M5 fence and housing fences becomes narrow, then opens out to a large Park basin including a pond area. 11am go right at the next path fork keeping the pond on left and a large Community Garden on right in front of the Housing Units. 11:05 the path ends at the corner of WASHINGTON Ave and BELMORE Rd at a very fancy Park Entry. Cross Belmore Rd at the traffic lights of HANNANS Rd then left across Hannans Rd and head northward down Belmore Rd toward the M5. Before the M5 at ROTARY PARK veer right into the park on a bitumen path to walk beside the M5 fence. You should pass a football field and a cricket oval prior to BONDS Rd. Cross the road through the safety island, no lights. The path, still in parkland, but beside the M5 fence, has a short steep hill 11:25 then winds its way to PENSHURST Rd. 11:38. Now turn left under the M5 and cross Penshurst Rd right into JOHN MOUNTFORD Reserve. Take care in crossing. A good path winds its way up the left side of the Reserve to the Recreation Area, with TOILETS, Kids Play Area and Tennis Courts, LUNCH 11:45

Depart 12:30 heading downhill on the east side path returning to Penshurst Rd turning left under M5. It is now a direct walk along Penshurst Rd to NARWEE Rail Station. 12:40 WALK END


Meeting Place
Central Rail Station for the 8.45 train to Gosford.

Walk level Easy to Medium. Walk time 3 hrs, Two hills with short rest flat; 5 TOILETS BE WARNED this is a cycle/walkway and can be very busy; There are bus stops all the way plus 3 train stations. The walk route has changed slightly from earlier times due to the opening up of new pathways. The walk, though appearing long, provides plenty of interest including a purpose built bridge for the walkway

At Gosford train arrives 10:13; Proceed to the bus terminal outside the Station, Bay 7 for Bus 50 departing 10:35 to go to the RSL stop West Gosford. There should be time at the station for a TOILET stop before starting It is preferable not to do this walk in windy conditions as it can become unpleasant.

From the RSL bus stop at the top of YALLAMBEE Av, 10:45, go down the avenue past the RSL to the bend where the wide cycle/walkway starts beside the mangroves on the outside of the bend. Keeping the open waters and mangroves on your left, follow the pathway past several path junctions, across a creek to FAGAN PARK, 11:05 TOILET, and football field. Continue along the waterside path to the railway then along the railway to an underpass tunnel 11:25. Cross under the railway line after which the path becomes the road access to the Volunteer Coast Patrol and Naval Cadets. The road is right at the water edge providing a good rest and drink stop. 11:45 Continue along the access road into KURRAWA Ave and Point Clare Rail Stn. There are now houses on the left. Past BROADWATER St the road goes up and incline ramp to the main road. The pathway continues from the corner of ALLUKIA Ave beneath the wall of the road ramp beside the first house. At the highest part of the road retaining wall the pathway passes the end of NOONAN POINT St then VICTORY Pde. The pathway does follow along the footprint of the main road but an alternative is to follow Victory Pde and it will join the main road on a slight hill just below WATERVIEW Cres at the hilltop. Just over the crest is Tascott Rail Station; 12PM. Follow BRISBANE WATER Dr downhill on the pathway to be again at the water’s edge continuing along the water to KOOLEWONG FORESHORE RESERVE by 12:15 which is a narrow park area with a TOILET adjacent to a shelter and kids play area. Rest and refresh time. Continue on to the path through the park passing a boat ramp where the path goes back to be against the main road. Houses are once again between you and the waterfront as the pathway continues alongside the main road. At the first intersection veer left into COUCHE Crescent away from the main rd and up a slight incline to the top and where the road bends right for the second time look carefully on your left. There is a narrow path and steps going down into COUCHE PARK on the waterfront. 12:35 A very scenic LUNCH spot with good TOILETS.

After lunch 1:10pm head across the park to a laneway between the last two houses on the west side of the park and return to the main road, at which turn left. It is now an easy 30 minute walk to Woy Woy Rail Station along the road side pathway. There is now an opportunity to allow faster walkers to forge ahead to enjoy more time at Woy Woy. For slower walkers 1:45 WALK END at the station. Trains to Sydney 1:58 and 2:25.

20. Heathcote station to Engadine Station

Meeting Place
Heathcote Station 10am

This walk passes through Royal National Park on fire trails and bush walking tracks; Walk time 2 ¾ hrs; 95% Easy 5% Medium/ Hard; TOILETS only at Rail Stations START & FINISH

Depart Rail Station from the east side and go down WILSON St in front of the SES and Rural Fire Brigade headquarters to just past the buildings and the start of the KARLOO TRACK which curves around the rear of the SES & RFS complexes along the bush edge of a very wide mowed area behind the houses back fences. The track is a fire trail and in places appears to be a hand packed horse and buggy days road. Bear in mind that the original estate mansion Heathcote House is nearby. Go past the sign and track leading downhill in the bush on the right, keeping on the edge of the cleared area and the East Heathcote Fire Trail. Travel uphill slightly then down into a gully area with large trees. 10:15 Out of the gully and up another hill coming much closer to the houses and a flat area at the end of BOTTLE FOREST Rd. 10:25am There are 3 gates here. Turn right taking the BOTTLE FOREST MANAGEMENT TRAIL, still a fire trail, into the bush away from the houses. At the fork 10:32 go right and by 10:37 the trail starts winding around. At a 4 way intersection 10:50 take the left trail sign posted HEATHCOTE. The track is beside the sign’s right side and now starts downhill, still a fire trail 10:55 on the right a high wire fence used as an attempt to stop access to a trail going right which is closed. Your trail veers left; 11:07 at another 4 way intersection; as you walk into it, take the track to the right, sign posted ENGADINE. Now this becomes a washed out rough bush track going down into a creek gully. 11:18 after slow progress you are at a running creek. LUNCH SPOT plenty seat rocks. 11:55

Depart up the other side of the creek gully, still rough but becomes good. 12:10 track crosses a fire trail, don’t make any turns, and by 12:23 meets another walking track. Join this trail and go right. Sign AUDLEY 5.3km ENGADINE 0.7km. In a short distance a track goes left, which you should pass by going straight ahead. 12:30 Cross a well used fire trail. Your track has a pile of boulders on the right and on left a sign says ENGADINE with arrow pointing in the direction. Just past here the roofs of Engadine buildings can be seen. 12:40 the track turns left along the side of a deep watercourse then loops right around its headwaters and the wall of ware pond area on left. Soon after on the left is the track to Engadine rail station, which can be seen. The track which you have been on goes straight ahead but you will turn left up to the station. WALK END 12:45pm Trains half hour service TOILET on west platform


Sometimes

Heelllllp

Hey! Wait for me

Walking for pleasure is just like a walk amongst the trees
21. North Head round walk through the ex School of Artillery now known as NORTH HEAD SANCTUARY

Meeting Place
Circular Quay to catch the 10am Ferry to Manly
At Manly cross the road at the traffic lights in front of the wharf terminal, veer left to bus stand J for the 10:38 number 135 Gov’t bus to North Head.

The North Head area has been controlled by SYDNEY HARBOUR TRUST since 2001. The walk is Grade Easy but with a bit of up and down. Distance approx. 3km. Best in cooler weather for most of the walk is shrouded by high walls and thick bush allowing little sea breeze. IMPORTANT there is a warning about ticks on the area tourist map, so, if you itch DON’T SCRATCH, LOOK, it could be a tick. Don’t just pull it out, follow the instructions on the brochure or seek medical help. Ferry- walk- ferry- 3hrs 40 min. TOILETS Circular Quay, Ferry, Complex main building south end, Visitor centre.

The 135 North Head Bus goes up past a number of stone buildings and Manly Hospital, along part of the famous, heritage North Head Walls through a Stone Arch on NORTH HEAD SCENIC Dr and past a group of houses. Alight the bus after the houses just prior to the entry road to the North Head Sanctuary complex.

Once off the bus walk across the first entry road then across the park area to the second entry road and once there go left uphill turning left around the first building with the parade ground on your right. Keep going around the parade ground, keeping in on your right, and at the far end of the next building on the end of the veranda is a TOILET and an ideal location for a briefing and morning tea. This walk mostly follows the Gunners Walk shown on the accompany map and brochure of the sanctuary. Continue around the short end of the parade ground keeping it on your right until you get to the south west corner. Turn left along the access road away from the parade ground for a short distance and turn right on the first side road. There is a large child minding centre on the left. The road turn left after the end of the building 11:18 and you look out over a large area of bitumen and gravel. This was the artillery school gun parking area. Walk the full length and enter onto the elevated mesh walkway. This first section winds through thick bush and has two lookouts. The first part is uphill with endless steps but is not too arduous. At the T intersection turn right. Visit the two lookouts, Northern and City, and continue along the walkway coming out onto a gravel road 11:36. Turn left and immediately on the right is one of the original quarantine cemeteries which is worth a look. Follow along the road 11:50 with the road becoming planked with wood and at the bottom you will come across a section of stone wall. Here there has been an access cut through to the WWII North Fort. An opportunity for a future visit. There is a kiosk open at the main entry road and bus access to Manly. There is also a TOILET. The walk route however does not go through the wall but continues along the old road beside the wall heading towards the north. Cross a bitumen road 12:00. Left will take you by the shortest route back to your starting point if required. Continue along the gravel road to near the hill top where there is a weather recording station on your left. Opposite this, on your right is the start of another mesh walkway 12:10. Start on the walkway, through the wall, and on the other side to the right is a wartime observation post. Back to the walkway 12:18 continuing right going down more steps and on to a road made from hand packed stones. This road, THE AVENUE OF HONOUR, has significance. Built in 1928 as a memorial to local soldiers killed in WW1, it was originally lined with Norfolk Island pines. Only one part was completed. Turn left along the road passing another mesh walkway to the right. This goes to the Hanging swamp. Stay on the stone road until you come to another mesh walkway, this time on your left. Once again negotiate the numerous steps up the hill and out onto flat country. This area appears to be a work area. Head across this onto a bitumen road and follow it down beside the sports field to the corner of the barrack building where you had morning tea 12:40 but now it is LUNCH.

Depart 1:10 along the road between the parade ground and the barracks and pass the road you came in on and down a steep set of steps to the end of the building on your left. Here is the Harbour Trust display room and information centre and worth a visit. Leave by 1:35 heading back to the bus stop you started from to catch a bus scheduled for 1:46. It is worth catching the bus coming into North Head and continue the run out and back, even just for the scenery. It also saves the walk down to the hospital stop, often crowded with people. The bus gets back to Manly wharf at 2:07 just in time to catch the 2:15 ferry back to the Quay so don’t linger after getting off the bus. WALK END.

Walk Dates:
NORTH HEAD GREAT WALLS
Wherever one looks on North Head there will be in the view part of a high stone wall seemingly going nowhere. The wall is a part of a series of walls collectively about 6km in length. The original wall that partitioned off the whole of North Head for quarantine purposes was a 10’ high iron fence with barbed wire on top. The Catholic Church also had land on North Head and in 1879 swapped some with the Government. In the agreement a 10’ stone wall would be built on the new boundary to harmonise with the stone seminary that was being built. A stone entrance arch on Darley Rd was also built in this period. The present one is the 3rd arch. Each arch built in a different location. From the late 1890s to mid-1930s further walls were built but it is not clear as to why some were constructed. The obsession however was that the walls had to be 10’ high. In 2008 there were moves to map the wall locations and attempt to unravel the mystery including where the stone came from.

GUNNERS WALK points of interest
1. The Gatehouse
2. Parade Ground
3. The Barracks
4. Sergeant’s mess
5. Gun park
6. Precious scrub
7. Northern lookout
8. City lookout
9. Third Quarantine cemetery
10. North fort
11. Observation post
12. Avenue of Honour
13. Hanging swamp
14. Obstacle course

TICKS
When you leave check body and clothes for ticks. To remove use fine pointed tweezers and grasp the tick as close to the skin as possible. Gently pull it out with steady pressure. Do not try to kill the tick with methyated spirits or other chemicals as this can make it inject more toxins.

Yesterdays parades
Today’s empty parade ground
22. Rockdale to Ramsgate and Botany Bay

Meeting Place
Rockdale Station 10am

**Easy/ medium Time 31/4 hrs  TOILETS Rockdale Stn Kyeemagh Boat Ramp then several along the Bay Walk**

**Break off points along the Bay Walk**

From the Station Concourse go down to the Bus Terminal then cross GEEVES Ave at the pedestrian crossing, head through the Arcade and cross the Princes Highway at the traffic lights to be in King Street Place Mall. Go uphill in KING St and turn left at GEORGE St 10:05 following it across PITT Ln then the end of PITT St and veer right into LORD St. Pass the Public School on right to the end of Lord St intersecting with CAMERON St where there is a lookout with a vast view. 10:12 At the lookout is a set of steps which will take you go down to the lower level of Cameron St. Continue down the street and turn left into the lower section of PITT St keeping left in this very short street to meet and cross GIBBS St where slightly to your left a lane. 10:15 Go through the lane to FARR St turning right then next left down ADOR St to where it bends left but in front, almost looking like the road, is the entry to a large two story building complex which houses the St George Police and Citizens Youth Club. Follow the roadway left around the front of the building. Continue straight ahead on the bitumen passing between the house fences on your left and the building block of the St George United F.C. on you right entering into ADOR RESERVE. Cross to the far side of the field and exit through the fence to veer left across the carpark, ADOR Ave, going under huge trees into ROCKDALE PARK which is like a mini Botanic Garden. Here is a huge variety of trees with mowed grass and a once operated water race snaking down the middle. On entering the park veer slightly left up to the top of the water race channel then go round and downstream to before the bridge on the bend of the race then veer away to the right through the trees over to WEST BOTANY St. Cross the road moving to the right into the netball courts, 10:35 Walk across the various fields past a closed toilet block to a very large stormwater channel and bridge. 10:38 Cross to the other side. Turning left you can see the building of the Rockdale Rugby Union Fields. Take a straight line across the field’s left end passing the goal posts, there is an embankment and muddy channel on the way, to arrive well to the left of the Rugby Union building but at the Bowling Club fence. Go left where there is a small bridge cross a channel. Now you have a long park in front of you, WHITE OAK RESERVE. You are between houses back fences on right and the stormwater channel, with a caravan park on the other side, to your left. Go through the park to the far end at BESTIC St and cross at the crossing to the entry of the Brighton- Le- Sands Amateur Fishermans Association Complex. 10:50 You should now be on a wide concrete walkway – cycleway. Follow the walkway past the club car park continuing on so that Muddy Creek is to your left and on your right a very large market garden. You are now in MUDDY CREEK RESERVE and the path will take you past a very modern hockey field and the RSL Sports complex to the carpark for the local boat ramp. The area is now called KYEEMAGH RESERVE. There is a TOILET across the car park 11:10 The path continues from off the entry road near the water’s edge which you now need to locate and follow along the water, across the end of OWEN Ave and under the Endeavour Bridge 11:25 to be on the Botany Bay side of GENERAL HOLMES Drive. The path, which once went through another park, now passes in front of the massive works of the Desalination Plant. From here to walk end is plenty of “breakoff bus stops”. After the desalination plant the pathway is returned to the reserve and twists around and up and but down mostly in grass with plenty of trees between THE GRAND PARADE and the waters of Botany bay. Continue through Briton Le Sand past the pavilion to Lady Robsons Beach car park opposite SOLANDER St 12:15 Good LUNCH spot, trees, seats, TOILETS After lunch follow the path from the other side of the car park across the grass and though another car park, more grass and at the next car park goes around and down a zigzag to run along the back of the sand. After going though yet another car park, but staying by the sand the path eventually ramps back up to the Ramsgate Surf Life Saving Club shop and TOILETS. Cross THE GRAND Parade at the traffic lights into in RAMSGATE Rd to the bus terminal opposite the shopping areas. WALK END Finish time approx 1:15 PM Bus return to Rockdale.

**Walk dates: 10/09/2008**
23. Rhodes Station to Homebush Bay Ferry Wharf via The Bicentennial Park

Meeting Place
Rhodes Rail Station 10am

Walk 2 ¾ hrs Easy  Good walk surface all way  TOILETS start and finish plus 2 blocks in park on route  Note: This area is vast and has room for two other day walks.  There is much to look at so walk time should work in with ferry time going to Circular Quay; Also there is a Bus to Lidcombe.

Out the west side of the station, cross WALKER St on the pedestrian crossing turning left then right into MARY St and go right down to the water where you will find a walkway along the water’s edge 10:10  Go left along the pathway soon turning left  10:15  then right into a park area passing, off to the left, Rhodes Shopping Complex. Continue on the path through the park to an entrance to the BICENTENIAL PARK. This is the start of a wide bitumen path going parallel to HOMEBUSH BAY Dr separated by a wide planting of trees. The trees are not dense enough to filter the traffic noise which is still bad. Note: the park has many paths going in all directions so concentrate on these notes to follow the intended route.  10:30  path forks but keep left still parallel with the main road.  10:37  On your right is open grass picnic area, TOILETS,  BBQ Shelters and Park Entry from Concord West Rail Station. Rest but depart 10:47  turning right across POWELLS Creek on the bridge then immediate turn right, still on the bitumen path, winding around mangroves on right past the field study and TOILET buildings on the left. After the buildings go straight ahead crossing over a road with a bridge on your right. Your path is now in the wetlands area with mangroves left and right 10:55  cross over a creek bridge after which on the left is the open area of the Salt Marsh Swamp. There is a short diversion track on left to give a more open view.  11:03  The bitumen path now bends left and right to be beside the large Water Bird Lagoon Refuge and there is plenty of birds. This Refuge is a challenge of your bird knowledge. Still walking along the bitumen path with lagoon on your left and mangroves with open water on your right, one has the feeling of going out on a peninsula. At the top end of the lagoon the path turns left 90 degrees and on the right is a Viewing Tower  11:15  Keep on the bitumen path with lagoon on left and open water of Homebush Bay on right.  11:20  a gravel path appears on the right to view old wrecks plaque at start of path. Worth a look and wonder how much was really dumped in the bay in the early days. A short way along the main path you come to the busy BENNALONG Parkway which has to be crossed with great care. Once across you are looking at a man made hill. Turn right and follow the parkway crossing a backwater on the road bridge. Once across there are many multiple story units  11:30  Keep left and to go into the Archery Centre for shelter, seats, LUNCH and good TOILETS  11:40  Departed  12:10  Go back to the bridge but don’t cross. Instead cross the road to find a gravel path between the units and the open water. Follow the path around the units next to the water passing a very elaborate swimming pool then over a small bridge then onto a wide built up waterfront walk. Turn right along the waterfront on the pathway. Eventually this path will extend right to the ferry wharf, but for now you need to divert left up BAYWATER Drive which does not come right to the water, but there is a carpark near to the water which you go through then up Baywater. This will “T” intersect with Hill or Bennelong Road, depend on which map you read. Cross here to be on a walkway behind a row of trees and turn right. This path runs parallel to the road goes right to the ferry wharf. WALK END  12:50  Ferry one hour service  1:40  2:40  There is also a Bus Service half hour service to Lidcombe

Walk Dates: 22/10/2008

We all do the sunscreen thing
24. Rhodes Rail Station to Cabarita Ferry Wharf through the Kokoda Memorial Walk Track, Concord Hospital, Historical Yaralla House and grounds, part of the demolished Mortlake Gasworks, and around the waterfront to Cabarita Park.

Meeting Place
Rhodes rail station 10:00AM

This walk is full of variety, the Kokoda Track full of war history well displayed and narrated, the Yaralla house estate a marvel of Colony rich living, the immense area to build a gasworks to supply Sydney now all gone replacing thousands of Units but leaving a very wide walkway with gardens right round the water front to Cabarita. Walk Grade EASY though appears a little long. Distance 7.3km Time on route 3hrs 45mins. TOILETS Rhodes Station, Kokoda Kiosk, Majors Bay Oval, Ferry return to Circular quay. Break off points 2

Depart the station to the east down MARY St, under the huge fig trees canopy, to cross the very busy CONCORD Rd at the traffic lights, then whilst at the lights cross to the other side of MARY St, going downhill, now on the right side footpath, turning right onto the black surface of the KOKODA MEMORIAL TRAIL. 10:08 The war displays start immediately. Not only are they displayed, they also are narrated. As you stand in front a beam activates a recording. For this walk, with a time schedule for the day, it is not possible to stop everywhere, so just appreciate the whole presentation as you walk through, for it is BRILLIANTLY DONE. One exception is to loop into the WALL OF REMEMBRANCE. The trail finishes out a fence gate cross a carpark up steps into a circular rose garden and HOSPITAL ROAD 10:40. Cross this and go left a little then right into Hospital gate 2 and up then cross a hospital corridor, downhill the other side next a right and left road dogleg to go straight down to the large grass HELIPORT with its large windsock. 10:48 To cross keep left near the mangroves and at the other side you will be on top of a stormwater channel looking like a path, go right along it to a fenced carpark. Here go left to find you are enclosed between two low strand wire fences. This is now the relocated track around the YARALLA HOUSE ESTATE water front, more like a corridor. If when you have covered some of this estate by these directions and would like its history contact Concord Council for their Historical Society. They have open days and a small book. Looking at a street directory go right around the peninsular housing the homestead until you come to a hillside of artificial rock shrouded with exotic plants with a flat area in front, once a swimming enclosure. 11:40 Terraced above this is another flat area, tennis courts, then another terrace edged with stone balustrade with a set of stone steps between the levels. Work your way around and go up the steps then right to go round the home front then left to be on the entry road. Imagine the horse driven carriages that stopped here. Continue out the road to the second branch road left, go in here and there is the horse stable. 12:00 pm. Looking at the stable and over to your left is a long hedge and path going downhill, go down this. At the bottom, the path veers right, near water on left, to be a poor narrow overgrown dirt track then a fence gate out onto the Council mowed lawns edged with very wide concrete walkway between grass and mangroves. 12:10 A little way along you will be close to an oval fence, go over to it and right around to its sports building LUNCH AREA and TOILETS at the other end. 12:18

Depart 12:47 back to the pathway around the park edge by the bay and soon the park and path ends leading you out into DEAKIN St. 1pm Go left along its footpath into KINGSTON Ave then left down to its end and a small reserve which extends across to the bottom end of BERTRAM St. NASHA Lane is shortened at the Reserve. Across Bertram is unit blocks facing the mangroves with a wide concrete path along their front right to EDWIN St, where the path passes between the end unit and a row of their letter boxes. Go up Edwin, left into and along BENNET St, you are back into street walking. 1:13 Going slightly downhill to “T” with NORTHCOTE St, turn right uphill and quickly left into HILLY St, and along to PALACE LANE. Be attentive or you will miss it. A short walk down the land and you cross TENNYSON Rd, with its high brick wall of the Gas Works 1:25. An access has been made through the wall being the start of the walkway right round the waterfront to CABARITA PARK Ferry Wharf. The developing new BREAKFAST POINT Estate is massive with only two of the gasworks buildings left as Heritage. It takes approx 20min to walk the 1 ½ km arriving at the wharf 1:45 for the one hour Service at 2:25. WALK END

Walk Dates: 17/12/2008
RHODES TO CABARITA - WALK 24

Air photo computer enhanced with relevant information. The actual locations and the road route can, to a degree be followed. However this is not a substitute for a written descriptive giving all the features and directions. The intention of the walk book is to read the scripts together with a street directory but for the keen map user this concept may help.
Meeting Place
Circular Quay for the 10:15 ferry to the Zoo

Spectacular walk but a hard section; 3hrs 35 min round time; 10% hard; 20% medium; 70% easy; TOILETS Circular Quay, Sirius Cove Reserve, Clifton Gardens, & Bradleys Head; Break Off Point Clifton Gardens.

Arrive at the Zoo Wharf 10:40 to assemble and move off at 10:45. Out of the Zoo Wharf go left on a gravel path beside the wate’r edge then onto a board walk with many steps above the water’s edge climbing up the original harbour foreshore rugged slope. This pathway goes up near the Zoo boundary fence and wall. The path surface is a mixture of boardwalk, gravel, sandstone paving, bitumen, wood, stone and concrete steps and takes you high above the harbour water with the bush growing high enough to create some tunnel effects. The surface is very good. 11:02 At LITTLE SIRIUS COVE RESERVE, rest stop and TOILETS. Depart by 11:10 away from the water up to the top end of this Park to be in SIRIUS COVE Rd. Go up and under an overhead bridge to WATER Lane on the right. 11:15 The next part is the hardest part of the day, so all should be instructed to take the hill in front of them slowly with adequate stops, drinking plenty of water. Turn right up the lane with its many steps and steep slopes to the top at PRINCE ALBERT St. The bonus is that there are plenty of interesting aspects. Our group of 35 in warm conditions took 10 minutes with many short rests and a good stop at the top. 11:25 Go right along Prince Albert which is a split road in places and level but at the far end rises up slightly to “T” with WHITING BEACH Rd and you will be looking at the Zoo upper carpark. 11:30 Go left up Whiting to cross the main BRADLEYS HEAD Rd into the top of the National Parkland onto a strip of mowed land called PARKINSONS WALK. Go along the walk which runs alongside the property fences, crossing the ends of two streets then onto a gravel driveway, to a couple houses. Continue between these houses to a lane 11:42 which goes through to the lower end of BURRAWONG Ave where there is a good view. Go left uphill in Burrawong turning right into the first street, KARDINIA Rd. 11:45 Now downhill now to “T” with MORELLA Rd going left crossing onto the right footpath beside the National Park bushland. In a short distance this road bends to the left and houses start. At this point there is a set of steps that go down beside a property sandstone wall, the National Park boundary, and is one access to Clifton Gardens. 11:55 Go down and after the second set of steps the track veers right over to the Harbour Park Foreshore Walk Track. Follow the track to the left continuing to go down then a lot more steps and you will arrive at the CLIFTON GARDENS Reserve and Beach. 12pm. The reserve is all part of the Sydney Harbour National Park. Now LUNCH and TOILETS. It has only taken 1HR 15 MINS from the start even though it may have seemed a little rough. NOTE there is a breakoff point here. Up above the park level and access ramp is Bus 228 terminus departing every hour at 25 min to the hour for North Sydney Station.

12:50 Time to start the return trip. Return back up the last set of stairs to the open grass area, go left onto the Harbour Foreshore Walk Track. 12:58 this track goes all the way back to the Ferry. Keep the harbour on your left for there is numerous exit tracks on the right to the houses and streets. 1:18 High above TAYLORS BAY, steps head up right as well as signs, one saying WELCOME TO BRADLEYS HEAD. 1:35 A branch track to the right which is a shorter route to the Zoo and Wharf. We go straight ahead to Bradleys Head. 1:47 Arrive BRADLEYS HEAD for a rest, viewing and TOILETS. 1:55 continue along the Foreshore Pathway. 2:13 The path meets the main road and the Zoo lower entry. Worth a look in the Entry, it is a wonderful rebuild. Down the road to the Wharf 2:25 and WALK END. The wait time for the ferry unless you are unlucky to just miss one. It is not a good idea to try to run the last bit. It is best to sit and watch the harbour and wait for the next ferry.

26. Mona Vale to Narrabeen Coast Walk

Meeting Place
9 am ferry to Manly arrive at 9:35 then bus 155 from stand B left of wharf entry at 9:40 to Mona Vale

A spectacularly rugged part of coastline, worth the travel time from home. Walk time 2 hrs 50 mins. Note, be quick off the ferry to catch the bus. Grade easy, medium. You will walk over 2 Headlands. TOILETS Circular Quay, on ferry, Warriewood Beach Inlet rock Pool, walk end Narrabeen.

On embarking the ferry don’t waste time getting to the Bus Terminal which is left of the Ferry concourse. At Mona Vale be aware of the bus stop to alight, which is at the corner of Cook Terrace and Narrabeen Park Pde. It is the stop before Mona Vale Hospital. If you miss the stop you will have to walk back up the hill you just came down. Opposite the bus stop is Robert Dunn Reserve and sign, an excellent spot for briefing. 10:20 Walk up hill on the grass to the houses and along NARRABEEN Pde road edge for a couple of minutes, then on your left, before the road bends left, between two houses is a path and steps which will take you down to WARRIEWOOD Beach. This is steep and not maintained. Once on sand with vegetation all around go right to be on the end of the Warriewood Beach access road 10:34 TOILETS are along on the right, large block. NOTE next toilet 2 hours away. 10:45 Walk up past the front of the Surf Club across the lawn and go up steps passing a TURIMETTA HEAD sign. The path, uphill, is a mixture of gravel and long log steps plus ordinary steps. 10:57 The path and NARRABEEN PARK Pde come together in an open grass area with scattered seats. There is also a well built cliff look out and memorial. 11:05 Now go up 15 steps to be on more log path. 11:10 Now on top of headland, open grass area. The path forks, go right downhill winding through low scrub then high coast bush then another mowed lawn area back beside Narrabeen Park Parade. 11:17 Half way along on left is access down to Turimetta Beach. Further along the grass you will face resident properties. Your route now goes left over a log rail and around the rear of the properties on lawn area between the properties and the cliff edge. WARNING!! DON’T GO NEAR the edge to look!! You will now look as though you are on private mowed properties high above Turimetta Beach. 11:20 still on mowed lawns there is an awkward drop in the land. Really needs steps but with care and all helping one another the drop can be achieved. The last house has the narrowest lawn area, seemingly private property, but evidently still a walk access. 11:32 Right around the house into a short length of track through trees entering onto another lawn park area beside more of Narrabeen Park Pde. There is another access to the beach below. 11:35 LUNCH no toilets. 12:12 Depart now, going up and over Narrabeen headland in front. The path goes through thick bush. 12:20 on top there is another open grass area with a wire fence on the left. The track veers right back into thick bush downhill. In a few minutes the track comes to a lookout high above the entrance to Narrabeen Lakes. Spend a little time to absorb the views. 12:32 Depart along the track parallel to the water below. A short walk takes you to a timber boardwalk and steep wooden steps down to water and road level. To the left is the rock pool and TOILETS. To continue on the walk go right at the base of the stairs base and cross the main road in front of you at the PEDESTRIAN CROSSING. You are at the walk entry of the Caravan park. Go left along the main road over the bridge and up a slight rise 12:45 Turn right into MALCOLM St then left into LAGOON St. 1pm Go along Lagoon to LOFTUS St turning right down to the water then left along in front of house fences. This strip of land changes dramatically into a beautiful park with a path all the way to NARRABEEN shops. Pass the carpark and cross the traffic lights to be at the Bus slope 1:10 Walk End. Note TOILETS on other side of the road, traffic lights for safe crossing. Busses to City L90 L85 Bus to Manly Wharf 155 & 156.

Walk Dates: 11/02/2009
Zoo Wharf to Balmoral Beach via Harbour Foreshore Walk; Clifton Gardens; Chowder Bay; Georges Heights, and down into Balmoral.

Meeting Place
Circular Quay 9:45 Ferry to Zoo Wharf

The best walk for viewing Sydney Harbour and Heads; Easy 60%, Medium 30%, Hard 10%; Time on route 3 hrs 40 mins; TOILETS Circular Quay ,Clifton Gardens ,Georges Heights, , Balmoral Beach 2 locations; Break off point Clifton Gardens

Ferry arrives at Zoo Wharf 10:00  Go right up the footpath to the rebuilt Zoo lower entry, cross the pedestrian crossing and up to the building entry to view the back wall of the Zoo shop. It is a clear glass section of the seal pool enclosure. What an amazing concept to have seal swimming and looking at you, so close. Back across the crossing and onto the walk track off the main footpath, to a lookout a few metres along. Ideal briefing spot with seats and good viewing. 10:10  You are now on the Harbour Foreshore Walkway. This walkway, all the way to Clifton Gardens is a mixture of gravel and boardwalks with many steps, up and down terrain, and in parts very thick surrounding bush but with excellent viewing on occasions. The track however is neglected in places. 10:12  The track forks, keep left up and out onto a large open mowed grass area. Veer right across the lawn to and up a set of steps to go left up a bitumen path past the building. This building, now called "Athol House" was built, in the 1860s as Athol Garden Family Hotel and history mentions Pleasure Grounds and Dance Pavilion. At some period it was abandoned. In 1995 National Parks took over the derelict shell and refurbished to the present day building. Continue up the bitumen path to cross the Bradley Head road to be in the entry of a car park. There is a row of boulders here to rest on after the uphill walk. 10:18  Past this spot there is a not so well defined track going downhill to again meet the Foreshore Walkway which goes around Bradleys Head, 10:25  go left. By 10:40  you should now be at the head of Taylors Bay and you will arrive at steps going up left, plus an information sign then houses on left. 10:50  pass the last house (neglected mansion) with steps and path up its side boundary side. 10:58  National Park sign, go left for track to veer right, bush all way, then by 11:04  track opens out on a large grass area across which is a concrete path beside a property stone wall. Down this path of many steps to be in Clifton Gardens Park Reserve and beach. TOILETS across the park grass area. NOTE there is a breakoff point here. Up above the park level and access ramp is Bus 228 terminus departing every hour at 25 min to the hour for North Sydney Station.  The path passing the toilet goes between a kid's playground on the right and on the left the bottom of a very steep hillside of Georges Heights covered with jungle type thick bush. 11:18  Head along this path to and onto the beach. Now left along the beach to its end and onto a boardwalk entry into an old Army establishment. Go along the foreshore past the coffee shop buildings turning up left a steep set of stairs to the lawn and flagpole area above. 11:35  Good area for rest and drinks before the small hard section is tackled. It is a path walk up the side of the hill to Georges Heights. Walk up the path below the flag pole and cross the bitumen road to the end of the long building in front of you. There are two sets of steps beside the building, with a notice in between, one wood access to the building, the other stone, the start of the path. They both come together a few steps up. This upward path, classified Hard, so plenty of rests to look around. It is a mixture of path and steps We started at 11:40 and were all up by 11:53  At the top you come to a bitumen road where you should go right to view the fascinating building cut into the hillside. Originally it was barracks for fort gunners, then officer's mess, now a restaurant, but the original fortification in front can be viewed. Return back up the road which curves sharp right to the place where you can look down onto the building below. This location is also the start of a new path out to the original gun emplacements, all, enhanced to create a most wonderful picnic viewing area. LUNCH 12:00
If you have an interest in stone, have a careful look at how the original builders handpicked the stone. 12:45 Return back along the lookout path to the road and go right on the gravel path into the bush. No viewing along here as the bush has grown up thickly. Some distance along it opens up to the previous Army occupation. After going over a short boardwalk to turn left on a bitumen path 12:52  Note; all the surrounding buildings are privately occupied by Art Painters, the whole area mowed and well kept. Go up the path and around a huge mounted gun, down through a carpark, then between two buildings in front of you. Around the left building and right across the road is a TOILET block. This will be the most "way out" toilet of any that will ever see. 12:55  Moving again back up to the front of the gun, cross its concrete platform turning left towards houses and their fences across the grass area. On right are old war fortifications shrouded by bush. The mowed grass area now narrows between bush and fences but keep going round the bends and all of a sudden you are on an elevated grass area with magnificent views of Harbour and Heads. In the middle is a very large flask carved by artists out of a tree trunk 1:08  You are also beside MIDDLE HEAD Road. Go to the other side of the grass next to the road and cross over the road going onto a spectacular elevated walkway which takes you down the hillside and onto BALMORAL PARK and ovals 1:25  A good idea to have your final analysis here, for between here and the bus stop groups tend to scatter amongst the shops, TOILETS and plenty to look at but there is also a bus at 1:40. Cross now to the waterfront walk under the trees pass the kids play area to go to the beachfront Promenade and along to the beachfront to the Bus Shed Terminal and TOILETS. 1:37 WALK END
Return bus 238 to the Zoo wharf every half hour give you time to look around if you miss one.

28. Cronulla to Bundeena then Bonnie Vale and Mainbar and return.

Meeting Place
Cronulla ferry wharf to catch the 9:30 ferry from Cronulla to Bundeena

Excellent walk area for ocean, Port Hacking water, beaches, Parks, and bush surroundings. There are some steps. Grade Easy to medium, a section of bush track, TOILETS 5, Bundeena Carpark, Bonnie Vale picnic park, and camping area, Mainbar. Walk best at low tide. Time on route 3hrs 20min. Distance 7km. Obtain a ferry timetable as there some different times for different seasons. Part of this walk is to enjoy the ferry trip so long as the water is not too rough for this trip could be cancelled.

All going well you should be walking off the wharf at Bundeena by 10:05 up the road to the carpark. The TOILET is on the top side of the carpark. Enter the park opposite the carpark and follow the path that leads to a bridge over a small estuary and onto the sand of HORDERNS Beach. It is a sand walk along the beach almost to the far end but leave the beach by either beach exits shown by a small sign, 10:20 out onto HORDERNS LANE, turn right (one exit off the beach goes to the end of Horderns Ln, where it intersects with Liverpool St, and the other part way down the lane). Go to what appears to be the lane end. Here you will find a very old set of steps actually part of Horderns Lane, rough going, up under many large trees 10:25. Go up the step, and they are steep, to meet more of Horderns Lane at their top. 10:30 Note, if you were coming back the other way you would not see the steps top but a modern car garage driveway. You actually walk over this drive on the way up. The lane continues on, but narrow, with vantage points for very good viewing. In a short distance it turns sharp left, becoming CRAMMOND Ave, with bush on right identified by a sign CABBAGE TREE POINT RESERVE. A little further on Short Ave comes in from the left and the bush on right is replaced by houses. Continue along Crammond to its end 10:40 and a white picket fence. Go to the right of the fence and down steep and old steps along the fence down on to the mowed lawns of BONNIE VALE PICNIC AREA. 10:45 Head into the park and in a few minutes there is tree shade and TOILETS  Depart along the water’s edge until you come to small shacks and fences across the reserve making you to move over to the left onto the access road. There is a National Park notice board here. Follow the road and go through the Camping Ground boom gate. On the left is a large new Camp Area Amenities Block. 11:02 Opposite the amenities go right onto the grass area then left along the grassed hump until a small creek makes you go left out onto the road again (you could actually walk along the road if you wished) and over a small bridge into the main part of the Bonnie Vale camp area, with its circular road around the area. Take the left fork, for the right one has a NO ENTRY sign. You will come to two very large amenities blocks, just before the first one take the dirt path that goes off to the left, which has a small MAINBAR sign. 11:06 Follow the path through thick bush. Soon you come to a new footbridge over an estuary 11:13 If you are there at the incoming tide the water flows creates rapids, interesting, especially if there are kids around, they sure know how to make fun. Over the bridge and follow the dirt path which becomes a busht track, of a sort, up a hillside, some steps into MAINBAR at the end of the narrow PACIFIC CRESCENT. 11:23 Follow this as it winds around the ocean side of the headland, with good views over the bay. By about 11:40 you should be at the MAINBAR COMMUNITY CENTRE, Bushfire Brigade, a good shop, kids’s playground, TOILETS, lawns and seats, a convenient spot for LUNCH. There is access to the water and the huge sandbar area, BE WARNED if you explore watch for tide change for you could be soon in waist deep water. 12:15 Depart back along Pacific Cres to its end, 12:30 down the steps and path, to the bridge and estuary 12:38 back through the Camp area, over the watercourse, 12:52, then out the boom gate. 1:00 Instead of continuing to back track keep to the entry road bending right and out the entry past the stone wall sign ROYAL NATIONAL PARK BONNIE VALE, to join BUNDEENA DRIVE. 1:10 Turn left and it is now a 15min walk along this flat drive to the shops when Bundeena Drive “T” intersects with Brighton St, 1:25 WALK END Time for refreshments etc. The ferry to Cronulla departs at 2pm.

