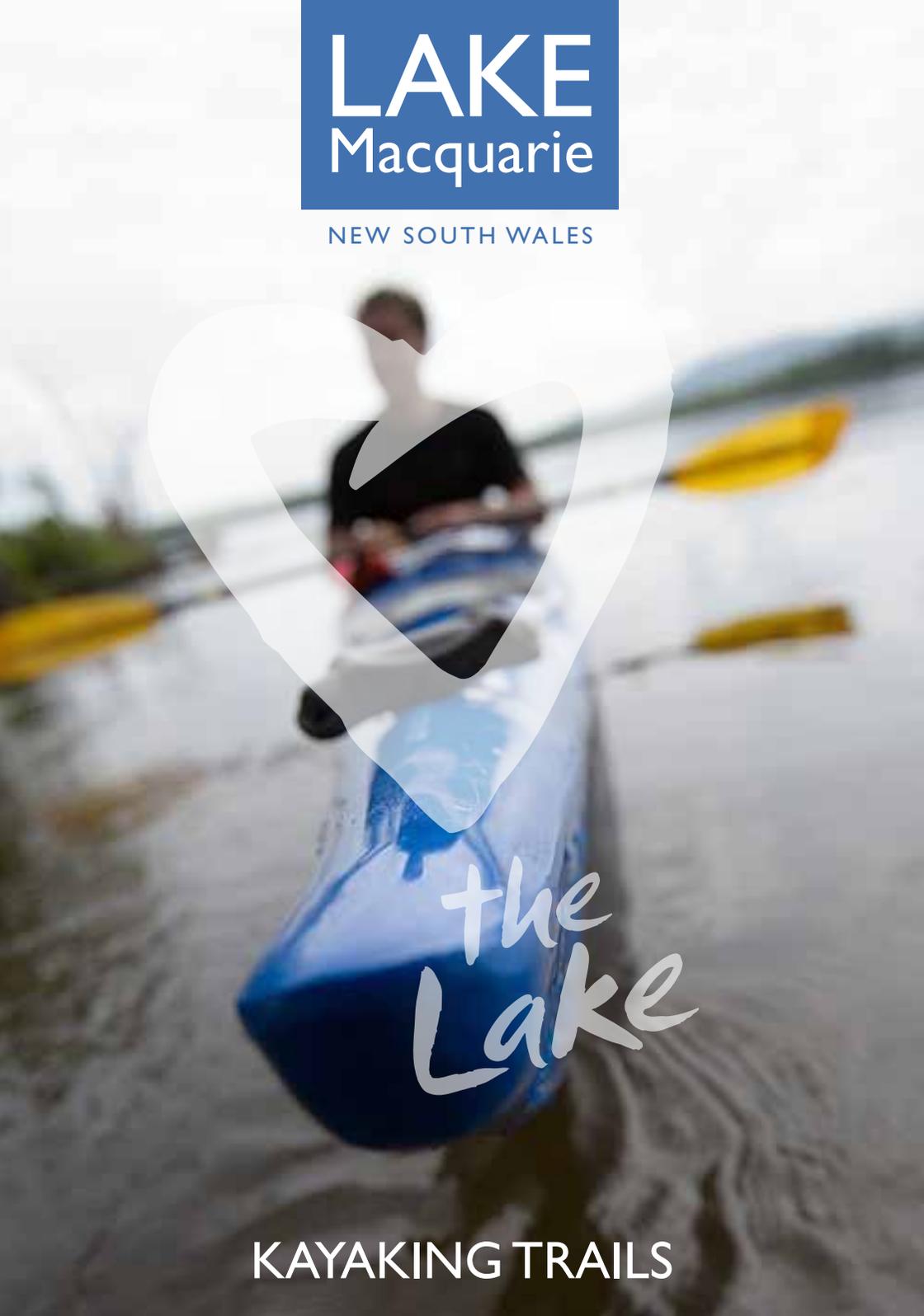


LAKE Macquarie

NEW SOUTH WALES

A person is seen from behind, sitting in a blue kayak on a body of water. The kayak is partially submerged, and the person is wearing a dark shirt. In the background, there are other kayakers and yellow kayaks on the water. A large, semi-transparent white heart shape is overlaid on the image, centered over the person in the kayak. The text 'the Lake' is written in a white, cursive font on the side of the blue kayak.

