

LAKE Macquarie

NEW SOUTH WALES

WALKING TRAILS



the
Lake

YOU WILL LOVE DISCOVERING THE STUNNING WALKING TRAILS IN LAKE MACQUARIE

There's no better way to experience Lake Macquarie's natural playground than taking the time to walk through it. The golden coastline, Watagan mountain ranges, and lake centrepiece provide for a diverse range of walks suitable for varying levels of fitness.

Hike to the summit of Mount Sugarloaf and you'll fall in love with the vast scenic outlook over the Hunter Region. You can get a more intimate feel for the area and its range of flora and fauna by strolling through some of our National Parks' rich bushland. There are a number of State Conservation Areas where you can indulge your senses in the smell and feel of the rainforest air. The lake foreshore and 16km of coastline offer easy and leisurely walks to take in the views.

This guide features 20 walking trails in Lake Macquarie that vary in length and difficulty.

Whether it's a short stroll or challenging hike you're after, get inspired by some of the trails described in this guide. Why not make it your Lake Macquarie 'to-do' list? Complete all 20, walking your way from the easier trails to the more challenging ones!

DISCLAIMER

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CONTENTS

Walking Trail Locations	4
Keys & Symbols	5
Walking Checklist	6
Local Walking Groups	6
Environmental Care	7
Other Groups of Interest	7
1. Mount Sugarloaf	8
2. Warners Bay Foreshore	9
3. Yuelarbah Track	10
4. Glenrock Lagoon	12
5. Fernleigh Track	13
6. Awabakal Nature Reserve	14
7. Ken & Audrey Owens Walk	15
8. Green Point Foreshore	16
9. Belmont Lagoon	17
10. Galgabba Point	18
11. Wallarah Peninsula Track	19
12. Caves Beach Walk	20
13. The Palms Track	21
14. Wangi Wangi Point	22
15. Kilaben Bay Nature Walk	23
Watagan Walks	
16. Boarding House Dam	24
17. The Gap Creek Falls Trail	24
18. Muirs Walking Trail	26
19. The Pines Trail	26
20. Watagan Trail	27

Lake Macquarie Visitor Information Centre

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E: tourism@lakemac.nsw.gov.au