Walk Dates: 14/01/2009, 8/02/2012
29. Katoomba to Leura via Echo Point and Prince Henry Cliff Walk

Meeting Place
Central Station to be on the 8:25 train to Katoomba. It also stops at Strathfield 8:38 and Parramatta 9:19.
Arrives Katoomba 10:19

Return train from Leura 2:42 Then 3:28 Arr Central 4:43 & 5:31

PLEASE NOTE; Southern Walkers achieved this walk but found its condition is outside the criteria of Walking For Pleasure. However, because 75% of the days walkers coped with the conditions the exact details are given here for anyone looking for a day to appreciate the Blue Mountains terrain. The mountain track, PRINCE HENRY CLIFF WALK, covers nearly every aspect of the Blue Mountains National Parks. The track is cut into the side of one section of the mountain valleys upper rims with vertical cliffs below. There was no maintenance, so expect, as well as good sections, washed away sections, and swampy areas. There are hundreds of steps from near vertical steel steps to long steps with some steps nearly too hard to step up or down caused by erosion. Having said that, the aspect can only be described as breathtakingly magnificent. With no convenient or suitable lunch spot along the route it is preferable to split lunch in two. First is an early lunch or late morning tea at the start of the track and the second late lunch or early afternoon tea is near walk end with a 2hr 45min gap between. On the walk drink plenty of water. The overall time Station to Station, 3hrs 40mins. TOILETS both Stations Echo Point Leura Mall.

From home and back to home expect a long day. GRADE, although there are plenty of EASY areas the overall assessment has to be HARD. For the keen bushwalker it would all be easy. The best way to write this walk record is by time at all prominent locations.

DAYS WALK, once everyone is ready to move off Katoomba station, toilet at the station, it is a good location for a briefing. Moved off by 10:30 cross the pedestrian crossing to go down through the shopping centre of Katoomba St, left into Waratah St and then right in Lurline St, down a distance to bend into Echo Point Road and into Echo Point Reserve by 11:10 Now a break of 25mins for viewing, food, TOILETS. This is the first reasonable stop for early lunch or late morning tea, despite the many stops, for viewing etc for this whole length is absorbed in the wonders of nature and terrain of the mountains. Between the shop and the toilets is an arch which starts the PRINCE HENRY CLIFF WALK and what we will be following. Take this path which has bush on both sides. Straight away the track forks, right 3 SISTERS, we go left up long steps, sign PRINCE HENRY CLIFF WALK. The path is more like a bush track, but wide in areas.

11:43 Track bends sharp left more signs, lots of long steps.
11:48 Lookout on right, and from track edge a long way down.
11:55 Tallawarra Lookout just past a deep crevasse, look straight down.
12:03 Track now beside and below the main Cliff Drive
12:12 Honeymoon point
12:17 Track goes down to cross a gully, Banksia Streamlett
12:27 Lomandra Lookout
12:33 Track bends sharp left and Burraboroo Lookout 80M out on spur.
12:37 Uphill steps.
12:42 Track forks, straight ahead steps go up to Cliff Drive, go sharp right down a few steps and path levels out. CLIFF WALK sign.
12:47 FEDERAL PASS track goes off to the right down to Leura Forrest.
12:50 Steps up to Cliff Drive. Take these for the track down right is CLOSED. At the Drive go right. The road makes a big bend left with a lookout, of a sort, on the bend, inside a wire fence. At the far end of the fence a steep track goes down. Take this entering a lookout straight away.
12:57 Track bends left and Bridal Veil Lookout goes righ,t out onto a spur. Follow the main track down steel steps to the right, around and over a watercourse then more steps down to actually be in a canyon passing under rock overhangs.
1:06 Another track fork, right is a round walk, but go left on the PRINCE HENRY CLIFF WALK onto a spur of the Cascades Lookout. The track makes sharp bend left off the spur. We now enter the Cascades Valley / Canyon down many steps to bridge across a creek keeping left on the Cliff Walk, the right track goes down to the Cascades, do not venture.
1:23 Path now going up bending right with a huge deep valley on right, many high cliffs.
1:30 Track bends left, other tracks right to Gordon Falls and Bridal Veil View lookout.
1:32 Track left again arrow sign CLIFF DRIVE and then Tarpelan Rock you go right.
1:35 all of a sudden track has gone becoming a mowed grass area. Go left beside a very old, very good stone dry pack wall of a property.
1:37 Onto and cross Cliff Drive to go right and uphill passing Jersey Ave on left and Olympian Pde on right. Further up hill on its crest turn left into Leura Mall 1:45 which goes to the station. Walking up the Mall cross to the right footpath and into the shopping area. Just past the Post Office is a short lane called Gallery Lane 1:55 which goes in behind the shops into a park, some seats, a carpark and TOILETS. This is now the second chance for a late lunch or early afternoon tea refreshments. There are also eatery shops. There is also plenty of time for the Sydney train departing at 2:40 From the Mall it a 5min walk to the station. Note Walking times will vary from what is shown depending on the pace of the group. Train times are supposedly fixed by timetable.

Schedule train arrival 9:40 TOILETS Depart 9:50 station making your way along Station Street crossing near the roundabout into BURELLI St to be on the right hand side footpath. Caution must be taken as there are no facilities to assist pedestrians crossing the roads. An alternative is down Dean St, across and left along Auburn St finishing on the right of Burelli. Down Burell on the right side footpath it is all straight forward with plenty of pedestrian light crossings.

10:04 Wollongong Library Their Local Studies Section “Brilliant” for everything about Illawarra history 10:10 At Burelli “T” with HARBOUR STREET and looking at the huge WIN Stadium, go straight over and turn left. Now the stadium is on the right followed by another huge complex, the WIN Entertainment Centre on the corner of CROWN St. Go right beside the centre extends down to its access road beside the water. Cross over onto the ocean pathway. This ocean pathway goes all the way to the Wollongong Harbour and Lighthouse. Turning left, the beach sands are shrouded by thick bush on the right and the vertical sign says it all “THE BLUE MILE VISION”. In a few minutes at the peak of a bend in the path, go right up steps onto a lookout, good value, depart down the ramp to head toward the Lighthouse. 10:24 Passing the Surf Life Saving Club of Wollongong, the biggest, most elaborate clubhouse anywhere. TOILETS. Continue up the path beside ENDEAVOUR Dr to the third carpark. 10:32 Go right, through or beside the car park to the far end and onto the grass and over to where the fence both sides comes together to almost a point. Below here on the rocks in 1856 a pool was created to be used by girls and women known as “NUNS BATHS”. Now follow the fence up to the Lighthouse and gun emplacement. 10:35 Have a look over the cliff at the Lighthouse and stone wall. Continue on down from the Lighthouse through a terraced area which houses old cannons a parts of the early fort. Go around the terrace wall to walk on the grass beside the road down to the white wall terrace with fence. From the road there steps down to the path on the terrace where there is a plaque about the early day coke ovens. Along the ocean edge is more of the high stone wall. Where the wall, the terrace path and fence come together cross the roadway. 10:45 There is another plaque about the early day harbour, and you are at the end of a boat mooring bay. Now walk to the left around the bitumen road between the water and high stone wall past the fish co-op and restaurant into the open area of the harbour up to and just past the Kiosk to seats and TOILETS, rest, drink. 10:55 to 11:05 Next move is up the footpath of CLIFF Rd, not the walkway between the cliff face and swimming pools. Going uphill on Cliff Rd maybe a little stressing but it will be worthwhile. Toward the crest look back for the best view of the Harbour area 11:20 Next surprise are the well kept old fortifications originally constructed as part of the colony harbour protection, there is a descriptive plaque. After the fortifications it is downhill to the North Wollongong S.L.S. Club buildings. 11:25 Here is the start of the Cycle Walkway all the way to Thirroul. Don’t take this but move over right and continue along the grass area. You will come to a number of very good shelters with seats and tables. The ones down the end which provide view of the ocean and lagoon are best. 11:33 LUNCH. You are in the north east corner of the huge Stuart Park.

Depart 12:03 Head down toward the large building which appears to be at the Lagoon edge. Keep left and you will cross a road / carpark where there is a, not so good, TOILET. Continue on past the left side of the building, a restaurant, through some trees, past a kids play area on the right, pond on the left, to cross, at most times, a dry watercourse, to be on the Cycleway beside the main road, SQUIRES Way. Go right crossing a large road / cycleway bridge over the Lagoon. Immediately over the bridge turn right onto a timber boardwalk along the Lagoon's edge taking you away from the main road. This brings you into an area known as PUCKEY'S ESTATE. This is a large bush area between Stuart Park and Fairy Meadow, the ocean and the main Squires Road, with a large Lagoon the entire length. The boardwalk curves around turning right over the lagoon to solid land and gravel service road. 12:20 Go left then in about 20 minutes the road bends to right (don’t take the track to left) up a slight hill to come out at a kids play area just before the Fairy Meadow SLSC building. 12:50 The TOILET is at the other side of the club house. Note: take the time to walk to the beach for good view along the coast. Depart 1:00 pm for the 15 minute walk along ELLIOTS Rd to the Rail Station. As Elliot Rd rises up, bridging over the railways, on right is a path down alongside the bridge wall then under the bridge to a light and gate level pedestrian crossing and onto the Sydney side of the station. There are also steps down from the left side of the overhead bridge 1:13 WALK END. The train is scheduled for 1:28 and it only goes to Thirroul where you must change to the Interurban coming behind at 1:46 for the return to Sydney.

Walk dates:
31. Wynyard Station to Martin Place Station via the west side of the Rocks. A serious look at the area’s rebuild and the Harbour Bridge construction.

Meeting Place
Wynyard station, top of York street escalators 10am.

Walk time 4hrs 24mins. Incl lunch. TOILETS Wynyard Station, the Observatory, under the Harbour Bridge in George St., Custom House. Street and Park walking. A slow walk looking at many aspects and features of the area. Considerable time for stopping. Grade EASY, but some steps.

Depart Wynyard, too noisy for briefing, heading up York St., toward the “Bridge” passing the old Church, bending left around the last building, then just into the road bend, one way coming toward you, cross over toward the overhead road complex. Here there is a very wide pedestrian access with short tunnels. Good morning and briefing. 10:08 - 10:15 After, go along the path right through to the last over pass tunnel to be at KENT St. Café in building on right and there is a marked pedestrian crossing in front of this building, cross to the other side footpath. Now just to the left is Gas Lane. Go down this lane 10:25 and you will be looking at an old stone small cottage with a slate roof. There is a plaque on the wall. First go right then turn left around this “cottage”, only to find it is four stories high. You are now looking at the site of Sydney’s first Gasworks. Go down to the low level by the stairs or lift where there are plaques on the sandstone and brick heritage buildings. Also what is protected is part of the excavated rock area. You are permitted to go inside the modern building beside the lift to see how the rock has been protected. The whole of this rock area was dug by convicts to build a gasworks, hence the building design to protect part of the stone face. The feature in the courtyard area up on two poles is a public a modern artwork. Head back up to Gas Lane 10:40 and cross again at the crossing and go right following the footpath left around the building and uphill toward the Bridge 10:45 Now you arrive at an old Colony building, at present the National Trust Headquarters. Continue up the steps, go right onto more steps and up to another building away from the Trust building, through gates and fence going right around to its end on a path then through a smaller gate onto a road toward the Observatory. Along this road you walk past a brick wall with vents on top. Around its end look through the fence; interesting!! Into the Observatory grounds and through the yard gate for a good TOILET. Don’t get involved inside the main building, this is for another visit, but go out in the yard to a new feature, a re-creation of the original Colony Flag Signal Station. Out of the grounds 11:05 and go right around the circular road fence. Over to the left you come to a road split. Left is access to the National Trust, right is a set of steps down to Kent Street, Agar Steps. Go down the steps and once down cross at the marked crossing, adjacent, then left and right into and down HIGH St to the iron fence at the bend in front of you. Imagine!!! The Observatory was on the highest hill in the colony, the hillside steep, with cliffs, sloped down to the water where Hickson Rd is now, so imagine the work to build the retaining wall you are standing on now. 11:20 Turn right along the fence and immediately across the road is a small narrow lane, LANCE Lane. Go along the land around to the rear of houses next to a high retaining wall, there is another lane above. Walk left along Lance Lane to appreciate the 1930s Housing Authorities approach to backyards. The Lane comes back out to High St at a Kindergarten Centre. Go right heading uphill. When you come to shops on the corner of ARGYLE St cross over to the small park, MUNN ST Reserve, which is on top of a huge bridge arching over Hickson Rd. 11:30 Through the Park front entrance and down the path to turn sharp right up steps onto the footpath in front of an old original pub, the Palisade, and go sharp left. Now it looks like you are heading toward private property, but instead this is where house front doors opened directly onto the footpath, BETTINGTON St with their top floor verandah set out over the footpath. Keep walking but be careful of the pot plants. The Reserve is on the left below you, and extends up to the path you are on, including the iron cliff fence. Follow the fence around to and along MERRIMAN St, past the Harbour Authority huge Control Tower and into another small park CLYNE Reserve. 11:40 This Reserve and the Dalgety Terrace houses along from it are high above the wharf area and roads below. Now follow the path and fence in front of the houses and soon the street below, DALGETY Rd, and the terrace path will come together at another huge bridge over HICKSON Rd further below. Cross over the bridge into WINDMILL St on the left footpath. Continuing along Windmill you pass original Bond Stores abandoned and derelict for very many years, now being internally refurbished. It is amazing how old empty warehouses can be made so modern. The next street is Pottinger Street, built to give upper level vehicle access to all the new Walsh Bay shipping wharves. Still in Windmill St, but going uphill, is a large area of original buildings still lived in. Just at the top of the incline and on left is a narrow lane, FERRY Lane, which you go down. It was in No 10 that a resident was first to catch BUBONIC PLAGUE that forced the authorities to lock down and quarantine a huge area. Down the lane and
on a small terrace are plaques. At the end of the lane turn right down the lane behind the houses, DOWNSHIRE St, toward the Harbour Bridge to its end. From here start on the path that continues along the fence but turn right going up steps to meet LOWER FORT St right near a pedestrian crossing. Cross it to be on the footpath of an old pub, the Harbour View. Go left crossing the first street then go round a stone wall into GEORGE St heading down to under the Bridge Approach where there are TOILETS. 12:12 Note, there are none at the lunch stop. Outside the toilets is a pedestrian crossing, take it to be on the path along under the Bridge centre. At this time there are major works going on which moves one over to the right side path to be between the construction fence and path side wall. Along here there is displayed, one of the duct housings, where the huge cables were that held back the bridge arch during construction. From here go left off the path along the security fence on grass and adjacent a bunch of palm trees is the LUNCH spot 12:25 looking down the harbour.

Custom House building. Cross in the road safety zone and walk along the right side footpath of Custom House, LOFTUS St, then left into the lane behind the building, CUSTOM Ln. In the lane is the Custom House, now a City Library, with a large glass entry. 1:33 Follow this next sequence for the best value. Go through the sliding glass door entry, then left down to the lower level and immediately go up the wide circular stairs to the first floor level where you will be between the service desk, right and a safety rail left. Over to the rail to look down and up at this unique building art and displays. Over on lifts left under the EXIT sign are excellent TOILETS, the last before walk end. Go back down to the lower level to study what is under your feet, with lounges for those who desire a rest. By 1:45 head out the front door and go diagonally right across the square which takes you left crossing two sets of traffic lights to be under the Rail Line Complex then under an overhead glass shelter walkway to be under the shelter of the multi storey buildings heading toward the OPERA HOUSE. Between the second and third buildings from the railway is a very old set of steps, MOORE STEPS, between the buildings. Go up the steps and at the top is MACQUARIE St. 1:51 which appears to have little traffic so, with caution, cross over and head away from the road on the path bearing left uphill through the gardens to the fence of Government House. Go left now, following this fence, which curves right into the grounds about Government House 1:56 An unusual view of the Opera House, with the Harbour Bridge as a background. Keep following the fence counter clockwise, until it takes a sharp bend right looking west. Instead leave the fence go in a direct line across the grass, and under trees towards the multi storey building with all the open steel work on top. If your navigation is right you will pass through the elaborate old gate to Government House and then be in front of the Conservatorium of Music front entry. 2:12 Go across the forecourt and up a very wide set of steps onto pathways, and take the one that curves sharp left in through gates of the Botanic Garden, going immediately right under a huge tree then on a bitumen path. Follow this slightly uphill to the Gardens top gate, opposite the Mitchell Library. 2:17 Go right and cross at the adjacent lights to be beside the Library in MACQUARIE St. Continue up Macquarie past Parliament House to Sydney Hospital and cross at the traffic lights into MARTIN PLACE 2:24 WALK END.

Meeting Place

Despite the potentially long trip from home to start this walk, it is well worth the effort to experience this wonderful piece of nature as it always was, plus the manicured park lawns. Grade EASY Pathways a mixture of gravel, concrete, grass, road crossings, boardwalks. There are only two TOILETS with a time gap of 2hrs 45 mins. Total on route time 3hrs 22mins, Route distant Approx 6km. Breakoff point GARDEN St., where the walk route crosses.

Walk starts just north of the corner of Pittwater Rd and Jacksons Rd, the access to Warriewood Shopping Complex. Off the bus you face Jacksons Road Reserve with a concrete path crossing the grass. Follow the path winds around the Peninsula Bridge Club and Meals on Wheels buildings to BOONDAH Rd. Cross and go into and BOONDAH Reserve over the grass passing the Community Centre on left then move left over to the footpath of JACKSON Rd. Go along Jackson passing the shopping complex large carpark tand enter the building area from along the pedestrian walkway beside the building. 10:45 This shopping mall with its TOILETS and mass of eateries is a morning tea must for a half hour. Meet again at the entry off Jackson Rd. 11:15 Turn right along Jacksons Rd along the side of the complex and across the service road at the end of the building. Just past the road turn right onto the wetlands pathway located amongst the mass of oak trees alongside the access road. The path is covered with needle leaves from the trees above and on left is plenty of swamp water. 11:28 The track bends left onto the ANGOS GORDON WALKWAY boardwalk. Over the swamp then more gravel path to a small lake with a high water spout. The path now swings left then right around the lake all created by the new housing estate but on left the large trees in the swamp becomes more spectacular, the path now “T”s with a estate cycleway 11:40 go left, then next “T”s with a main road GARDEN ST, left again along Garden around the bend and as you cross the gully also cross Garden in a safe zone. Just after the crossing is a bus stop shelter and BREAKOFF POINT: Once across 11:48 enter into the bush of IRAWONG RESERVE on the pathway directly in front of you. The reserve is the upper reaches of MULLET CREEK off Narrabeen Lakes. This area is shown on all street directories. It is a mixture of path and boardwalks, high in places, some steps, very thick bush, some steps. It slowly goes uphill but on left is a street. In parts the path on the creek side is built up by a well built stone wall. There are two track off chutes but keep following the creek line by going right at the off chutes. There is more boardwalk, then by 12:00 PM steps going up and down to reach the track end at high cliffs and a waterfall by 12:05 Now 10min to ponder at this location in the middle of suburbia. Now return down the track you have just come up to cross Garden St by 12:30 Turn left and almost immediately after crossing the gully turn right onto the path into more Warriewood Wetlands, on an elevated boardwalk. This section of the Wetlands is quite open and the boardwalk is in short and long sections, some high. Then by 12:40 a dramatic change, from swamp to mowed lawns of parks along the space between Garden St and Mullet Creek. Go left to enter the fenced area of a Kids Play Area, plenty of seats and tables. This area, on the corner of Garden St and Jacksons St is called KOTOA Reserve. LUNCH 12:45 Reminder NO TOILETS. However!! If you need go down Jacksons Rd a couple of minutes and you are back at Warriewood Shopping Centre. 1:20 Depart across Jacksons Rd at the crossing next to Garden St onto the pathway into more reserve grass area. This is now PROGRESS Park. The path quickly intersects with another but for the moment go straight across the other path onto the grass and head across to the oak trees shielding the open water of Mullet Creek. There is a narrow track along the bank. Follow it to the right along the water and it will take you in and out of the trees along the park edge, past two foot bridges over the creek, ignore both, until houses make you move over and onto the footpath of Garden St. 1:40 Continue along the footpath of Garden St to the traffic lights at Pittwater Road. Cross and go left up to and into LAKE PARK through the carpark to the Sports Clubhouse. Good TOILETS are up the ramp. Go around to the Pittwater Rd side of the building. 1:45 to the Bus Stop outside the carpark, for return to the City or Manly Wharf. WALK END. At 1:55 a Wynyard and a Manly Wharf Bus turned up at the same time, Walkers can catch either Bus.

Walk Dates: 22/04/2009
33. Spit to Manly. Traditional National Park Walk in the most Scenic part of Sydney.

Meeting Place
Wynyard Bus Terminal Stand “C” Carrington St Sydney for 9:14am 175 Bus or the 9:29am 178 Bus to the Spit

Note; at the Bus meet spot there are other busses starting at this Bay in addition to the two stated, only some stopping at the Spit by 10:15, ask the drivers. From the bus stop assemble over near the water and TOILET. Other toilets Clontarf Reserve; 40 Baskets Beach Fairlight Beach on board Ferry. Time on Route; 4hrs 25mins. approx Distance 12km approx. This walk has all three categories of walking, however, in the overall picture it must be classified as HARD in Walking For Pleasure standard. HAVE PLENTY OF WATER. NOT advisable in hot weather. There are 2 break off points serviced by a free Hop, Skip & Jump mini bus provided by Manly Council, ring for a brochure of details.

Alight the bus just after the traffic lights at the bottom of the hill. Depart on walk 10:15 staying on the left footpath beside the park side of the busy Spit Rd. Go over the Bridge and down the steps at the north side then under the bridge. 10:30 Cross the small Ellerys Punt Reserve and onto a gravel path going uphill. You are on the original TRAM line and terminal to the Spit Ferry. In a short distance, on the right a path and steps go down to more parkland at the top end of Fisher Bay. Cross this and go up steps to be on a bush track well above the water. The bush is thick, tunnels in parts and heads around Bradys Point into the next bay. 10:50 Down to water level and onto Sandy Bay Road, which winds around the waterfront past Clontarf Marina. When you get to Clontaf Reserve turn right into the reserve for TOILETS. 10:55 11am Go right across the park to the shore at the boat ramp and go around the front of the huge Sewer aqueduct. At high tide the next section is not passable and there is a sign to divert walkers over to Monash Cres. At low tide you can walk along the sand. At the far end of Monash a path between two houses leads back to the beach 11:10 From the end of the beach go up steps onto a bush track. Now starts the HARD section of the walk up to Tania Park. The track takes you around Clontaf Point into the bush and along the harbour foreshore and is rough with a number of steep up and down grades with many steps. The track atmosphere and viewing is spectacular and mostly high above the water. 11:35 Path “Ts” on left with concrete steps up to streets, you go right downhill then immediately go left, a sign pointing to Manly. More rugged up and down. 11:45 The track now heads away from the water and mostly uphill indicating you are climbing GROTTO POINT RESERVE ridge. 11:50 Large sign MANLY 5.9km CASTLE ROCK BEACH 700m GROTTO POINT LIGHTHOUSE 500m THE SPIT 3.5km Keep going uphill on many steps, mostly long, single post sign MANLY 11:53 On the right a series of large square logs forming barriers around Aboriginal Rock Carvings. There is an explanation plaque, worth a look. Depart 11:58 move on, up, curving left, to a junction, 12:02 The track section which continues going uphill goes to Cutler and Tabalum roads serviced by Manly Council local mini bus, to Manly Wharf. Back at the track junction your route swings back onto a boardwalk. Also here is a sign CRATER COVE LOOKOUT 700m. CASTLE ROCK BEACH 800m. The boardwalk is extensive, in many sections, making walking a pleasure, and level. 12:12 On a very open rock area, no fence, looking straight down into Crater Cove with its live in shacks perched on a lower cliff edge. Now there is a road on left but cannot be seen. Move on to the actual Crater Cove Lookout 12:17 with safety fence and seat. A good view point. Also here is access up to the Dobroyde Scenic Drive and Tania Park. 12:27 Move on to more boardwalk then some duct boards to walk on if wet. 12:32 track junction to ARABANOO LOOKOUT 200m also the sign states THE SPIT 4.6km MANLY 3.5km From now on for the next 15minutes the track goes down a hillside and is rough with steps of a sort going down between the rocky outcrops. 12:47 on level ground another track “Ts” left but no indication where it goes. There is a sign to tell you where the track you were on came from and where it goes, THE SPIT 4.4KM MANLY via REEF
BEACH 4.5km  Take the branch left track, it does go more direct to 40 Baskets Beach. This track is now flat and good. 12:57 Track branches again. Going straight ahead takes you into Beatty St. You go sharp right, a single post sign says MANLY. In front are a lot of steep wood and stone steps which quickly go down to “T” with the main good path. Right goes to Reef Beach (nudist) and onto The Spit. 1:02 Go left and by 1:12 you would be seated on the grass area of 40 Baskets Beach. LUNCH 3 seat table units and a brand new TOILET one only. It looks good but a disaster in operation, water always on the floor plus other items one would not like.

1:42 Depart on a wide bitumen path, soon passing a gate, the path becomes a road down to a marina boatshed of North Harbour Sailing Club. Go left up the road on a sharp rise to the level area of Gourlay Ave and by 1:47 turn right between houses 7&9 down a path over a wood deck bridge. NOTE before turning there is a second breakoff point for those struggling to make the distance. Continue up Gourlay turn left at the “T” into New St, go uphill to the next right, Curban St and just around the corner is a Govt bus Stop to go to Warringah Mall, but coming down Curban is the council Hop, Skip & Jump Bus at approx 10 to the hour for Condamine Street bus change to Manly.  

Back now to those completing the walk. Cross the bridge up a sharp rise to turn right into North Harbour St and at the sharp left bend turn right down steps onto the waterfront of NORTH HARBOUR RESERVE, cross the reserve along the waterfront and up the steps on the far side into King Ave and follow it around to “T” with Lauderdale Ave. Go right and after the first house veer right on a pathway into the waterfront ESPLANADE PARK. This pathway takes you all the way to Manly Wharf which you should make by 2:38 unless looking at the scenery takes longer. WALK END. Ferry departs 1/4 to and past the hour. Best TOILET on board.


Plenty of flowers, and a view

No, we did not get lost

But we earned the rest.
34. Milsons Point Rail Station to Circular Quay via The Harbour Bridge and The Rocks

Meeting Place
Milsons Point Rail Station East side open area across from Ennis Rd 9:30am Dept. 9:45

A leisurely short walk to spend time absorbing part of this unique Sydney Area. There are many steps and the distance approx 4 1/2 km. To explore another part of “the Rocks” see walk 31 of this book. Grade Easy but don’t forget steps. Time on route 2hrs 30min does not including lunch. TOILETS Milsons Point Rail Station The Rocks Centre Building Circular, Breakoff point The Rocks

Move off heading toward “The Bridge” and straight away up many steps to be on the east walkway to cross the Bridge. 10:15 It took 25min to cross. Then down bridge steps, the top terrace being a good spot for a briefing, onto Cumberland St and cross at a painted crossing turning left, then immediately if you look over the rail you are crossing the deep Argyle Cut. At the other side of the cut go down a set of steps beside and behind a wedge shaped building onto a walkway, the Gloucester Walk. Turn towards the harbour and part way along this “Walk” on right is a patch of grass with stone surrounds, called FOUNDATION PARK. Surrounding the park are steps and terraces called “Argyle Terraces” 11:27 In early colonial days Cumberland Street must have been in existence and from there down to Sydney Cove the terrain steep with cliffs. Houses were dug into this steep hillside. In redevelopment many large buildings were saved but houses as a whole were not practical to keep, credit to someone to keep as much as possible the stone walls and foundations to give a feeling of living there in colonial days. They even put “make believe” furniture in some rooms, even a grandfather clock. Look also at fence post tops. Take time to go down the various steps etc to be at the base of one cliff and the area to the back of a terrace row. There is a narrow passage through this building, take this to come out into PLAYFAIR St opposite The Rocks Square with seats and tables. Around you are old and new buildings with names and lots to look at. Now make some free time for to wander but ensure that everyone is in the 1st floor of the Sydney Visitor Centre by 11:20 this building being an original warehouse with a new building built to it. TOILETS and even an escalator down or up from below. 11:25 Out in PLAYFAIR St, back around beside the Rocks Centre Square onto steps into MILL Lane, then down this turning right into GEORGE St. Cross over at the first crossing then right and left down steps past CADMANS Cottage and over to the waterfront of the Overseas Passenger Terminal. Go left along the water. Note: this can only be done if no ship is in. If there is go left along the street front of the terminal to the waterfront next to the Park Hyatt Hotel. From either route continue along the water to before the Bridge and pedestrian lights crossing of HICKSON Rd. Note the ramp and recess in the Harbour Wall. This has been historically preserved for it was the Vehicle Ferry Berth for all but people, to be crossed to the North Shore before the Bridge was built. 11:45 under the Bridge after crossing the road at the lights. Continue past the lawn area on the footpath of the road and path, both of which take a sharp sweeping left bend, so that you are now beside a large stone wall and in front, an overhead bridge into the top level of the wharf. Hickson Rd continues on under the bridge. Before the bridge in the stone wall is a stair opening. Take this up to the road level of the overhead bridge 11:50 which is also the bottom end of LOWER FORT Street. Date on this Wharf is 1912. Now it is a straight walk to the far end of this Lower Fort St where Garrison Church can be found on the left corner with ARGYLE St. On the way look around for there is so much fascination, this area deserves a later private exploration. Be at the church by 12pm for a brief look inside. 12:10 Cross over Argyle St turning left and enter the ARGYLE CUT. Continue down to GEORGE St, turn right, go along a short distance, crossing the road at the next crossing and down steps into the FIRST FLEET PARK just before the overhead railway. 12:20 This is Lunch on the lawn, best over near the rail and George St. TOILETS under the rail at the start of the shops. This is also the WALK END.

The route is short on purpose to now give time for individuals or small groups to further explore among the interesting locations. Three locations in particular as well as just looking are the Contemporary Art Museum, right beside you, the Westpac Museum at the end of Playfair Street and the State Records top end of Globe Street. Just a reminder this has been a Meander Walk, about half in length of our normal Walking For Pleasure Walks.

Walk Dates: 12/04/2000, 06/05/2009
35. Bexley North Rail Station to Tempe Rail Station and on to Wolli Creek Station through the bush corridor along the Rail Line.

Meeting Place
Bexley North Rail Station 10:00 am

This walk is 60% Hard because of the bush track rocks under foot, 30% medium, 10% easy. However, if one can walk around or step over the rocks the walk is an environmental wonder, right in the middle of Sydney. The bush is not unlike a northern rainforest. Distance 6km. Time 4 hrs. Because of the terrain the walk is slow. TOILETS other than Stations always pre check openings, Bexley North Station, Girrawheen Park RING THE National Park Ranger mob 0438 274 749 or 93377023. Gough Whitlam Park ring Canterbury Council 9799300. Breakoff Points, Bardwell Park Station and Turrella Station NOTE: Canterbury Council have produced an brochure on this walk and area, ring for a copy. This area was to be a motorway, but saved by the people.

Depart station up steps to turn left down the footpath to traffic lights of KINGSGROVE Ave and BEXLEY Rd. Cross both roads with the lights. It is possible to use the overhead bridge further on to cross the road providing you don’t mind taking longer, looping back and forth, and a bit of up and down. From the crossing left now over the upper end of Wolli Creek and turn right into and cross the grass area beside the creek where you will be in front of a wall of thick bush with your track start signed by a TVT (Two Valley Trail) walk post. You immediately enter a tunnel of thick bush on a narrow bush track. At this time it is important to note that as well as many Australian trees and scrub this area has, and growing fast, an immense amount of weeds and vines appearing to be swallowing up all the native vegetation. Take note when travelling in the train. However, this natural phenomenon happening gives the area additional intrigue. 10:15 Through this first section of bush out onto a grass vehicle access and go right to curve left out on to a large grass area, ILLOURA Park. The railway can be seen down on the right. Cross the grass area to the bush on the far side to another TVT walk post and the continuing track. On along the track and 10:41 cross a creek on a bridge 10:45 more grass area, and on your left BRAY Ave. Go up to the road and turn right noting how they coped with building houses on a mountain hillside. Go along to where Bray meets HARTILL-LAW Ave. Here is a breakoff point across to Bardwell Park Rail Station. Please Note; if anyone is having difficulty with the track it may be wise to breakoff here. To continue on the walk 10:55 cross Hartill-Law road with care and go left up the footpath past Girrawheen Park into the narrow FAUNA St with the wall supporting the main road on left. At the top of Fauna go right, round the gate, into the road to the Picnic Area of GilRRAWHEEN Park. 11am An excellent rest area, 3 shelter seat tables, 3 open area seat tables, TOILETS but pre ring the Ranger to open. This Park is managed by National Parks based at Nielson Park 93377023, and will eventually manage the entire bush area. Drink and rest time. Depart 11:22 by walking through the picnic area heading right and down to the lower picnic flat then turn left past another TVT walk post onto the track, which is over a buried sewer line. Cross a watercourse then go uphill to be under a cliff Line 11:36 with large rock overhangs. Note all the anchor points of rock climbers. It is likely a training area for the sport. By 11:47 the track is over and beside the wide part of Wolli Creek, then by 10:55 out of the bush track and into the large TURRELLA Reserve where you immediately cross a narrow bitumen path. This path, to the right, is another breakoff point, this time, down to Turrella Rail Station. Cross the mowed grass of the reserve to the far side staying roughly parallel with Wolli Creek to another TVT walk post and more bush track. The track heads uphill for a little then by 12:10 exits onto JACKSON Place off Highcliff Rd where you should turn right down Jackson. Stone was cut out of this area in the early days and as you go down Jackson you will pass six stone cottages of those early days. The track starts again around the last cottage and looks like their front yard. 12:18 On left a pile of excavated stone ready to be cut into building blocks, but never happened. Further along the track you pass over the huge sewer main 12:32 secured by fence and gate. Around the gate you are on the top end of UNWIN St. Going downhill around the bend into TEMPE St and cross the busy BAYVIEW Ave. CAUTION REQUIRED. Once across you are in GOUGH WHITLAM Park and over to the right across the Park is a very good Picnic Area And TOILETS. Pre check with Canterbury Council to ensure they are open. 12:47 LUNCH. Depart 1:20 by going over to the main road and cross just before the bridge. Head over the bridge and you are in the Tempe Station Carpark 1:30 Breakoff point if you wish to Tempe Station. To continue on the walk go through the car park right down to the path beside the river following under the rail line bridge into the very good KENDRICK Park and over the PRINCES Highway at the Cooks River Bridge 1:40. Turn right across the bridge and once over is the riverside land of the old Convent, now locked off from the Hwy for redevelopment. One day, if the development restarts, this park will provide a direct walk to Wolli Creek Rail Station. In the mean time continue along the highway and take the first street right for a quiet, not as vibrant as the add says, walk to the WOOLI CREEK Station. Arrive 1:52. WALK END

Walk dates: 27/06/2007, 03/06/2009
36. Kirrawee Rail Station to Miranda Rail Station via Gymea Baths

Meeting Place
Kirrawee Rail Station 10am On Station Concourse at street level.

60% street walking EASY which is full of interest 30% MEDIUM of Parks and diversions 10% HARD because of steep bush tracks and steps with a genuine creek crossing, all done in a route time of 3hrs 15 mins. TOILETS both Rail Stations and Gymea Baths. Toilet on the concourse at Kirrawee. Check with Sutherland Council 97100333 prior to the walk to ensure they are OK, for this toilet is essential for your day. Have the Council phone number with you. Plan the walk timing to be at lunch time at low tide. Breakoff points none. Know that in the future a major motorway is to be where you will walk some of the way.