the
Lake

KAYAKING TRAILS

YOU'LL LOVE DISCOVERING THE TRANQUIL KAYAKING TRAILS OF LAKE MACQUARIE

A holiday in Lake Macquarie wouldn't be complete without experiencing the beautiful namesake at the heart of the city. And what better way to explore one of the largest coastal saltwater lakes in the Southern Hemisphere than cruising across its clear blue waters in a kayak?

Lake Macquarie is a flat water paddler's dream come true, offering a diverse range of water ways just waiting to be discovered. There are kayaking experiences to be found that suit all ages and skill levels. Seasoned kayakers seeking a fitness challenge or a relaxing paddle will not be disappointed, while families and small groups are sure to bond over the thrill of discovering a hidden gem up the creek or in a quiet cove. This guide features 6 kayaking trails with accompanying maps and information.

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Book accommodation online at

www.visitlakemac.com.au

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DISCLAIMER

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Disclaimer: The contents and information presented in this publication are distributed by Lake Macquarie Tourism as a general information source only on local kayaking trails. Lake Macquarie Tourism makes no statements, representations or warranties regarding the accuracy or completeness of this information of the content and for this reason, you should not rely on any information contained in this publication. Lake Macquarie Tourism disclaims all responsibility and all liability for all expenses, losses, damages and costs you may incur as a result of this information being inaccurate.

KAYAKING TRAIL LOCATIONS



- 1** Dora Creek to Swinging Bridge
- 2** Mannering Park to Deadwoods
- 3** Dobell Park, Wangi Wangi and Pulbah Island to Shingle Splitters Point
- 4** Shingle Splitters Point to Dora Creek
- 5** Sunshine Park, Pulbah Island to Wangi Wangi
- 6** Speers Point to Barnsley Weir

KEYS & SYMBOLS

<i>Launch Point:</i>	The site where the trail begins
<i>Distance:</i>	Length of the trail
<i>Time:</i>	Stated times refer to the completion of the trail back to the start point unless specified otherwise
<i>Skill Level:</i>	Beginners, moderate and experienced
<i>Safety/Hazards:</i>	Features of the trail that may present annoyance or danger
<i>Facilities:</i>	Facilities associated with the trail
<i>Accommodation:</i>	There is an array of options around the Morisset Peninsula including B&Bs, self-contained and pubstays
<i>Meals:</i>	Businesses located in close proximity to the trail for your convenience
<i>Attractions:</i>	Attractions found nearby the trail

- National Park / State Conservation Area / Nature Reserve
- State forest
- Highway
- Major road
- Minor road
- Feature walking track
- Other walking track
- Visitor information
- Hotel / motel / resort
- Tourist park
- B&B / guesthouse
- Backpackers and pubstays
- Cottages / houses / units
- Restaurants & cafes
- Attractions and activities
- Boat ramp
- Shopping
- Transport hire
- Water based activities
- Gallery / museum
- Patrolled beach
- Public baths
- Club
- Jetty

Park facilities: lookout / picnic / camping



KAYAKING CHECKLIST



BEFORE YOU GO

- ✓ Familiarise yourself with the trail. Be aware of the launch point, distance, time it will take to complete, any safety hazards and the facilities available.
- ✓ Consult the most recent weather forecast and a tide chart as conditions may impact upon the route.
- ✓ Check all equipment is in good condition.
- ✓ Inform a relative or friend where you are going and when you expect to be back.