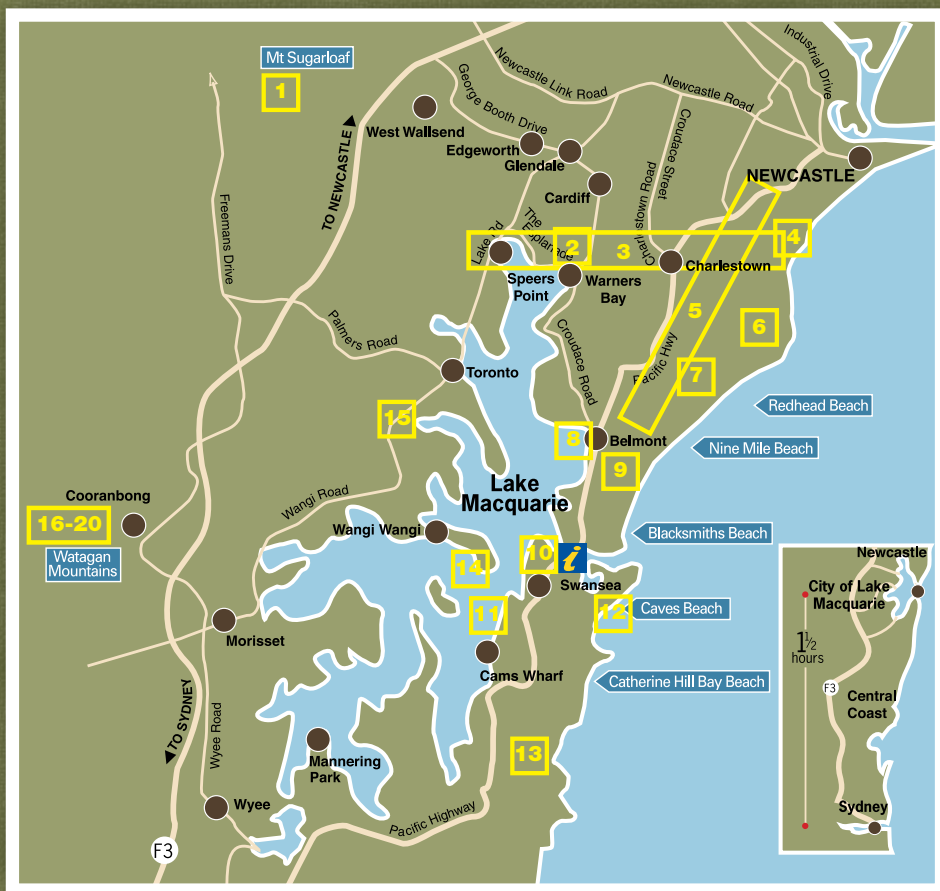
Book accommodation online at

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or call **1800 802 044**



WALKING TRAIL LOCATIONS




- | | |
|----------------------------------|------------------------------------|
| 1 Mount Sugarloaf | 10 Galgabba Point |
| 2 Warners Bay Foreshore | 11 Wallarah Peninsula Track |
| 3 Yuelarbah Track | 12 Caves Beach Walk |
| 4 Glenrock Lagoon | 13 The Palms Track |
| 5 Fernleigh Track | 14 Wangi Wangi Point |
| 6 Awabakal Nature Reserve | 15 Kilaben Bay Nature Walk |
| 7 Ken & Audrey Owens Walk | 16-20 Watagan Mountains |
| 8 Green Point Foreshore | |
| 9 Belmont Lagoon | |

KEYS & SYMBOLS



LOCATION:	The vicinity of the walk by referring to the closest town, park or forest
TYPE:	Loop trails have a continuous path where the end point meets the start point. Linear trails lead to a specific point and return along the same path
TIME:	Times are for the completion of the walk back to the start point unless otherwise stated
DISTANCE:	Length of the walk
GRADE LEVEL:	<p>Trails are categorised into 3 grade levels.</p> <p>Easy – Accessible to people of all ages and fitness levels</p> <p>Moderate – Suitable for people with average level of fitness. May include some steep inclines.</p> <p>Hard – Requires a reasonable level of fitness, some previous hiking experience is advantageous. May include steep inclines and uneven surfaces</p>
START POINT:	The beginning of the trail
FACILITIES:	Facilities associated with the trail
ACCESS:	How to reach the start point of the trail including road and town names
COST:	Entry or car parking fees. If no symbol it's free
PROHIBITED:	Items prohibited on the walk
INFORMATION:	Additional useful information
SHARED PATHWAY:	Off road path used by walkers and cyclists

	National Park / State Conservation Area / Nature Reserve
	State forest
	Highway
	Major road
	Minor road
	Feature walking track
	Other walking track
	Visitor information
	Restaurants & cafes
	Boat ramp
	Patrolled beach
	Public baths
	Club
	Jetty
	Park facilities: lookout / picnic / camping
	Hospital



WALKING CHECKLIST

- Keep to the tracks and always take a map.
- Plan your walks carefully and within your ability.
- Seek a weather forecast before setting off on your walk.
- Wear strong shoes, sunscreen, insect repellent, protective clothing and a hat.
- Carry a first aid kit and warm and waterproof clothing. The weather can change quickly at any given time.
- Carry enough drinking water and food.
- Carry a bag for rubbish.



LOCAL WALKING GROUPS

Eastlakes Walkers 4948 7383

Warners Bay 4921 0730

Central Coast Walkers 4350 5429

Watagan Wanders 4961 6453



ENVIRONMENTAL CARE



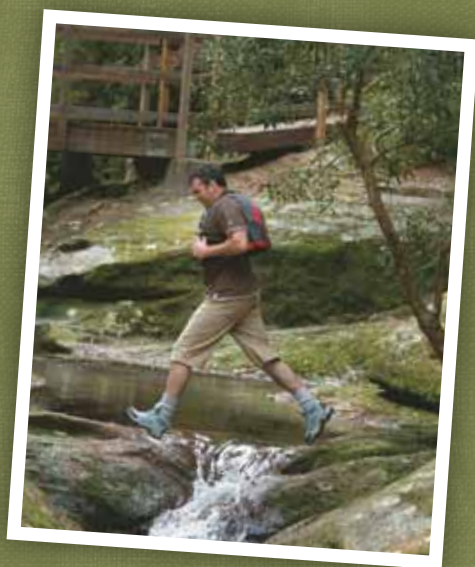
Help us care for our walking trails, parks and reserves by remembering to obey National Parks and State Forests regulations and guidelines.

- All native plants, animals, cultural and historic features are protected.
- Take your rubbish home with you.
- Pets and firearms are not allowed in National Parks.
- Please do not feed or handle wildlife as it fosters dependence and may cause disease.
- Road closures apply to all vehicles.
- Check for closures in National Parks.
- Observe all fire restrictions and stay out of the bush in periods of very high to extreme fire danger.