Depart heading south down OAK Rd to its end at FOREST Rd. Cross Forest and down a Lane opposite crossing over MUNDAKAL Ave and continuing on the lane between houses onto open space at their rear onto a large area of grass. This corridor is for a proposed future motorway. Go left in this corridor, but it could be sloppy if wet, so keep over toward the fare side fences where there is reasonable footing. 10:15. You eventually arrive at HUNTER St 10:30 which you should cross then turn left down the footpath and where the road and path bends sharply left you go straight ahead down a dirt embankment and across a creek. There is no road but it is actually part of FOREST Rd. After crossing the creek turn right down what looks like a driveway access and two houses on the right. There is a house sign stating they are 50 & 54 Corella Rd but is still part of the broken FOREST Rd. Go past these across the end of CORRELLA Rd and down another apparent driveway but still Forest Rd then it appears you cross the end of GORADA Ave and onto a bush track beside the Creek. There are tennis courts on the other side of the creek. The track quickly connects to more of FOREST Rd, a short length, to cross NORTH WEST ARM Rd. Go across into RULWALLA PLACE, then where it bends left divert straight ahead up an earth rock bank and out onto BLACKBURN Pice on right and TALARRA Rd on the left onto more of FOREST Rd going uphill. All very confusing but the new motorway will recreate all this area of the walk so a rewrite will be necessary. Now on FOREST Rd stay on the right side up to and cross GYMIEA BAY Rd at roundabout 10:48. Continue down Forest to turning right along BUNARBA Rd then right again into DARRYL PLACE. Go down Darryl dropping steeply first bending left then right and turn right after the bend into PETER PLACE, which is short. 11am At the bottom between houses 1 & 6 is a path entry with a large sign into the COONONG CREEK BUSHLAND. Without the sign it all looks like private front yards, all paved. You go down steps to bridge across the creek and onto a good dirt path. You are now in a quiet and tranquil gully. A short way down 11:08 another narrower track goes sharp right and starts up the valley side, take this. It gets steeper with some rocks in places, also quite overgrown, then near the top steps out onto MATONG PLACE. 11:20 Turn right still going uphill to VERNON Av and turn left. It is now flat for a bit then heads downhill bending left to intersect with ELLSMERE Rd. Go right, thick bush land on left uphill for a short way to the road entry on the left down into the GYMIEA BATHS RESERVE. Down this steep road to its end is the Baths TOILETS. 11:38 Head down steep steps with handrails to water level. Here is LUNCH 11:42 looking across Gymea Bay into the Port Hacking River. Depart 12:15. This is where low tide is necessary to be able to partake of the beauty of the salt water inlet meeting the descending Coonong Creek in a lush compact valley of moss and ferns. Go along the beach area into the inlet, a few mangroves, to a point where by stepping on stones cross the water, without getting wet. This procedure has been happening for a long time for on the other side is a very old set of steep stone steps up from the water. Up the steps and onto a dirt track, slow down to appreciate the bush land and Coonong Creek below. The track comes out onto the bitumen of VALLEY WAY and it is steep going up the road 12:23 Take it slow, look around and in 10-15min everyone will be up at the flat area of BUNARBA ROAD 12:35. Go left and now, except for one small rise, it is all easy to the end. Along Bunarba turning right into SYLVANIA RD SOUTH, pass CUDGEE Rd, down to and cross FOREST ROAD. Turn right, down two streets and left into WYANGALA PLACE 12:48. It bends right then toward the end on left through a small park like area on a path going left up through the area onto the bend in CROOKWELL Ave. Go left to RAGLAND Rd, turn right then a short way turn left around a sharp corner housing a Child Care Centre into WYRALLA Rd. Cross over straight away then right into CARTLEDGE Ave which bends right then left onto PRESIDENT AVENUE. Turn right along this very busy road so take CAUTION to cross at the first lights and continue down President Ave turning left at KIORA Rd staying on the left side footpath to the lights near MIRANDA RAIL STATION, WALK END 1:15 pm.

Train or busses which go many places or be real brave and venture into Westfield for a coffee and plenty of TOILETS.

Walk dates: To Baths From GYMIEA, 08/02/1995, 30/01/2002
From KIRRIWEE, 27/07/2005, 01/07/2009

37. Como Rail Station to Oatley Rail Station Via Oatley Park and Como Rail Bridge

Meeting Place
Como Rail Station 10:00am

Sydney has many hidden sights and on this walk we find a few more as we cross the Georges River and pass through excellent parks and bush land. GRADE: 10% Hard, for this is Sydney, up and down. 40% medium 50% Easy.

TOILETS Como Station, Como Pleasure Grounds. Oatley Park lunch spot and exit gate. Time on route 4hrs approx. Distance approx 9km. Some bush tracks. Break off point, near Oatley Station.

Depart Como Station down steps left through the tunnel and left down RAILWAY Rd to NOVARA Cres turning left. At GENOA St the road becomes CREMONA Rd. As you go along keep to the left footpath and look out for a 1926 butcher shop and the 1878 Como Hotel 10:08. Looking around one can only wonder why it was built there in the first place. Cross the road here to walk beside the SCYLLA BAY RESERVE. Note, all the play fields you can see were, before 1919, deep water, a backwater of the Georges River now filled by an old rubbish dump. Continue to the end of the road to the building directly off the end of the road in front of you, with a boat shed and marina behind, 10:13 This was the general store for the area used by people along the river well before 1909. Turn right, in front of the building, through the carpark of COMO RESERVE, to pick up a pathway going slowly left around the area. The reserve is at times called by its original title Como Pleasure Grounds. At the time of writing this whole area is receiving a makeover. As you go around you pass through the swimming baths and an archaic TOILETS. 10:20 to 10:30

Time for refreshments and briefing. Just past here is the fence of the Como Marina and Café with gate access. Groups are allowed to walk through and out the other side. If you are a small group, a good stopping spot, but not a large group. Once out if the building, veer right up a set of steps going up and over a huge pipeline and onto a pathway heading to the rail bridge. As you enter the bridge 10:38 you are on the original south coast train line, with the original station in the bush you just passed. 10:44 Cross over the Georges River on the old rail bridge and on the other side a bitumen path follows the alignment of the old railway lines between today’s railway off to the left and thick bush on the right. Being an old railway the walking is easy. 11am end of path at the end of MYRA Place with the railway moving off to the left and the huge water pipeline to the right. Uphill now in Myra turning left into MIMOSA St, downhill over the railway and turn right beside the railway into a lane called going down to its end. 11:08 Here starts a bush track going around a large gully now called MILES DUNPHY BUSHLAND RESERVE. This is typical bush track with some rock and water hazards and you are along the upper side of a fair size gully. Soon you veer left around the not so nice embankment of Oatley Bowling Club, to see on left a large concrete sewer aqueduct. At the time of script it was being maintained, but it was still easy to go down beside it and cross the small creek then up the other side following the track swinging left down the gully side then in a short distance the track has a branch going right and up. Careful, this is not missed for it is the obscured access to the end of MYRTLE St. The track changes in thick bush to a house path with steps, and steep. 11:37 A street directory shows Byrlee in sections but it is around the not so nice embankment of Oatley Bowling Club, to see on left a large concrete sewer aqueduct. At the time of writing this whole area is receiving a makeover. As you go around you pass through the swimming baths and an archaic TOILETS. 10:20 to 10:30

Time for refreshments and briefing. Just past here is the fence of the Como Marina and Café with gate access. Groups are allowed to walk through and out the other side. If you are a small group, a good stopping spot, but not a large group. Once out if the building, veer right up a set of steps going up and over a huge pipeline and onto a pathway heading to the rail bridge. As you enter the bridge 10:38 you are on the original south coast train line, with the original station in the bush you just passed. 10:44 Cross over the Georges River on the old rail bridge and on

Now end at, Mortdale, 24/04/ 2002, 12/01/2005, Back to Oatley 15/07/2009
Meeting Place
**Cronulla rail Station at the Bus Stop Opposite to catch the 10:20 987 Bus to Kurnell.**

For a reasonable short walk to experience a different part of our coastline, heath country, and sheltered forest, plus the history of CAPTION COOK, this is superb. Only one problem, a little rough under foot for 20% where you will experience mother natures stone sculpture of our coast line but for 80% a mixture of easy/ medium while in the coast bush  

Time on route 3hrs 25 mins.  

TOILETS 5 Cronulla Rail Station arrive and return.  
Park VISITOR CENTRE twice, National Park bush toilet at the end of SOLANDER DRIVE. Break off point; If you consider the coast section underfoot is too difficult retrace the road and track route back to the Visitor Centre.

The bus arrives at the Park at 10:45 having left Cronulla Station at 10:25. From the Bus stop and looking straight into the Park walk right diagonally across the grass toward the right going up a rise past an old large sailing anchor to the main entry road CAPE SOLANDER Dr. Now on the main entry road going up hill slightly to where this road bends right, where on the left is a minor road into a carpark. Go down the road, through the carpark out the other end onto a flat grass area. Go straight across this area passing through a small stand of trees and on the left a new stone exhibition the MEETING PLACE. DON'T divert to this for this will be visited on the way back. Continue a concrete path and go right leading into the VISITOR CENTRE and carpark also TOILETS. DON'T LINGER for this is a major stop on the way back  BUT DO pick up the walks sketch map cross through the carpark on the path passing a sign BANKS – SOLANDER TRACK onto the track. Concrete to start with in very thick bush, a short boardwalk then gravel to cross the main road. CAPE SOLANDER DRIVE. The track continues past a sign YENA TRACK 0.08 KM TO COAST. Very soon, the track, or more like a bush road not used much, has a side track going left past a plaque, don’t take this but go straight ahead. Further on at 11:15 a boardwalk goes left, keep going straight ahead and up along the side of a hill and there is a mass of trees with their canopies over the track. This the YENA TRACK. 11:18 walk sign with a well worn track T’ing off right. TAKE NOTE for this is where you come out on the way back. Further up hill you are out of the tree area, now high scrub and over the hill top to look out on the ocean 11:27 then onto the main bitumen road. The track you have been walking on is across this main road, but becomes an exit with NO ENTRY signs, the entry further north. You go south, but uphill which becomes steeper near the top. Once over it’s down to a WHALE WATCH SHELTER and carpark. 11:30 This area is CAPE SOLANDER. Ponder only a little for you will be in this scenic view for about an hour. 50m down to the road end is the track access, of a sort, to the large rock areas of the coast cliffs. Up at road level is the path to the National Park type bush TOILET  
The walk now is a fraction of the COAST WALK TRAIL. You will now need to consider whether or not you can cope with this rough section. This part of the walk takes 25minutes, plus ½ hour at a LUNCH spot selected on the rock area  for the scenery you to absorb, to wander a little for confidence and be amazed . Assist each other if needed for we have done this section on many other walks as THE SCENERY IS TOO GOOD TO MISS. 

11:55 LUNCH selecting rock shelves for seats. 
Depart 12:23 south basically following the coast cliff line on a sort of a track with some walk posts which disappear as you enter large open rock areas, hence some would say rough under foot but it is only amazing designs of natures rock art. 12:38 a good track now goes inland for you are at TIBBIGAI GAP, a crevasse going inland, which the track passes around. 12:41 The Coast Track now turns south, but also there is a track going North at the head of TIBBIGIAL GAP crevasse. In turning right and going north, in accord with the Park Walk Sketch Map, you have started returning on the PIPELINE LINK TRACK. It can be described as an old Fishermans road access to the coast, long abandoned and completely wash out, but now used as a Park walk track, a mixture of sand and many open rock areas twisting and turning in seeming confusion through low scrub heath then into the tree forest and canopy eventually joining with the YENA Track. The guiding feature is the large Water Reservoir with its dome top tower on the right which you will eventually pass to their north side. 12:50 On the end of a large rock area you can see a short distance away to the east, over bush, the Whale Watch Shelter. There is a side track between. 1:05 Our track meets another track but diagonally left our track continues on, winding past the North side of the Reservoir and tower. 1:12 Our track now joins up with the well used Reservoir dirt road. Back up a few steps and just before the junction on the right is a walk post and track. This is a continuation of our track so follow this as it twists up and down with one steep short rise, more trees with thick canopy and by 1:22 joins with the YENA TRACK This is the point which was noted on the way in. Go left and it is now a easy straight forward walk back to the VISITOR CENTRE. 1:33 Go in, brochures, look around, TOILETS then down to the MEETING PLACE 1:50 At the back (north) of this feature is a small hill and cottage, head over this on the left side of the cottage to be along the water 1:55, go left back to the Bus Stop for the 2:10 Bus. WALK END
39. North Wollongong Rail Station to Wollongong Rail Station via Wollongong Botanic Gardens.

Meeting Place
Central Rail Station 9:07 Train to North Wollongong 9:28 Hurstville 9:40 Sutherland Destination 10:52

This walk, because of the travel distance and be home at a reasonable time, is designed to provide interesting route, sampling a location that may interest you for a more extensive return visit. Grade all EASY  Time on route 3hrs 24mins. TOILETS 4 Both Rail Stations Gardens 2 Breakoff Point opposite the Garden Entry in NORFIELDS St, outside the Uni a Bus Terminal. Wollongong Council provides a FREE bus around an extensive area. Their Buses are painted Bright Green.

Train arrival from Sydney at North Wollongong Station 10:53am TOILET and walk briefing departure 11:03. Out the station to the west side, onto PORTER St. Go left and around the bend and you can look up towards Mount Keira on the escarpment. Continue up Porter to the first street on the right, UNIVERSITY Ave turning right up and over the NORTHERN DISTRIBUTER then right at the roundabout into FOLEYS Lane, ensuring you end up on the left footpath. Just short of the bitumen surface widening go left into the adjacent reserve on a wide concrete path following the TAFE sports field's fence. The path goes over a small wood bridge bends right alongside the MOTORWAY to an overhead pedestrian crossing. Take the crossing over the motorway 11:18 into the campus grounds of the University of Wollongong. Cross the road entry next, ending up in NORTHFIELDS Ave running along the front of the uni. The street is usually very busy with traffic. Go along the footpath on the uni side to the third pedestrian cross point just before the bus terminal and cross over. (you could cross at any crossing). Note, the Bus Terminal is a breakoff Point. Continue along Northfields to the Botanic Garden’s entry just as you get to opposite the other end of the bus terminal. Inside the Gardens 11:32 up hill over the first cross path to go left on the next path passing a sign SIR JOSEPH BANKS PLANT HOUSES. The path veers left and down to an open area on the lower side of the large glass house. There is seating here and a TOILET at the glass house rear across a path, its building shrouded with vegetation. A good 10min rest area .Depart by 11:45 Retrace your steps toward the ENTRY to the first path you crossed now go left on it and up hill bending left over the top BE AWARE there is a mass of paths in the Gardens. These notes are designed to be followed, your guide for the day. Down the hill other side near the bottom is a brick path right take it. 11:53 into thick bush, creek on left bridge over a watercourse; path forks go left along side of creek on left; path forks again; go left down over the creek via a wood bridge to go right on a rough path; creek now on right head upstream to an open grass area then a vast grass hill. Head up this hill to its top where the MANOR stands, a mansion built for the original owner of the Port Kembla Steel Works in 1938. This building and its surrounding buildings are now the Area Conservatorium of Music. Walk around it to appreciate its “old style” structure. Once around you will be on a path heading downhill 12:07 good views of the ocean and the City. Within a minute walking down the path you will see, on left a huge very dense round canopy tree in the vast grass area left ; veer onto the grass and pass this tree having it on your left. As you pass this look downhill slightly right and you will see, well down, a large Pond Area. Head for this at its top left end crossing over paths to head for a very bright painted arch bridge over the Pond top end. Over the bridge you are at the vine covered walls of the Rose Garden 12:12 LUNCH in or around the Rose Garden, but no Toilets, they are a little further on.

As lunch concludes wander down to near the EXIT GATE between the large Kids Play Area with a very distinctive large Watering Can and a TOILET block. Prewarn everyone to depart by 12:40 Once out and through the Car Park you will be in MURPHYS AVE were you should go left then next right into EASTERN St. Go to its far end on the left footpath, turn left along GIBBS ROAD and up and over the MOTORWAY. Continue down Gibbs, turning right into VICKERY St around the Catholic Church and School and immediately cross over into WISEMAN PARK. Head over to the oval fence and follow it around the oval to your right and onto a dirt track taking you between Tennis Courts on your right and oval on your left. This track quickly joins a concrete path coming from the right. Join the concrete going left as it curves left then right and out onto FOLEY St. Cross over entering into BEATON PARK 1pm In front of you there are many Tennis Courts. Go around their right side onto a path beside the courts fence all the way to the far side of all the courts then veer right up the grass onto the path around the fence of a large Athletic Field until you come beside the railway. Turn right down the path alongside the rail fence following it under THROSBY DRIVE and along to the railway side of DENISON St. Continue south down Denison to its far end at the traffic lights of CROWN ST, (Princes Highway). Cross Crown on the double pedestrian crossing and traffic island and turn left under the shop awnings and once beside the railway turn right to access the station ramp to the SYDNEY platform by 1:27 The train departure is scheduled for 1:37 WALK END

Walk Dates: 26/08/2009
40. Chatswood Rail Station to Lane Cove National Park and Return

Meeting Place
Chatswood Rail Station 10am

This round walk shows the diversity of Sydney from the crowded multi story jungle to the tranquil rainforest jungle and magic river banks, all within an hour of simple walking. The grade is easy, except for a short 10 minutes on a rocky track. Total time on route 2hrs 50mins  Distance approx 8 1/2 Km. TOILETS. Chatswood Rail Station  IN THE Park everywhere Breakoff Point at the Park Entry only.  NOTE: There is a good map brochure of the Park, obtain a copy.  Return up the long hill to the Station is by bus from the Park Entry.

Depart Chatswood Station, outside barriers, up escalators, and straight onto the footpath going west up VICTORIA AVENUE to where it meets the PACIFIC HWY. Cross over either by the pedestrian traffic lights or up the escalator to use the overhead walk bridge and down steps to be on the far side of the HIGHWAY. Head north then turn left down FULLERS Rd.  10:15  Now it is downhill towards the LANE COVE NATIONAL PARK.  At 10:20 at the crossing of GREVILLE St is a small Park, LOWANNA PARK, with plenty of seats, ideal for rest and briefing. The very busy road you have been on now sweeps right and becomes MILLWOOD Rd with FULLERS Rd going straight ahead and becomes a quiet back street and the traffic noise suddenly stops Stay in Fuller. A fair way down cross HAWTHORNE Ave and also Fuller to the other footpath but still continuing down Fuller. Your route, goes down a steep grade right to traffic lights crossing Millwood. It takes two sets of light crossings to get across Millwood then Lady Game Dr to be on FULLERS BRIDGE, which gets you over the LANE COVE RIVER then right into the LANE COVE NATIONAL PARK  10:52  Immediately on left TOILETS. Continue on into the Park to just short of the River Weir turn left on to the River Side Walk Track  10:57  which becomes dirt under foot after a short boardwalk. By  11:05  pass the front of the Boatshed the onto a bitumen road at the end of which TOILETS and a sign Area 7 MOOLA. The Riverside Track continues but now comes area of rock outcrops making the track a little tricky. TAKE CARE.  11:17  out on grass again. The River scenery along this area is magnificent. The track continues on through a gate into Area 9 CARTERS CREEK, more TOILETS. Keep on the track to AREA 13, COTTONWOOD GLEN, more toilets. Now the route changes for you are on the bitumen area of 13 where you go uphill of the “in” road passing Area 12 BLACKBUTT, and its shelter, then a road “T” go right on the lower road which is only a bypass of the Main Park Road, to meet that road to pass Areas 14 & 15 opposite one another. A little further on you front Area 16 with sign COMMANDMENT ROCK AREA.  11:41  Go right and down to a large Shelter Shed.  11:45 LUNCH to depart by 12:15  From the Shed the left road fork goes to the TOILETS with a narrow path back up to the main Park Road. Now go left to follow it all the way back to the Park Entrance. There is a great amount of bush nature to view including looking down on the River and area you came in on. By  12:45  you are above the Boatshed where there is a road fork left, take this lower road which runs near the River. As you approach the riverside boardwalk below this road go down the grass to be on the boardwalk. Head, now to the Park Entry, TOILET on way out and the Bus Stop. WALK END  12:55  Govt Buses will take you up the hill to Chatswood Station.

Meeting Place
Kings Cross Rail Station. 10am.

A surprise to what is in some of these inner City streets and Parks. One would have no idea they are inside a City. GRADE mostly easy with steps and steep grades. Time on route 3hrs 23mins. Distance approx 5 ¾ Km TOILETS 4; both Rail Stations, TRUMPER OVAL, COOPER PARK adjacent the tennis courts. Break off point TRUMPER PARK and crossing OCEAN St., Note: For personal safety all meet inside on the Rail Station Concourse.

Departed 10:04 out of Rail Entry go right then left over traffic light crossing of DARLINGHURST Rd to be in the end of BAYSWATER Rd. Head along Bayswater up over a short rise to go downhill crossing WARD Av and further down BAYSWATER cross, on a large and long overhead pedestrian crossing, over the very busy KINGS CROSS Rd 10:15, which becomes NEW SOUTH HEAD Rd. The overpass, on the south side, ends at OSWALD LANE. Turn left along the land crossing WOMERAH Ave, Womerah and Lane and BARCOM Ave, into McLACHLAN WAY. This takes you down steps to McLACHLAN Ave which you should cross then turn right and immediate bend left around a shop building into BOUNDARY St. Follow this along to “T” with NIELD Ave crossing over to turn right then left into and up LAWSON St passing STEPHEN on the right then crossing VIALOUX Ave on the left with its large sign NO THROUGH ROAD. Next cross ALMA still following Lawson uphill to “T” at GLENMORE Rd. Turn left going downhill whilst curving right passing some tennis courts on the left, part of White City tennis complex. At the next intersection, four way with Glenmore, Hampden and Cascade looking into TRUMPER PARK and OVAL. Cross over into the Oval and the TOILETS which are behind the spectator stand. 10:28 Rest drinks etc. Dept 10:47 Looking at the oval, follow its fence to the left curving you right, around to the far side of the Oval and a set of steps going away and up from the oval fence. Part way up a bitumen path goes right, take this to pass under and beside a huge fig tree, the path veers left to more steps but take the dirt path to the right. You are now well above the Oval but veering away and at the next fork take the right path. You are actually walking around the side of a man made hill made out of covered rubbish from about 1900 till 1923 when a large incinerator burnt what it could until 1940 then abandoned to be an unwanted feature demolished in 1955. 55 years of filling what must have been a magnificent valley. Your dirt path “T”s with another bitumen path coming down on your left to pass a set of steps going down right. Continue on the bitumen past the steps curving right to “T” with a bitumen path coming uphill. Go left slightly uphill to meet another bitumen path coming down on your left. Join this going right and curve left around a pond area with a cliff backdrop. NOTE the paths that came down on your left lead into the EDGECLIFF TERMINAL COMPLEX for a BREAKOFF POINT if necessary. Your path now snakes along to go right into a lane to “T” into the lower end of HARRIS St. The Lane connection Harris St to Trumper Park is shown on street directories. Go left and you are confronted with a bush covered cliff but it has a set of steep steps which take you up to the high level of Harris St, a most fascinating area. 11:02 Then up the steep “dogleg” part of Harris which changes to QUARRY St to turn left into JERSEY Rd. Go up Jersey and cross right into TRELAWNEY St to be on the left footpath. Follow this up and across OCEAN St at lights. NOTE; Bus 200 runs along Ocean St for anyone who wishes to breakoff. 11:13 Continue up TRELAWNEY and over its crest past numerous Foreign Consulates which are worth a pause to wonder what they do. Downhill across the busy EDGECLIFF Rd. Cross with CAUTION. Once across you are in ROSLYNDALE Av. Down to its end where there is a nature island with a huge Fig tree. Go to the left and then left of house 31 is a Lane with steps which take you down to WALLAROY Rd at its split level section. Turn right and take the lower section, down to and left into LINDEN Ave and onto to MANNING Rd. Cross over into the LOUGH PLAYING FIELDS. If necessary, there are TOILETS approx 50 m to the left in the field area. Your route now veers right across the grass area to go up a grass bank to join SUTTIE Rd
with the lower COOPER PARK on right. Left on a short uphill on Suttie where it hairpins left and BUNNA PLCE goes right into COOPER PARK. In Bunna on the left is a set of steps going uphill, with a sign, not clear, COOPER CLIFF WALK. Go up the steps onto a bush track that goes up along the side of the valley you are entering, all of which is part of COOPER PARK. As you rise up and along the valley side you can see below, the access road and many tennis courts. Keep on this track ignoring all cross tracks and down steps until you see the Kids Play Area at the courts end. Here is a set of steps that will take you down to them. Around the Play Area is LUNCH 12:00. Note, down the courts side is an excellent KIOSK with lunchtime food and plenty of pleasant seating, plus TOILETS.

Depart 12:40. You now head up this valley to its narrowest, into a rainforest with many ferns. Head to the top side of the Kids Play Area onto a path across a stone and brick bridge veering right to pass a artificial stone cave boulder shelter up steps on its left to be on a path with steps going left along the valley south side looking down to the path along the valley floor. The path mainly rises up and toward the end meets an old concrete path with a hand rail and down a little changing to stone slab paving then out of the fern gully to be out in open passing a pond to face a high wall looking like a country dam. There, on the wall, is a plaque describing the area landscaped in 1936 built by the unemployed. Your path now becomes an access road up to the wall’s top level. Here there is an extensive flat area curving around near the valley top and a huge wide set of steps going right to the main road above. Turn away from the steps and on the flat lower side is a stone fence wonderfully built. Standing on this flat beside the fence 12:50 walk away from the fence across the grass towards the residents over to the left. As you go around the closer house you will pass through the park gate and come out onto a bitumen road at the end of a small, short cul-de-sac, and close by a T intersection, BELLEVUE GARDENS 12:55. Turn right along the stem of the T to a left bend where the road becomes KENDALL St. It is a steep hill but only go up a short way and turn right along FLETCHER St which is fairly level walking. Stay on Fletcher St passing several streets until just after the primary school on the left side of the road where you will come across PLUMB RESERVE 1:10. Go into the park following the path as it curves left up beside the school and comes out onto EDGECLIFF Rd. Turn left to the pedestrian traffic lights and cross over and on the other side again turn left. Go along the road about 40 metres to the other side of the multi-story tenant block, Reddam House, and between this and the house next door is a narrow lane. Turn right up the lane which brings you out onto CONVENT LANE which runs down the back of the tenancies. Turn right along the lane until you come to ADELAIDE St 1:25 and turn left. You are now looking at Syd Enfield Drive high up on an overpass with a huge car park beneath. Cross over into the car park veering left and out onto the footpath of GRAFTON St which runs between Bondi Westfield shopping complex and the overhead roadway. Keep to the footpath heading towards the city and don’t cross over until the second set of lights which is GROSVENOR St. Go along Grosvenor to OXFORD MALL and the Bondi bus terminal and just beyond you will be able to enter the BONDI RAIL STATION and WALK END 1:40. Either entry gives access to the escalators up to the food hall for refreshments if required.

Walk Dates: 17/05/2006, 09/09/2009

I think they will be able to follow your footprints
42. Manly Dam from Manly Wharf along Manly Beach and Manly Lagoon

Meeting Place
Circular Quay for the 9am ferry to Manly

This walk gives the spectacular Harbour Cruise on a Manly Ferry then extensive appreciation of one of the best Sydney Beaches before going inland to experience the tranquility of a long Lagoon. From the coast to the Dam is a series of Parks, then a large Lake in a bush covered valley. Return is by streets to Condamine St and bus to the City.

Time on walk route 3hrs 13mins.

TOILETS 5; on ferry, North Steyne SLS, Queenscliff SLSC, Millers Reserve and Manly Dam

NOTE: There is a 2hr gap after leaving Manly Dam into the City. Breakoff Point Condamine St., on way to the Dam.

The 9am ferry from the Quay arrives at Manly Wharf 9:35. Exit the wharf out the right side part way along the wharf concourse to be on the pathway beside the east beach from the Wharf. The grass area here is a good spot for briefing. Take the branch path away from the water that will head you over the EAST ESPLANADE and onto the left footpath of VICTORIA PDE. Along Victoria crossing South Stein on a marked crossing, over to be on the MANLY BEACH PROMENADE and turn left along the promenade along MANLY BEACH. 9:50 It will now take approx half an hour to walk to the other end including a TOILET stop at North Steyne SLSC, Next stop at Queenscliff SLSC. More TOILETS and wall seating to look back toward North Head to appreciate where you have come from. Continue around the Clubhouse on the main road side to a marked pedestrian crossing, there cross the road turning right across the end of Cameron Ave and head across the outlet of Manly Lagoon on the left side of the bridge. At the other end of the bridge locate a narrow set of steps that will take you down to the water’s edge on the north side of the lagoon. Follow a dirt track which soon opens out to a wide grass area and a Kids Play Area. Beyond this, still along the water’s edge is a small carpark. 10:38 Through the car park and exit along AITKEN AVE which ends at PITWATER ROAD. Go right along to the traffic lights, there cross left over PITWATER and go into LAKESIDE CRES. 10:45 Do not follow the road but at the bend proceed straight ahead down what appears to be a concrete driveway to the water’s edge and head right along the waterfront. Now for approx next 20min you walk between the house boundaries and the water, quite amazing, all council Parks. After the first part of the waterfront reserve you come to the end of RIVIERVIEW Pde. By staying close to the houses veer away from the water, cross straight over the road and start down the driveway of number 62, a single story brick house. Between this and number 64, the two story brick house to the left, is a Council controlled and maintained right of way which you can use to access into the reserve behind. A little confusing. This will put you back onto parkland along the water’s edge. The next section of walkway is wonderful. Turn right and soon another access road comes in off Riverview which access the reserve in front of you, NOLAN RESERVE. Here there are log barriers, seating and rest stop, but the toilet block is locked weekdays. 11:05 Continue following the path along the water’s edge but now the atmosphere changes. Although you are still beside the upper reaches of the Manly Lagoon. You are on a wide bitumen service path, between the water and a very wide expanse of playing fields. In a few minutes, just after the tennis court, turn left over the water on a foot bridge to face PASSMORE RESERVE CRICKET FIELDS. From the bridge, on right a large KIDS PLAY AREA with shelter, but strangely no toilets. Also, from the bridge look straight across the field and a cricket pitch to the far side to note a white concrete path going right and uphill. Either cross the fields or follow the path right to this exit path and go onto the footpath of CAMPBELL PDE. Turn right to the very busy CONDAMINE St. Cross at the lights to enter, on the other side, MILLERS RESERVE. 11:33 Downhill across the reserve to the left of a SKATEBOARD RINK continuing across the carpark to a TOILET BLOCK. These toilets are old but useable but if there is a bad problem ring Manly Council 99422222 and tell them and also that you are only giving feedback. From here walk parallel with CAMPBELL PDE across the grass field, past a graffiti wall, out on the grass area heading towards the right of a large CHILD CARE CENTRE. Cross SLOANE CRES, through a carpark of the centre and onto a concrete path around the end of the centre going between the centre and what looks like a sports centre building, up steps back out onto CAMPBELL PDE. Go right, up a short sharp hill, then down to the end of the road. 11:52 You will now be looking down into small valley of MANLY CREEK. Through the bush you will see a large natural pond, Mermaid Pool, with waterfall, hopefully flowing. There is a poor bush track going from here up the valley side that will bring you out on the bend of KING STREET opposite of the MANLY HYDRAULICS LABORATORY. A collection of old and new complexes and a tower. 12:08 Walk up the road past the WATER LAB and the NATIONAL PARKS OFFICE, into the Park to a shelter shed beside the wall of the DAM. 12:15 LUNCH. The toilets are a little further around the path. That area is always crowded, but lunch time is sufficient to wonder, look around, and visit the toilet. The next toilets are at the city rail stations approx 2 hour away. 40 min lunch break to depart at 12:55. Head back down KING St, the way you came up, but turn right up ARANA St, steep, crossing Gibbs St and into a lane which crosses PINEVIEW Ave and SEE BREE St then into the small KINGS RESERVE which, by following the path left, will take you back to KING St. Turn right uphill and down to CONDAMINE St and by 1:18 WALK END.

The Bus stop here is the Innes Road stop. From here Buses go to a huge amount of places. For the City L85 is the express Bus 9 past and 39 to the hour, but there are others signed CITY. If you would like to go back by Ferry buses 146 and 142 go to Manly Wharf.

Walk Dates: 01/05/1996, 04/02/2004, 04/11/2009
43. Abbotsford Ferry Wharf to Cabarita Ferry Wharf around the waterfront of Hen and Chicken Bay and its 4 offshoot bays

Meeting Place
Circular Quay for 9:50 ferry to Abbotsford Wharf

Walk distance on route approx 9km. Time on route 4hours approx. TOILETS 4 Abbotsford off the wharf, up steps into a Park. Quarantine Reserve Lunch spot in Bayview Park Cabarita Rark. Breakoff Points 3 Government Bus stops. Make sure you have the South Region Map of Bus Routes to ensure where they take you. GRADE all EASY but the walk is a little LONG but being mostly flat and taking time it will still be a PLEASURE.

The 9:50 ferry from Circular Quay arrives at Abbotsford wharf by 10:28am. The TOILET is located in WERRELL Reserve, as you come off the wharf, up steps in front of you. These can be skipped as good toilets are a short distance along the walk. From the wharf walk up the road, a bit steep and curving left, past the Sydney Rowing Club, and turn right into and along THE TERRACE. This bends left beside BATTERSEA PARK to “T” onto BATTERSEA STREET where you turn right downhill, still beside the park, keeping left up and along a footpath seemingly away from the road onto the next section of Battersea then left into HUNTER St then immediately right into CHECKLEY St and along to its end. 10:42 Follow the path through Quarantine Reserve going left uphill to the buildings of the old Quarantine Station, to look around, TOILETS, a large shelter shed for rest, briefing and drinks. 10:48 to 11:03 From the shed head down the grass hillside back onto the path curving left. NOTE; a background water scene will be with you all day. Go past SPRING St and along ABBOTSFORD PDE staying on the right footpath. The way ahead along the water is unfortunately blocked by houses going down to the water so a diversion is required. At the fork in the path veer left walking diagonally across the park, away from the water to the junction of PRESTON & UDALL AVs. Go right, along PRESTON, bending left then to a “T” with LYONS Rd where you go right. Here there is a Bus Stop and the first Break off Point. Bus 409 to Burwood, Bus 502 to Circular Quay. A short way along turn right into JAMES St which takes you back down to the water and at the left bend the street becomes FRIEND AVE. Follow this and where it joins with LYONS ROAD WEST follow it around KINGS BAY beside the water’s edge passing the Club House of BARNWELL PARK GOLF COURSE 11:55, on the other side of the road, towards the second part of the golf course on the bay side of the road. There is no path except across the busy road. If suitable continue along the grass verge between the road and the golf course otherwise you will need to cross the road with care and cross back afterwards. It takes about 10 minutes to the other side of the course. 12:07 Cross a large drainage channel then turn right on the path beside the channel following it back towards the bay. Soon we come to a new estate where the waterfront houses have been held back to make provision for the waterside walk and parklands. In the middle of this first estate at the end of Burwood Road is BAYVIEW PARK occupying the whole headland, arrive Terminal for the second Breakoff Point. Bus 463 to Burwood and Bus 502 to Circular Quay. The TOILETS are adjacent the Terminal. 12:20 and LUNCH. There is a Bus Stop just before the next headland. HARMONY POINT. Part of the park’s new image is two rotunda shelters then a little way on after the park narrows back to a waterfront walkway, a third rotunda titled Cape Cabarita over the pathway 1:32. Now the pathway ends, the waterfront again blocked by older houses down to the water. After the rotunda you will need to turn away from the water on a pathway between buildings onto ROSEMEADOW Dr turning right, following it around to the cross road with PHILLIPS St and turn right out of the new estate into the older suburb. As you pass, on the other side of the road, MASSEY PARK GOLF COURSE. Turn right at the next street COLLINGWOOD AVE. 1:52 This avenue “doglegs” left/right passing ROBERTS St to become DORKING Rd going slightly uphill. Go to its end and the start of another huge new Estate, EDGEWOOD ON CABARITA SHORES. 2:00pm Go around the sign barrier onto the internal estate road and on the corner after the lane on your right is the original early day mansion homestead with a big “makeover” to blend in with the surrounding estate. The plaque on the wall identifying it as No 1 STRATHROY. Passing the
mansion on your right and just before the next set of tall units is the pathway of the public access which will take you back down to the water, very fancy with terraced gravel areas and steps in between, the majority at the bottom. Going down this access you cross a road then out onto an open area protruding out into the water. 2:08 Once out on the protrusion look back to where you have come from to see some of the original homestead, built 1891. Where you are standing is probably the boathouse of the homestead, for in those days everything came by boat. Now the walk this brilliant walkway into CABARITA PARK 2:13 the path changing and curving left uphill to “T” to the access road to Cabarita Swimming Centre. Go past the swim area to the road going right into the huge MARINA. 2:18 At this point there could be free time to explore the park so it would be best to assess the ferry timing which is 25 minutes to the hour for Circular Quay. Every Group will have different walk times, the only positive time being the ferry. From here to the wharf is an 8 minute walk. The Kiosk is just below here and the TOILET uphill beside the road. It is pleasant walking along the grass hillside below the road to the Wharf and WALK END. 2:35 on ferry.

Walk Dates:

See we told everyone we could smell coffee ahead
44. Rose Bay to Watsons Bay mainly along the waterfront diverting into Vaucluse House then to Wentworth’s Mausoleum

Meeting Place
Edgeliff Bus terminal shopping centre 9:35

The walk is 1/3 bush track, the Hermitage Foreshore Walk and 2/3 roads and paths. Transport busses 325 and 324, although these start at Circular Quay, it is preferable to train to Edgeliff and meet in the shopping mall above the rail station but below the bus interchange. There are TOILETS, and shelter, before going up the steps to the bus level. Bus 325 departs 9:47. Walk grade 1/3 medium 2/3 easy. TOILETS Edgeliff centre, 3 hrs Nubon Park, 1 hr Watsons Bay. Breakoff points; 1 Nulson Park, 2 in front of Wentworth House. Start of walk is the 1st bus stop past Rose Bay shops, uphill on New South Head Road on the bend at the large gates of Kambala College.

Off the bus 10am approx and go left downhill turning right into TIVOLI Ave which is beside the bottom buildings of the college. Down Tivoli to the end turning left into BAYVIEW HILL Rd giving excellent harbour views and into Bayview Hill Lane. At the end of the lane is a sign indicating entry to the Sydney Harbour National Park Hermitage Foreshore Walk. 10:44 This pathway is a mixture of surfaces including lots of sandstone steps, some very steep. The terrain is up and down, the pathway built on what was there in the 1800s, at times on overhanging rock shelves above the harbour water. If along the way there are points that take your interest, stop, for there are 3 afternoon ferries back to the Quay at 10 to the hour or plenty of busses returning to the city. Along the walkway 10:47 pass a cemetery with all the headstone crosses the same. 40 graves of Nuns from Kincoppal Rose Bay school of the sacred heart. Then down a very steep set of stone steps to the water’s edge and along the small QUEENS Beach 10:52 and up the steps at the other end of the beach. More path then down into a small park and an original sandstone boat slipway. Seats and lawn with a cliff backdrop. Rest stop and refreshment time and a chat about the walk whilst appreciating the area. Depart 11:10 across the small HERMIT BAY beach up steps to be beside a stone retaining wall with a high concrete structure of a courtyard and swimming pool above. Down again on to an original set of steps to walk over a railed rock ledge above the Harbour water. 11:20 More stone walls and safety fences 11:24 onto the mowed lawns of the historical Stricklan House. National Park sign TINGARA Beach and a walk post sign. Cross the grass area to go under trees, down a path onto MILK Beach and walk along the sand. It is a short length to another walk post sign onto another track and into bushland. By 11:27 the track passes the National Park boundary fence, NIELSEN PARK, then a little further on up a restored 33 set of stone steps onto a bitumen road. Go left along the road then where the road turns right go left down a concrete path to the beach, SHARK BEACH, passing a TOILET on the right. There is no shelter on the beach area only at the kiosk.