WHAT TO BRING

- ✓ Weather-appropriate clothing.
- ✓ Sun protection – sunscreen, hat and sunglasses.
- ✓ Shoes that can get wet.

- ✓ Food and water.
- ✓ Map and compass.
- ✓ PFD – Personal Floatation Device (supplied with kayak hire).
- ✓ Insect repellent.
- ✓ Mobile phone.

ENVIRONMENTAL CARE

- ✓ Follow the golden rule 'Take photos and leave only footprints'.
- ✓ Take a plastic bag to collect any rubbish.
- ✓ All native plants, animals, cultural and historic features found on the trails are protected.

KAYAKING HIRE

Don't have your own gear?
Not to worry!

HIRE & RETAIL LESSONS

Lake Macquarie Kayaks

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1. DORA CREEK TO THE SWINGING BRIDGE



Dora Creek is the largest of the tributaries flowing into Lake Macquarie. This trail takes you upstream from either launch point through scenic residential and rural areas.

Upon rounding the first major bend after the Macquarie Street bridge, you will notice a boat shed on the left owned by Salvation Army. Further along you will pass under some power lines, on top of the tower to the left you will see an eagle's nest. At the first junction in the creek veer right. You may see lizards and waterbirds around this area.

Soon you will begin to hear noises from the F3 Freeway. Once you have passed under the bridges the waterway splits again. This time angle to the left, the swinging bridge will soon come into view. This suspension bridge is used by the students of Avondale College, on the right.

There is a seat carved from a tree stump on the left bank just after Swinging Bridge. This is the turn around spot and nice place to stop for a break.

Launch Point:

Long Trail – Dora Creek Boat Ramp, Dora Street, Dora Creek
Short Trail – Baker Street (Next to Macquarie Street Bridge), Dora Creek

Distance:

Long Trail – 16km Short Trail – 10km

Time:

Long Trail – 5 hours return Short Trail – 3 hours return

Skill Level:

All skill levels

Safety/Hazards:

Submerged logs may be present on the trail

Facilities:

Nearest public toilets Doree Place, Dora Creek

Accommodation:

Bed and Breakfast style accommodation is available in Dora Creek

Meals:

There are restaurants, cafes and clubs in Dora Creek and nearby Morisset

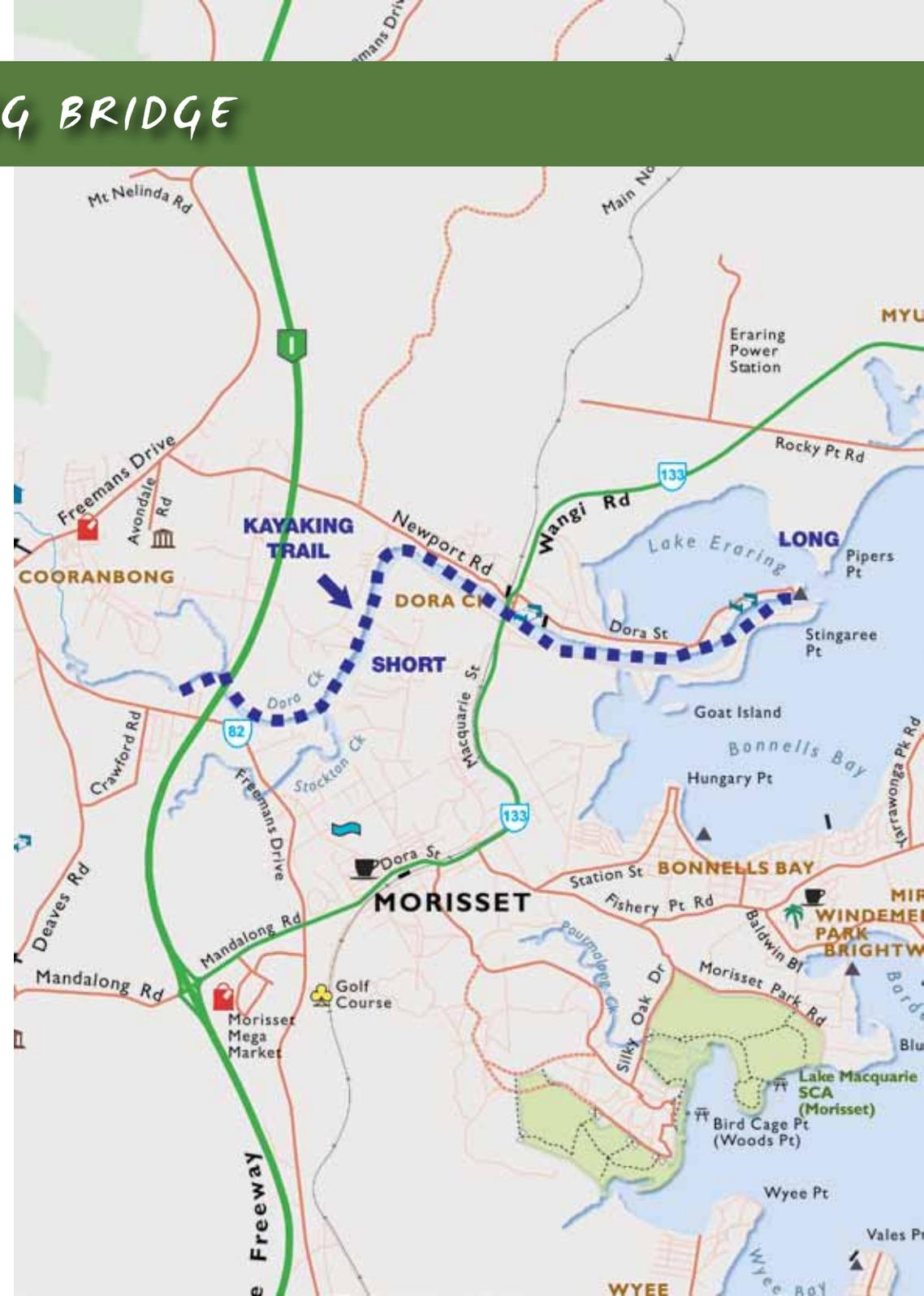
Attractions:

There are shops and horse riding in nearby Cooranbong and weekend markets held at Morisset

1. DORA CREEK TO THE SWINGING BRIDGE



Love the Lake





2. MANNERING PARK TO DEADWOODS



Launch your kayak at the end of Eliot Street, Mannering Park, to begin this trail. Set your sights for a power pylon across the water and enjoy a short paddle over one of the most southern points of Lake Macquarie. Behind the power pylon is a channel that provides access to a set of pipes leading under Rutleys Road. Beware of the shallows here, deeper water is found closer to the left bank.

Passing through the pipes will lead you into Mannering Bay, directly across this body of water, below a green shed, is the entrance to Wyee Creek. On approach, beware of shallow water. In the creek, navigate to the left, you will soon float under a conveyor feeding coal to the Vales Point Power Station.

Further upstream and to the left you will find an opening into an expanse of water known as 'Deadwoods'. This is the turn around point. Here the land has been flooded leaving a small forest of dead trees. Watch out for submerged logs in this area. There is a small sandy beach where you can disembark and stretch your legs, here you may even spot a kangaroo or some water birds.

<i>Launch Point:</i>	Eliot Street, Mannering Park
<i>Distance:</i>	6km
<i>Time:</i>	2 hours return
<i>Skill Level:</i>	All skill levels
<i>Safety/Hazards:</i>	Shallow water and submerged logs are present along the trail
<i>Facilities:</i>	Nearest public toilets: Vales Point Reserve, Peveril Street, Mannering Park. Vales Point Reserve also provides picnic tables, electric BBQ's, seating, swimming facilities and a boat ramp
<i>Accommodation:</i>	Tourist Park accommodation is available in Mannering Park
<i>Meals:</i>	Cafe and local shops are located on Vales Road, clubs and restaurants can be found further south at Doyalson and Lake Munmorah
<i>Attractions:</i>	Historic Catherine Hill Bay and the Munmorah State Conservation Area are both a short drive away

2. MANNERING PARK TO DEADWOODS



Love the Lake



3. WANGI WANGI TO PULBAH ISLAND & SHINGLE SPLITTERS POINT



If a southerly wind is present, consider paddling the trail in reverse order.