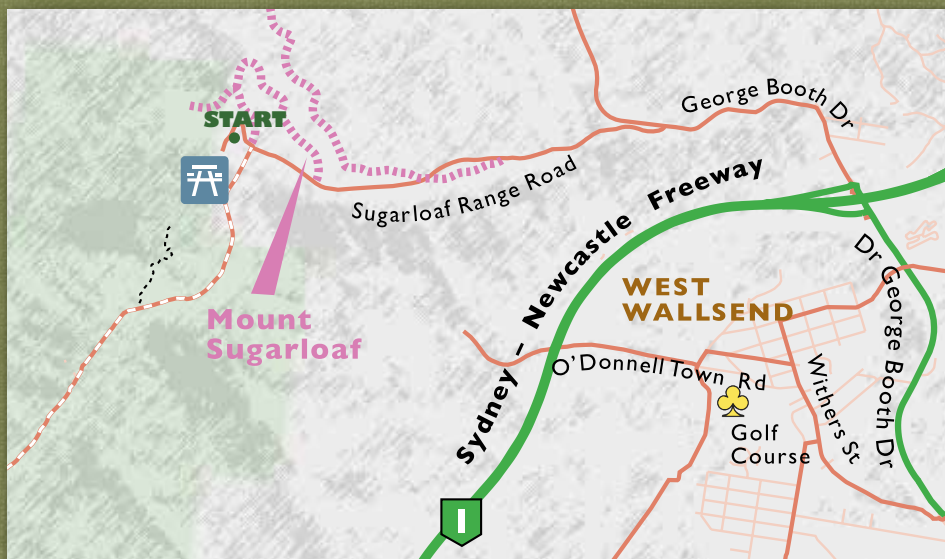


OTHER GROUPS OF INTEREST

Hunter Bird Observers Club
– Lake Macquarie Birding Routes
PO Box 24 New Lambton NSW 2305
Ph: 4958 594

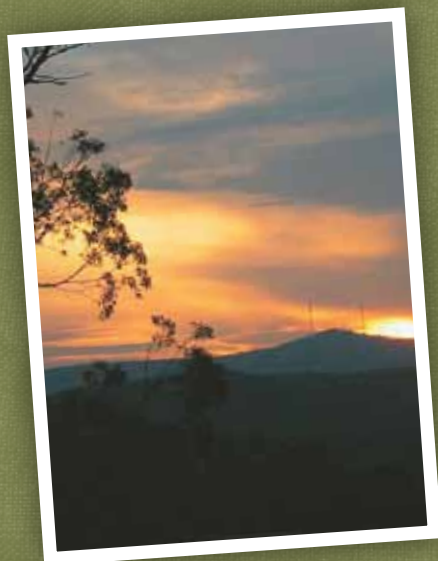


1. MOUNT SUGARLOAF

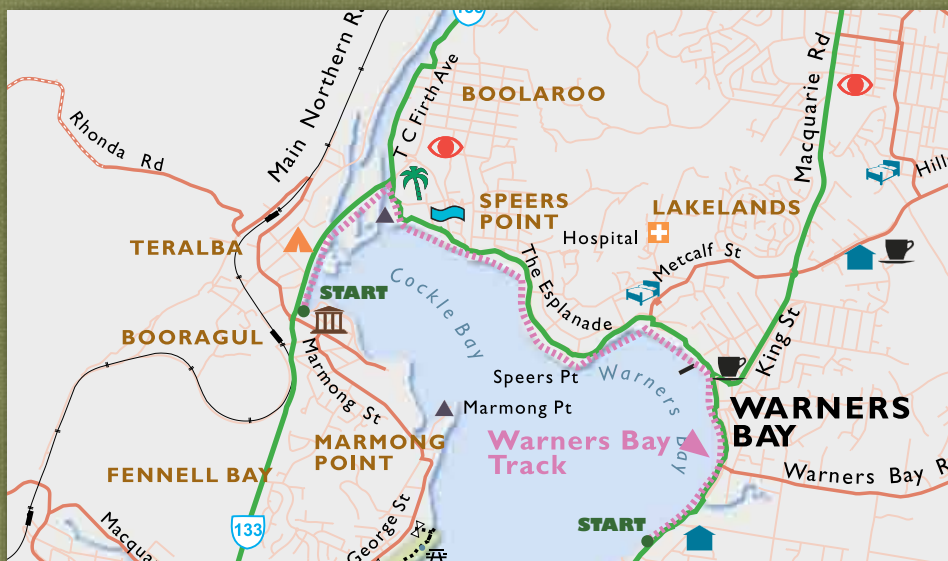


Mount Sugarloaf has several walking tracks leading from the car parks to the picnic areas and lookouts or to the summit of Mount Sugarloaf. Magnificent views of Lake Macquarie and the surrounding Hunter areas can be viewed from Mount Sugarloaf.