LUNCH
Depart by 12:02 to take the path to the road going right up hill out through the Park Gate to turn left into GREY CLIFF Ave still uphill to bend right and changing to COOLONG Rd until you meet at an angle WENTWORTH Rd 12:18 opposite the vehicle entry into Vaucluse House. To really appreciate this area do another visit and obtain the booklet VAUCLUSE HOUSE. Wentworth, one of the first team to cross the Blue Mountains, lived here from 1827. For a brief look at this very historic property follow the trade entry road keeping right (don’t go down to the carpark) and up to the tea rooms. Go left down on a path over a stone water channel and on the other side go right beside the channel and keep following this although at the start it looks like part of the buildings could stop you. Part way up look right and there is what is left of the original vegetable and fruit gardens. The channel bends left to put you through a gate to be in front of the horse stables. Go past them on your right with chook pens on your left. Continue to go through a gate on your left to put you in the house front gardens. Onto the gravel path which goes right then left to wind around the thicker garden area to exit in an open area. Go left across the water channel then right down a bitumen path out through an original stone post pedestrian gate. 12:43 There is a break off point here by catching the 325 bus to either Watson’s Bay or the city. The route now goes right along WENTWORTH Road on the right footpath across OLOLA Ave to CHAPEL road on the right which runs back at a sharp angle. In Chapel road on the left is the Mausoleum, where Wentworth was entombed well after his death. Wentworth died in England in March 1872 and brought back to Sydney and interred into the vault in May 1873. Walk around the top side of the Chapel to see inside. Adjacent to here is a set of steps going up to a church on the cliff top hill above. Bear in mind this area was

The briefing
Nunn’s graveyard
Wentworth’s mausoleum
part of the Wentworth estate of 105 acres. Pass the church going down the entry road and out onto FITZWILLIAM Rd turning right onto the left footpath. In a short distance, just past house 43, at a bus stop, follow a lane going left down 9 steps with a sign PARSLEY Bay. It is then onto the suspension bridge over Parsley Bay 1:11 up the ramp on the other side across the grass area keeping left onto a path going left into THE CRESCENT by 1:25. Continue left along The Crescent to it end turning left into HOPETOUN Ave and at the same time crossing over WHARF Rd. Next, on the left, beside house 166 is another lane with an electricity box on the corner. Although it looks like a private property access it is actually an extension of PALMERSTON St and the middle driveway is the path taking you back to the waterfront at GIBSONS BEACH. 1:29 At the water follow the roads and paths passing the old pilot station and bathing enclosure to Watson’s Bay Ferry wharf by 1:38. WALK END

There are 3 jet cat ferries in the afternoon 1:50, 2:50 and 3:50 so if you want to linger along the way you can. Times given here are what were done on one particular walk. Adjust times to suit the ferry.

Walk Dates:
45. Bateau Bay to Foresters Beach, central coast walk through Wyrrabalong National Park

Meeting Place
Meet at Central Station on the 8:45am train, 2nd front carriage, for Gosford arriving there at 10:12am

This is a day with approx 3 ½ hours transport, 2 buses and 2 trains to the walk start. However if you would like a good day’s outing with wonderful scenery then this is for you. Time on route approx 2 ½ hrs. Distance approx 7 ¼ km Toilet facilities, Gosford station, Bateau Bay Beach carpark, then there is a 3 hour gap back to Gosford. Grade half medium with steps, half easy. Breakoff point from Crackneck Point lookout. After arrival at Gosford there is a 30 minutes refresh stop before moving to the bus terminal, bay 1, for the Red bus 21 at 10:45 to The Entrance. When the bus diverts off the Entrance Rd onto Bateau Bay Rd alight at the Bateau Bay village 11:21 on the corner of Harbour St. The bus makes a left turn here on its route.

When all are off the bus move east along HARBOUR St crossing Bateau Bay Rd then Reserve Drive to be on the grass of WYRRABALONG NATIONAL PARK. 11:30 Then across to a fenced lookout above Bateau Bay Beach with views out to sea. The coast track passes through here and heading along it towards the south through some bush it is only a short walk to a toilet block. 11:35 A ten minute stop as this is the last toilet for approx 3 hrs. The track is close to RESERVE Dr and the route goes across a carpark and once again into the bush. There is one section of tree roots on the path but for the most part the track is sandy and although there are lots of washouts it is mainly good underfoot. A long time ago this track was a path with timber sides but now has been eroded down up to 1/2m deep. By 11:55 the track bends right to touch RESERVE Dr where the road bends away to become YARUGA St. The track instead goes east towards the coast and is washed out leaving the timbers high above the walk level. It is now uphill to be at CRACKNECK POINT LOOKOUT, a large grassed area and carpark at the top of HILLTOP St. 12:10 and time for LUNCH. There are some seats, tables and magnificent views. This can be a breakoff point. To make the break take either the bush track going inland from the carpark entrance or the other track going left about 50 paces down Hilltop St. Both merge further down and end up on the corner of Rickard Ave and Keats Rd which you will be looking down. Head down Keats Rd to the T junction with Marlowe St. To the right of the house opposite the intersection is a laneway which you go down to Coleridge St which connects to The Entrance Rd with a bus stop on the corner for transport back to Gosford. To continue the walk after lunch 12:40 uphill across the carpark to a Coast Track sign. The track then goes downhill into a saddle between the lookout and the Warrabalong headland with its communications tower. The track is level for a while then goes slightly up hill to walk through a large area of tall flannel flowers, magnificent October to December, even overshadowing the track. Next up another small rise 12:50 then down across another saddle. This section of the walk has good views inland, and at the time of scripting, National Parks were rebuilding the track. Going up to the headland there are many timber steps. Take it slow and arrive at the top by about 1:15 for a rest and more good views. On the go again 1:25 downhill on to CROMARTY HILL Rd which starts off dirt and gravel round a gate after which the road becomes bitumen as it steepens. The road changes to NORTH SCENIC Rd then SOUTH SCENIC Rd at the junction with Forrester’s Beach Rd. Go right into FORRESTERS BEACH Rd, which is a little difficult at the start because of the terrain, downhill 1/2km to Forresters Beach where there is a toilet block opposite Crystal St. This street will take you about 1/2km back out to The Entrance Rd, with the bus stop to the right of the intersection.

The bus stop is left, around the corner. Buses are reasonably frequent.
NOTE: If there is time or pressing toilet need you can divert from the route at the junction of North and South Scenic Rd with Forrester’s Beach Rd go left down South Scenic Rd for about 1/2km to Forresters Beach where there is a toilet block opposite Crystal St. This street will take you about 1/2km back out to The Entrance Rd, with the bus stop to the right of the intersection.

Walk Dates: 07/10/2009
46. Waverton Rail Station to McMahons Point Ferry Wharf, plus Extension to Milsons Point Ferry Wharf

Meeting Place
Waverton Rail Station 10.00am.

Grade  Medium  Easy but with steps  Time on route 3 hrs 40 mins plus extra route to next ferry wharf 35 mins.
Breakoff Point only after coming off Balls Head to walk back up to Waverton Station.  Distance approx 7km.
TOILETS Waverton Station  Balls Head  Blues Point Reserve  On the ferry  Circular Quay.

Out of station go left down Bay Rd crossing over to walk down the road's right side. After the second bend left and junctions with Ross St, Horace St and Woolcott St the road becomes BALLS HEAD ROAD and you have extensive views over the carpark of HMAS WATERHEN. Keep to the right footpath, of a sort, alongside the security fence and as it bends into WATERHEN Dr, onto the bitumen road, still following the fence as the road bends round to the right and you are facing the access gate into the Navy Base. Approximately 30 metres before the actual gatehouse turn left, almost back onto yourself, onto what was the access into an original carpark. Walk to the far end and onto the paved area in front of was a huge coal loader. It is worth the effort to view the huge stone walls used in the construction of this facility in the 1800s, especially the tunnel through its length. (Note: if open, it is possible to walk through the tunnel to join up with tracks on the other side and head up to the flag signal station and rejoin the walk route) Retrace your steps out and up the Navy Base access road to the top at the left bend then veer right over to the left side of the large building, now a SES Centre. Here there is a stone surface area with Aboriginal rock carvings. 10:30 Now down along the stone wall toward BALLS HEAD RESERVE. On the right is access to the top of the coal facility, worth a look and wonder how, in its day this was built on such a slope just so ships could come in and unload. The associated Gasworks was further up the bay but now nearly all home units except for one original building and a brick chimney as features of the past. Up now on the road into the reserve, BALLS HEAD Dr keep to the right passing the entry stone feature on your left following the exit (no entry) road. Around the first slight left bend, on the right beside a slab of exposed rock is a tap set in a stone feature, it works. Continue on to where the road dramatically narrows and bends sharper left. Here there is a dirt track that goes straight ahead which you now need to follow 10:40. It winds up to the headland's highest point and an open area. Here was one of the colonies flag signal stations forming a series from South Head to Parramatta, a system to alert the government, in Parramatta, that a ship was arriving. 10:45 From here the circuit track curves left around the headland, a mixture of conditions with steps, crossing some open areas with lookouts. It touches back on the circuit road at a carpark where there is a TOILET block 10:58 The track starts again across the road bend down past another lookout, more steps, for it to be above the water. At 11:18 the track ends on a road bend, access to several old buildings behind a timber fence part of the quarantine system. Go left uphill on the road bending right to be above the road below. You will be soon out of the Reserve passing on left the stone feature entry up to pass the Aboriginal carvings up the grass area to turn right into WOOD St, 11:32 and a short step down to "T" at LARKIN St. Across this road is a concrete block sign BP SITE and a path behind it to straight away put you out on a lookout of what was once a large oil from overseas terminal. You may, if your time permits explore this area, now a Reserve. We backtracked the path to the steps going down to the large round grass area below, once an oil tank filled the space. At the stair bottom take the path left
along to a set of steps, going right and down to a park just above the water level 11:43 Cross the grass area beside the water to enter the bottom end of JOHN St and go up, it is steep so take time, under the railway to “T” with DUMBARTON St. Go right, flat for a bit then a sharp pinch up, and bend right across the railway bridge to go right down MUNRO St. 11:56 This will take you down to the water and good planning of unit waterfront development, a waterfront walkway. NORTH SYDNEY CIRCLE WALK. On the way down is a magnificent cliff garden. Amazing what nature can do. The walkway leads into the SAWMILLERS RESERVE. 12:10 and LUNCH, no toilets. Depart 12:35 at the far end of the reserve up the steps of the wooden staircase to the end of WEST CRESCENT St following it around to “T” with BLUES POINT Rd. Turn right and along to and left into HENRY LAWSON Ave to its end and the McMAHONS POINT Ferry Wharf. Ferries leave from here to the Quay on and half past the hour. This can be WALK END or if you wish extend another 35minutes to LUNA PARK FERRY Wharf. For those extending depart 1:05pm up the steps near the wharf to EAST CRESCENT St where you go right and where it splits veer right on the lower road down BAY VIEW St to where it bends sharp left. Here there are steps to the right that will take you down to water level 1:18 and QUIBENE PARK at the head of LAVENDER BAY. At water level the path heads up to the railway turning right alongside taking round an old Slipway then along to a TOILET block, the path passes across a boardwalk then ramps up to rail level, and on to the start of LUNA PARK 1:33, around its outskirts to be on the FERRY WHARF 1:40 WALK END.

Bellambi to Thirroul Coast Walk

Meeting Place
Central Station on the 9:06 Wollongong train for Bellambi or Sutherland 9:40 in the 2nd front carriage

The south coast has spectacular scenery all the way south. This small section is a sample as you are right on the ocean edge. Grade Easy, taking approx 3hrs 10 mins. Distance 7.6 km. mostly good surfaces. Break off point to Bulli rail station TOILETS: 5

The train arrives at Bellambi station at approx 10:43. First toilet is ¼ hr away. Depart station 10:46 head east, toward the ocean on Bellambi Ln until you cross Gladstone St. Don’t turn but go straight ahead onto a concrete path alongside the fence of the huge fields of the Catholic Holy Spirit College. The pathway can be seen as you come off the station. The concrete path ends on the other side of the fields at the top end of Cawley St where the path turns to bitumen 11am where it snakes down beside a watercourse toward the S.L.S Club building. It goes around the car park 11:02 at the top end of Morgan Place. Go around to the ocean side of the Clubhouse for TOILETS, drinks 10min, rest, no seating. 11:05 From the north end of the building head across the watercourse over the bridge heading north. This is the Wollongong/Thirroul Walk/Cycleway which you will follow most of the way. Along the way there is with much viewing of the ocean coastline plus a backdrop of the high Illawarra Escarpment to the west including the Bulli Pass road scoured down its side. On the other side of the bridge the path passes through a great expanse of mowed grass lands with some bush vegetation defining the beach area. 11:22 Between you and the houses is the top end of a lagoon, the outlet you just crossed. The path now continues, snaking a little but always clear of the beach protection vegetation giving a wide expanse of grass with good ocean views. 11:35 Crossing another stormwater outlet bridge, this area called Lighthorse Park. Immediately you are in the end of Beach Drive, the walkway continues as its eastern side footpath. By 11:45 you are on the topside of Woonona S.L.S.C. building on Kurraba Rd. It is locked up but there is rail fence to sit on, TOILETS are a short distance further on in the park. Continuing on the pathway it appears to suddenly stop, but instead restarts between houses in Kareela Rd. There is a good view on the point so cross the road but don’t go down Kareela instead turn right along the grass in front of the houses and go out to the small headland now in front of you, across the car park to the decorated wall of what is Collins Rock Lookout. 11:55 From here there are good views all round. From the northern end of the car park head across the large grass area and back onto the walkway to cross another stormwater outlet bridge. By 12:10 you should be at the start of a caravan park. Just past the van park there is another stormwater outlet and another bridge. Once across the bridge head, either across the grass or along the path, towards the buildings you see up in front right. This is Bulli Beach Headland Reserve and Lunch 12:20. TOILETS are on the lower level. There is also a café with plenty of eats and drinks. On the high point of the headland there are logs to sit on for lunch resting. 12:55 With lunch finished head north again across the car park and rejoin the walkway sandwiched between Trinity Rd and Sandon Beach. The path crosses yet another creek outlet on a bridge continuing now alongside Blackall St going uphill into the car park of Sandon Point Reserve 1:10 As you curve left past the car park there is a monument giving details of an ocean wharf built to ship coal out which is worth a read. Back on the walkway you curve left around in front of a new housing estate. The pathway bends away from the estate, don’t take the access into the estate, across a causeway over Tramway Creek. The creek looks more like a swamp and there could be a problem if there has been heavy rain. The pathway continues through a few bends back to the beach and then bends left on a bridge over the larger inlet of Hewitts Creek and ends 1:35 at the cul-de-sac end of Hamilton Road. From here to Thirroul Station it is not all street walking as there is some parkland to go through. Go along Hamilton, over Corbet Ave, turning left along Woodland Ave to its end. Go up the steps between house 22 with a brick fence on the right and the white painted fence to the left, along the path, down the steps at the other end and across Surfers Pde into McCauley Park. 1:45 Cross this park keeping to the left looking downhill onto Thomas Gibson Park which is right beside Thirroul Rail Station. Now, don’t become fixated with keeping a timetable to meet a train. Walking for Pleasure is just that and as there is more than one train to Sydney. So don’t worry if you miss one while crossing the park, relax and continue to enjoy your day. From McCauley Park go down the embankment, don’t go straight across the next level but go right along the worn track through a short avenue of trees to curve left up to the right side of the tennis courts on to a road and there is a TOILET block. 1:52 Now use the station lifts to go up and over down onto the Sydney platform. 2pm Walk end. The next train to Sydney, at the time of writing, is 2:25 so there is 25min to get a drink or look at the RSL garden all just around the corner.

Walk dates: 27/01/2010
48. Katoomba and the PRINCE HENRY CLIFF WALK

Meeting Place
Central rail Station to be on the 8:25am train to Katoomba second front carriage. Or 8:37 at Strathfield Or 8:49 at Parramatta.

This walk is a variation of walk 29 but shortened to allow a more relaxing experience in the Blue Mountains. The walk finishes with a relaxing visit to Echo Point then a bus return to the station. Time on route to station 2Hrs 25 Min Time on Clff walk 1Hr 20 Mins to Echo Point. Return Sydney trains 1:21 – 2:38 – 3:25

Grade: streets EASY Clff Walk MEDIUM but some may find it hard due to the number of steps. TOILETS: at station start and finish, Echo point, on train. Breakoff not practical even though a road is above our route.

The train arrives at Katoomba Station at 10:20 and as usual a crowd gets off. Let the crowd leave the station to have it to yourselves for briefing and TOILETS. Depart the station 10:35 up the ramp to the south turning left then right onto a pedestrian crossing across GANG GANG St and turn left. Turn right at the next, LURLINE St, with KINGSFORD SMITH MEMORIAL PARK opposite on the left, and go south on the right side elevated footpath. 10:37 Further down, just after BEVERLY PLACE cross to the left footpath on the pedestrian crossing continuing down LURLINE and turn left into WARATAH St and immediately cross to its right side footpath (in a “dog leg” intersection with Lurline) continuing in Waratah down past the grounds of KATOOMBA PUBLIC SCHOOL turning right around this into ADA St 10:50 Part way along the school cross the road at a pedestrian crossing, just before the school buildings, to the left footpath then left turn at MERRIWA St and again crossing over to its right footpath. Continue downhill and you will soon find yourself at EMILY St with CARRINGTON PARK opposite. 10:57 A rest and refreshment stop, no toilet, that is 1Hr 20 Min away. MERRAWA St joins CLIFF DRIVE in front of you on a sweeping bend where the views are just as sweeping. Cross over Clff Dr to find steps, between the 50 speed sign and the route 3 sign, and sign posted “Prince Henry Clff Walk, Echo Point”, going down 11:02 to be on the PRINCE HENRY CLIFF WALK. Echo Point is away to the right and from here to Echo Point the track goes up and down with very many bush path steps and drain crossings. The times given are to get you to transport in a timely manner for your return home. It is easy to spend a great amount of time at the many vantage points admiring the views. There is also the construction of the track, sometimes cut into the steep slope, that is also worth a look. If you are keeping to the recorded schedule then 11:05 the path takes a “u” turn right with a lookout straight ahead, don’t divert, go to the next LOMANDRA lookout 11:17 Continue on, by 11:25 the path zigzags down to a log bridge then up again to HONEYMOON POINT 11:30 Then another gully to zig zag and up to TARRAWARRA lookout 11:52 The path now bends up steps right and next LADY CARRINGTON lookout Soon the sign to the 3 Sisters, Don’t Take and now you are on a concrete pathway. Soon it forks, go right up past a small wall then very soon you go through an arch and onto the huge ECHO POINT CONCOURSE. For the section of the PRINCE HENRY CLIFF WALK just walked, completion time through the arch should be between 12:15 and 12:30 pm.

The next Sydney train is 1:21pm, then 2:38pm. At Echo Point there are many buses going everywhere and masses of people. To go direct to the station you need bus 686 which could be a fancy made trolley bus with no number or an ordinary passenger bus. Hopefully, after discussion with the bus people, there could be a sign saying ‘GOING DIRECT TO KATOOMBA STATION’ But don’t rely on it. If you don’t get the right bus you go on a round route which misses the train. NOW a bus at 12:45pm gives plenty of time to catch the 1:21pm Sydney train or the 2:20pm bus gives 13min at the Station to be on the 2:38pm Sydney train. NOW THE BUS STOP LOCATION. Off the walk track through the arch and left is the Information shop and on right is the large TOILET BLOCK. Straight across the Concourse and a little uphill is a large building with restaurants and the Tourist Shopping Plaza. On the bottom side of this complex is BUS STOP. NOTE: in school holiday times there are more frequent busses due to the larger crowds. If you require the 1:21pm train watch your timing to have lunch and be at the Bus Stop. Choosing the 2:38 train will allow you further time to look around. There is also Lilianfields Park, also with toilets just up past the Tourist plaza.

Walk Dates: 24/02/2010
49. Emu Plains Rail Station to Penrith Rail Station going up and down both sides of the Nepean River.

Meeting Place
Central Station to be on the 9:09 am train to Emu Plains Rail Station or 9:22 at Strathfield or 9:34 at Parramatta.

The River itself is quite an attraction, but the parks and paths have been improved and well maintained to make the area an environmental show piece. It is a pleasure to have the experience to walk.

Grade EASY, but a little long. Distance 9km. Time on route 3hrs 50min. TOILETS; 3 plus Penrith Station. Break off after lunch when we cross the Great Western Highway.

The train arrives 10:05. No need for Station toilets as there is a block 15min away. Depart station down one of two ramps to the south side go left through the carpark, towards Sydney, into RAILWAY ROW bending right into BILLINGTON Pl down to the traffic lights and across the GREAT WESTERN HWY. Turn left then next right into YORK St crossing straight over to go through the restaurant car park, up over a earth bank into REGATTA PARK, through trees crossing a grass area left of a kids play area to the TOILET in front of you. 10:18 Make this a brief stop. In front is RIVER RD, cross this and go through the car park and just over the river bank is a shelter shed with seating with surrounding walls that makes a good spot for refreshments and briefing. 10:23 Afterwards go back to the car park turning left along River Rd onto a footpath then almost immediately left onto and down a gravel path to the river. 10:35 This is the start of the RIVERSIDE WALKWAY which snakes, turns, up and down for the next 50 minutes, but very pleasant with a variety of vegetation, all with a river background. 10:43 steps going up, 10:53 access ramp 10:58 second access ramp 11:02 onto a concrete path with seat table, time for rest drinks. This concrete path bends down from the road above you. Go back and up to go left along the footpath beside the RIVER ROAD. You could continue along the river pathway if you wish but there is a steep down section to cross a large drain and further on another very steep rise up to the path you are now on. Instead, the path you are on is an easy flat walk to the MOTORWAY Bridge. By 11:18 cross River Rd just after the junction with Nepean St, keeping to the right of the motorway bridge 11:21 and double back up to the bridge footpath ramp and cross the NEPEAN RIVER with a very noisy traffic on the downstream side of the bridge. In the middle stop and look around and downstream in the distance is another bridge where you are going. Continue on and down the other side 11:28 heading away from the motorway downstream on the concrete path to the restaurant, café. For those who wish a hot drink with lunch here is your opportunity. Cross over TENCH Ave into the park opposite past the TOILET block, and veer right across the car park to a path turning right downstream and on the right is a shelter shed, LUNCH. This whole waterfront is TENCH RESERVE. 11:36 Have a look around. Careful you don't lose anyone here as this is a good place to wander.

Depart 12:12 out of the shelter continuing downstream on the path, now on top of the river embankment. The path makes a sweeping right hand bend 12:16 to the road and a Kids Playground on left, however just into the bend turn left on another path still following the river on the embankment. The path goes up a slight hill to be beside the road a little away from the river snaking along beside the road and the river to a TOILET 12:22. After this the road swings away to the right but the path continues along the river through mowed grasslands scattered with many different types of trees which look like they have been trimmed the same height off the ground. The whole area looks magnificent. Walking the twisting path under the trees canopies gives a strange feeling of appreciation. There is a plaque to explain. At 12:38 this tranquillity comes to an abrupt halt at the end of NEPEAN AVE. Now it is a 20min walk along the road through the houses to the other end of Nepean Ave where you will find yourself standing in front of a large monument. 12:55 on the other side of MEMORIAL AVE. Just before the intersection, on you left, is the old Ferry Road where a pathway has been cut down to the river with a viewing area and seats. This was originally a punt crossing put in place after two floods 1857 and 1860 washed away two bridges. Go down the steps and walk the path beside the river to the bridges in front of you. The first bridge was built after the previous flood experiences to be higher than any possible flood, to get the railway over the mountains. The construction effort was right for the next super flood came up to just over the column tops washing away the punt, all the construction equipment, plus the west earthworks, but the columns never moved. The finished bridge is still in use. Continue on past the ROWING CLUB 1:06 on the path through an avenue of riverside trees, to the access ramp coming in from the right, just prior to the weir. 1:14 At the top of the ramp across the road and to the left there is a Rotunda and TOILET. Refresh and ponder. Head back towards the railway across the car park and grass away from the access road towards a line of trees and pass under the rail line 1:24 near the line of PEACH TREE Creek, across more grass with the creek to the left and onto the footpath of the GREAT WESTERN HIGHWAY. Turn left to get over the creek you just walked along and once over keep on the concrete path as it swings left joining another path going away from the road to enter a pergola passage into a large round rose garden 1:28. Once out of the circular walled area go slight left over the grass area and road to the traffic lights to cross CASTLEREAGH RD with GREAT CARE 1:38 to be on your right side footpath of JANE St. On this footpath be very careful of vehicles in and out of PENRITH PLAZA and cross with the traffic lights into the bus terminal and rail station WALK END 1:55 The next Sydney Intercity train arrives at 2:03.
50. Moxhams Meander. A walk down Quarry Branch Creek then up Toongabbie Creek from Baulkham Hills to Old Toongabbie,

Meeting Place
Parramatta Rail Station to move off at 10:20 am

It is surprising how unusual the area west of Parramatta presents itself. Definitely worth a trip. Although there are suburban trains to Parramatta it is a good idea to catch the Inter City Katoomba 9:09 to travel in comfort for the half hour trip. It arrives in time to have refreshments, be social, have a look at the huge underground Mall, a TOILET stop and good time to be at the departure by 10:20. Only one problem, wander too far and you could get lost. Distance 6km Grade 10% MEDIUM 90% easy. Time on route 3hrs 48min. TOILETS; 3 Rail station start and finish and at the lunch stop but a key has to be obtained from Parramatta Council. Most of route is on a reasonable bush track.

Departure is 10:20 from opposite the rail station ticket barriers, up to street level via the railway EXIT, also opposite the ticket barriers, to turn sharp left around and up to a Bus terminal just past the original station entry, now only a historical feature, and down to bus bay A4. The bus to be caught is 604 at 10:30 [Parramatta to Castle Hill via Northmead, model farms and hills centre] We departed 10:35. Getting out of Parramatta is complex, but you head up WINDSOR Rd turning left into CHURCHILL DRIVE, BAULKHAM HILLS. Alight at the bus stop just around the corner. 10:52 Now for the walking. Downhill on the left footpath, crossing ULANDI Pl into the parkland opposite YARRABEE Rd. Go left across the grass to a gap in the fence with a sign you are entering MOXHAMS MEANDER. This is a good spot for a briefing 10:56 - 11:05. Then it is through the fence on a bush track that bends left down and along the side of QUARRY BRANCH CREEK. The track improves as the gully deepens. 11:13 A track fork, with an arrow pointing left, but you keep right going down the gully side. 11:17 Now a boardwalk with steps going down to beside a waterhole. Stay beside the creek’s left side as you walk. Next uphill moving away from the creek to a higher level. Then 11:20. a branch track up to the left, don’t take it, but continue on downhill again. An arrow point 11:25 pointing left, ignore, go straight ahead to be under MOXHAMS ROAD, by 11:27 cross the creek and up the lower side. If water flow prevents this backtrack to the arrow post to go up to cross MOXHAM Rd., with extreme CAUTION then down to cross the creek. The track now goes uphill to swing left, still downstream but beside a large rockface. There are a series of long log steps, the track a little rough up and down and winding along the valley side. But by 11:45 you are beside the mowed grass of BUNDILLA SCOUT CAMP and there is a path with steps up and out onto the end of BADEN POWELL PLACE. 11:48 Walk along this road to cross RIELLEYS Rd and the entrance to the scout camp, into EDISON PDE. Now you are going upstream beside TOONGABBBIE CREEK and just past the camp entry is a sign to say that this area was the third settlement of the Colony in the 1800s. TOONGABBBIE CREEK is quite dramatic, winding around with EDISON Pde. You have to walk up the right side path and on crossing NOBLE Pl cross left over EDISON to enter the grass area along the creek ridge line with the water deep below. 12:05 Next you have to curve right to be back on EDISON road verge to pass a section of lantana bush to the next, much larger, grass park area. Here is a concrete footpath 12:12. take this which winds around the park grass edge and on top of TOONGABBBIE CREEK deep embankment. In just a short distance look up to the right to see a shelter shed with Scout and Guide halls behind. The shelter, with seats and tables is LUNCH, also TOILET stop. 12:04 A prearranged key is essential. 12:40 Depart back to the path turning right heading to the other side of the halls. Just before you reach the halls on the left is a dirt track off the concrete. Take this to be close to the creek around to cross another large park grass area, with a kids play area to come out onto OAKES Rds just before the bridge crossing over the creek. 12:48 Cross the creek on the bridge and immediately cross OAKS with CARE turning into BAXTER DRIVE and the entry of the BAXTER HEALTHCARE huge complex. As you walk toward the gates, on the right is a sign and entry to SETTLERS WALK taking you into a very large grass area alongside TOONGABBBIE CREEK with a large power grid stanchion in the distance. Head across this grass area of OAKES RESERVE as it bends, with the creek, around the first stanchion 12:53 and alongside the creek passing more power stanchions to OLD WINSOR Rd. Along the way look out on the right for an old sign that tells you all about this area. At the back of the huge electric substation water discharging makes a bog which need go up and around. At Old Windsor Rd 1:02 go under the bridge and left up the path and onto the Bus “T WAY” to Parramatta. The bus station is a little way along, but there is a marked pedestrian crossing to take you over to it. TAKE CARE. WALK END 1:06 There are plenty of buses for a quick trip back to Parramatta. Inter City trains to Central are at 4 past the hour. TOILET is at the station.
51. **Eastern Zig Zag Railway** Lapstone to Glenbrook. (The long and short walks)

**Meeting Place**

Central Rail Station to be on the 9:09 am train to Lapstone Rail Station or 9:22 at Strathfield and 9:34 at Parramatta.

This is a fascinating look at how the railway got up onto the mountains from the Nepean River. The present day line up Glenbrook Gorge is the third attempt, constructed with the aid of a fourth line. There is a brief history following the walk script that can be read in conjunction with the walk. It is not possible to cover everything in one walk as the rail routes cover too much territory. Therefore this walk is divided in two, a long more strenuous walk including a look at the third deviation cut into the side of Glenbrook Gorge, and a shorter easier walk looking at the area surrounding the original Glenbrook Station and the top of the first two rail routes.

From the start you will appreciate what the early rail builders were faced with in first finding a route then building a railway up the first steep rise of the Blue Mountains. There are some rough steep sections in this walk but not anywhere near the conditions the rail builders faced. BE BRAVE Southern Pleasure Walkers have done this walk regularly.

GRADE for the first part for both walks: 60% medium, 40% hard. Second part short walk, Easy. Second part long walk 90% medium 10% hard. For a lot of the time you walk the actual railway line grade. DISTANCE: first part for both walks 4.6km; second part long walk 3.8km; second part short walk 1km plus 1.3km bus ride. TOILETS: 3: On the train up (there is limited time on the first part as there is need to meet a 12:30 bus at the divide point, long walk lunch spot Lapstone Oval by arrangement with Blue Mts Council; short walk, Glenbrook park lunch spot, return train.

**Lapstone oval toilet arrangement.** Opening of the toilet is only available to clubs with public liability insurance such as Pleasure Walker groups. Two weeks prior to the walk contact Blue Mts City Council facilities officer, phone 4780 5613 for a form to be completed and returned at least a week prior to walking. The form does not suit walk groups so if in doubt discuss with the officer. The booking will be confirmed with instruction to collect the key from the Council Office. For Walking for Pleasure groups only, a key is available from their Sydney Olympic Park office. Walk leaders must ring 9006 3711 for pickup advice. Keys are only available for a duration of 3 weeks and must be returned promptly to the point of pick up.

**THE START FOR BOTH WALKS.** The train arrives at Lapstone Station at approx 10:10am. Cross the overhead pedestrian bridge, turn right along the access. Go up DAWES Pl, turn right along HUME Rd. Follow this around a left bend then uphill past GREGORY St to GOVERNORS Dr. The gully to the right, on the way up, is COX RESERVE. Turn right at Governors Dr but, for safety reasons, walk on the far side footpath up the hill. Cross back over the road at the crest and continue downhill to house 37 just before the road bends right. Look across the wide, deep gully in front of you. Through the trees, high up on the other side, you will see vehicles ascending the GREAT WESTERN HIGHWAY. It is hard to believe, but below this were two old railway line routes and soon you will be walking part of them. Continue on downhill and across the bridge over the gully. Take time to look into the deep gully & think about how the surveyors managed to find where to put a railway line. 10:38am On the other side of the bridge is SKARRATT PARK. Go up the road shoulder until opposite the water reservoir and cross over the road 10:45am. Take care when crossing this road.

The huge steel structure is sitting between the first part of the original Zig Zag, on the road side, and the second line, between the tank and the highway. This second railway line that rose steeply to a tunnel further up the gully which you will visit later. The old cuttings can be viewed behind the tank on the left and towards the highway. Head now away from the tank on the path under the highway. As you leave you pass across the bottom points of the Zig Zag. The line came up from below along the line of the present road beside the highway and turned back on the second leg, now excavated away, where the road passes under the highway. The second line was located just into the bush beside the first line, went across the points and around beside the tank. As you pass under the highway the large unusual steel cylinders you can see are to anchor the unstable rock formation in this area. Think of the hardships the first railway builders endured with their pick and shovels. 10:47am About 60m past the underpass and as the road beside you starts to join the highway, turn left up wooden steps to arrive back on the middle section of the original Zig Zag line. Turn right and head towards a cutting. As you enter the cutting, look out for a track on the right that goes up and around the hill. This leads to where the Pointsman, who controlled the train switching, lived in a cottage.
Continue up the cutting to the top switch point and the third leg of the Zig Zag. 10:57am  Continue straight ahead to what was LUCASVILLE station. One could wonder its use, but the Honourable John Lucas MLA did have a residence just above the railway line. Continue past the station to the end of the turn back. Here is a magnificent view over the historic, sandstone Knapsack Gully Viaduct to the plains below. The viaduct or bridge has a mixed history, used by the first two rail lines between 1867 and 1903, then the highway and now a walking track. Originally it was only one line but was widened with a concrete deck to carry two road traffic lanes after the rail was diverted and the route became the highway.

Head back along the track past the old station and head up the third leg of the Zig Zag. 11:14am  This section of the original construction requires considerable scrutiny for it shows the immense amount of work that was needed to cross the numerous gullies in this terrain. The upper section of the Zig Zag excavation is nearly all rock. It was dug by hand using 1800’s technology and equipment. The excavated material was used to cross the deep gullies. Note how little width the trains had to pass through. By 11:26am you should arrive at the bitumen of KNAPSACK St. The old railway line continued ahead curving to the right around the hillside behind the houses. This is now cut by the highway. Walk up Knapsack St past the RAAF gate on the right hand side of the road and onto a concrete footpath that goes through a pedestrian tunnel under the highway. Once through the underpass you are back on the site of the original Zig Zag. From here the line ran in a partly visible cutting around the hill to the right and out onto where the highway now sits then all the way to BLAXLAND. The second route was in a tunnel somewhere below and in front of you. From the underpass exit go left along a gravel path to pass the end of an access road. You are now on the old tramway line that was built to assist construction of the third deviation (and current train line) up GLENBROOK GORGE. The track veers left then crosses a minor water course and emerges onto an old bitumen access road that went down to an original sewer pump station which is now demolished. Down at the end of the road a track goes sharp left down to the top of a set of wooden steps that access a small gully. 11:50am These were installed in 2009 for this particular walk. Go down the steps, cross the creek bed, with a pipe on your left, and up a short slope. You are now on top of the second railway line tunnel. To the right, is a very old horse and dray access road which is now largely eroded away. But first, in front of you is the southern portal of the tunnel on the second railway line. A huge amount of rock was excavated here to widen what was a small gully to accommodate both creek and railway. To view the tunnel there is a track on the left around to a rock shelf situated between the creek and the railway. BE WARNED, it is narrow with not much room and there are no safety rails so PROCEED WITH CAUTION. This tunnel portal is the subject of a famous painting by Arthur Streeton called “Fires On”, now hanging in the art gallery of NSW. Return to the old horse and dray track and walk up this steep assent which is only 60m long. Be careful of loose stones underfoot. There is a good rock shelf for a seat at the top for a well earned rest. 11:58am  Continue along the dirt track which bends to the right. Ignore any side tracks until you go up a rise to be on the old tramway route again. On right is a small cutting, but you go left here to reach a metal-pipe gate just before EXPLORERS Rd. 12:05 pm

THIS IS WHERE THE TWO WALK ROUTES DIVIDE: For the long walk, turn left. For the short walk, cross over the road (refer to short walk description).