Launch your kayak at the Dobell Park boat ramp, off Dobell Street in Wangi Wangi. Head out due south across the open lake for Pulbah Island. This nature reserve can serve as a windbreak and is a great site for a well deserved rest with plenty of birdlife to observe. While paddling, keep an eye out for green turtles, they are known to feed on the seagrass and seaweed growing in this area. If you are fortunate enough to see one, be sure to report it to the National Parks and Wildlife Service as they record all sightings for conservation purposes. See www.environment.nsw.gov.au/surveys/MarineTurtleSurvey.

Shingle Splitters Point lies south-west of Pulbah Island, look for a group of Norfolk Pines planted by the first European settlers to distinguish it from the other points nearby. Once again, the journey is made across open water with no protection available from the elements. You can land either side of the point depending on conditions. This is the turn around spot, upon re-entry be mindful of razorfish, also known as the fan mussel or razor clam. This popular sashimi ingredient can cause nasty cuts to bare feet.

<i>Launch Point:</i>	Dobell Park Boat Ramp, off Dobell Drive, Wangi Wangi
<i>Distance:</i>	12km
<i>Time:</i>	3 hours return
<i>Skill Level:</i>	Moderate to experienced
<i>Safety/Hazards:</i>	Open water may become choppy in winds, sharks may be sighted
<i>Facilities:</i>	Public toilets, picnic facilities and play equipment can be found at Dobell Park and Shingle Splitters Point
<i>Accommodation:</i>	Tourist park accommodation is available at Wangi Wangi
<i>Meals:</i>	Dining options are dotted through the surrounding suburbs. The commercial hub of Toronto is a short drive away and offers restaurants, cafes and clubs
<i>Attractions:</i>	Historic Dobell House is located in Wangi Wangi, a variety of cycling/walking tracks can be found at Wangi Wangi Point

3. WANGI WANGI TO PULBAH ISLAND & SHINGLE SPLITTERS POINT



Love the Lake





4. SHINGLE SPLITTERS POINT TO DORA CREEK EAST



This trail begins at Shingle Splitters Point. Often identified by the large Norfolk Pines growing, the name ‘Shingle Splitters’ actually comes from the forest of casuarinas that used to populate the area. These trees were used to make shingle roofing for Lake Macquarie Houses before corrugated iron was introduced.