THE LONG WALK via Glenbrook gorge
At Explorers Rd turn left alongside the road to the Lapstone sports oval for LUNCH. 12:15pm  Choose a place to sit for lunch. The TOILETS are located in the brick building. Depart by 12:45pm making sure the toilets are left clean and locked. Cross over EXPLORERS Rd, turn right uphill on the footpath, go past the Child Care Centre then turn left onto the tramway route (opposite where you came out before). 12:52pm  Follow this level track across an embankment and through a cutting to the end of GLENBROOK GORGE. The end of the track is at a T junction and there is a sign here warning of the cliff edge. DO NOT go left onto the rocks that overlook the gorge. The cliff edge is unprotected. Follow the track to the right. You pass an old dirt track up to right that led up to a tent town on Emu Rd. This was set up for the construction the third (and current) railway line. Next, on right again, are large concrete blocks. 1:15pm  These were the bases of the wheel
house for the FUNICULAR RAIL LINE, a cable operated trolley, down to the line below giving the rail builders greater access to the western end of the cut coming up the gorge. The line formation is still there, cut into the side of the hill and there is a set of steps going down the middle of the top section. Go down these across a watercourse then up stone steps on the other side. The Funicular line went down beside the watercourse and over the steep bank. At the top of the steps, you cross a short boardwalk and over to the left is a fenced lookout. Continue past this, going up the rough track to a rock outcrop and onto the second lookout with a guard rail. This overlooks GLENBROOK GORGE and the 3rd (and present) railway line through the Blue Mountains. NB: Remain on the track between lookout and take care near any edge. After the lookout continue along the bush track running around the gorge (not up the power line track) to an old picnic shelter. 1:30pm. The railway is still below you but now in a tunnel. Turn right and head up to

EMU Rd. Follow the length of it, past a water reservoir. At the end of the road you will reach EXPLORERS Rd again. Turn left. 1:38pm Go past BROOK Rd and where Explorers Rd turns right, go straight ahead, downhill along GREY St. This is a short, steep section of road. At the end, on the left hand side is a concrete path and some steps. Take this path which zig zags down through the bush and alongside some houses. The rest of the path is dirt and the steeper sections have steps. The track is well used but TAKE CARE as you descend. At the bottom of the gully cross over the watercourse and continue straight ahead. Go up a few steps, cross over a dirt driveway and continue along the designated walking track. This passes a couple of houses on the right and comes out onto BRUCE Rd. Cross over the road to the footpath, turn right and walk to GLENBROOK RAIL STATION. WALK END: 2pm.

THE SHORT WALK via the original Glenbrook Rail Station

At Explorers Rd cross over and go through the first screen of bush then turn right along the concrete footpath. Go up hill for approx 200m to a bus stop in front of LAPSTONE PUBLIC SCHOOL. Catch the 690P Bus. It is scheduled at 12:38pm. This will take you to GLENBROOK SHOPS arriving at 12:41pm. There are a number of shops to purchase lunch if desired.

If you miss the bus it is a 1.3km, 20-30 minute, walk into Glenbrook. Stay on Explorers Rd following it to its end at Lucassville Rd where you turn left down the hill and cross Green St entering into Glenbrook Park. Go directly across the oval to the sheltered picnic tables on the other side for LUNCH.

If you caught the bus it stops at the shops in PARK St where you alight. Cross over the pedestrian crossing, at the rear of the bus stop, into GLENBROOK PARK. Follow the path to the sheltered picnic tables for LUNCH. The TOILET block is on left next to the car park.

After finishing lunch, 1:20pm (a little later if you missed the bus), head across the park toward the highway stopping at the parking bay for the Information Centre. In 1867, this location was the eastern end of the original GLENBROOK RAIL STATION. The Zig Zag railway line (first train line) entered into this station, from the right, along what is now the highway. The second line came up through the area of bush (Native Nursery) on the opposite side of the highway. The gates of this nursery are on what was the railway line. This second line branched off the original line down beside the water reservoir in Skarratt Park, where you paused at earlier in the day. It came up through the tunnel you stood on top of (before lunch), to where you are now. This route was abandoned for the present line because it was too steep and trains kept slipping, which was not pleasant if in the tunnel. As an interest, the northern end of this tunnel is still accessible by road and is currently used as a mushroom farm. Finally, for this area, the large GLENBROOK sign across the highway is off the original station. The date, 1927, represents when the rail line was taken over by the railway. Turn right a short distance along the highway to the location of the western end of the old GLENBROOK station. 1:35pm. Across Ross St next to the garage is the original POINTSMAN’S cottage and the stone "out house" at the back. In early days of the railways a man had to be employed to change the points. It was much later as complex points systems were introduced that the Pointsman requirements were such that he was no longer in need of a railway residence. The Stationmaster took over the residence for many years. Back to the walk route. After wandering around the site, head away from the highway along the footpath in ROSS St beside the cottage, cross the next street, WASCOE St, to do a left and right "dog leg" across PARK St and continue down ROSS St to the “new” Rail Station. WALK END: 1:46pm. The next trains depart for Sydney at: 1:18 1:48 2:17 & 3:35pm.

Climbing the Mountains East Side by Rail
A Brief History

This can be read in conjunction with walk 51 Lapstone to Glenbrook.

1790 First attempt to cross the Blue Mountains.

1813 Blaxland, Lawson & Wentworth crossed the mountains for the first time

From 1800 the surge to colonise the NSW inland got into full swing which meant crossing the Blue Mountains, first by road then by rail. In 1814 the first road, Cox's Road, was built over the mountains in only 6 months following a route mapped out by Surveyor Evans. It climbed the eastern side through Lapstone in the vicinity of where the water reservoir at Skarrat Park presently stands, topping the hill near the RAF base on Knapsack Street. The road was so steep that coach passengers had to abandon the coach and ride horseback up the steep section then get back in the coach at the top for the journey to Mount York where the same procedure was used to go down to the lower country.

If you ever go to Mount York walk down the convict built Cox's Road and you will understand the early road problems. It makes you wonder why? Cox was directed to build the road quickly so took the most direct, but at times difficult route. The worst, steeper, sections were soon replaced by less steeper grades. Cox's eastern climb of the mountains was replaced in 1834 by Mitchell's Pass up Lapstone Ck, crossing Brookside Creek with the now famous Lennox Bridge. The road is still in use today.

Around this time steam trains were becoming the greatest mode of land transport throughout the world. The motor car was not yet invented. The NSW colony had grown and by 1855 the first rail line had arrived at Parramatta. The plan was to have a network of rail. For this job the best man in England was sought, and was to become the Engineer in Chief of NSW Rail.

This man was John Whitton and was appointed in March 1856. He took charge over the existing 4 locomotives and 23 miles of line and was in sole charge of not only the maintenance but construction of almost all NSW rail lines. His first aim was to build a railway line over the Blue Mountains. But he had to immediately fight the opponents of the steam train network.

One powerful lobby had planned a network of fast and lightweight horse drawn carriages on wood rails. Another group said steam was OK but it could not climb steep mountains, so their idea was to have steam to the mountain base and along the flat mountain top. For the high, steep slopes all the goods and luggage would be unloaded and winched to the train on the next level and reloaded again onto the waiting train for the journey to continue. The passengers would walk up stairs. The same process would be used for the descent at the other side of the mountains.

Once a commitment was made to bring rail across the Blue Mountains the first obstacle was the crossing of the Nepean River. In 1861 a commitment of £22,000 was made for the construction of the rail bridge. The loss of the road bridge in the 1860 flood, which had been replaced by a ferry, and the deputation of both Penrith people and those beyond the river, may have helped sway the decision.

It is worthy to further note the hazard of the river. The original Emu Ford road crossing was replaced by a bridge named the Victoria Bridge in 1856 but was washed away by floods the following year. It was the replacement that floods again washed away in 1860. The ferry may have been an interim measure while yet a third road bridge was considered.

It was the rail that came to the rescue of the road traffic but it too had its flood encounters. Designed to be 6 feet higher than any known flood, another flood in 1864 flood took away the coffer dams and all equipment from around the partially built piers and ruined the contractor. The contractor building the climb up Lapstone took over the completion.

By 1867 the bridge and Zig Zag were complete but more floods were yet to come. A flood, greater than any previous, on 22 June washed away the punt and reached 3 feet below the bridge decking. The flood waters extended over all of the flood plains and came to within 200 yards of Penrith Railway Station. The sandstone piers holding the bridge survived the huge water flow and battering of logs in the force of the current but the west bank suffered a washout partially collapsing the timber viaduct leading to the bridge. It was quickly repaired but delayed the official opening until 13 July. The bridge was designed for two lines but only one was laid as there was also only one line up the Lapstone Zig Zag. The second line was given over to road alleviating the need to build yet a third road bridge. This situation remained until 1907 when a

Painting from “Full steam across the mountains” of train descending middle leg of zig zag to bottom points
A new dual line rail bridge was built immediately downstream and rail moved to the new bridge. The old bridge then given over entirely to road traffic and still remains in use today.

The Zig Zag itself had dramas as it was built as a compromise. Whitton favoured tunnelling through the Lapstone hill to emerge near the head of Knapsack Gully. There were insufficient funds for such a scheme so Whitton had to come up with a cheaper option. This involved a Zig Zag route up the side of the escarpment and building the imposing sandstone viaduct over Knapsack Gully. It was steep, a 1 in 30 to 33 grade, built as a single line with limited signalling and because of the turn backs, limited in the length of train that could use the line.

It was possibly a combination of all these factors and increasing rail traffic that brought about a train crash in 1878 killing three crew and badly injuring 2 others. Another train lost brakes coming down from Glenbrook running out of control colliding with the buffers on the top turn back with luckily only two people hurt. The engine however was wrecked and two carriages damaged. Despite some modifications made to the line and signalling, the restricted line caused delays to the increasing traffic while the short turn backs prevented the use by longer trains that could be hauled by the newer more powerful engines.

Construction of the Zig Zag was commenced in 1863 and opened in 1867. It only lasted to 1893 before it was abandoned in favour of the second, newly constructed, line up the mountains. This new line was more in line with the Whitton’s original plans. Utilising the first leg of the Zig Zag over the Knapsack Viaduct the route diverted near the bottom points and continued around the hillside in deep cuttings up a creek line, which was diverted as part of the construction, and then through a tunnel coming out on Knapsack Creek. It then crossed the creek twice before rejoining the line as it entered Glenbrook station.

This new line had its problem right from the start. Because of the shorter length of line it had to be built steeply which created problems for trains ascending, especially in the tunnel. Trains would often slip and stall in the tunnel and then have to reverse out for another attempt. With the confined space in the tunnel the engine fumes, steam and smoke, were a serious problem for all. It was made worse by the summer heat.

Following the opening of the new dual line bridge over the Nepean in 1907 surveys commenced for a new, dual line route. This was decided upon up Glenbrook Gorge on a self about 300 feet above the creek cut down on the steep sides of the gorge. A shorter tunnel was required through the end of Lapstone Hill and Glenbrook station relocated into the valley. The line rejoined the old lines at Blaxland. The Knapsack Viaduct was also set aside for a new concrete viaduct lower down the creek. The new line was of a less steep grade, allowing for greater speeds, and the tunnel, made for dual lines, was more able to disperse the smoke from engines. Opened in May 1913 initially as a single line for trains ascending the mountains, the old route still operated for trains descending. The second line opened in September 1913, initially for passenger trains only, with goods still using the old line. The goods trains however would run down the mountains faster on the steeper grade line and get ahead of the passenger trains. It was quickly abandoned in favour of all trains using the new lines and the old pulled up.

Building of the Glenbrook Gorge deviation required yet more lines to be built. A special rail line was constructed using the top part of the original Zig Zag route from Glenbrook station, around the hill above the southern portal of the second line and out across country to the top of the gorge. This was mainly used for delivery of goods such as bricks for the new tunnel. Materials, and personnel, were lowered down onto the rail bench using a light funicular line. The concrete footings of the winding gear still remain today.

Once operations commence fully on the new line the old was removed, including Glenbrook Station and either reused elsewhere or sold. All that remained was the sandstone Pointsman, come Station Master’s cottage and equally impressive sandstone outhouse at the rear. These were sold, used for other purposes, added to and finally restored as an historical feature. The site of the old station and lines either direction were given over to road traffic for the Great Western Highway. The old tunnel of the second deviation made useful for the growing of mushrooms. Parts of the old Zig Zag remaining, including the Knapsack Viaduct, now a popular walking track.
52. Windsor Road Baulkham Hills to Old Windsor Road Winston Hills following Toongabbie Creek and two of its tributaries.

Meeting Place

Parramatta Rail Station to depart at 10:20.

This walk features an excellent footpath throughout meandering through mown lawns with creeks and watercourses flowing through as features. Time on route 3 hrs 10 min  Distance just over 7Km  Grade Easy  TOILETS Parramatta Station start and finish, Torry Burn Reserve and Col Sutton Park by arrangement with Baulkam Hills Council and Crestwood Reserve. The gap between start and first toilet is 2Hrs20min  Break off not practical. A suggestion is to catch the 9.09am Inter City Katoomba train at central station to travel in comfort to Parramatta to give time for toilet and refreshments in the vast underground complex.

Depart Parramatta station opposite the ticket barriers up the escalator going sharp left around the footpath passing the original station, now a historical feature, down to the Bus terminal to Bay A4 for the 10:30am 604 HILLS bus. The indicator should say  PARRAMATTA TO CASTLE HILLS via NORTHMEAD MODEL FARMS & HILLS CENTRE. It is a 40 minute journey to the alight the bus on WINDSOR Rd at the stop after it turns out of PALACE Rd in Baulkam Hills.

11:10 From the bus stop head back down Windsor Rd crossing Palace Rd to TOONGABBIE CREEK. Ignore the first part of the adjacent reserve with the large sign TORRY BURN RESERVE but cross the creek and turn right onto a path beside the vet practice. This is the start of the walking path down TOONGABBIE CREEK. Cross a bridge 11:20 with the surface changing to concrete then at 11:23 turn left at the next fork, over another bridge, then right at the next junction and onto bitumen. By 11:30 you reach the JASPER OVAL. The toilets are available if you have arranged a key with Baulkam Hills Council. Continue along the concrete path passing a Scout Hall then onto JASPER Rd following the path to the right for 40 metres crossing in the “safe zone” and back onto the walkway, this time bitumen, with the creek now on your left. The path pass 3rd BAULKHAM HILLS Scout Hall on the left and nears the roadway of LOUISE Ave on the right then heads back towards the creek behind the houses rear fences. Then 11:55 at a fork turn right up a side valley following this new track out again onto JASPER Rd 12:00. Cross directly over in the safe zone provided, straight onto a concrete path. This winds up through a wide expanse of mown grass amongst scattered trees getting larger as you progress up. 12:08 The path takes a sharp bend right across the gully but there is a dirt track straight ahead going up hill. It would appear to be an unintentional short cut as it puts you back onto the path further up. Take either the dirt track or the concrete path and at the back corner of the houses on the left side of the park turn right up the path continuing through the park until the path comes out onto GLANMIRE Rd. Cross over onto another path turning right then curving left up to the carpark of the small CRESTWOOD shopping centre. 12:15 It is tempting to stop, especially at the bake house. Continue from the other side of the car park to MERINDAH Rd, crossing in the safe zone turning right uphill then left down BENWERRIN Ave 12:22. At the end cross PEEL Rd onto the path in the CRESTWOOD RESERVE opposite and turn left along the path. Continue on the path for a fair distance, past the sport fields, until you come to a high wire fence area with a shelter over part, go left. This large circular compound is the dog free run area. Walk around the fence until you can cross a small bridge left. Over this and into the park area is the TOILET block 12:40. LUNCH. Seating is scattered, some the other side of the toilet, many more down to the right near the creek, TOONGABBIE CREEK.

Depart by 1:15 pm across and down to where the creek crosses under PEEL Rd. Cross over the road, onto another concrete path through parkland to the next road, MERINDAH rd, to cross at the safe zone beside the creek. Once across turn right across the creek then on more pathways in the reserve this time with the creek to your left. The path winds through this reserve coming out onto SEVEN HILLS ROAD. Now go downhill a short distance to find the pathway that winds down under the road bridge crossing TOONGABBIE CREEK. Under the bridge take the left path fork, now within WILLIAM JOYCE RESERVE, that winds a little steeply up the left side of the creek and alongside MARINA Rd on the left. The path then curves right around a kids play area on left and a Scout Hall right. After this, on the left is the sports oval of COL SUTTON PARK. 1:48 If you have a toilet key this would be a good last stop before the bus which is a half an hour away. From the path is all concrete rising and falling as you first go under the M7. 1:52 and then the M2 exit onto Abbott Rd 1:55. Then across the causeway of a large storm water retention pond 1:57, uphill around its concrete retaining wall where there are seats. Do not take the path on the right returning back under the road. Stay on the path running up the creek behind the houses ending up on OLD WINDSOR Rd. Turn right along the footpath across Sierra Pl to the Abbott Rd, Old Windsor Rd intersection. Now with great caution using the lights cross Abbott then Old Windsor to end up under the “Tway”. Head up the right side between Old Windsor Rd to the bus stop for a bus back to Parramatta. WALK END 2:20pm
53. Martin Place top end to Bondi Station Interchange via mostly Parks including
CENTENNIAL and some streets

Meeting Place
Top (eastern) end of Martin Place 10:00am

Many people would say Sydney lacks green open space, but for this walk in
the middle of the bustling city over a distance of 10km, only 2km is in streets.
Most of the day is spent travelling through parklands. GRADE EASY
Time on Route 4hrs 7mins.  Breakoff Point at lunch time. TOILETS 4 At Martin Place Rail Station, before meeting. Just after entering Moore Park, Centennial Park Visitor Centre. Bondi Rail station.

Depart MARTIN Place 10:08 crossing MACQUARIE St and go straight through the centre of the SYDNEY HOSPITAL and onto the path crossing the DOMAIN to the ART GALLERY 10:17. From in front turn right across the grass towards St MARYS CATHEDRAL up a rise to a black marble memorial with two flag poles. This monument remembers police who died on duty. 10:20 Continue across the park aiming left of the cathedral down to the bottom far corner and onto a walk bridge over ST MARYS Rd into COOK & PHILLIP PARK. Head first across the grass bearing right onto a bitumen path under two huge fig trees then left and right up steps past a water feature in the ground and again left on a path away from St Marys underground car park entry 10:33. Turn right up steps to stand on the huge concourse in front of the CATHEDRAL. From facing the cathedral go left across the concourse to COLLEGE St and cross at the pedestrian lights into HYDE PARK NORTH and along the path to the ARCHIBALD FOUNTAIN 10:39. Now turn left to walk the tree arched centre walkway of Hyde Park toward the WAR MEMORIAL across PARK St 10:43 into HYDE PARK SOUTH going to the east side of the war memorial building. After some reflection take the path that goes to the park corner of COLLEGE AND LIVERPOOL STREETS. This is a five way intersection. With the traffic lights cross College St keeping left to go down the left side of LIVERPOOL St turning right up RILEY St, a little steep. At the bend into Burton St 11:00 veer right up the steps of OXFORD SQUARE onto OXFORD St and cross at the lights into the second half of Riley St. Continue along the left footpath until GOULBURN St where you turn left but cross and go up on the right footpath to CROWN St 11:08. Turn right crossing over Campbell, Reservoir and Anne and turn left at ALBION St 11:17. Go up Albion across Bourke to FLINDERS St and turn right on the right footpath then curving right into SOUTH DOWLING St to FITZROY St. Now for a tricky road crossing mostly with the aid of lights but still take EXTREME CARE. First cross Fitzroy then the north bound lanes of South Darling to the centre traffic island. The city tunnel bypass is underneath you. Next across the south bound lanes of South Dowling, to a smaller traffic island, then right on a pedestrian across the slip lane and into the top end of MOORE PARK 11:30. Here there is a circular wall of the Sydney MEMORIAL to the KOREAN WAR with a plaque providing details. Head along the pathway that winds its way south alongside South Dowling St and just beyond the second playing field is a TOILET BLOCK 11:40. Stop, rest and refresh. Depart across the park on the winding path through the grass mounds over to ANZAC PARADE 11:55 turning right along past SYDNEY BOYS HIGH and next to this, THE SYDNEY GIRLS HIGH. This was the site of the first Sydney ZOO. Here, just before the girls buildings is pedestrian traffic lights to get you across the very busy ANZAC PARADE. Cross, turn right then left through a fenced area and cross the Busway onto a path heading toward the SYDNEY CRICKET GROUND. There is a toilet block half way across the park but it is only open during large activities. Turn right at DRIVERS Rd and go to its far end at LANG Rd crossing over with the lights into the tree lined FEDERATION WAY. Go left and by 12:15 pass the large entry of FOX FILM STUDIOS, the old Sydney Show Ground, then cross ROBERTSON Rd and through THE CENTENNIAL PARK GATES 12:17. Start out on GRAND DRIVE heading around the park towards the left. Instead of just walking the road, just after you pass the road junction coming in from the right, veer off the path towards the right and go across to the north side of BUSBYS POND which you should be able to see. Follow the edge of the pond and at the head of the first bay head away from it following the creek line across Dicksons Drive, through Frog Hollow, to the VISITOR CENTRE, information, kiosk and TOILETS for LUNCH. There is plenty of seating at the rear of the complex. This can also be a BREAK OFF POINT. Go up Parkes Drive to the Paddington Gates. There are bus stops in Moore Park Rd and Oxford St for multiple destinations. Depart the lunch area 1:05 down PARKS Drive crossing Dicksons Dr and have a quick look at the brilliant COLUMN Garden on the right. Continue along Parkes Drive and as you get into the middle of the causeway between lakes there is on the original shelters on your right 1:17. Then by 1:25 you have walked across the park and back to GRAND DRIVE. Turn left on the bitumen footpath between the horse track and the road and follow it around to MUSGRAVE Ave, the first road on the right. Turn right along Musgrave, out the gate to the corner of DARLEY and YORK ROADS. Go across YORK Rd, with the lights, into QUEENS PARK, with its many playing fields, and start along the path turning left up beside York Rd. As it bends left around the bend in York St head off across the grass northward toward NEWLAND St. You could continue along the path and turn sharp left when you get opposite Newland St. Cross over QUEENS PARK Rd and go up the tree lined Newland St all the way to Bondi Junction and SPRING St. Turn right, go along to the lights opposite BRONKA ARCADE, cross the road, go through the arcade and across the mall at the other end and up the ramp into the BONDI JUNCTION INTERCHANGE 2:07 WALK END. There are toilets at station level.

Walk Dates: 13/02/2002, 16/06/2010
54. Huntleys Point Ferry Wharf round walk the old Gladesville Mental Hospital and Tarban Creek

Meeting Place
Circular Quay to be on the 9:50 am Parramatta River Ferry to Huntleys Point Ferry Wharf Gladesville

This is not always a continuous walk as it explores some of the old Gladesville Mental Hospital which requires a bit of back tracking. Fascinating and amazing describe the 8km, 4hr loop walk GRADE EASY with some steps. 2 BREAKOFF POINTS TOILETS Ferry both ways, plus 3 on route Under foot, Paths or good tracks with a little grass.

Ferry arrives at HUNTLEYS POINT Wharf (Gladesville) 10:22. Move off up the path taking the first branch to the left, a little steep, leading you up beside a car park then left away from the road alongside football fields, GLADESVILLE RESERVE, to the far end at a Kids play area and a TOILET block. Rest, refresh, briefing. 10:35 Still on the path go along to the end at CROWN St turning right, uphill, and left into CROWN CLOSE. At the bend, near the end of the road, turn right up the driveway of CYPRESS Place 10:54. This is actually an original access, tree lined avenue, of GLADESVILLE HOSPITAL. Near the other end on the left is a small cemetery and at the next road junction the original entry off VICTORIA Rd. 11:00am Turn left between the sandstone buildings and through the gate posts. Turn right along SUTTON Rd, slightly downhill with a sandstone wall beside you. Down the road you will cross the old vehicle tunnel that gave access across Victoria Road to the hospital grounds on the north side. Go straight through the next maize of intersecting roads and the road becomes NORTON MANNING Rd curving to the left. Next you enter an area between two stone walls going off to the left and right. The first on its right starts high against a building stepping down to, once, a low gate then on left a low round top low stepped stone wall. About 30 paces on, the second wall a high stone wall both sides with evidence of a high gate. In the middle between the walls is a steep path, go left and down 11:08 through an avenue of trees then right, into the front yard of the magnificent original stone residence of the NSW MEDICAL BOARD. It is well preserved and worth a good look.

Outside go right round and return back up the path 11:15. Head back along Norton Manning and in a short distance on the left look out for a low curved round top stone wall about a metre high, with some bush in front. Go over and have a look over. This is a ward recreation yard made to keep patients confined. Continue retracing your steps along the road to the intersection maze and the small traffic island. From here you can see the road tunnel. Opposite the island to the right is a concrete footpath going downhill, take this past a huge fig tree on left and a little further down on right large palm trees. In front is a large swimming pool fence 11:26. This area is a terrace well above the sports fields on the right and below another terrace on the left housing large brick wards. Walk along the pool fence lower side going beyond the fence and across open land all the way down, through bush, to the waterfront. Here there are steps going down to a small beach. This, in the early days of the hospital, is where many people, considered lunatics and a nuisance to the community at large, were brought to disembark on the beach for internment in this new asylum.

Now follow the go along the waterfront on a wide gravel path between the water and the oval over to the boat sheds. Now for another diversion. Go up the bitumen road from beside the boat sheds to its intersection with CAMPBELL Dr, with its name sign posted on the wall, and turn left past a TOILET block surrounded by bamboo. Continue along the road through the old gateway 11:40 and immediately turn right up steps into a weed overgrown jungle. Push through and on the right is an old garden built in the style of the Victorian era. This may have been a focal point but it was for some reason given the name Garners Folly. After looking about return to the boatsheds. 11:50 From the road next to the boatsheds, locate the stone path that goes between the sheds and the road you just went along. Follow it past the boatsheds and dinghies around the waterfront passing a stone wall and bamboo forest on the right. There are steps, a boardwalk with handrails over what appears to be a long disused sewer treatment area 12:00pm passing a rock area of BEDLAM POINT with the remnants of a flag pole and stays. This would have been one of the series of signal flag poles from South Head to Government House Parramatta that announced ships arriving. A fully restored
example of a flagstaff can be seen at Observatory Hill in the city if you are wandering in that direction at some time. Continue on to the path end coming out onto PUNT ROAD opposite BANJO PATTERSON COTTAGE RESTAURANT. 12:08 Go in the front gate turn immediately left on the path through lawn and garden and out a lower gate. Now wind down the grass to near the water edge turning right along the path and up into the park picnic area with shelter, seats, kids play area and a TOILET Block. 12:15 LUNCH Now the afternoon!! Depart 12:52 continuing around the hillside of LOOKING GLASS BAY PARK towards the head of the bay on a dirt service track until you are stopped by a sizable watercourse coming down from the right. 12:57 Follow this up to ASHURN PLACE crossing over it and going into and along PEARSON St to the very busy VICTORIA ROAD which needs to be crossed. Turn left to MERITON St where, using a pedestrian crossing and two sets of lights, you can with CAUTION, cross to the other side of the Victoria Road. Turn right back along the road 1:04. There is an opportunity for a BREAK OFF point to the left on the other side of Cowell St in front of the shops. To continue the walk turn left at the second street, BATEMANS RD, and head up this bending right and steep downhill to TARBAN CREEK RESERVE. On the way down there is an excellent view of the huge stone complex of SAINT JOSEPHS COLLEGE across the valley. At the TARBAN CREEK storm water channel 1:20 turn right down the path following it downstream across MANNING ROAD 1:25 passing through a wood rail fence and onto a short boardwalk beside a swampy pond with plenty of long reeds. At the path on the other side turn right over a very large mown grass area, where in Colony days food was grown, up to a Colony homestead. This area, including where all the units are now, became an extension of the Asylum, hence the tunnel under Victoria Road. Back now down across the grass area, but further down, onto the path besides the mangroves and follow it down to the deep water of TARBAN CREEK looking straight up at the high TARBAN CREEK BRIDGE 1:55. After the end of the football fields, before the end of the grass, turn right along the path that heads towards the houses on the hill. As it starts to rise it forks, the left with wood handrails, the right narrows through long reed grass seemingly going nowhere. Take the left fork and it opens out looking like a dead end, but in the greenery on left is an arch which you pass through, over a red paved area and into WARUDA PLCE. Turn right and follow it up hill through very exclusive residences, with the hill getting steeper, turning right at MORTIMER LEWIS Dr and out onto VICTORIA RD 2:05. For those seeking a bus trip back to the city turn right for a bus stop about 200 metres along Victoria Rd. For a ferry trip back to the Quay there is a little more. Cross Victoria Rd at the lights to Gladesville Reserve and walk down HUNTEYS PUNT Rd, running down beside the oval, to HUNTEYS POINT ferry wharf. WALK END 2:15 pm.

Walk Dates: 10/03/2010
55. Windsor town walk and the Hawkesbury River.

Meeting Place
Central Stn to be on the 8:30 train to Richmond 2nd front carriage, alight at Windsor 9:42

This walk requires an early start to be able to get out to Windsor with enough time for the walk. The area was first farmed in 1794 with the town declared in 1810. There is a lot of history and the walk looks at a little of it perhaps providing just a little incentive for a return visit. Grade EASY with a couple of short rises. Time on route 2hrs 50mins. Distance 6km. TOILETS 4. At the station start and finish along the river path in the KABLE St., Carpark At lunch time in the hotel beside the Park Break off at any time only by returning to the Rail Station

Departing the Rail Station 9:55 across the Bus terminal entry and onto the left footpath of GEORGE St. Cross BRABYN St then the very busy HAWKESBURY VALLEY WAY (or RICHMOND ROAD) use the pedestrian lights, noting the original CEMETERY over on the right, a must on the way back.

After crossing the road go onto the brick path in McQUADE PARK and follow it beside a large water pond curving right then left and right uphill to a carp ark on the lower side of tennis courts. Go right through the car park and back out onto the footpath of GEORGE St continuing left towards the town centre. On the other side of the tennis courts turn left on the path going up beside the courts to just before the first brick building. The second building is toilets. Turn right on a path that takes you round a memorial statue and gardens ending on TEBBUTT St. Go left past WINDSOR BOWLING CLUB and the stand of MACQUARIE SPORTS OVAL. The toilets are locked so continue onto the MOSES St, THE TERRACE intersection turning right onto the right footpath. 10:10 At the second roundabout, Catherine St, cross over to the left footpath, 10:16 continuing along The Terrace curving left downhill. At New St the road surface changes to paving blocks and the path concrete. Staying on the path, you enter HOWE PARK and, on top of the river bank, onto the HAWKESBURY RIVER WALK which travels landscaped and tree lined the strip of land between the Hawkesbury River and The Terrace. Head towards the river bridge on the path and in a few minutes the path enters a brick pave area with numerous seat tables and a large shade trees 10:25 Rest and refreshments, but no toilet. After departure and only a couple of minutes later the path enters a pergola section and there is a TOILET block in the KABLE St carp park across The Terrace 10:42

Continue along the path to the bridge and onto a timber boardwalk with steps that get you under the bridge and up the other side 10:42 onto the original wharf road going left down to the wharf. Standing on the wharf one can only ponder on the river traffic in Colony days in the race to produce food. Floods were a big problem for there were plenty. From 1800 to 1860 there were three massive floods. Next go up to the car park above you, either by the wood steps or the concrete ramp. As an interest at the bottom end of the car park is a sign depicting a painters art trail. Apart from the sign and a concrete path there is little else. Now out of the car park, left up the wharf entry road, steep, and back to GEORGE St 10:53 at the busy roundabout. Turn left along George St, there is a sign pointing left along George St indicting Governor Phillip Park Boat Ramp and Club, and on the way look out for a plaque noting the history of one of the original cottages. The road now bend right then left and goes downhill out of the residential areas to open farmland. At the bottom of the hill turn right into PALMER St and go to its far end turning left around and old farm shed, through the gateway, to a the buildings surrounded by fences. 11:10 NOW PLEASE TAKE NOTE: Despite any tourist brochures or street directories, this property is not a tourist venue, it is private property and residence, whose owners welcome visitors to walk around but you should view everything else from a discrete distance. There are NO tourist facilities and what you can see is for their private function occasions. Here, perched on a slight hill just out of reach of floods, is the well built and preserved brick TEBBUTTS OBSERVATORY BUILDINGS. Out in front there is a well detailed notice board. If you, as a group, intend to visit the observatory as part of this walk please ring 45777306 to discuss your attendance. Respect the privilege and the Tebbuts, who certainly left their mark in history.

Departing by 11:30 back along PALMER St to go up the first street left, PITT St, up a slight hill bending right and over a crest then down to pass the 1822 Court House still in use. Turn left at COURT NORTH St then right at WINDSOR ROAD 11:40 Go uphill to the top side of MACQUARIE St and cross Windsor Rd with the lights and continue up hill on the opposite footpath turning left back into GEORGE St. On the opposite corner a small park and LUNCH. 11:45 For those who like a hot drink or beverage with their lunch there is a café back across the road where you have just come from. Although there is no Toilet the locals say the hotel, next to the park, facilities can be used. While you look down and ponder how
high a flood would come up, there is a marker and plaque over on the hotel wall, so half the park would be under water.

AFTER LUNCH: Even though it looks like any other town, shops etc, it is a very historical town with plenty of features, including the cemetery you passed on the way into town that may interest walkers. The area is worth a little historical research and even a return visit. Depart the Park 12:15 down GEORGE St returning to the station. It is a 25 minute walk without stops. Trains are every half hour, part of the time table being 12:49 1:19 1:50 2:20. But have a look around.

Walk Dates: 6/04/2005, 10/02/2010

Tebbutts observatory, house and other buildings. Virtually nothing has changed since their construction in the early days of settlement of the Windsor district. Compared to the start of the colony, Sydney, where everything has changed.
Meeting Place
Gymea Rail station 10am

Distance approx 9km  Ttime on route 3hrs 50mins.  Grade 90% EASY  10% Medium, as there is always a hill or two.  Break off Como rail station. TOILETS 6 Gymea station JOSEPH BANKS RESERVE Kareela Shopping Centre Scylla Reserve Como Pleasure Grounds Oatley.

From the station concourse at street level cross the road and turn right past the hotel to a small park. Choose a quite spot for a briefing 10:04. Follow the path through the park into the hotel car park and through the car park to TALARA Rd. Turn right past MOANI Av then left into HAZELHURST Art Centre and through their grounds and car park out onto THE KINGSWAY turning left. Go along to the light at HOTHAM Rd cross The Kingsway and continue up Hotham alongside the TAFE College to the PRINCES Hwy. Cross the highway using the overhead walkway and onto the north section of HOTHAM to the GYMEE Baptist Church 10:20. Continue along Hotham, unfortunately there are no formed footpaths for a while, turning left into THE BOULEVARD then right and along MARSHALL Rd to GARNET Rd. Turn right, uphill, and at the top of the rise turn left into MANOOKA Plce following it to its end and into JOSEPH BANKS NATIVE GARDEN 10:43. Across the car park is a large map showing an extensive labyrinth of walkways in two levels. Select or ask to do a short circuit around the top level to a shelter and TOILET then back out the gate 10:47. Return back down Manooka to Garnet turn right and continue on this road to BANDAIN Ave. Follow this to BOX Rd turning right, uphill, to the lights at Box Rd, Bates Drive and Freya St with the rear of KAREELA SHOPPING CENTRE on one corner. Cross first Box then Bates and go around Freya into the shopping centre TOILETS 11:28. Out through the car park and left down SIANDRA Dr to be between houses 52 and 54 and a pathway. On the way have a look at some driveways up to the houses. One would need nerves of steel to garage ones car. Head down the pathway and steps to BATES DRIVE and turn right over the OYSTER BAY Creek bridge and BATES changes to CARVERS Rd. 11:40 Now a long slow climb up passing LOVES Av to get over the hill crest at the roundabout of GEORGES RIVER Rd 11:55. Continue past the roundabout down to cross OYSTER BAY Rd, turn left on an unmade footpath, bending right then left and just beside house number 221 is an entry into CARINA BAY RESERVE. Pass through the gate and go down onto the grass area heading down the valley to a car park beside the waters of CARINA BAY. 12:10 Left out the car park and right up GENOA St beside Como Primary School. Here there is an opportunity for a BREAK OFF POINT by turning left along Nova Cresent then right into Railway Rd to COMO RAIL STATION.

To continue on go right, along CREMONA Rd crossing VERONA RANGE then almost immediately turn right off the footpath into SCYLLA BAY RESERVE below the tennis courts and out on to the playing field, crossing to the far side. Half way across look over to the right for a building beside the oval and car park which is a Toilet Block if required. Once across the playing fields into the corner between VERONA RANGE and CREMONA Rd, head up to the buildings in front and you will be in the Como Pleasure Grounds car park 12:30 and LUNCH.

At the time of writing there is and has been extensive landscape works happening. Around this headland near the swimming pool is a TOILET with a new block being built. For those who desire there is a café in the Marina just below. Depart 1:05 by continuing around this headland and right past the buildings over to the railway lines and the large water supply line and right up between the two, the path taking you up to the original rail bridge, now a walkway 1:08 Cross over the GEORGES RIVER on the bridge 1:17 continuing along the old rail embankment, now the walkway, finishing up on the end of MYRA PLACE 1:35. Continue on up the culdesac onto and along OATLEY Pde. After NEVILLE St Oatley Pde appears to become a dual road with a park in between (it is actually Oatley Ave on the other side). This area, when the railway was being built, was a terminal and marshalling area. Stay in Oatley Pde, though you could walk up the path within the park, over FREDERICK St until opposite the shops (the station is behind) just before a pedestrian crossing where there is a TOILET block. To access the station go over the crossing turn right down the path through the very enjoyable small park, under the rail bridge and up the station steps to the platform. WALK END 1:52

Walk Dates: 14/07/2010
57. Penshurst to Oatley Rail Stations through Poulton park and Moore Reserve.

Meeting Place
Penshurst Rail station 10:00am

This walk takes you through a park that were once used for quarrying and for the deposition of all sorts of rubbish. The areas have since been rehabilitated and have become parklands for everyone to enjoy. Grade EASY

Distance 6.5 Km Time on route 2Hrs 50min TOILETS 4 Both Railway Stations 2 at Moore Reserve Break Off NOT PRACTICAL Underfoot A few steps, streets, bush tracks and across lawns.

Depart the station 10am on the south side going left along THE STRAND bending right along LAYCOCK Rd over the crest and downhill to and turn left into DENISON 10:12. Along Denison bending right into DUDLEY 10:15 and along to HILLCREST Ave. Cross over in the marked pedestrian crossing in this very busy road into the small DENMAN ST RESERVE 10:20. Go out into DENMAN St turning right following it to HURSTVILLE Rd turning right and immediately, WITH CARE cross over into the Park opposite, which is appropriately named QUARRY RESERVE. Stone was cut out of here prior to 1959 by a private company. Council reclaimed the area. Walk across the middle of the oval and onto gravel bush track with a sign POULTON PARK WALKING TRACK - MORSHEAD DRIVE 1.1 Km. All the way now is bush going down the side of a gully to reach mangroves and deep water. 10:23. The track is a normal route through bush twisting along the valley side, up and down, ferns and moss covering some areas but there is vine weed creeping over everything in sight. CARE needs to be taken on the track for the tree roots and rocks. Any more difficult parts are covered by board walks. There are only two points you could go astray, (1) a huge sewer going over the creek and a walk bridge over to an oval. IGNORE BOTH by going straight ahead on the track, and by approx 11am, after passing a stretch of mangroves, be on MORSHEAD DRIVE with the top end of Oatley Beach seen through the trees. Follow the concrete path to the right up to a SAFE ZONE and cross, continuing along the path over WAITARA Pde. You can catch another glimpse of the waters of Oatley bay looking down to the left. Continue along Morrishead to house number 194 and between it and a newer development at the end of the road is a path to the left alongside the brick fence. Follow this onto a MEMORIAL BOARDWALK, with numerous war time plaques, down and up wood steps and onto a short end section of MORSHEAD DRIVE. Turn down the lower road section towards the boat ramp. A TOILET block can be accessed from the road for a quick stop before lunch. Continue on up from the ramp across the bottom of the car park onto the lawns of MOORE RESERVE where there is good seating for LUNCH. 12:25

The next toilet is on the way out of the park but a little out of the way. Depart 12:55 continue across the lawn, with your back to the boat ramp and car park, toward bush land on the other side of the park. Depending on where you were sitting for lunch you might cross other paths within the grass area, keep going until you get to the path that runs along the edge of the bush and turn left. It will start to go uphill and you pass the other Toilet further away from the path. Make time for those who require another stop. Both toilets are old but basic. The path crosses a lawn and enters a tree area then splits into several directions. Take the left fork then left again and you start to head back towards the boat ramp but still within the trees. As you come out onto the grass again, on right is a gravel path to steps going up the hillside, take these right to the top. It is a mixture of wood and stone steps with steep short path sections exiting the bush onto the lower section of the dual KITCHENER St. Go left and around the right bend it becomes RUSSELL St. Continue to ANNETTE St with OATLEY PLEASURE GROUNDS on the corner running down to the bay. Turn left along ANNETTE until you come to what looks like a vacant lot on the right with path going up the right side. It is actually the unformed section of CHARLES St. Turn right up the steps and path then more steps up the rock shelf, still following the path, across ROSA St and onto the next unformed section, through to LETITA St, across it and along the now formed section of CHARLES St then bending right into and along OATLEY Ave. 12:35 After NEVILLE St cross into the park that appears to be the centre of a dual road. The road the other side is actually Oatley Pde and the area between it was once a terminus and marshalling yards for the construction of the railway. Follow the path through the park crossing Frederick St adn on the Oatley Parade side just before the pedestrian crossing in front of the shops is brightly painted Toilet. Rest stop before concluding the walk at Oatley rail station. To access the station go over the crossing turn right down the path through the very enjoyable small park, under the rail bridge and up the station steps to the platform. WALK END 12:50

58. Redfern Rail Station to Glebe Point in Rozelle Bay through part of Sydney University then a historical route through part of Glebe.

Meeting Place
Redfern Rail Station 9:45 am

This is really two short walks in two different worlds joined as one. A modern university then the opposite into a colonial suburb that has not changed much, but you can see the gradual start of change to what is called modern living. The Uni., will require other visits to search what is hidden behind many walls. Glebe has a diverse culture seen through its variety of buildings. Route distance approx 7Km. Time on route 4Hrs Grade EASY nearly all on footpaths, some steps in the Uni. TOILETS: 6: At start, then in the Uni, CARSLAW Building, north end of the QUADRANGLE, Glebe Library, Chinese Temple, Jubilee Oval, Break off points All the way with buses to the City and metro light rail at Jubilee park

Depart Redfern rail station 9:45am turning left along LAWSON St then left along ABERCROMBIE St, with crowds of Uni students, and right at the traffic lights into SHEPHERD St 9:52. Just follow the crowd into the UNIVERSITY OF SYDNEY huge complex bearing left of Shepherd onto an elevated wooden walkway. Originally in front of you were short streets, lanes and ground depressions. The problem of safe access was resolved by an elevated ,very wide timber boardwalk, over everything till solid ground was reached, changing the path surface to what looks like grey granite. At this point 9:57 The path now appears to end in a multi story buildings with blue tinted windows. On the right is a large park with many layback chairs scattered everywhere and one small colonial building in the middle. On the left is a series of high steps which are good to sit on. Could be your choice for morning tea and briefing, but we chose a better location later. Now, off the end of the path in front of the UNIVERSITY SCITECH LIBRARY turning right then left up a set of steps to the next level, around the back of the library to the University of Sydney STORE and in front of you are more steps going up on a bridge over the very busy CITY ROAD. As you cross the bridge the sides frames one of the Uni stone buildings way out in front. The bridge and pathway makes a large right hand sweep into the very wide University Promenade of EASTERN AVENUE 10:06. Immediate on right is the CARSLAW building. Enter its quadrangle for a TOILET stop down stairs. Back out 10:15 going right, along the middle of the avenue to its end at the internal Manning Rd with the two massive original University complexes on your left. Go across the road turn left along the south side of the northern building along a dead end road to the stone wall and flag pole with steps coming up from the left and enter the building right, through a large arch, with its magnificent construction outside and inside through to what is known as the UNIVERSITY QUADRANGLE 10:30. As you walk through, on left is one of those hidden treasures behind building walls THE NICHOLSON MUSEUM here one can spend a lot of a time, but this is a walk day so only a slow walk through is available, but as always, Walking for Pleasure is designed to show all the added interests and activities that can be revisited. Out on the Quadrangle there is a pathway going direct to the North side, but your route is to go left around the perimeter corridor, pathway. At the North end is a TOILET. After a stop continue on around the East side and left into the first small door archway through the building to the front outside. From here go left along to, hope fully, enter THE GREAT HALL. This all depends on what functions or activities are happening. This ends one route through the UNI. Now head back down the east side of the building turning left on the first pathway across the lawn area veering right across the road onto the pathway of UNIVERSITY AVENUE, which leads out to the Broadway, and at the left bend veer right, across the road and onto the path and steps into VICTORIA PARK on a wide path going right across the park. Follow the path across the pond then after the bridge turn left immediate and along the pond edge then up on the grass bank for rest and refreshments. 10:45 to 11:00. Next return back over the pond bridge and take the second path right running around the pond and up to the traffic lights at the BROARDWAY 11:05 crossing over onto the left side of GLEBE POINT ROAD. Use the intersection lights again to cross to the right side footpath. NOW FOR AN EXPLORATION OF A SMALL PART OF GLEBE.

“GLEBE!! IS A NAME FROM A LAND GRANT OF A PIECE OF LAND SERVING AS PART OF A CLERGYMANS BENEFICE AND PROVIDING INCOME” This is a zig zag walk through narrow streets and lanes built for the horse and cart, the lanes once used to pick up the night “Sani Pans” Looking down streets that never seemed to have altered, houses the same with a high density city high rise for a background. There were many big land grants with
grandeur homesteads and you can see their demise so look around whilst on the route. 11:10 Up Glebe Point Road to MITCHELL St where on the right a few buildings down is the Fire Brigades first headquarters from 1892. Continue up Glebe Point Road to the lights of ST JOHNS ROAD 11:18 turning left along the left footpath of ST Johns Rd passing the only horse drinking trough left in the area. Continue along to DERWENT ST where to the right is today’s fire station built at the time of FEDERATION, so that makes it over 100 years old. Cross ST Johns and turn back toward the Glebe Point Road where on the corner is the ST JOHNS BISHOP THORPE ANGLICAN CHURCH. Just before the corner is a side gate into the church grounds. Go in 11:20 to appreciate this old church, walking around to the front and down steps to be back onto Glebe Point Rd. Go left along the stone wall to the Church boundary and next is the area WAR MEMORIAL. Go in the gate and up the steps making your way to the rear into the Dr H.J. FOLEY REST PARK.

Your route is across this park to the rear passing what looks like another memorial. In a way it is, for inside the walls is a radio. During the Great Depression the council installed a radio for the many residents who could not afford such a luxury, so the park became a meeting social point and listen to the radio. It had another name “RADIO PARK”.

Continue on to the rear and out onto BRIDGE ROAD turning left down to opposite WOOLLEY St. Here there is an old sandstone church. At the time of writing it, and the grounds, are abandoned. In 1870 the Presbyterian church was on the Broadway, but by 1920 the urban sprawl made it necessary for the property to be resumed, so stone by stone it was brought to here and reconstructed, but to date its future has never been secure. Cross over this Bridge Rd and go up WOOLLEY St passing ST JOHNS Rd to MITCHELL St. Here on the corner another estate mansion has been bend left then right down to and left into ARCADIA Rd. This is a very narrow footpaths. You walk up a slight hill over a crest and down back into Glebe Point Rd. As the crest is approached there is a bland three story white block of units. It was built on the corner of one estate for as you pass the unit block there is the magnificent homestead complete with garden including fountain, and to complete the insult this modern structure is actually built into the side of the old home. For now part of this historical treasure is there to admire but how long can it survive? At Glebe Point Rd go left 11:40 up to the GLEBE LIBRARY in the middle of the next block. 11:42 LUNCH in their front yard. There are some seats but many will have a picnic lunch on their lawns. Most important permission is granted to use their TOILETS. But don’t rush as there is only one each. For access go in the front entry then left past and go right around the Customer Service Centre desk.

Depart 12:20 going left along Glebe Point Rd to BOYCE St and left 12:25 to MANSFIELD St turning right then across TOXTETH Rd into AVENUE ROAD bending left then right down to and left into ARCADIA Rd. This a very dense tree lined street and go down to house 41 where a make over of an old house has been done retaining the original slate roof. Cross over and return back to AVENUE Rd. Here on the corner another estate mansion has been put to good use as a college, church, and convent. The original homestead a focal icon of ST SCHOLASTICS CONVENT AND COLLEGE. 12:38 Turn left then right, in front of the college, along PARK Av, looking more like a lane, back to GLEBE POINT Rd. Turn left and go down to PENDRILL St, looking more like a narrow land. This will take you down to the Chinese SZE YUP KWAN TI TEMPLE enter and respect 12:50.

Known as the “JOSS HOUSE” is was dedicated to the gold rush Chinese of 1880. There is a TOILET block left of the main building. Exit the entry arch 1pm going right on EDWARD St uphill to VICTORIA Rd turning right, walking to its far end 1:10. Turn right away from the road, down steps, and cross the
Metro Light rail lines at the end of Jubilee station. CAUTION, there are NO safety devices and trams are frequent. In front now is JUBILEE SPORTS OVAL. Follow the path that goes between the oval and the original old cricket pavilion. A short distance along the path on the left just before a branch path, also to the left, is a TOILET block. Make use of this as it could be the last facility before home. 1:18 to 1:25 Take the branch path to the left through an avenue of old palm trees to a paved brick and stone roundabout. Not being sure of the walking path rules for roundabouts take the exit going down the side of the storm water channel out to the deeper water of ROZELLE BAY 1:32 At the water’s edge go right along the wide promenade pathway to its far end fronting a huge fig tree on GLEBE POINT with a narrow path going left beside the water’s edge and a wider path going right up to FEDERAL Rd. Take the right path to the bus terminal 1:45 and WALK END
The bus shelter for return to the city is slightly over to the right where FEDERAL Rd takes a left bend.

Walk Dates: 25/08/2010

How do they find these fascinating places?
I don’t know but there is usually a good coffee shop.
59. Edgecliff Rail Station to Rose Bay ferry wharf through Darling Point.

Meeting Place
Edgecliff Rail Station and interchange complex 10am

Sydney has different living style for the ‘rich and famous’. The area east from POTTS POINT to SOUTH HEAD and north of NEW SOUTH HEAD ROAD is fascinating for some even back in the colonial days. It is worth visiting to see what has been done in comparison to the not so rich or famous. Grade 70% EASY 30% MEDIUM there are hills and steps. Time on route 3 Hrs approx Distance 5.7km Break off point; Numerous along New South Head Road.

Depart 10am out of the complex across NEW SOUTH HEAD ROAD, with the traffic lights, turning down the footpath to DARLING POINT Rd and turn right. Follow Darling Point Rd all the way to the end. Along the way look out for the magnificent landscaped gardens and one of the old original mansions, Swift which can be found on the gate posts. At the end of the road you will come to MCKELL PARK, 10:30, and the waterfront for morning tea and a walk Dates:

Toilet block is on the left. Turn left past the police station then the next two owners built bigger, grander residences and landscape right to the water. As you explore one can be overwhelmed by what was done and still there especially when looking at the plaque photo of the residence. One of the original out building bathroom TOILETS is still in use. Be out the gate by 10:50 starting back uphill along Darling Point Rd but turn left into ETHAM Ave (3rd street on the left) following it as it bends repeatedly to the right ending up running beneath a stone wall on the left and back to DARLING POINT Rd. Turn left immediately crossing MITCHELL Rd and along to the next street, EASTBOURNE Rd. 11:10. Turn left around the high EASTBOURNE TOWER unit block and turn right down the steep ELIZABETH PLACE, a narrow lane, to MARATHON Rd. Go left to its end where steps now take you down to the end of MARATHON MEWS. Go along the mews crossing OCEAN St into STYNE PARK. As you do there is a TOILET block on the right facing WILLIAM St if required. Cross the grass or go down the footpath along OCEAN St to the water side path 11:20 and turn right along the waterfront across the end of BAY St past the Double Bay Ferry Wharf to the other end which is BEACH St. Turn right then left up STAFFORD St to its end, right along PEARCE St to WILLIAM St and left, on the left footpath, up a short steep rise to NEW SOUTH HEAD ROAD. Turn left staying on the left footpath of this very busy road past the small FOSTER PARK continuing uphill to the stone gateposts of what was REDCLIFF ESTATE 11:50. Today this area is WOOLLAHRA COUNCIL ADMINISTRATIVE OFFICES and LIBRARY. The main building is the original mansion home built in 1863 with minimal alterations for council usage. Go in for a café, toilets and LUNCH.

Beneath you are two levels of car parking and two levels of council offices built in a manner so as to not destroy the heritage value of the site. Between the offices and the library there are also Blackburn gardens.

Depart 12:20 by continuing along New South Head Rd away from the city until you come to WUNULLA Rd on a large sweeping right hand bend with the Police Station on the opposite corner 12:35. Cross over, but with care as there are no traffic lights, and turn left past the police station, which was an old mansion, and along the park until you come to a set of wooden steps. Go down the steps to enter into the park, ROSE BAY PARK, at water level. Head across the park on a paved access and then up the ramp to street level back on New South Head Rd next to a concrete wall and continue away from the city past the Rose Bay marina around the waterfront until the road starts to bend right at a set of traffic lights. This is the access to the Rose Bay boat ramp. Keep to the footpath against the waterfront and follow it around past the car and trailer park. There is a toilet block in the car park. Continue along the waterfront and just near the boat ramp is the ROAS BAY FERRY WHARF 1:10 and WALK END. The next ferry is 1:30.

Walk Dates:
60. Macquarie University Rail Station to Fullers Bridge through Lane Cove National Park

Meeting Place
Macquarie Centre adjacent to Macquarie University Rail Station 10am

Lane Cove National Park and River has always been a drop of green bush paradise in the middle of a never ending building frenzy of a major city. Being in a deep valley one escapes the high rise. Grade; 75% Easy 20% Medium 5% hard Walk distance 6km Time on route Approx 3hrs TOILETS At Rail Stations Macquarie Centre Scattered throughout Tuckwell Park at each picnic spot. Break off not feasible Underfoot; this is a genuine bush track walk having wash-a-ways at the start then good walking on dirt but several rock outcrops to go over and little rough. At the walk end, a bonus, a bus up the long steep hill to Chatswood rail station

MACQUARIE UNIVERSITY RAIL STATION is where you alight trains to go on the walk, but the actual meeting place is in front of the MACQUARIE CENTRE Shopping Mall, 2 minutes walk along WATERLOO Rd to the west. Be ready to catch the 10:14am 545 Government Bus to Chatswood in front of the Centre, to go to TUCKWELL PARK, the walk start. Be early if you wish to explore the centre, partake of coffee or toilets

10:20 TUCKWELL PARK oval, TOILETS and briefing. Depart 10:40 across the oval and out the fence gate onto the footpath of the very busy LANE COVE ROAD go left downhill passing the road entry of the LANE COVE NATIONAL PARK opposite to after the houses on the left and under the power lines 10:45 a concrete path veering left away from the road with a sign saying CHATSWOOD WEST. Along the path quickly bends right past a sign RIVERSIDE WALK TRACK WIER 5km. Follow the path away from the houses and power line down under the Lane Cove River Bridge 10:50. The bridge support columns showing how deep the valley is. The path is now bitumen, and going uphill and a wire fence on right up to the Park road and turning circle. 10:58 As you enter the circle note the left two stone posts at the top of concrete steps going down. This is the continuing walk trail and at the time of writing was in a poor state of repair and so was a little rough under foot. With care however it is negotiable. The track swings around right and uphill to a level area where the damage was minimal walking easier, the track having a tunnel effect through the bush. 11:20 Now the river is in full view and mostly stays that way. 11:37 Onto the park road at PORTERS CREEK with a very impressive stone bridge. Go over the bridge and the track veers off to the left off the road. 12:16 Pass the end of an access road and gate then picnic site 18, KORONG, with the track continuing down river to the next site 13, COTTONWOOD GLEN, and LUNCH 12:25

Depart by 1pm continuing along the riverside walk through site 12, BLACKBUTT, then site 8, IRONBARKS, around and over a rock outcrop right beside the river onto flat ground into site 7, MOONA. Next a boatshed, walking across its water access ramp 1:20 and into more open areas of the park but still on the track, ignoring any roads 1:27 the track goes onto a boardwalk with a viewing platform looking out over the river. The boardwalk ends out onto the road that goes left down left across the weir that creates the long river lake. To the right is a wide open expanse and the Park Entry gatehouse and TOILET BLOCKS However if information or maps are required go across the weir to the large National Park building office. WALK END approx 1:30 at the Bus Stop in MILLWOOD Ave just outside the park entry.

Walk Dates: 22/09/2010
61. Huntleys Point Ferry Wharf Gladesville to Woolwich Ferry Wharf through Hunters Hill and Woolwich Dock.

Meeting Place
Circular Quay to be on the 8:52 Parramatta River Service to Huntleys Point Gladesville from wharf 5.

This suburb started in the early 1800s building grand homesteads out of stone. There was an abundance of stone with plenty of convicts and stone masons to work the material. From the first buildings to the present day exclusive living along with the emphasis on large beautiful churches this area provides considerable fascination. Many French settled in the Hunters Hill area and there is still wide evidence if you know what and where to look. Distance approx 7km Time 3hrs 45mins Grade EASY. TOILETS Ferry both ways plus 3 on route. Break off Point Govt Bus most of way. In planning remember to catch the Parramatta Ferry Service to Huntleys Point to start and it is the Woolwich/ Balmain Ferry Service return to the Quay from Woolwich Wharf.

The 8:52 Parramatta River Service from Circular Quay arrives at Huntleys Point Gladesville at approx 9:25. From the ferry turn right along the footpath of HUNTEYS POINT RD running around the foreshore past BETTS PARK and around under the high Gladesville road bridge 9:45. A good briefing spot. Then continue on to end of the road and turn right along KEEYUGA ROAD which takes a large sweeping left hand bend, part up a hill, to near its end in HUNTEYS POINT RESERVE 9:57. Here you will be looking at TARBAR CREEK Bridge. Just before the down a hill to the cul-de-sac there is a concrete path on the left crossing the reserve towards the main road. Follow this up onto and over this very high bridge and at the other side immediately turn right onto a concrete path down to meet the end of WANDELLA Ave. Follow this uphill slightly, crossing the bottom end of HERBERTON Ave and TIMBRELL RESERVE along MOOREFIELD Ave past a row of three large garage doors, turning left uphill then right and right again in KAREELAH Rd. Go a short distance to its end in a cul-de-sac then along the pathway between two stone walls/fences to the end of MOUNT ST. Here there is a good refresher stop with an extensive view up the river towards Gladesville Bridge. 10:13 to 10:20 Uphill now along Mount St enter the first street on right, STANLEY RD curving left past LYNDOHRST Cres and left again to ALEXANDRA ST. Cross Alexandra in the Pedestrian crossing in front of the church and turn right down to the HUNTERS HILL Town Hall on the corner of D’ARAM ST 10:30 where there is access to TOILETS on week days only. For a large group, having prearranged your coming, send one person to the Admin desk, identify your group and numbers and the Town Hall doors will be opened. For a few walkers and on weekends it may be preferable to use facilities in the small set of shops further down Alexandra St. Depart the Town Hall 10:45 continue down the footpath you are on and up to FERRY St where the main traffic lanes turn right and there are shops on the corner. Also turn right down its left footpath then turn left around the large Anglican Church into AMBROSE St 11am. Just over the crest turn right along PASSY Ave on the right footpath to the stone wall of house number 2 stone. At the far end of the wall, before the next drive, is a guide post with arrows. Since turning into Ferry St you may have noticed these guide posts every so often. These are indicators of the route of the Great North Walk. (Anyone for Newcastle? It is only about 230km away.) This post points to a laneway (back towards Sydney), looking more like a house entry on the other side of Passy. Cross over and enter the lane going past the back yard into what looks like a piece of vacant land, walking to the rear fence, then turn left over rough ground then right, between fences, onto the end of GARRICK Ave. Walk its length to CRESSENT St turning right then left and along FUTUNA St passing the 1890 Catholic Church. Follow the street as it bends to the right up to WOOLWICH ROAD turning left. Go along to the second street on the right, TYREE Ave. Enter this and follow it around a long left hand curve and when it straightens out becomes PRINCE EDWARD PDE with Prince Edward Reserve between this and the other half of Prince Edward Pde. Then as you cross GLADSTONE Ave this dual road becomes PRINCE GEORGE Pde. At the end of this strange road is WEIL Park to the left and to the right KELLYS BUSH RESERVE 11:32. Go through the gap in the fence across the top end of NELSON Pde and onto a gravel path with some rock surface passing a big sign ALFRED STREET WATERFRONT. It is bush all the way with GREAT NORTH WALK signs.
keeping you going left until a set of long steps take you down onto the end of ALFRED ST. The mansion home right certainly looks added to by the roof structures, the walled courtyard with its large wall painted murals, fascinating.

Walk along Alfred St turning right down the next street, MARGARET St, to the marina and waterfront. On the left is an expanse of grass called THE HORSE PADDOCK. Follow the concrete path around the water’s edge to the HUNTERS HILL SAILING CLUB arriving at approx 11:55. Go past the club building through a small area of trees noting the building on the left, being a new TOILET block, to an open expanse of grass and scattered tables. LUNCH 12:00 pm.

After lunch 12:30 gather everyone and continue along the waterfront path around the grassy CLARKES POINT Headland crossing the end of CLARKE Rd coming down from the left and past the large yacht repair building, onto a path between a new building to the left and new wharves to the right. This takes you round into the dock entry and a walkway between two yellow lines. STAY BETWEEN THE LINES for you are now going through a WORK AREA before going onto an elevated mesh walkway. There will be parked yachts and cruisers with a huge four wheel crane to lift them in and out of the water. Make sure you don’t get in the way. Further into the dock walk the mesh path around the dock end where there is what’s left of the dock floating gate. Not quite at the dock entry is a set of steps on left going up, take these 12:55. Their configurations are not very comfortable so a little further up the grass may be better. At the path end and gate entry you find you have just walked the GOAT PADDOCK. The street is GALE St and opposite is a very old pub the WOOLWICH PIER. 1pm Go left, crossing the grass, around the bend into WOOLWICH Rd passing the WOOLWICH LOOKOUT sign plus another Great North Walk sign post and a little further crossing to a very neat LOOKOUT with seating. After lingering a little head back past the Goat Paddock entry down the path turning right along HUNTER LANE, a small lane beside a low stone iron roof building, then left down HUNTER ST and right along THE POINT ROAD crossing over MAYFIELD St then a distance to VALENTIA STREET going right in VALENTIA St downhill to the ferry wharf. 1:25 and WALK END.

TOILETS are located in the well-built shelter. The return ferry service is hourly 1:47– 2:47– 3:47 however the same ferry comes up to this wharf at 1:34 – 2:34 – 3:34 continuing to Cockatoo Island then back to this wharf giving an opportunity for a extra cruise.

Hunters Hill Council are very proud of their unique suburb and have invited all to look at more on their website www.huntershill.com.au In researching and presenting this walk there was much more that could have been included and may be worth a return visit.

Walk Dates: 17/11/2010
62. Zoo Ferry Wharf to Neutral Bay Ferry Wharf mostly around the Harbour Foreshore

Meeting Place
Circular quay No 2 Wharf to the Zoo to catch the 10:15 ferry

This walk would be one of the best, particularly in sections where pathways have been improved and landscaped. But like all Harbour foreshore walking it is up and down and some street diversions. Distance 7km  Time 3hrs 35min including lunch  Grade 60% EASY  40% MEDIUM for the hills and steps  TOILETS 4  Ferries both ways plus 2 on route  Break off points 2 Mosman ferry wharf and lunch time Cremorne Point ferry wharf.

The ferry arrives at the Zoo wharf at approximately 10:35. Amongst the usual confusion of people disembarking and joining buses, work your way left along the waterfront path onto a boardwalk going up wooden steps to a higher level gravel pathway. This pathway is beside the zoo boundary fence for a considerable distance, becoming quite high above the Harbour water down to the left. The path itself is constructed of various materials plus steps but in good condition however, there are some steep sections. Because you will be so high and at times looking straight down into the water below there are also spectacular views over the harbour. TAKE EXTREME CARE.

Nearing the head of Little Sirius Cove you will come to a Sea Scout boatshed below you and on right is a stand of unusual paper bark trees. Follow down steps into SIRIUS COVE RESERVE, a very pretty area. 11:00 am  Move up to the right on the grass towards the bottom end of Sirius Cove Rd to TOILETS, seats, refreshments and briefing. 11:20 Continue across the grass onto the bottom end of SIRIUS COVE RD, going up for a short distance to the overhead service footbridge. Turn right up the steep steps on the downhill side of the bridge and turn left at the top crossing over the bridge to come out onto the bend in SIRIUS Ave. Continue left uphill along SIRIUS Ave over the road crest then downhill to its end in a cul-de-sac. Now on both sides of this area are steps up and down with a sign SVERGE St. In reality, the steps would have been a road if it were possible to build one. Turn right up the steps and on reaching their top a short MORGAN St joins from the left. You keep going steeply uphill in SVERGE St to CANALPINE St where you turn left and at RAGLAND St 11:35  turn left down to the next street on the right, MOSMAN St and up 9 steps. Go up over its crest turning right along SHADFORTH St up a slight rise to the next left, CRUX St, going down passing CRUX Ln on the left and SOMERSET St on the right and into a sleep park instead of a road. The footpath keeps going to a handrail and path of the split level UPPER AVENUE Rd below. 11:45  Go right down the path and steps to road level, then further past where split level roads become one and along to the intersection with AVENUE Rd. Cross over AVENUE Rd and turn left downhill on the right footpath. The unit blocks on the right, set well below path level, finish at MILLET Rd and the thick bush of REID PARK begins. On the long left hand road bend within sight of a bus stop a little further on there is, on the right, a set of steps. Turn down these onto the topside of a sewer aqueduct and walk bridge. Cross over the deep valley below and at the other side there is a path coming down from the right continuing down to the left. Turn left along the path and out onto the flat grassed area of REID PARK. Continue across the grass near the right side of the park towards the waterfront of MOSMAN BAY 12:05  Around the water to left is Mosman Bay ferry wharf and bus BREAKOFF POINT.

The walk route continues through the carpark passing the MOSMAN BAY MARINA and up the road ramp to the MOSMAN ROWING CLUB building. Here on the road crest turn right up steps and follow the bitumen path becoming higher above the bay 12:20  then into a small gully crossed by a wood bridge and now several houses on left. The street directory gives this as BROMLEY Ave. At the other end you will seemingly face a brick wall but it path intersection. Go left, with the sign saying CREMORNE RESERVE. This next section has been recently upgraded with excellent results. 12:35 at the path fork go down left  down through a unique garden created as through the life work of two local residents. It is now known as REX and RUBY GRAHAM GARDENS and for artists, THE PAINTERS WALK. Today it is preserved by Council. By 12:45 you would have walked the full length of the reserve, come to the end of the houses and be above CREMORNE POINT Ferry Wharf and another BREAK OFF POINT. There are TOILETS expansive views of the harbour and a wide open area out to the end at Robertson Point. LUNCH
Depart 1:20 pm continuing on the path around the point high above the road down at the wharf level keeping the houses to your right to where it joins MILSON Rd. Cross the road and continue on the path through the western section of CREMORNE RESERVE taking you around into the head of SHELL COVE and a large area of mown grass. By 1:42 both sides of the path have become bush and just before path ends there is a set of steps going up then through a gateway onto BOGOTA Ave. Turn left bending to the right and then turn left into HONDA Rd uphill and left into SHELLCOVE Rd. Go along this to the second road on the right HOLLOWFORTH Ave and along it to just before its end then right just before the vegetated traffic island next to the house to KURRABA Rd. Go straight across and into the one way (walking the wrong way) SPAINS WHARF Rd bending right past the huge Top Mast units into WALLARINGA Ave following it as it bends and twist out into LOWER WYCOMBE Rd at a bend. Turn left following this road to HAYES St then turn left down past a few shops onto NEUTRAL BAY Ferry Wharf. WALK END 2:10pm.

Ferry times this time of day to the Quay are 38 past the hour. Another option is a bus to Military Road where you need to change for a city Bus.


North shore gas works 1927
And the same scene in 2010

Photo courtesy AGL More views of the City
63. Bankstown Rail Station to Riverwood Rail Station down Salt Pan Creek going through Ruse and Skate Parklands.

Meeting Place
Bankstown Rail Station South side 10am

This area is the upper reaches of SALT PAN CREEK a tributary of the GEORGES RIVER. Water flows into the creek from an area between Punchbowl in the east, Condell Park in the west and the Hume Highway in the north. What were once natural creeks are now concrete storm water channels often surrounded by parks including Bankstown Gardens, Ruse Park and Skate Park or bush land. Even busy roads do not detract from a pleasant walk which touches on boardwalks through mangroves.

Distance 6 ½ km  Grade EASY  Time on route 3hrs 35mins  TOILETS 4 LOCATIONS both stations, both parks. For Ruse Park, a key from Council is required, ring council 2 weeks prior to your walk and make a booking to have a key at the Service Counter for when it is required. On the day the key is picked up a $60 deposit is required and insist on the key, for their offer of opening the toilet block has proved to be unreliable. The old block near to the walkway is most convenient.

Head down to the traffic lights at the lower end of the new bus stands on SOUTH TERRACE and cross over onto the right footpath of RESTWELL ST. Walk down the street crossing the lights of GREENFIELD PDE, pass BANKSTOWN PUBLIC SCHOOL and on the lower side to the school is BANKSTOWN GARDENS. 10:12 Enter the gardens and walk a circuit to enjoy the plantings and return out the entry gate 10:20. Turn right down RESTWELL to MACAULEY Ave. Use crossing lights left then right to go right along MaCauley a short distance and turn left on the walkway beside the storm water channel into the start of RUSE PARK 10:28. The walkway route goes all the way to HENRY LAWSON DRIVE south of PADSTOW but the walk won’t go that far. Stay on the pathway as it twists and turns crossing the channel several times. Along the way 10:35 cross a side channel curve right slightly uphill to RUSE PARK football centre with plenty of seating, reasonable shelter and TOILET, refreshments, briefings. Depart 11:05 still on the path but now across the main channel the path curving left, ignoring any path coming in from the right, beside the channel now on your left, the path next curves right away from the channel then left and starts to head back to the channel. Note across the grass to the right a structure of numerous arches. Cross the grass to this and a path beside it. 11:12 This is the bottom end of the BANKSTOWN STEAM LOCOMOTIVE SOCIETY railway track complex and it is extensive. They have a field day 2nd Saturday every month if you would like to visit. Contact ph 9528 4104. Back on the path and continue across the main water channel then up hill and right with an industrial complex with carpark along the left side. 11:15 Soon the path curves right and down back across the channel then up through HOSKINS RESERVE into the end of HOSKINS Ave. Unfortunately the way downstream is blocked by industrial complexes. The route though continues left along EXCELLER Ave, then left along WARREN Ave and around a right bend to the foot of the main, Bankstown – Menai road. Here you walk on the roadway in a paint marked path, and then you then arrive 11:25 at your worst hazard of the walk, the crossing of CANTERBURY ROAD then under the Failford road flyover. Take extreme CAUTION crossing first on a pedestrian crossing then three set of lights and another pedestrian crossing into the end of SHORT ST. There is an Animal Hospital on the right. Stay on the right footpath down this short street turning right along GOW St. along the red path to a large electrical substation where you cross GOW St still following the red path entering into the SALT PAN CK bush land. 11:35 The path now winds through mowed grass and trees with good seat shelters heading into Mangroves. 11:40 Stop at one of these shelters to rest and refresh. Depart 11:45. By 11:5 the path ends and you start along a boardwalk into the mangroves looking at the M5 SOUTH WESTERN MOTORWAY. Just before the motorway turn left on the branch boardwalk bridge over Salt Pan Creek adjacent swamp and onto a wide concrete path. Soon the concrete ends and here the route goes right and bridges a tributary creek to step out onto a bitumen road. Turn right on the bitumen and go under the motorway. On the other side 12:00 instead of following the bitumen road go slightly left climbing the grassy hill in front. On its rim is an excellent view down the mangroves of Salt Pan. This is a manmade hill constructed out of rubbish. For many years it was the local tip. On the hill rim go left, parallel with the road beneath you, until it turns towards you and meets up with a concrete path on the right side of a small bush area. To the left and where the road bends are large tanks. Follow the path alongside the motorway, screened by trees, into the developed SKATE PARK. At the forks in the path keep to the left passing between the motorway and the park ponds on the right. Part way around the pond there is an activity area on the left 12:20 and LUNCH. Unfortunately there is no suitable spot for a group to sit so if you scatter nominate a time and place to gather after lunch. There are toilets in the large RIVERWOOD COMMUNITY CENTRE building, ph 9533 0100, at the top end of the park. As you are a Walk Club or a special walk group you can access to their internal Toilets, there is also a good Kiosk. PLEASE ring the day before to arrange access.

Depart 12:50 out the end of the park near the Community Centre onto BELMORE ROAD. Turn right along this road heading south uphill to Riverwood Shopping Centre and Rail Station 1:35 WALK END
Meeting Place
Circular Quay to be on the 10:00 ferry to Manly

North Head would offer some of the most spectacular views around and it would take several exploration walks to gain an appreciation of all the locations. This walk covers most of the middle area of the peninsular and the historical gasworks site of 1883-1971 now a park. Grade 10% hard 40% medium 50% easy Distance 7km Time on Route 3 hours

Break Off Point Manly Hospital TOILETS: Ferry on way over Nat Park Office Shelly Beach Manly SLSC

Arrive at Manly Wharf 10:35. While navigating the crowd coming off the ferry veer right off the wharf to reassemble at the eastern side of the wharf building complex park at the start of the Esplanade walkway. Follow the walkway east alongside the beach past toilets in the corner of reserve then up the Water Clubs Buildings ramp to EAST ESPLANADE. Continue east along the street footpath then turn left up STUART St, a little steep, over the crest then down steeply to pass Craig Ave and the access into LITTLE MANLY COVE BEACH 10:55 (toilets next to the café). Keep to the roadside footpath going uphill to its crest and at the top turn right into the top end of LITTLE MANLY POINT RESERVE, the old gasworks site. On the bottom side of the car park is the circle of the largest gas reservoir. Continue straight downhill on a wide path toward the small headland, LITTLE MANLY POINT looking out towards Sydney Heads. Don’t go down to the lower level as it is a dead end. Continue around the headland, on the way there will be numerous features to ponder at. Concrete walls both sides of the headland shows where ships unloaded coal for gas production. Also photos show where buildings were. Along the east side follow a roadway uphill to the exit gate and the cul-de-sac end of STUART St. 11:15 Set out along the path next to the house opposite the gate, following it down to and onto COLLINS BEACH. There is a gate to go through providing information about the penguin colony in the area. Cross the beach and near the other end at the back of the beach on the left of a small waterfall, which only flows after rain, locate a set of steps. Go up the steps and around the track to emerge at the entry of a Police College. 11:35 Now follow the bitumen road uphill. Even our slow walkers only took 20 minutes to the top and there turn right onto NORTH HEAD SCENIC DRIVE. 11:55 BREAKOFF POINT by turning left to Darley Rd and a bus stop outside the hospital. For the walk go right, along the drive and take the first road left uphill through a small car park to the building at the end. On left is the office, showroon of NATIONAL PARKS and TOILETS. There are three toilets within the building. Depart 12:15 not quite back the way you came but instead across the lawn past the red fire stand parallel to the road and onto a dirt track following it past a building on the right. Locate the start of a steel mesh 12:18 walkway and take this through the bush on numerous curves to emerge out onto BLUE FISH ROAD. 12:26 Cross the road beside a large directions sign to the gravel track down to SHELLY BEACH. To start with the track is very good with side tracks into World War Two fortifications but it becomes rougher further. Soon you should be confronted with section of the “great wall” and a hole which has to be climbed through. Now the track becomes washed out and the steps are not good but restoration has started. At the bottom the track emerges beside the SHELLY BEACH access road on the top side of a car park. On the lower side follow the road or take the steps down to the beach parkland by 12:55 LUNCH & TOILETS.

If you wish the 2:15 ferry you must depart at 1:25 from outside the Kiosk onto the start of the OCEAN WALKWAY. Follow it to the MANLY SLSC at 1:45 and go left around past their TOILET block across the South Steyne roadway heading away from the ocean along ASHBURNER St to be once again at the harbour side EAST ESPLANADE beach walkway 2pm. Go right to MANLY WHARF 2:07 and WALK END. If time is not a problem there is a good path and lookouts around the beach headland.

Ferry departure: quarter to and past the hour.

65. Bondi Junction Rail station to Clovelly Ocean Swim Area via Fred Hollows Reserve
Coogee Beach and Gordons Bay.

Meeting Place
Bondi Junction train bus Interchange top level food hall 10am

This walk recognises the life of Fred Hollows, the man who saved thousands of people from blindness. His Trust is continuing this miracle work. A Reserve and his old two storey stone house are physical reminders of his work and life. This walk route takes you through the fore planning of this area’s early times of conservation, for today there is magnificent tree avenues. Then for variety a stretch of ocean coastline. Grade: Easy-Medium, Distance 7km, Time on route 4hrs 10mins. Breakoff points Several. TOILETS: 4, Bondi Rail Station Concourse, Queens Park, Coogee Beach Res and Clovelly Swim Area.