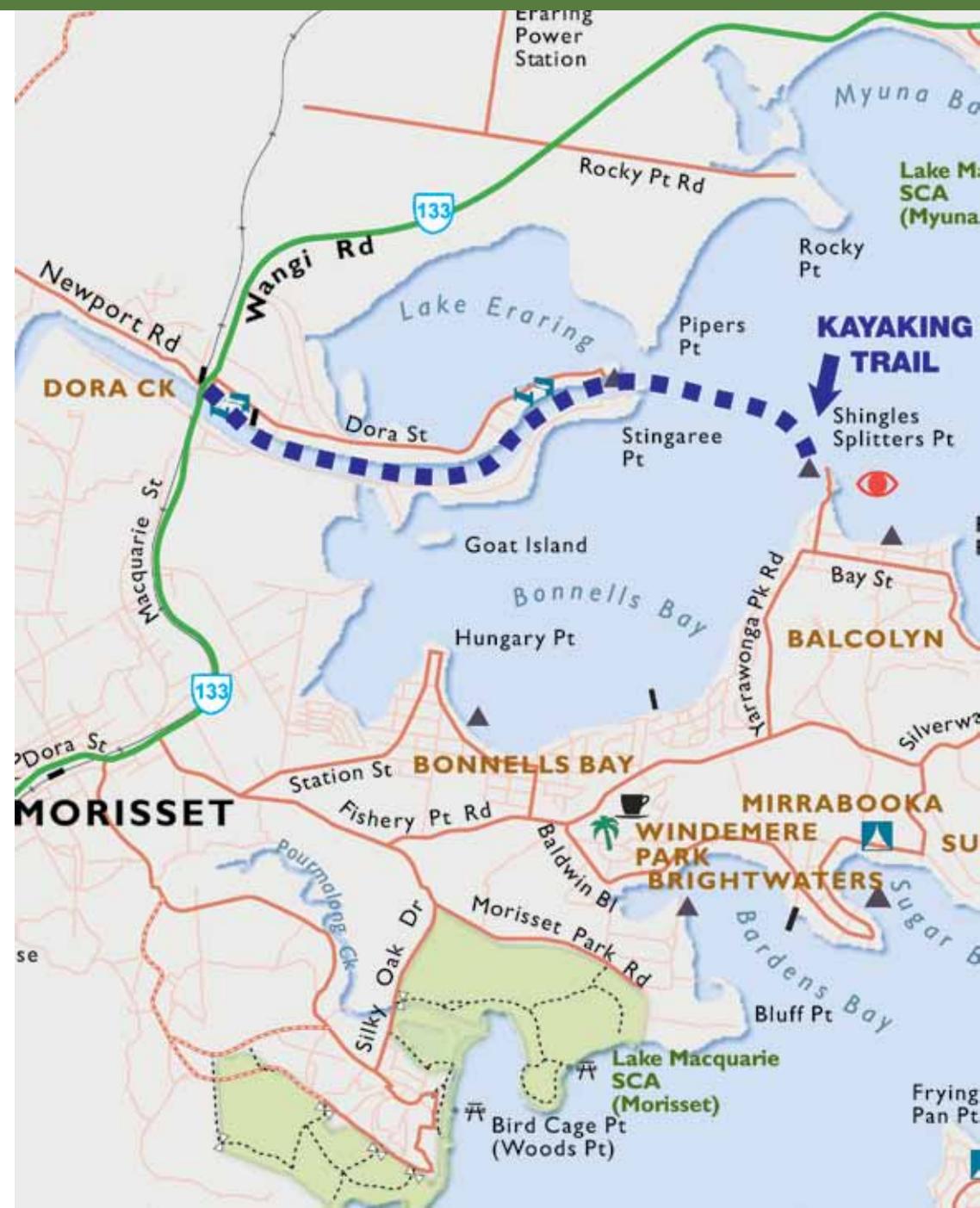
Set out north-west, in the direction of the Earing Power Station’s twin chimneys. This station is responsible for meeting around 25% of the state’s power needs. As you paddle, a gap will appear in the shoreline. This splits in two directions; Dora Creek to the left and Lake Earing to the right. Navigate left, keeping an eye out for shallow water as you pass through the entrance of the creek. A variety of bird life such as pelicans, seagulls and cormorants will look on as you make your way upstream past the cottages of Dora Creek. There are several turn around points, the first is a boat ramp on the northern shore close to the creek’s entrance, alternatively you can continue further towards the town centre and exit the water near the Macquarie Street Bridge. Here you can wander up to the shops for a bite to eat before making the return journey back the same way.