From the interchange southward down the pedestrian ramp and across the OXFORD St Mall and through the BRONKA ARCADE to SPRING St where there are pedestrian lights to cross over. Once across turn left to BRONTE Rd turning right crossing EBLY St. Bronte Rd takes a 45 degree bend at Ebany taking with it the traffic. But straight ahead is the top section of BRISBANE St which is blocked to traffic and becomes a quiet and a beautiful tree lined avenue, one of many pleasant respite from hustle of the city. Follow Brisbane to BIRRELL St 10:12 turn right then left along FITZGERALD St to CUTHBERT St then right down its very steep footpath. Part way down the hill turn left into MANNING St 10:17 which is another tree lined avenue. At the end cross over QUEENS PARK Rd with caution and into QUEENS PARK Rd 10:22. Go straight across this wide grass area curving a little left around a small hillside then straight across more flat area to two small domed buildings at the park edge on DARLEY Rd 10:30. The buildings are TOILETS. Drink and rest. Depart 10:40 by crossing over this busy road at the pedestrian zone, no marked crossing or at the traffic lights either end of the park and down MARKET St, opposite the toilet, for a short distance then left up PINE St and first right up FIGTREE Ave which is again tree lined and cut off from the street at its top by a small park. Cross over GILDERTHORPE Ave turn left then right into ROSCREA Ave which curves left uphill to FRENCHMANS Rd. Turn right past a small shopping area to the traffic lights of a five way intersection 11:00am. This location can be a BREAK OFF point as a number of buses pass through. At the lights cross left over Frenchnan then right over Clovelly and once across turn left along the right footpath of CLOVELLY Rd. In a short distance the road takes a sharp right bend and at this point is BLIGH PLCE going right. Take this going downhill along its short length to the cul-de-sac and the top end of FRED HOLLOWS RESERVE a very steep narrow long gully. To the credit of those responsible there has been a timber boardwalk with many steps built right through giving access to many features and at the bottom a platform area with seats, ideal to stop at to rest, drinks, briefing etc. Beyond here you walk on the floor of the gully and suddenly you are out onto ALLISON Rd 11:27. Now there is about a half hour street walk to Coogee Beach. Go left passing GLEN St and at the traffic lights cross ALLISON Rd then CARRINGTON Rd to go down the left footpath of Carrington to BREAM St turning left, passing BARDON PARK on your left Coogee Bowling club on your right and turn right at BROOK St around the tennis courts to DOLPHIN St. Turn left along Dophin passing the large COOGEE OVAL and cross over ARDEN St to be in the north end Coogee Beach grass picnic area. In crossing ARDEN there will be many buses parked for here is the terminus of numerous routes. At the north end of the grass area there are many seats, tables and shelters, LUNCH 12pm TOILETS are south across the grass at the Kiosk. Here also a breakoff location for those who desire, plenty of buses out. Depart 12:35 for a 2km coast walk. Go over to the wide concrete pathway at the back of the beach and turn north. At the end of the beach follow the path around to the headland where there is the Memorial to the Bali terrorist bomb victims. Following the path northward you end up on MAJOR St where you turn left and at its end continue on the coast walkway down steeply into GORDONS BAY, around the head of the bay then a steep section of steps and path uphill passing behind houses near to the top of the cliffs on what is CLIFFBROOK Pde with its up and down and more steps and exits you onto the Clovelly swim area car park 2:10 and WALK END. Take the path across the access and the left side of the car park, across a grass area, and the other access to the bus stop just up the road to the left. There is a kiosk and toilets down behind the bus stop.

66. Collaroy Plateau to Narrabeen Shops along the plateau rim and Narrabeen Lake.

Meeting Place
Queen Victoria building, York St bus terminal stand D for Bus 180 departing 9:26 for Collaroy Plateau

This walk is short but packed with plenty of views. Length 5 ½ km, time approx 3hrs 25min. Grade EASY. Street and path walking. 3 TOILETS, Wynyard Station next 2 ½ hrs at Jamieson Park beside Narrabeen Lake then opposite Narrabeen Shops.

Alight the bus on AUBREEN St prior to TELOPEA St, one stop past COLLAROY PRIMARY SCHOOL. From the stop, go uphill to Telopea and turn right 10:42 travelling downhill with the first view out over the ocean in front. The walk route follows the bus route and after crossing IDALINE St turn left at the next, HILMA St. This merges into EDGECLIFF Bvd, which comes up from the right, and takes you along the rim of the plateau. There is no made footpath but walking a combination of grass and road is easy but BEWARE of traffic and buses. To start with there are houses on your right, perched on the cliff edge. As the road curves left there is a wide area of vacant land that offers expansive views out over the coast. Just after ACACIA St there is a bus shelter and seats offering a good rest stop and a chance to take in the view 11am. A little further on, just before the road starts to dip, there is also McLean’s Lookout 11:13. Just be aware of the sudden drops as there are no safety rails. After the isolated house on the right the road bends left again and the views look over Narrabeen Lakes. The land also becomes EDGAR CORNALL WILDFLOWER GARDEN with two sandstone pillars supporting the sign standing as a gateway 11:20. The views over the lake continue as the road bends right and left but then are blocked by more houses on the right as the road meets FULLER St. Turn right going downhill. You get another view out over the lake as the road bends to the left before it is again blocked by houses as the road meets VETERANS Pde 11:40. Carefully cross the road giving particular attention to traffic from the right which appear around a bend quite fast. Turn right downhill, with still more views through the trees as the road bends right becoming NIOKA Rd continuing steeply downhill and at the bottom as it turns right becomes THE ESPLANADE. Turn left instead, along the footpath beside the entryway into JAMIESON PARK. 11:50 Here there are TOILETS and plenty of open air seating, shelter if necessary right beside the lake. LUNCH.

Depart 12:20 back out the entrance you came in and proceed along the lakeside pathway with plenty of opportunities to look out over the lake. By 12:38 turn left into LAKESIDE Rd and almost immediately veer left off the road in front of a kids play area towards the waterfront 12:43. The path now passes through a mass of oak trees between housing units and the lake. You pass the ends of several streets which come down from PITWATER Rd then next a large boatshed building, PRO-KYAKS and a CAFÉ, pushes the path right to the water edge 12:48. Continue on the path until 12:58 then you should be opposite, on right, the last TOILET on the route, the next being Manly Wharf or the City. Continue alongside the lake as a couple of commercial buildings pushes the path closer to the water and when past them turn right off the path across the grass around the last building to the traffic lights in front which will allow you to cross PITWATER Rd into NARRABEEN SHOPS and the Bus stop a little to the right WALK END 1:15 pm.

Buses 151 155 & 156 go to Manly Wharf, most of the others go to the City.


Views from the Collaroy Plateau
67. Queen Victoria Building City to Glebe through Darling Harbour the FISH Markets and Rozelle Bay

Meeting Place
Queen Victoria building Market St end 9:45

This walk covers some of the huge web of walkways and accesses of DARLING HARBOUR. It would take a long time to explore this amazing web, but the walk provides a fair amount of intrigue before going around the end and west side of COCKLE BAY up into PYRMONT going around into numerous bays to GLEBE. Distance 8km; time 3hrs 50min GRADE: EASY as there are paths all the way. BREAK OFF point the Fish Market. TOILETS 5 Queen Vic Bld The stone abutments of the old Pyrmont Bridge the Pyrmont Point Park on the west side of Jones Bay The Fish Market Then. If needed to get home walk past the Bus stop over to this side of JUBILEE OVAL.

Depart Queen Vic Bld 10:00 heading west along MARKET St over YORK, CLARENCE and KENT streets down to and up the elevated footbridge ramp toward DARLING HARBOUR. Go under the MONORAIL following the curve left 90 degrees passing the branch ramp to PYRMONT BRIDGE and as it hits the face of the building turn right staying on the ramp as it makes another left bend beside the motorway then into the DARLING PARK GARDEN hemmed in on three sides by multi story buildings. This garden has a maze of paths and a centre pond with a bird mounted on a centre pole 10:10 It is reasonably quiet here, a good spot to stop for a briefing about the walk. Continue on through the path maze and gardens to enter the glass doors of the left skyscraper and you are in a different world, fronting a coffee lounge of internal walkway between the two buildings. Go right beside the row of square building pylons past the lounge area and up the escalator, right. At the top you are at the start of the overhead walkway called the COCKLE BAY BRIDGE with the motorway below. Cross this glassed in area to pass more escalators, going down. Walk past them on the right side and then past the right side of a blank wall out onto what is called THE LOOKOUT. It is spectacular, but could be quite nervous. Take time for everyone to have a look. Back now to go down the escalators you just passed. At the next level, go over to the right out onto another elevated walkway alongside more escalators beside you on the right. You are out in the open air. Be careful here for there are walkways everywhere, this is the ROOF TERRACE. Go straight ahead and further on curve left to look at a circular roofed part of this area housing two display whales. Take the escalator down under the whales to the next level called THE BALCONY DOCKSIDE. Now go straight ahead, beside a building on the left to its end, going around its corner left then right to pass the back of a huge clock to more escalators on left going down left to be on the next level down. Now look left out into the open across the deck to see a pond with large birds around it. Go over and around this to go down steps to be on the COCKLE BAY waterfront walkway, go left. 10:20 Pass the Marina, on your right, then keep going up to the IMAX theatre and walk around the end of COCKLE BAY under the overhead motorway and continue along the west side of the bay. The next stop is under the old PYRMONT BRIDGE for in the sandstone abutment there are TOILETS. Continue along the waterfront to go through the extensive MARITIME MUSEUM, the pathway going between their huge building on the left and the many floating exhibits on the right. An opportunity for another day. Keep going along the waterside walkway passing a lighthouse and going around the museum building corner to be on another section of wharf and along its land side a WELCOME WALL, a tribute to all those people who came by sailing ship to build this Colony. Also on the water side a ferry wharf for transport to the Quay. Continue along the waterfront passing finger wharf 7 and then 10 on your right with PYRMONT BAY PARK on your left. 10:52 Next pass the large ACCENTURE building and onto PIRRAMA Rd 11am following it to the right over the roundabout intersection of DARLING ISLAND Rd AND JONES BAY Rd and along to the entry of JONES BAY WHARF. Across the road is the original rock cut made when first building this extensive shipping area. Next you are beside open water on the right and PIRRAMA Rd bends left but you go right into PYRMONT POINT PARK, a great extent of timber wharf area especially built for public recreation along the waterfront. There are TOILETS just as you enter the park area. Rest and refresh. 11:05 Depart 11:22 out onto the wharf area and up onto an elevated section which bends left around PYRMONT POINT. Next down steps to a lower section but still on the wharf construction to look at strange wave action of red ladders. Maybe an artist impression of wind on water. Continue along this straight section of wharf to
where it “dog legs” right and left. Here there are long timber steps up to land level, also a ramp as you approach.

11:35  Go up to this land level and over to again be on PIRRAMA Rd at a bend where on the other side is the cut rock face with a set of steps going up to the higher level. Turn right along the road but almost straight away veer right on a gravel path that takes you a little away from the road passing a kids swings and a climbing maze then around the head of ELIZABETH MACARTHUR BAY on paved walkways. Not so long ago the area you just passed was the water police base. Stay on the waterfront as the walk route enters an area of massive high housing units. Follow the waterfront walkway and soon western side of ANZAC BRIDGE will come into view. Then at 11:50 a small park surrounded by more high rise unit blocks. Next is a ramp veering up and away from the water then it makes a very sharp left bend at large steel balls to pass kids swings and another very sharp bend, right going up to pass three display steel balls and now this path curves left out onto BOWMAN St. Cross over to the other side footpath and turn right downhill to curve left into BANK St under the ANZAC BRIDGE MOTORWAY. Cross over to the other

and Bank St footpath go left to pass a concrete mixing plant crossing their entry with the traffic lights to go right into the FISH MARKETS. 12:15  Head down to the water where there are seat tables, 12:20 LUNCH and TOILETS in the market building above you. This is also a breakoff point if necessary. Go back out the Market entry cross the overhead motorway to the Light Rail Tram or the Bus stop, both very close to one another. Despite there being much interest here, come back another day for that special meal.

Depart 1:10 through the exit along from the seating out onto PYRMONT BRIDGE Rd and cross over at the traffic lights adjacent the markets. Go just into the large WENTWORTH PARK and turn right through an avenue of large FIG trees parallel to Pyrmont Bridge Rd to WENTWORTH PARK Rd, down steps and cross with CARE. Go right and left along to the traffic lights to cross PYRMONT BRIDGE Rd into and up TAYLOR St on the right footpath passing the sprawling Blackwattle Bay College Campus. The road snakes up the hill crossing over FERRY Rd at its crest then downhill to FORSYTH St. In front and to the right of you is a waterfront park and slightly left the historical BURLEY GRIFFIN INCINERATOR. There are display boards all about its operation. From here to beyond GLEBE is parkland and walkway converted from heavy industry of the past era. Go down to the water edge walkway and go left to pass the end of COOK St which was cut short to make way for the walkway park. Soon you will be fronted by a colonial waterfront homestead and the path ramps up to pass it at the home level on a small headland.

1:37  The path then becomes steps back down to water level continue around the waterfront along the southern side of ROSELLE BAY. Immediately you are confronted by a large crane on a very narrow ledge of land making the path go under it, then reminiscences of small slipways and a large winch. This was previously a shipyard to demolish ships. Looking up to the left from under the crane colonial cottages can be seen. The well formed path continues along the waterfront passing through what was once a maze of scrap metal and torn apart ships, now a beautiful landscaped waterfront. As it rounds the next point the horizon is part blotted by the canopy of huge trees that seem to get bigger as one approaches. Keep to the path around the trees near the water and onto the path left around the far side of the trees going up a slight rise to be out on FEDERAL Rd. A little right over the road is the Bus shelter shed stop. WALK END  1:50  pm.

For a toilet go into the park beside Jubilee oval. While walking on the path away from the water of ROZELLE BAY look right over the present day parklands and landscaped waterfront, this was a large timber milling operation with most of the water of the Bay covered by masses of floating logs that were unloaded in Sydney Harbour then towed up into this backwater. Don’t worry about missing a Bus for there are plenty.
68. Flemmington Station to Campsie Station along the Cooks River stormwater channel

Meeting Place
Redfern Stn Concourse to catch the 9:23 train to Flemington

Once upon a long time ago this area was most likely a fresh water stream with many ponds that declined with the urbanisation of the area. Many concrete canals were then built to move the stormwater along and around them numerous vacant strips of land emerged. The planners in their wisdom have converted that land to a series of well kept parks and now a walkway links them all as it travels down the length of the canal. This walk, though very easy underfoot and mostly downhill is considered MEDIUM HARD due to its length. From station to station is about 8·5km, 1·5km longer than usual. Time on route 3hr 30min. Breakoff point, and bus to Strathfield Station, is in Coronation Pde just up from Punchbowl Road 6·5km from start. Toilets Flemmington Station, Airley Park oval 12 min from start, at the lunch spot then Campsie.

Train arrives at Flemmington Station 9:53, exit the platform to the south, opposite Sydney Markets, crossing the road at the pedestrian crossing to be beneath the shop awnings. Turn left downhill crossing 2 streets to AIRLEY PARK entering the park by crossing the grass beside the children’s play area and locate the pathway beside the storm water channel. Turn right onto the pathway and follow it to a path on the left crossing the channel to the oval, TOILETS, sports building, rest, refreshments and briefing. 10:15 Note: there are many Bay to Bay signs as the track forms part of this route. 10:30 depart back across the channel turning left to continue up the right side of the channel. The pathway first crosses FRASER St then soon leaves the park and becomes the footpath of HAMPSTEAD Rd 10:35 and after a short distance comes to a T intersection with ARTHUR St. Go left then cross Arthur St at the safe island road crossing (no pedestrian crossing available). Turn back right and then left into MITCHELL RD passing a church. There is a golf course on the right. At the end of the road at the intersection with KARUAH St follow the path diagonally across into FRANK ZIONS RESERVE and up to face the noise wall of Centenary Drive. Continue along the path through the wall left along beside the traffic and almost straight away back through the wall to emerge at the end of BARKER RD. Immediately turn right and follow around the left hand curve of NEWTON RD taking the second street on the right, MELVILLE AVE. Follow this to the end turning left into ADA ST along the fence of STRATHFIELD GOLF COURSE. Part way along Ada St the fence veers to the right and by following it you will find yourself in FRESHWATER PARK. There are sheltered seats for a good rest stop 11:05. This area is the start of Cooks River. At 11:15 continue on your way along the path and as the golf course ends you will pick up the Cooks River channel on your right and AUGUST St on you left at the intersection of MORGAN Pl or CAVE Rd on some maps. Cross over Morgan Pl and continue along the path beside the channel. It starts small but gets considerably larger on the way down. As you follow it downstream you will pass signs indicating that you have crossed the ends of VERONA and PALMER STS 11:25 and by 11:30 you should be passing under the HUME HWY. Stay on the path as it passes other streets on the left and goes beneath the canopy of a series of huge spectacular trees. 11:35 pass the ends of McENCROE and TERRY STS. A little further along 11:40 the park widens and a branch path to the left sloping up to a rest area and child’s play area with one TOILET. There is plenty of seating with shade for a good LUNCH spot 11:45.

Depart by 12:25 on the other side of this area back down onto the original pathway beside the canal. Cross under WATER ST 12:25 to enter an area with groupings of trees surrounded by well kept green lawns. Still on the path cross over MARIA ST 12:30 sandwiched between the canal and car park for the nearby tennis courts. Pass the car park following the path underneath PUNCHBOWL RD 12:40. For a BREAKOFF POINT Just before going down to the underpass take the branch path up left onto CORONATION PDE and the shelter bus stop to the left for buses to Strathfield station. For those continuing stay on the path under Punchbowl Rd which deviates along WALSH Ave as a consequence of houses backing onto the canal. At the next bend in the road the path veers off to the right between houses and back to running along the canal through WHIDDEN RESERVE. Cross LEES AVE 1:05 passing through FLOCKHART PARK then across BURWOOD RD and into SANDO RESERVE. By now the channel is a rather large but continue along it to the footbridge in ROSEDALE RESERVE 1:10. Cross the canal by the footbridge and veer right to the end of BEAMISH ST. Follow Beamish St up the hill to the shops at CAMPsie arriving approximately 1:25 and WALK END.

There are buses going north and south plus a train service for the Bankstown line. The bus stops are on the lower side of the rail station. It is suggested that you have a Gov’t bus south district Metrobus map and a Bankstown line train timetable as there are many options.
69. Panania Rail Station to East Hills Rail Station via Georges River National Park, Yeramba Lagoon and Fitzpatrick and Lambeth Parks

Meeting Place
Panania Rail Station to catch the private Bus 923 adjacent the station in the shoping centre stand A at 10:13

There are so many tucked away pockets of natural scenic wonder in the greater Sydney area that would take a long time to explore. Near Panania is one of those pockets, down through the bush of a National Park around the large Yeramba Lagoon then along part of the Georges River. The bus is a half hour service so it doesn’t matter if you miss the 10:13, but adjust times accordingly. Alight at their stop “G” at Picnic Point Rd and BURNS Rd where it is best to start the walk. Distance 6km Grade 10% Medium 90% EASY Breakoff Point ¾ of the way at FREDA St at HENRY LAWSON DRIVE private bus 924 to REVESBY Station. 1:27 1:57 TOILETS; 5, Both rail stations Panania Library, just above the start Bus stop, both Parks.

Once off the bus cross BURNS Rd and continue down PICNIC POINT Rd turning left down the second street, AMBERDALE Ave to its end. Here there is a mown grass area for a briefing. 10:27 Locate the bush track off the end of the road and take this going slightly uphill, curving right. It is a typical bush track that meanders around trees. Over to the right is a depression containing a large lagoon. 10:32 a track guide post, YERAMBA LOOP TRACK. There are several of these with some tracks going off the main track around the Lagoon. Our track is on the lagoon’s east side. 10:35 at the second track guide post go right downhill. Note; these posts are not much help for our route. 10:40 pass on left an original stone quarry with the old entry. Now downhill with the track washed out and rough under foot so TAKE CARE and help one another. At the bottom another post and a track going off right but go straight ahead and by 10:45 a track fork where you should veer right to cross a small watercourse. Now uphill a little and you will have the Lagoon on the right. Next downhill on a rough section, passing another guide post, then what was a BIRD HIDE 10:55 wrecked by vandals soon after building. Next cross a rock shelf and down another slope, rough, cross a small bridge then another rock shelf then down another rough slope with steps of a sort, 11:08 then along right beside the Lagoon water and up several steps and out onto a closed carpark. You are now right beside the very busy and dangerous HENRY LAWSON DRIVE looking across at the GEORGES RIVER and behind you is the large YERAMBA LAGOON. Rest and refresh. Departed 11:20 with EXTREME CARE cross the road onto the grass well clear of the road edge and move right. Cross a small bridge over the outlet of the lagoon and into FITZPATRICK PARK, part of the GEORGES RIVER NATIONAL PARK. Walk across the flat grass area keeping nearer to the river to come onto the end of a bitumen access road. Walk off the bitumen back onto grass towards the right, passing a shelter BBQ to the building on a rise in front, TOILET BLOCK. 11:36 to 11:46 Now back onto the access road right beside the river to pass the PICNIC POINT BOATSHED, 11:53 and passing the area entry road. Buses do come down here but rarely. Continue along the riverside road to its end where it branches right into houses 12:00 Keep beside the river on a dirt path now continuing on the left side of a grass mound then widening to a walkway beside the water after passing a shelter seat table. By 12:05 the walkway becomes a boardwalk, very spectacular, finishing by 12:15 directly into LAMBETH PARK near a Kids Play Area with plenty of seat tables and TOILETS on the far side on the slope. LUNCH 12:22

Depart 12:50 by walking up past the toilet block on the river side to the original park entry road going uphill but washed out. Go up this with CARE to be once again on the side of the busy HENRY LAWSON DRIVE. WITH CARE cross over on to the end of DORIS St at the bend into LAMBETH St and go up Lambeth. 12:58 In a short distance turn left up ELLIOT St which quickly joins into Henry Lawson Drive and to walk along the right side footpath. The second street on the right is FREDA St where there is a sheltered bus stop and a break off point. The return stop is across the road. There is still approx half hour to the station. To continue to EAST HILLS STATION, approximately half an hour away, stay on Henry Lawson drive to where it makes a sweeping left bend. There is a grass area with rail fence, ideal for rest. 1:15 Continuing around the bend and turn right up MACLAURIN Ave 1:23 to the STATION and WALK END.

Walk Dates: 29/06/2011
70. Canterbury Rail Station to Wolli Creek Rail Station down the side of the Cooks River, through numerous Parks.

Meeting Place
Canterbury rail station 10:00 on concourse

This walk explores most of the lower Cooks River extending walk 67, but starting at Canterbury. It is very spectacular with the growth of trees planted many years ago amongst well kept lawns, plus lower down, a lagoon with a landscaped small memorial hill. The pathway is excellent. Grade EASY. Distance 7km. Time on route 3hrs 30mins, BREAKOFF POINTS 3, TOILETS 5 Both Rail Stations, EWEN PARK, BEAMAN PARK, GOUGH WHITLAM PARK.

Out of the station and onto the very busy CANTERBURY Rd crossing over at the lights and turn right. Go down the road and turn left along CLOSE St and as it bends the area to the right opens up into mown grass with scattered trees. (OR turn right down the right footpath, across CHARLES St, to the last building beside the COOKS RIVER. Turn right around the building on the concrete pathway, down the slope to the path beside the river and turn left doubling back passing under Canterbury Rd and then passing between a large industrial building and the river. The path bends around an electricity stanchion and enters expanses of mown grass either side. Across the grass to the left is the end of CLOSE St.) Now the surrounds have become quiet and it is a good spot for briefing etc. 10:05 Continue along the walkway as it zig zags through the area then down beside the COOKS RIVER heading downstream. There are many points of interest along the way, the first of which is located on your left just before the next footbridge across the river. It is a large sandstone building partially obscured by houses. Continue under the footbridge 10:12 and go left up a short rise, through a gate, onto the end of SUGAR HOUSE Rd for a better view. This building was the Canterbury Sugar works operating from 1842 to 1854. Built for the Australian Sugar Co, raw sugar was imported from overseas and shipped by cart from Sydney to be refined. The river was dammed to supply fresh water to operate the mill and although efficient, a labour shortage created by the gold rush caused it to close. The company was later reformed as the Colonial Sugar Refining Co, operating from Pyrmont. The building has since had many uses, including a ham and bacon factory, but is now home units. Back down onto the walkway as it bends away from the river around the back of a rectangular inlet known as BOAT HARBOUR. “TS” Shropshire, was built for the sea scouts in 1960 as a training facility. The system had a short life for in 5 years nature silted up their harbour making it useless then in 1972 Government ceased their funding, the system collapsed. Continue along the walk/cycleway past the end of FOORD Ave and the second pedestrian bridge 10:30. Downhill veer left off the path around the back of the houses and on to the football fields of EWEN PARK. Continue left across the field to the long building next to TENNENT Pde for there are TOILETS. From here go right on the grass between the road and grass mound to a large area of seats, a kids play area and a new fairly large shelter seat, table with BBQ building for a morning tea rest stop. 10:45 Approx 10min break. Then head back over to the path beside the river and continue along the path downstream to the third footbridge. Cross over the river into and along LANG Rd to WARDELL Rd crossing over in the pedestrian zone (no marked crossing) into BEAMAN PARK and back onto the walk/cycle way. 11:03 At the path junction turn left around the cricket oval back to the river following the path, further downstream as it snakes along the river, now on the right bank, past the fourth footbridge, to the bottom end of FLINDERS Rd by 11:15 and the football fields buildings and picnic facilities with TOILETS and another rest stop. Continuing along the left bank the pathway now is given the name STAFFORD WALK as it follows the long left hand bend of the river. The path, and river then straighten out with slight bends right and left before coming to ILLAWARRA Rd. As you approach the path goes up a sharp rise to the road. Here is a BREAKOFF POINT if required. The Bus going left goes to the City with bus stops either to the right past the roundabout in Homer St or left across the bridge. For the walk cross the road in the pedestrian zone then down steps to be back beside the river 11:40 and continue walking downstream. The path is right beside the river for a while until you enter WANSTEAD RESERVE where it starts to meander slightly and then 11:52 passes under the huge sewer pipes elevated on multi arched viaduct built in the late eighteen hundreds. In a few minutes you enter GOUGH WHITLAM PARK or the Two Memorials park. The first Memorial is on your right on a small landscaped hill with what looks like a mast on the top Turn right on the side path to the top of the hill and around the centre feature which houses the mast, actually the stem of a metal sculptured flower, “The Awakening Flower of Peace”. At the base there are words to
express its meaning “RESPECT UNITY PEACE”. At locations around this circular path are messages of this hill “Garden Of the World”. Follow the path down the hill far side curving left then joining another path going over to the oval buildings. Adjacent to the Kids Play Area is good seating, provided the weather is kind with TOILETS a little over to the right. LUNCH 12:07
Looking north toward the river left of the Play Area you will see water. It is not the river but a small branch diversion that could be called a lagoon. Between this lagoon and the river is land and tucked away in its bush is the second memorial dedicated to the original custodians of this area, the BEDIAGAL PEOPLE. Designed by Aboriginal People and built by a professional mosaic artist as respect to those people of the past.
At the conclusion of lunch 12:45 head over to the oval fence and turn right around its perimeter to where it is nearest to the busy BAYVIEW Ave and onto the path between the fence and road following it past the oval to where it meets the river cycle/walkway. Turn right and cross the road in the pedestrian zone then turn left crossing the COOKS RIVER on the right footpath of the road bridge and into the car park of TEMPE rail station 12:52. This is NOT walk end as there is still 40 minutes of interesting walking, however for those who wish, a BREAKOFF point. To continue turn right through the car park back onto the walkway beside the river going under the railway bridge into KENDRICK PARK staying on the path that goes near the water then up to the very busy and noisy PRINCES HIGHWAY. Turn right along the highway over the COOKS RIVER. Once over, on the right, is a high fenced property once a colonial estate called “TEMPE”. A little along the fence are high old style iron gates, closed, however the left narrow gate can be opened for access by lifting the heavy iron latch, 1:10 close when all are inside. Note that where the road bridge is was in 1840 a dam to make the Cooks River a fresh water reservoir for the Colony. The Tempe estate was bought as a country retreat in 1826, the mansion finally built in 1836 in front of a large rock outcrop called Mt OLYMPUS. Today there is little of it left. By 1843 a lot of extravagance at Tempe House bankrupted the owner who lost ownership of the property and it was eventually sold in 1884 and resold in 1885 to the Catholic Church who changed the name to St. MAGDALENS RETREAT to set up a retreat for destitute women. To do this they built a large laundry and workshop to teach domestic skills. They added the Chapel in 1888. For 100 years the whole operation was very successful, but times were changing and the Church had to move on. They simply closed down and moved away, in approx 1985. For around 15 years it lay abandoned till 2000 the whole area was acquired for a huge high rise housing estate. Tempe House and the Chapel is to be restored and the front land to the water to become a park reflecting the original grounds, all heritage listed. To exit the homestead area walk the path down to beside the units where you go left around the Chapel fence wall, through the original stone gateposts up a path besides the units pass the Chapel on left and into the street opposite which veers right alongside a construction site up to a street which goes sharp right down to WOLLI CREEK RAIL STATION. WALK END 1:30

Original route Campsie to Tempe: 6/10/1993, 21/02/1996, 17/09/1997,
Route change: 27/07/2011
71. Eastwood station to Macquarie Uni station along Shrimpton Creek cycle walkway

Meeting Place
Central rail station intercity platform for the 9:45 Wyong train alight at Eastwood station 10:07

Grade 20% medium 80% easy. Some hills to negotiate and start of creek walkway is preceded by a 1 hour street walk. Route distance 7km, time on route 3 hrs. Toilets at start, Ryde Sports Centre, Macquarie Uni rail station. Breakoff points, Quarry Rd – bus 518 to city, Kent Rd Ryde Sports Centre – bus 288 to city.

On arrival at Eastwood station, go out the west side across WEST PDE to start of EASTWOOD Park. TOILETS are located in an isolated building to the right of the crossing with good seating adjacent. Plus in the same area located in the glass front building is the CWA ladies who serve morning tea and coffee. A good starting and briefing spot. Depart 10:30 back to the rail station but pass beneath the station through the underpass to the east side turning right along RAILWAY Parade to the pedestrian crossing before the roundabout. Cross, turning again right then left uphill along ROWE St through the shopping centre to the end of the street then turn right, across Rowe St, along BLAXLAND Rd. Stay on the right footpath crossing FIRST Ave, at the lights, to the next set of lights at LOVELL Rd. Here cross Blaxland road to end up on the right side of Lovell Rd. Continue along Lovell Rd turning right at the second street, RUSSELL St. Continue along Russell street over the hill crossing two side streets to the end at a T intersection with KINGS Rd 11:08. Turn right downhill to the next intersection and turn left into JACKSON Cres. Follow this, past a small park on the left, to its end then left again, now into CECIL St 11:15. Continue along Cecil St, which goes straight for some distance, staying on the right side and at its end first cross NORTH Rd then immediately turn right down QUARRY Rd, 11:23. (Breakoff Point 1) staying in the right side until house number 262 where you can cross in a safe zone into a narrow park, not named at the start but is SANTA ROSA Park, 11:30. Underneath you, a result of urban development, in the pipes, is SHRIMPTONS Creek. On the left of the mown grass is a concrete path which you now need to follow for a short distance until meeting with a branch concrete path to the right. This will take you across to the house fences on the other side of the park entry and down to where the drains discharge into the natural line of the creek. There is a path snaking along close to the right bank, follow the path along the creek keeping it to your left and at BRIDGE Rd, 11:45, cross straight over turning left across the creek then right into FLINDERS Park. Follow the west side path for a few minutes then cross the creek again and follow it on your left to the bend in COOK St. Turn left along Cook St until it starts to bend to the right uphill where, on the left, there is the continuation of the cycle pathway into TINDARRA Reserve. Follow this downhill to once again be beside the creek. Continue following the path on the right bank of the creek to cross KENT Rd, (Breakoff Point 2) crossing straight over but instead of following the cycle way turn left across the creek and enter GREENWOOD Park on the left bank of the creek on a path next to the first house. Veer left off the path around the end of the house fence then veer right away from the fence across a small watercourse into the car park on the other side. Go across the car park to the left side of the large building and around to the front or northern side. You are now in ELLS HALL Park and RYDE COMMUNITY SPORTS CENTRE with its three ovals and plenty of seating. We chose to pass the building's front main entry, with TOILETS to the left of the entry, to part of a spectator stand and the shelter seat table behind for LUNCH 12:07. Depart 12:45 by walking left around the fenced field behind the goal posts, going between it and the oval to the north and then across the bottom of that oval to the pathway on the left bank of the creek. You should be now back on the cycle walkway 12:50. Keep following the path close to the creek and pass beneath EPPING Rd in a tunnel 12:55. Stay on the path which in a few minutes goes a little away from the creek past a skateboard mound on the right then after a few more minutes a large circular grass area and a branch in the path, WILGA Park. Take the left hand branch uphill, with the circular area on the right and onto COTTONWOOD Cres, still keeping the circular area on your right. Cross the road almost straight away to QUANDONG Reserve on the right hand side of the first block of units. Go through the park on the path and on to LACHLAN Ave turning right and following it to its end and into ELOUERA Res, across the reserve to WATERLOO Rd and. WALK END 1:10. The entrance to Macquarie Uni rail station is on the other side of the road. There are crossing lights at the intersection with Herring Rd to the left that will place you at the entrance to the station. There are also busses along both Waterloo and Herring roads to varying destinations.

Walk Dates: 24/08/2011
72. Scarborough to Austinmere along the Coastal fringe.

Meeting Place
Sydney Central Rail Station Inter City Platforms to be on the 9:03 train to Dapto getting off at Scarborough station at 10:21 Also the train stops at Sutherland to pick up at 9:39

The coast south of Sydney has always been regarded as the most scenic and this walk has most of the coastal features in its small distance. In addition its harsh history makes fascinating knowledge when one looks at the terrain. 

Distance Approx 8 Km    Time on route   3Hrs 35Min    Grade   60% Medium   40% Easy    there are Headlands to go over.    TOILETS 5, Breakoff Point a Bus route all the way.

Before moving off the platform use the bottom exit steps for a briefing about the walk and the day. It is an hour to the first TOILET. From the overhead bridge 10:35 turn to the left and head down to the main road, THE LAWRENCE HARGRAVE DRIVE, and to a position at the end of the road barriers so as to cross straight over, with EXTREME CARE, to be on the narrow path south end of the car park. Be warned that much of the south road was built decades ago with little or no room for footpaths, for at the time they were not needed. Most important there is wonderful viewing all the way. 10:50 At the SCARBOROUGH HOTEL. Loop down into the car park to view the coast and the restored backyard. Back to the main road for a steady walk pace south downhill with plenty to look at passing MONASH St, then slightly uphill and along to turn left and downhill in REEF Av. 11:20 This is steep and narrow running down to the ocean to put you in MATRON DUNSTER PARK 11:25 Rest, refreshments, TOILETS. Depart 11:40 by locating a set of stairs just past the road end on the right in the bush that will take you up the side of the headland in front of you. When this was written they were rough, but with CARE you will get to the top of the Headland. This whole Headland is a CEMETARY so walk left around the perimeter going uphill to get some good views looking south down the coast. Now walk the centre road through the cemetery up to Lawrence Hargrave Drive, going left on the footpath 11:50, which is a mixture of surfaces. After twisting and snaking alongside the road you come to another small headland rest area, MIKE DWYER RESERVE. Continuing along the path and you will shortly be looking down into COLEDALE CAMPING RESERVE at the back of COLEDALE BEACH. Head down to the reserve 12:15 for TOILETS, your choice of seating, sun or shade, and LUNCH.

Depart 12:50 by walking along the ocean side of the surf club building going left and right around a small sand dune across the headland to look further south along beaches and headlands. Continue along the coast line to the next headland where there is an expanse of mown grass on top beside a row of houses. Make your way over to and up the grass slope, it is supposed to be HYDE St, which looks difficult but is easily walked. At the top go left along CARTER St to its metal barrier end. Go over to the right to the ocean side of the last house and down an expanse of mowed grass to the back of this property to a lane. Turn right up the lane until it meets another lane then turn left following it to NORTHCOTE St. Go right uphill then turn left along Lawrence Hargrave Drive. 1:05 There are several shops here. Walk along and down the footpath into and through SHARKIES BEACH car park. 1:10 At the far end go up the footpath, passing a TOILET, then into a bush area to the hill top to be back beside the main road. Continue alongside the road until you come to a lookout and seat. Here you will be high above the ocean and a little away from, but in full view, of BRICKYARD POINT HEADLAND including, the abandoned HEADLAND HOTEL. A little further on is a neglected path with long steps going off at an angle down through the bush. TAKE CARE descending and you will be down near sea level on an expansive flat area, with tennis courts up to the right. This whole area was at one time the main export area for the south coast coal. There were rail sidings everywhere with rail wagons loaded with coal to go out on the biggest coal loader built hundreds of yards out into deep ocean. The ocean consistently damaged it and repairs were never ending. The on going maintenance problem was so bad that Port Kembla Harbour was pushed ahead. When the harbour came into use the headland site was abandoned and the ocean completely obliterated all of the several piers that were located about the headland. Continue across the headland walking past the tennis courts over HEADLAND Ave, along Yuruga St, between the hotel and the houses, down into TUCKERMAN PARK 1:35 at the rear of AUSTINMERE BEACH with a TOILET on the left of the car park. Walk through the picnic area then through grass and vegetation on a track and just short of a large storm water pipe outlet, make your way up to the Lawrence Hargrave Drive footpath and go left alongside the road. When you get to the top of the hill on the next headland there is a mown area ideal to have a debriefing and a look down along AUSTINMERE BEACH, which always seems to be crowded. From here the walk group can become dispersed amongst the hustle and bustle, particularly with other attractions such as, just looking around, an essential toilet visit, or maybe a coffee or ice cream stop. Bear in mind that from here it is at least 20 minutes walk to the rail station to catch the 2:52 Sydney train. The next one is 3:30. From the vantage point, follow along the footpath to a set of steps which will take you down to cross the beach car park locating you at the traffic lights on the end of THE GROVE by 1:55. Cross with the traffic lights. There are two ways to the train station, straight ahead up THE GROVE which twists and turns running slightly uphill all the way or go left past the shops up a short rise and right into MOORE St which is straight and fairly flat. Both end at the same place beside the south bound platform. You have to walk up the road over the bridge on KIRTON Rd and down to the Sydney platform. WALK END.

73. Woolooware Rail Station along the edge of Woolooware Bay to over Captain Cook Bridge then along Botany Bay to Ramsgate.

Meeting Place
Woolooware Rail Station 10am

The walk is 10·5 km but can be done in 4 Hrs. A benefit is the scenic look right across Botany Bay. This walk, due to its length, is just outside our normal walk criteria, 7-9 km 3-4 hrs walking. However because of the flat terrain, experience shows that it can be achieved in the usual time. There are two BREAK OFF POINTS for Gov't buses return to train transport. Grade Easy walking walkways. TOILETS 5 on route The first one away from the Station is ½ hr but requires a key from council if you are a club. The next toilet is 2-2 ½ hrs away.

Depart Woolooware Rail station at 10am towards the north. Cross the little park adjacent and cross DENMAN Ave in the marked crossing, turning left then right down WOOLWARE Rd slightly downhill until EDINBURGH Cres then a short rise beside the golf course on left to meet CAPTAIN COOK DRIVE. Turn left along the drive opposite the CRONULLA SUTHERLAND LEAGUES CLUB complex 10:20 then pass their football stadium with the golf course still on the left. 10:25 Now pass the CAPTAIN COOK PLAYING FIELDS. 10:27 At the next set of pedestrian crossing lights cross the very busy Captain Cook Drive and go into a large playing field area and the SIR LESLIE THEISS PAVILION. TOILETS here require a key 10:38. Now head into the fields on the concrete cycle walkway passing under the electricity power line on high steel towers. The path turns left along the edge of the WOOLOOWARE BAY mangroves then onto a short boardwalk, changing to concrete again at 10:45. Now comes a section of the route where the walkway builders have planted what seems like thousands of very bushy trees making each side of the path a vertical carpet of foliage. It certainly obscured the factories and mangroves. There is 20 minutes of this odd effect. By 11:06 and 3-6 km from the start the path rounds a factory building and becomes the footpath of MANGROVE LANE. Follow this to ATKINSON Rd 11:13 and go left then right along BAY Rd on the right footpath, with plenty of parked cars, crossing PRODUCTION Rd 11:20 continuing on to go right in and along ALEXANDER Ave to TOORAK Av and the end of the industrial area 11:37, 5 km from start. Across the road in Toorak is the Govt Bus stop and buses 478 go to Rockdale ½ past the hour and 478 to Miranda ¼ to the hour. First Breakoff Point. The walk route continues to the far end of ALEXANDER Ave (at the bend into Smith St) however, opposite Toorak Ave is the entry into the huge WOOLOOWARE SHORES ANGLICAN RETIREMENT VILLAGE complex. It is possible to walk some of the internal streets and emerge out its northern perimeter. From either direction cross a private road and into a park along the bay edge 11:50. Follow the concrete path which passes a beach giving extensive views across BOTANY BAY. Too soon, waterfront houses make the path bend left up to WOODLANDS Rd 11:55 which runs right beside the very busy TARREN POINT Rd, separated only by a wire fence. Now some street walk so turn right on Woodlands, uphill over the street crest and where Woodlands goes left over to the main road go straight ahead on a NO THROUGH ROAD street to its end. Now you are looking at CAPTAIN COOK BRIDGE off TARREN POINT. Take the path that goes down to merge with the bridge footpath. On the bridge at 12:12, 6-1 km from the start. Walking up to go over the arch is the walks second hill and worst, but at least the panorama to the right is worth the effort. At the bridge end 12:20 and 6-7 km from the start. Now veer right down the path into the small park below and onto the end of RIVERSIDE DRIVE in front of the St GEORGE SAILING CLUB. Continue past the clubhouse and onto the start of a cycle walkway along the waterfront and by 12:35, 7-5 km, there is a shelter seat table with a TOILET block across the road in the small SCOTT PARK. Breakoff point 2. By the Bus time tables on the corner of FONTAINEBLEAU Street and NAPOLEON Street (from the toilet block north west approx 200m to the corner) Govt Buses 476, 477, and 478 run around this corner to Rockdale Station and Miranda Fair. Continuing along the path along the waterfront it soon veers right to go between houses and the waterfront arriving at SANDRINGHAM Baths with plenty of seat tables between large pine trees. VANSTON Pde runs tight beside the pathway and at the southern end where it becomes LENA St is a TOILET block. You have come 8-1 km and it is 12:45 and LUNCH. Depart 1:12 north along the small Sandringham Bay beach passing the GEORGES RIVER 16FT SAILING CLUB building on the water side 1:33 to continue on to DOLLS POINT. Distance now 9-3 km at 1:50 It is in this area that the marvel of nature shows. What was once a deep water wharf is now only a concrete feature high and dry in a large expanse of sand. Nature has moved tens of thousands tons of sand to make what is now a different scene from what it was originally. It is now a straight road path walk along COOK Park to RAMSGATE arriving approximately 2pm 10-5 km A bus stop is located across traffic lights just into BARTON St. TOILET on the waterfront before crossing. WALK END.

Walk Dates: 5/10/2011
74. Artarmon station down Flat Rock Gully to Long Bay Cove returning to Willoughby Rd

Meeting Place
Artarmon rail station Departing 10am

This walk is classified as medium though some may find it hard as part is along a bush track that is rough in places from tree roots and has a steep section without any handrail. Most of the walk however is along wide paths and expanses of grassed flats. The route takes in some historical intrigues including Henry Lawson’s Cave and the Willoughby cable suspension bridge which was converted to a concrete arch structure. Distance 8.3km. Time on route 3hrs 45min. Toilets 4. Breakoff points nil.

Depart ARTARMON rail station 10am down steps turning right to the end of WILKES AVE where there is a small group of shops including a coffee shop. The walk route starts on a path to the right immediately you exit from the rail underpass and follows the railway embankment. Stay on the path as it goes past ELIZABETH ST BURRA RD on your left then another rail underpass on your right. The path then turns to dirt with numerous long steps as it goes gradually downhill eventually bending away from the railway until it crosses the entry into ARTARMON SPORTS FIELD 10:15. The huge channel 9 television tower can be seen across the oval. Crossing the access road there is the sports building to the left with TOILETS. This is an ideal place to call a rest and hold the walk briefing. 10:30 Depart past the sports building, left, onto a cycle way around the north side of the oval, which should be to your right. The path goes uphill and veers left away from the oval and down under the motorway. It then goes left beside the motorway first a slight rise then down again to once more pass beneath the motorway. The main path first moves away from the motorway then bends back towards it as it gets close to WILLOUGHBY ROAD. Passing beneath Willoughby Road is the stormwater channel for Flat Rock Creek and attached to the stonework is a steel cantilever walkway which now becomes your way forward. 10:40 After passing beneath WILLOUGHBY ROAD the pathway continues straight ahead with the embankment of HALLSTROM RESERVE on the left. Here the route becomes shrouded by bush, embankments and low cliffs. Ignore the path to the left continuing on the path straight ahead. Soon after on the right is a point of historical interest. On a large boulder beneath a cliff overhang can be found the inscription HENRY LAWSON CAVE together with a sculpture of his head. Henry Lawson would arguably have to be one of the most recognised poets, story teller in Australian history. People would come here to listen to him, hence the stone seats. On a post is a photo of him and a script telling of him and this cave. Continue on the path past another field on the left to be confronted by another tunnel, this time beneath FLAT ROCK DRIVE. Although concrete it has been spectacularly painted with ABORIGINAL STORY TELLING ART. Coming out of the tunnel head on the walkway straight ahead, past a dirt track on the left, and cross the watercourse on a bridge. Take special note of the track as you will return to here after lunch. Now you should find yourself on the rim of FLAT ROCK GULLY. Just in front you should find a grassed flat where the bitumen track veers right heading up hill. A track has been worn across the grass which you should follow ending up on the original rim path looking down into the jungle like bush below. The descent looks daunting but it is relatively easy. A little further along the path is the downhill marker direction post. 11:15 The decent track is an enduring work of stone taking you through very steep terrain with relative ease. Take your time in descending. 11:30 At water level the vegetation is completely different with the surprise of sandstone block walls. Research indicates they were brought up the creek by barge when deep water came this far up. Also at this spot is a direction post showing another track on the left crossing the creek. Another point to remember as this track will be used on your return. For now your route is along the track down the valley keeping the water on your left. It is a little rough, caused by exposed tree roots, so take care. By 11:35 you should cross the creek on a set of well placed stepping stones onto a good path with the creek now on your right. There is only one more obstacle, a rock outcrop, but there are steps which take you over. The path soon becomes a road for service vehicles. On the right should be a viewing platform to allow a look around. The main feature, 160 feet overhead, is the concrete arch structure of what was formerly a cable suspension bridge. The creek was filled in to support the steelwork used as a formwork to build the concrete arch. The stone towers on each end, once used to support the cables, now little more than decoration, are another important historical feature. 11:45 Continue down the valley on either the grass or road into TUNKS PARK to an elevated TOILET block on the right 11:55. There are plenty of places to have LUNCH including the head of LONG BAY, a short distance further on. If you spread out pre arrange a departure time and location.
12:35 Assemble and depart back up the valley, at first retracing your steps. Cross the creek and head back over the tree roots to where you first arrived at the creek from the initial descent at the direction post with one arrow pointing across the creek over a flat rock area. Cross the creek onto a track and start up 12:50. There is no prize for first to the top so take it easy on the climb up. At the top 1:15 you should find yourself on a bitumen roadway. Go left onto a gravel path to walk around the rim of the valley. This whole area has been filled and reshaped with tens of thousands of tonnes of material. You will pass by some of the boulder walls and terraces. By 1:20 you should find yourself back at the carefully noted dirt track next to the watercourse bridge, this time on the dirt track. Turn right through the Story Time tunnel and back to HENRY LAWSON CAVE 1:25. A little further on take the path to the right which you passed by on the way in. It quickly splits but take the left fork which then swings right following a small gully on the right and HALLSTROM OVAL on the left. At the top of the gully is another historical feature, the second BURLEY GRIFFIN INCINERATOR that was built in Sydney. Your path now turns left going into an unusual kids activity area containing noise features, carved animals and sound effects and even a hand operated water pump that still works. There is also a shelter and TOILET 1:40. This is effectively WALK END so reassemble for final discussion and bus details. SMALL STREET is at the top of the park and 2 minutes walk going left from the shelter shed it intersects at the lights with WILLOUGHBY ROAD. Busses run from here to the city every few minutes.

75. Woy Woy to Ettalong along the water edge of Brisbane Water to catch a ferry across Broken Bay to Palm Beach.

Meeting Place
Central Stn. Intercity platforms to be on the 8:45 Wyong train to get off at Woy Woy 10am

Central coast has its special appeal because of its massive waterways. This walk covers the area in part from Palm Beach north to just below Gosford including a spectacular ferry trip crossing the Broken Bay ocean entry. Achieving this walk requires a little motivation in that an early start is required especially if you have to travel a fair distance. Walk distance is 6.5 Km taking around 2 hrs. TOILETS Although the actual walk times can vary depending on the group don’t linger at any particular stop as it is essential to achieve final destination time at ETTALONG by 12.30 for the ferry as the next one is 2 hours away. Walk classification EASY, paths and roads, being the flattest walk we do with only two short rises. Breakoff point 1 At the time of writing the ferry cost is $5. An alternative finish, especially if the ferry is missed, is a bus back to Woy Woy station returning to Sydney by train.

At Woy Woy station 10:10 off the train and on the overhead exit turn left down the ramp and out northward along BRISBANE WATER DRIVE to cross at the traffic lights at BLACKWALL ROAD and left again going along the shops to go right into THE BOULEVARD. Crossing over OVAL AVE and then left across The Boulevard on the pedestrian crossing then right then immediately left at the next street then immediate right over another crossing to PELICAN PARK with a large shelter area with a swimming enclosure behind. Between the swim area and the road is a TOILET. Depart at 10:25 heading east away from the shops on a good footpath going along BRICK WHARF Road, with the MEMORIAL PARK and Woy Woy Channel on the left. Some distance along before the first houses the path ends bending right onto the road, but just before a branch path goes left with a sign pointing LIONS PARK. 10:30 Follow this going between the houses and the water on a good path, then in a short distance 10:35 a large Bowling Club with its car park and a boat ramp. The path crosses over the boat ramp. 10:40 into the park and the last TOILET (beside the roadway) till the ferry 1 1/2 hrs away. From the toilet continue along the path to the water and across the next boat ramp and head south on a good pathway within a long narrow strip of parklands between the houses and the water. On the way you pass numerous street ends with signs. 10:55 PARK Rd, BOWDEN Rd, FARNELL Rd, ALLFIELD Rd, and walkways to TERRY Rd, ALPHA Rd and by 11:17 the path ends under the huge tree canopy around a right hand bend into McMASTERS Rd. BREAKOFF POINT Return to Woy Woy by bus from Blackwall Rd, bus stop 50 metres to right from McMasters Rd. Continuing on the walk instead of staying on the path your route veers off the path at the bend and continues on the grass with the water on your left. By 11:25 cross a small watercourse then up and onto a car park. 11:27. From now on it is street walking, still with views of BRISBANE WATER and the huge BLACK MOUNTAIN as a background. From the car park turn sharp right and go up the narrow entry road and at the end and turn very sharp left along BLACKWALL Rd, fairly traffic busy, on a gravel narrow footpath to a sharp right bend with safety barrier and concrete footpath. At this bend the road name changes to ORANGE GROVE ROAD. The concrete path continues to CEDAR CRES but after there is no footpath only sloping lawn areas. There are now houses both sides The tendency is to walk on the road edge, DANGEROUS. By 11:50 at a Bus Stop and before a sharp right bend in the road cross over to the other footpath and continue following the road right round the bend, uphill to cross MULLBONG Rd. Stay on the right side of the road past the bush shelter and down under the road approach to the RIP BRIDGE passing HOOD St on the right. From here you are on BOOKER BAY Rd. Continue on to the next road right, FLATHEAD Rd. Turn right onto this then immediately go left into MURRAY St. Now it is nearly a straight walk to the ferry wharf. Down toward the water turn right off the end of Murray St down BOOKER BAY Rd for 30 metres then turn left into in FERRY ROAD with a new TOILET, shelter and the old wharf. 12:05 This is the END of the Walk part of the day. Next the ferry trip across Broken Bay, short but amazing, to arrive at PALM BEACH Public Wharf about 1PM. If you miss the ferry and don’t want to wait for the next there is a bus stop 50 metres down Booker Bay Rd from Ferry Rd. At PALM BEACH going off the wharf the TOILETS are over to the left, a blue building, and to the right is a park overlooking the water, just the place to have LUNCH and absorb your surroundings. Across the road, 100 metres from the ferry wharf exit, is the Bus Shelter for the City Bus return.

Walk Dates: 18/05/2011, 07/03/2012

Walk alongside the water then voyage across the bay
Meeting Place
Circular Quay to be on the 9:52 River Ferry to Meadowbank Ferry Wharf

The walk explores another section of the Parramatta River. It has a fascinating and complicated history which is worth a little research from council libraries and Maritime Museum. When Government house was built at Parramatta it created an urgent transport problem with the river the only corridor. Travelling along the river today still provides for wonderful viewing with many rejuvenated foreshore reserves to enjoy. Distance 6km, time 2hrs 45min. to catch Bus 507, a one hour service to the city at 10 to the hour. GRADE EASY. Break off point, Bus or Ferry at Kissing Point, also TOILETS and at 3 other locations. Paths, roads and Parks all the way.

Arriving at MEADOWBANK Wharf at 10:45, a briefing before starting. The first part of the walk is a loop through Memorial Park on the other side of the railway. From the wharf turn left and follow around the water’s edge. There is a TOILET sign pointing in the direction you are heading but finding it is a challenge as it is hidden out of site up the steps beside the new rail bridge then further up the hill. The walk route follows the path along the water front under the 1880 rail bridge which is now a walkway across the Parramatta River and also under the new bridge. Keep on the cycle walkway along the waterfront to the next path, this goes from concrete to bitumen, and turns sharply back uphill and then curves left into a double row of low pedestals interspaced with Rosemary bushes. This highlights the architect designed World War 2 Memorial Park over shadowed by the World War One tall bush shrouded Memorial Obelisk, a 4m high granite column at the low end of the corridor of pedestals. At the top end follow the path that goes sharp right down hill meeting another path coming down from the left. This, with some steps, will take you back down to the waterfront walkway under the railway and back to the ferry wharf 11am (toilet). Continue on the walkway passed the wharf, along Bowden Street around the waterfront, beside ROTHESAY to the landscaped ANDERSON PARK with a TOILET block as you enter. There is very good shelter, seating plus a kid’s play area. 11: 32 Now a refreshment stop departing after about 10 minutes. Walk over to the water, crossing a very large area of sandstone paving passing several interesting images on high poles. Apparently they have no meaning other than to be interesting art contemplations. Stay along the water’s edge, then up some steps, bend right then curve left up hill passing under RYDE BRIDGE. From here go right, still on the cycle-walkway, but it now becomes the footpath of WATERVIE ST passing OSBORNE on left. On the water side path pass three houses before you go beside SETTLERS PARK running along the water front. From the houses the path goes down hill passed small monument (take a short stop to read). The path then heads uphill to pass the historic 1937 HALVORSENS boat building establishment. 11:50 Just above the entry to the boatshed is a small insignificant plinth. This is a monument to the first white resident of this area, James Squire, A first fleeter who built a very successful BREWERY and had 200 hops plants to produce his beer. He soon bought all the farms around. He was so successful he was awarded a cow from the Government stock for excellence. History of this river area is worth a read, one point of interest is the ferry boat powered by four horses, before the steam engine was invented. Back on the route (still on Waterview), up over the hill crest to the start of BENNELONG PARK going slightly down hill. Immediately turn onto a concrete path going right down toward the water veering left through a small patch of bush and trees then uphill to meet the end of the very short YARRALLA Rd. Here is more of the pole art and across the river is an excellent view of what appears to be a colonial home. It is not a home but was built as a hospital in 1893 from a grant by Dame Eadith Walkers father. Continue walking on the concrete path along the waterfront which snakes along to the KISSING POINT Ferry Wharf. If needed this is a BREAKOFF POINT. 

Next back up through the carpark passing the TOILET block 12:10 You are now facing a huge bend where WATERVIE St and DELANGE Rd meet, the Bus to the City goes left to right. The walk route goes over to the right and up the footpath of DELANGE. Here there is bit of a dilemma as there are two possible routes. On the right is well mowed area beginning a small waterfront park with a concrete cycle-walkway. Access around the bay along the waterfront is blocked by Kings School Rowing Shed and to exit the park you have to climb, very steep Dyson St. The alternative is along DELANGE and although it is a little steep it is reasonable. Go up to
the second street right, PELLISIER and turn right  12:20  It is now downhill (passing Dyson St) to PUTNEY PARK
12:33  at the entry to the park opposite JETTY Rd. Once inside go straight ahead on a path which swings left along
to what seems a maze of elevated walkways. Go right down a wooden set of stairs to the Kids wading pool and play
area. Then right down stone steps to the water level grass area. Once there go left to pass the TOILET on the left to
the three sheltered seat tables for LUNCH.  12:40
Depart  1:10 along and up the bank to where the service vehicles come down. Near the top veer left to be on a path
that takes you out onto the bottom end of PELLISIER Rd. Go left either up the road or in the park to JETTY Rd and
turn right down the road to a walkway around MORRISON BAY PARK. Follow the walkway around the bay to the
other side of the park and continue on it curving left around the playing fields behind the houses going all the way up
to MORRISON Rd  1:45  WALK END  The Bus stop is across the road and to the right for a one hour service to the
city departing  10 to the hour  1:50,  2:50  to Circular Quay. Bus Route 507.

Walk Dates: 07/09/2005, 04/04/2012
77. Windang to Shellharbour along coastal walkway

Meeting Place
7:54 train from central rail station to Wollongong Station pick up at Hurstville 8:17 and Sutherland 8:28 to arrive at Wollongong Station 9:37. Almost immediately, outside stn front entry catch Bus 53 to Shellharbour alighting the Bus stop before the Windang Bridge.

This walk may require an early start and considerable travel time to get to the walk destination. Distance 6.7 Km, time 2Hrs 20Min. The route is mostly along the ocean front and is EASY, with only two slight up hills. Probably best in warmer periods because of the sometimes cold ocean breeze. TOILETS 7 on the walk but not on the transport getting to the walk as there is no time at Wollongong station. First toilet stop 10:20. Break off points; several locations on a short diversion to the main road through the area. Most important; Let the driver of the bus from Wollongong know you require to be off the bus the stop before the WINDANG BRIDGE.

You should be off the bus by 9:50. Head across the bridge being CAREFUL crossing the small access road (Fern St) bending around the start of the bridge pathway. It is a fair way across but it is worth the time to admire the views of the LAKE ILLAWARRA ocean inlet on one side and the ILLAWARRA escarpment in the distance on the other side across the lake. Once across the bridge immediate go left down a set of steps to join the lakeside walkway. Turn right and head into the waterway parklands. This walkway actually goes all the way to the actual inlet, but we veer off before to go to SHELLHARBOUR. A short way along there is a kiosk and TOILETS 10:20

Rest and refresh, 7 minutes and continue on the pathway which becomes the footpath of REDDALL PDE but almost immediately take the branch path that veers you left over to the water’s edge. Follow the water’s edge passing three carparks with shelter sheds. Continue along to a point where the waterway and path takes a left sweeping bend out to the actual ocean entry. Over to the right beside the road is an odd blue building. Whilst still at the water have a good look at all the stonework controlling the water. This was part of the work to make Lake Illawarra a port to allow ships to take out coal and timber. The wharves were to be on the Westside of the lake at the terminus of a railway built down from the escarpment where mines were operating. The scheme however was abandoned for a better port facility at what was to be today’s PORT KEMBLA HARBOUR. Cross the grass to pass the blue building which houses a TOILET block. 10:45 Cross the entrance of yet another car park and head on down beside the road OSBORNE PDE, on your right, up a slight rise following a fence and thick bush on your left. After a while you will come up in front of a large one story reddish brick building which the path will take you around to the left between it and the beach. This is the WARILLA-BARRACK HEIGHTS S.L.S. Club 10:52

At the other end of the building is a carpark and an isolated TOILET Block. The walkway goes past all this up a slight rise slowly going over to the ocean. Next the path continues in a reserve behind houses on the right, beach and ocean on the left. The space does get a little narrow at times. By 11:05 you should reach some seats and garden at the ocean end of BUCKNELL St. Keep on heading down behind the houses on the path a short distance to a small ocean inlet into what is called LITTLE LAKE where the path will take you across by a concrete bridge 11:15 Once over go left, still on the concrete walkway, beside HEADLAND PDE to go up a rise to be on top of BARRACK POINT HEADLAND. 11:34 From here there is an unavoidable little amount of street walk, but still on footpaths. From the top of the headland stay on the path down the other side still on HEADLAND PDE around a large bend where it changes to CLIFF AVE. Take the first turn to the left, SHELLOEVE RD which soon bends sharp right 11:43 to a T intersection with JUNCTION RD and DAWES PARK opposite. Go left slightly up hill at first then down hill to arrive at ERIC CLEARY PARK, and yet another car park at the start of the park 11:50. The park is a strip of buffer land between the road and the ocean beach. The footpath veers into the Park to become a walkway, thick bush shielding the beach all the way and a TOILET BLOCK as you start. On the right, out to the road is well cut lawn. The walkway moves out into the middle of the widened grass to be soon on the carpark of the SHELLHARBOUR S.L.S. Club building even though the sign states SEA SPRAY FUNCTION CENTRE . 12:05 As you enter the carpark move to the left to pass the isolated building, another TOILET block. Continue onto the grass in front of the surf club so you will be on the lawn edge looking out to the beach and ocean plus the small headland of SHELLHARBOUR. On the building’s south side is a small Park, BARSLEY PARK, with two very large trees. Walk up past the trees and a step access down to the beach to be on a path going right out to the roadway, WOLLONGONG St. Here go left uphill on the footpath area, mostly grass, soon crossing over SURF Rd 12:12 and next TOWNS Rd 12:16 at which you should turn left down this to be looking at the HARBOUR and BOAT RAMP. There is a good vantage point in a small park between the road and waterfront from which this can be viewed. Continue down just past the Park to go right doubling back on a path 12:20 around the Harbour and an extended parkland, with plenty of...
seating, Kids Play Area, ROTUNDA, and large TOILET BLOCK. This is WALK END 12:23 the bottom end of SHELLHARBOUR shopping and a large Hotel. Now there is an hour for lunch. The return Bus, number 53, to Wollongong on a one hour service from just above, a bus shelter shed.

Walk Dates: 18/07/2012, 25/07/2012
78. Thornleigh Rail Station to Cherrybrook down section of the BEROWRA VALLEY on the Great North Walk Track.

Meeting Place
Thornleigh rail station ready to depart by 10am

This walk is through enjoyable Australian bush, mostly through open forest but with pockets of rain forest, with a backdrop of high stone cliffs. The track is wide but washed away in places. The overall route is a mixture of all grades with two steep hills that could be called hard. These hills take approx 20 mins Distance 5 1/2 km, Time 2hrs 30 mins. Break off, if necessary, is at lunch time. TOILETS start and finish at rail stations plus Cherrybrook shopping centre. Return is by the new METROBUS M60 to PENNANT HILLS 15MIN SERVICE.

From Thornleigh Station depart 10:00 out the western side across the end of the car park onto THE ESPLANADE and cross at the lights into EDDY St. Travel downhill in EDDY St bending left as it changes into to TILLOCK St. Here there should be a small cream coloured GNW sign post on the outside of the bend with an arrow to the left (a route indicator for the Great North Walk). Head along Tillock and turn right into MORGAN St where there is another GNW post. Head along MORGAN over a slight rise to its end where on the right beside No 26 and just as the road opens out into the cul-de-sac is another GNW post. This pathway will lead you down behind the houses and onto the BENOWIE walk track heading downstream beside the creek. 10:20 Beware of any hazardous conditions and take care. By 10:28 the track comes to a concrete access road, BELLAMY TRAIL, where you turn right. A large sign indicating Zig Zag Creek being part of the BEROWRA CREEK CATCHMENT 10:33. Now you are in part of the BEROWRA VALLEY REGIONAL PARK. The concrete road comes to a bridge over the creek. Locate the GNW track to the left just before the bridge and head off down the track with the creek on your right. Conditions vary along the track so you will need to take care with footing. Don’t forget to enjoy the bush. The creek is deep below your level. By 11:30 the track comes out onto the SCHOFIELDS maintenance and fire trail (CALLICOMA Walk Track) at a designated GNW camping area. Rest and Drinks. By this point you should have come almost 3km.

Now turn right down across the creek and up a sharp rise on roughly poured concrete passing the GNW trail on the right (we leave it here) continuing on the fire trail. The trail gets steeper, but at least under foot is good. By 11:45 at a short flat area is a boulder to sit on for rest before the steepest section. 11:52 arrive at an old bitumen road trial with a sign post POGSON. Turn right over the crest and down the other side to a GNW post on the right of the track. 11:55 Follow the pointer down steps and onto a bush track curving left around the hillside into a mini valley with the creek down to the right. The track changing to a fire trail and comes to a left fork at an area of major bush regrowth planting. Stay on the trail straight ahead which will lead you to a low cliff with a pipe rail on top. The trail you are on will degrade to a bush track along the base of the rock then go up steps onto the end of a service road. Don’t go the road but take the track that goes straight ahead with the creek on your right and eventually crosses on either a dry rock shelf or if wet, on pipe stepping stones. The track then goes up the valley side with some steps nearing the top onto a lane going left along the rear of house fences 12:18. Go up this lane which is fairly steep. Well up there is another GNW sign indicating a bush track to the left and CHERRBROOK LAKES. It is better to keep going up on the lane a short way around a gate and you are in the main road SHEPHERDS DRIVE opposite the elevated CHERRYBROOK SHOPPING COMPLEX. Go left downhill on the footpath a short distance and cross the end of MACQUARIE DRIVE and you are beside CHERRY BROOK LAKES 12:27 with shelter seat tables. LUNCH

Toilets are in the shopping centre but there is no direct access from this location. After lunch continue on the path through the park and cross Shepherds Dr at the “safe zone” just below the bus stops on either side of the road. The centre and toilets can be accessed at the centre’s entry further along the road at the roundabout. Return to the bus stop for your choice of busses. From the centre side of the road catch the M60 Metrobus (there was one at 2:33) to
Hornsby which goes past Pennant Hills station. If you prefer to head towards Parramatta, cross the road to the other bus stop. WALK END

NOTE: You should make yourself familiar with the metro bus network to make the most of this new transport service.


Listen here you lot! This is walk 78 and at an average of 7km for each walk you have walked at least 546km. How much further are you going to go?

We think we have a few more left in us yet!
79. Hurstville Rail Station to Carlton Rail Station via Carss Park, Kogarah Bay and Beverley Park Golf Course

Meeting Place
HURSTVILLE Rail Station South Side Ormonde Pde Bay “F”  9:45

Carss Park could arguably be classed as the best park anywhere on the Sydney waterway. From Hurstville to Cars Park it is approx 4km, taking approx 1 hour 35min of street walking nearly all downhill. At the park there is a KIOSK, RESTAURANT, large Kids play area, plenty of sheltered seat tables and huge swim area. Grade EASY  TOILETS both rail stations and Carss Park. Total walk time 3hrs 35mins. Distance 7.5km. Return to Carlton is also street walking most of the way.

From the meeting location at the bus bays in ORMONDE Pde head to the left as the road curves right to RAILWAY Pde and cross at the lights into WEST St on the left footpath. Travelling down West St the high rise gradually give way to older individual houses. There is a slight rise about COLE St but then it is again easy downhill all the way to KING St. Here on the far corner is a small Park. Go over and enter 10:18 This MA’AN SHAN FRIENDSHIP PARK is a monument to friendship relations between China and Australia. The area is small but beautifully landscaped with plenty of seating for a short rest stop and look around. There is water but no toilet. Depart 10:45 continuing along WEST St, now keeping to the right footpath, across BLAKESLEY Rd, with a shop on the corner, staying on the right footpath as the road bends left then right ending at the PRINCES HWY. Here go right along the highway as it bends right and at the next lights of CARWAY Ave cross over on the right hand side of the lights and continue up the highway round the left bend and under the overhead walkway to BORGAH St 11:15. (NOTE: if you don’t mind a lot of steps going up then down you could use the walkway to cross the highway.) Turn left, cross CURRAWANG St bending right along Borgah then right turn, down BUNYALA St to its end entering into TODD PARK on a pathway beside the football field. The thickly bushed hill on left is part of CARSS PARK. Turn left on the path around the hillside with the land to the right becoming a very wide expanse of well mowed grassland with scattered trees. The whole area leads down to the waterside of KOGARAH BAY. Keep following the path around to the main central facilities area 11:30. Here together with the tomb of the original estate owner is a large Kids Play Area, Koisk, Restaurant, Sheltered seat tables, plenty of TOILETS, and an outlook over Kogarah Bay. An ideal spot for LUNCH.

On the far side of the Kiosk is a large shelter area ideal for a large group. Depart by 12:15 going across the grass toward CARSS POINT headland around the original sandstone homestead built in 1860 from rock quarried off the site. From the homestead, head down the slope passing the closed Sea Scout building onto the waterfront path and go left along the waterfront. 12:25 The path quickly bends away from the water around a pool complex on your left. Head off the bend on the grass across a cricket oval over to the practice nets on the side of CARLTON Cres 12:30. Go right to follow this road to its end turning right at PARK Rd and at the left bend becomes VAUDAN St which ends at RAMSGATE Rd. Cross with care utilising the traffic divider to the front of the water board building. Unfortunately there is no crossing or lights. Once across go left and immediately turn right into HARSLETT Cres 12:50 There is a golf course on the right and no room for a footpath but the verge soon widens out. Turn right at the next cross road into FERRY Ave and back alongside the golf course. The road bends left then right and at the next right bend on the other side of the road is the small MOOR PARK. Go into the park across the grass, across the canal on the bridge and across more grass onto a footpath next to the fence of ST GEORGE LEAGUES CLUB. Turn right along the path into LOBB Cres turning left along JUBILLE Ave to the PRINCES Hwy 1:15 Cross at the lights and continue along JUBILLE Ave past the huge KOGARAH PARK football stadium, all the way uphill, taking care crossing the numerous roads, to CARLTON Train Station. 1:35 WALK END.

80. Mosman, Rawson Park, Georges Heights, Middle Head, Chowder Bay

Meeting Place
Circular Quay for the 9:45 ferry to the Zoo

This walk could be considered as one of the best for views over Sydney Harbour taking in the expanse from the Bridge to the Heads. The walk also lets you brings you close to the crystal clear water of the outer harbour. Distance 6 3/4 Km Time 3 ¾ Hrs Grade EASY. Break Off just after lunch 244 Bus return to City from Chowder Bay, one hour service at the half hour.

Arrive at the Zoo wharf 10:00 and catch a 238 or 247 bus that goes past the Zoo entrance up Bradleys Head Road. Alight at the third stop past the Zoo entrance at UNION St. Cross over BRADLEYS HEAD Rd to go into CROSS St to its end and into RAWSON PARK. You will be looking at what was once Army activity hall, now a Community Centre and multiple sport area with a new indoor sport facility. Go to the left, across a car park, up to the oval’s grand stand where there are TOILETS. Rest stop and walk briefing 10:15. Depart 10:30 going around the oval to the right, between it and the community centre, ignoring paths to the right to the opposite side then turn right up a slight hill a monument with a stone structure on top. This is a monument to Australia and Scotland relationships. Keep going through to the other side down the grassed hill to a second monument, rather tall, to the 73rd RAF Squadron, in particular the Squadron Flight Lieutenant. Continue, in the same line, down across the grass to the lowest point of the clearing and locate and enter onto a concrete path, with an information sign, heading down through the bush.

A short distance down this path on a slight left bend, still in the bush, people have cut a bush track on the right to an exposed grass hill. Take this track and go to the hill top for a magnificent 360° view out over Sydney. The hill certainly appears to be manmade. From the top turn left and head down towards the GEORGES HEIGHTS OVAL. When you descend follow the garden edge back onto the path you left to climb the hill and go right passing the bottom end of a car park and into its access road DOMINION Cres. Follow this to the intersection with SUAKIN Dr and cross over the pedestrian crossing to the far footpath turning right for a short distance round the bend to the next path then left up the path to a set of wood steps. Go up the steps and along the wood deck and at the other end down six narrow steps between two brick walls to face building 28. You are now in the middle of what was once the Georges Heights Military. Go right then left around the building end. 11:00 and out on to what was for 80 years a parade ground. Across the other side is a flag pole and dais. Cross over to the flag pole, passing two stone gun pits, then go left (northward) into bush area. TAKE CARE there are tunnels underneath as you walk out onto a rock platform and a surprise art “MAN”. Now there is a scramble down a slight hillside of rough dirt, to building 4 and a sizable KIOSK in the next building left. Go right, around to the front of building 4, and face an expansive open area with a view out to the ocean on the right. With your back to the building go across the path/road in front straight ahead into the open area, keeping the elevated area on your left, which becomes a grass embankment still on your left, and a patch of bush on your right. The bush has grown over the years to shroud an intensive amount of gun emplacements. Today one gun has been reinstalled. Continue in the same direction between the bush and grass embankment towards a wood fence at the rear of a row of houses. The mown grass becomes a bush track beside the
This worn track was the COLONY day road to their now disappearing gun sites. You will walk along the edge of the access ramp to the underground tunnels for the guns. At the end of this first ramp go sharp right up steps and part way round a gun pit and right onto a bush track. Follow this through the bush to its end and onto the second road, OLD FORT Rd turning left to more gun sites. Walk straight off the road end and veer right down a grass bank then left into a large gun site, through this then right up steps to smaller gun sites for the best views. The overall fortification is vast and one can spend hours wandering around the area. You might like to come back another time to thoroughly explore just this headland. Back down into the first large gun pit then into the underground area between the two largest pits and up and out the stone steps cut by hand from solid rock. Then left, up around the other side of the gun pits and back onto the Fort Rd and back to the entry gate.

Continue along the road back to the oval and the TOILETS 1:05. This is the BREAK OFF opportunity as there is a Bus Stop visible just up the road with a bus due just past the half hour.

To continue on the walk cross over Middle Head Rd and head down CHOWDER BAY ROAD on the right hand side so you can watch for any oncoming vehicles. There is no footpath and the verge could be muddy so for the next 20 min be aware of your situation and WATCH THE TRAFFIC VERY CAREFULLY. 1:25 cross the road, through stone blocks, and open pipe gate onto an open grass area which is the access road to yet more fortifications. Go along the road and along the way there is one rock shelf that stands out from the bush for a good look out over the harbour and down into the crystal clear water. Soon after the road ends at the monument to the World War 2 Sydney Harbour net boom gate, one end of which was anchored below here. Be aware this area is a basin with plenty of seepage and there may be no dry access to either cliff or monument. Cross to the far side of the basin onto a bush track and more concrete then by 1:35 on the right is a square high concrete observation tower, nearly lost in the bush. Go along the right side of it on onto a narrow path and steps going up and onto Chowder Bay Road again with a car park opposite 1:38. Now go left past the original Garrison Gateway, open during daylight hours, onto a gravel footpath on the left side of the road passing renovated buildings down to the road end and the Bus Stop which is beside a Kiosk. 1:50 WALK END

The Bus service is hourly on the half hour. The TOILET Block is at the top end of the kiosk building. If you are looking for more while waiting the bus Clifton gardens is a little further on where you can roam or even put your feet in the harbour water. Or just sit, put your feet up and have a coffee.

Walk Dates: 28/11/2012