<i>Launch Point:</i>	Shingle Splitters Point, Queen Street, Balcolyn
<i>Distance:</i>	9km
<i>Time:</i>	3 hours return
<i>Skill Level:</i>	All skill levels
<i>Safety/Hazards:</i>	Open water may become choppy in winds, shallow water occurs near the Dora Creek entrance
<i>Facilities:</i>	Public toilets, picnic facilities and play equipment can be found at Shingle Splitters Point Park. Public toilets are also available at Doree Place, Dora Creek
<i>Accommodation:</i>	There is an array of options scattered around the Morisset Peninsula including B&Bs, self-contained and pubstays
<i>Meals:</i>	Dining options are dotted through the surrounding suburbs. The commercial hub of Morisset is short drive away and offers restaurants, cafes and clubs
<i>Attractions:</i>	There are shops and horse riding in nearby Cooranbong and weekend markets held at Morisset

4. SHINGLE SPLITTERS POINT TO DORA CREEK EAST



Love the Lake



5. SUNSHINE TO PULBAH ISLAND & WANGI WANGI

Make your way nor-east after you have launched off at Sunshine Park. The first possible pit-stop is at Point Wolstoncroft; a small beach makes for easy landing. This is a nice opportunity to stretch out before continuing onwards.

Paddle around the southern tip of Pulbah Island and land for a break at the small beach located on the northern side. In the 1920s, native species such as kangaroos, koalas and wombats were introduced on the island, but were later removed during the war years as a caretaker could not be found. Today, bird enthusiasts will be delighted with the level of avian life present.

Continue on in north-easterly direction past Wangi Wangi Point to a nice landing spot on northern side of the headland. This area is contained within the Lake Macquarie State Conservation Area, there are several walking trails nearby should you be feeling overly active. The view across the lake looks east to the town centres of Swansea and Belmont. When you are ready, paddle back past the northern tip of Pulbah Island to Sunshine Park.

Launch Point:

Sunshine Park, Sunshine Parade, Sunshine

Distance:

12km

Time:

4 hours return

Skill Level:

Moderate to experienced

Safety/Hazards:

Open water may become choppy in winds, sharks may be sighted

Facilities:

Nearest public toilets: Sunshine Park

Accommodation:

There is an array of options around the Morisset Peninsula including B&Bs, self-contained and pubstays

Meals:

Dining options are dotted around the surrounding suburbs. The commercial hub of Morisset is a short drive away and offers restaurants, cafes and clubs

Attractions:

A variety of walking/cycling tracks can be found at Wangi Wangi Point, markets are held every weekend at Morisset



5. SUNSHINE TO PULBAH ISLAND & WANGI WANGI



Love the Lake





6. SPEERS POINT TO BARNSLEY WEIR



This trail takes you past the industrial, commercial and rural settings of the North Lake Macquarie district.

Upon entry to the water, veer right and paddle upstream. The first bridge you will cross under is the Five Islands Road, this is a major thoroughfare connecting West Lake Macquarie with the Northlakes area. Soon you will be passing the Boolaroo industrial area and the Lake Macquarie Council depot of the right and an old wrecking yard to the left.

Next you will pass under the train bridge and soon after the creek will branch in 3 different direction. Navigate to the left. The creek now meanders through the bush with a few twists and turns along the way. When you pass under the next bridge you have reached you destination. This is the turn around spot. There are several places along the trail where it is easy to go ashore for a rest and snack. Aquatic birds including ducks and cormorants are common in the area.

Launch Point:	Speers Point Park boat ramp, Park Road, Speers Point
Distance:	14km
Time:	3 hours return
Skill Level:	All skill levels
Safety/Hazards:	In windy conditions beware of overhanging tree braches in Cockle Creek
Facilities:	Nearest public toilets: Speers Point Park. The park also hosts BBQs, covered picnic tables, and rotunda and play equipment
Accommodation:	Boutique hotel/motel accommodation is available at Speers Point. Motels and B&Bs are also located in nearby Warners Bay
Meals:	A large range of cafes and restaurants are located at nearby Warners Bay, there are also clubs and hotels in Speers Point
Attractions:	Speers Point is very family friendly. Attractions in the area include a swimming centre, indoor playground, bowling alley and ice skating rink

6. SPEERS POINT TO BARNESLEY WEIR



Love the Lake