LOCATION:	Mount Sugarloaf, West Wallsend
TYPE:	1 Linear and 2 Loop Tracks
DISTANCE:	275 metres to 1.6km
GRADE LEVEL:	Moderate
START POINT:	From any of the car parks
FACILITIES:	Picnic area, bbqs, lookout, parking
ACCESS:	Mount Sugarloaf Rd, West Wallsend
PROHIBITED:	No pets
INFORMATION:	The two transmitters located at the top of Mount Sugarloaf can be seen from many vantage points across the city



2. WARNERS BAY FORESHORE

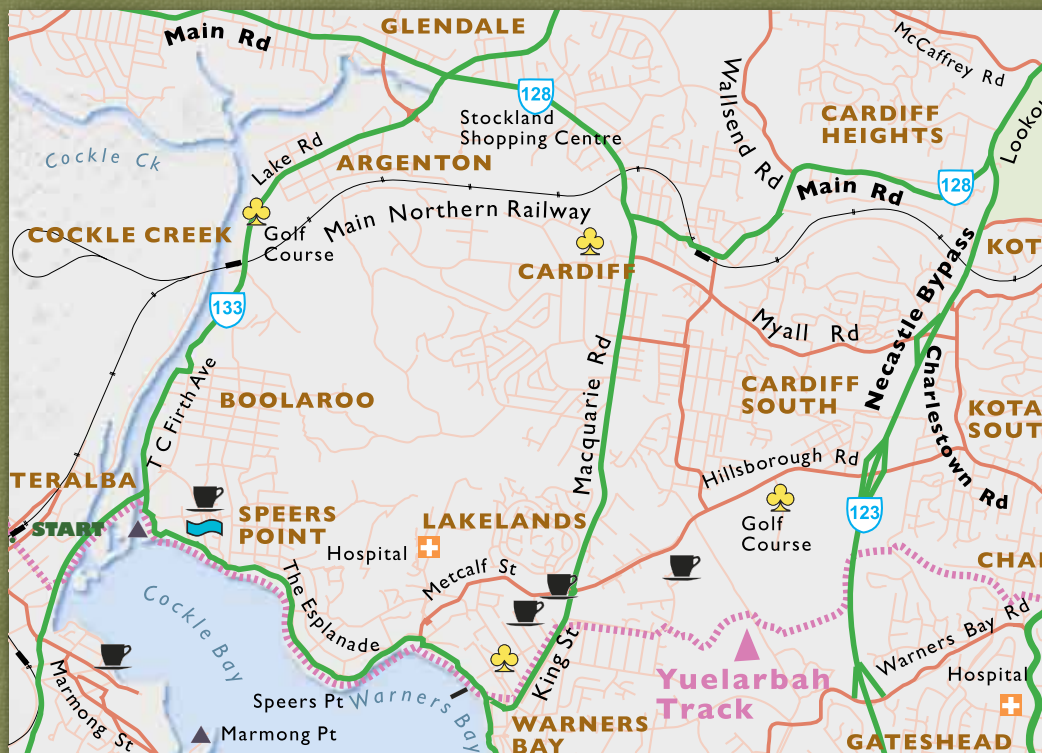


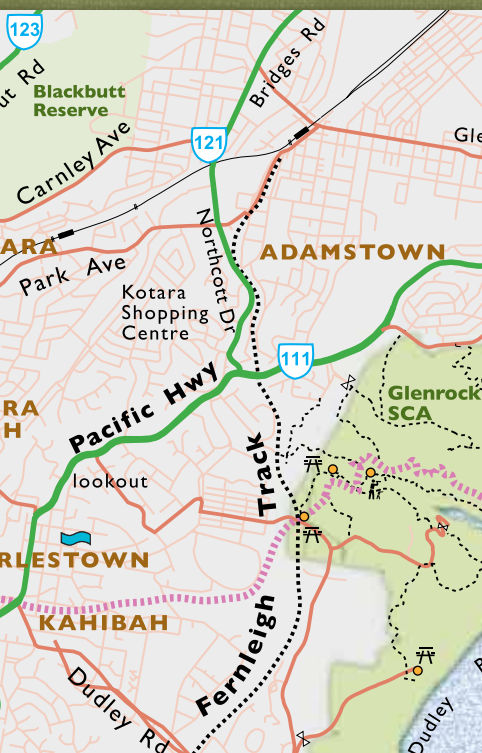
From the car park the path leads along the foreshore of Lake Macquarie ending at the Art Gallery at Booragul. Along the way you can stop at one of the many rest areas or cafes and enjoy the scenery. This is a great walk for families. The walk includes a 380m long elevated boardwalk built over the lake and hugs the foreshore around a headland known locally as “Redbluff” due to the colour of the earth.

LOCATION:	Eleebana to Booragul
TYPE:	Linear
DISTANCE:	8.9km one way
GRADE LEVEL:	Easy
START POINT:	Lions Park Eleebana car park
FACILITIES:	Parking, picnic areas, toilets, rest area, parks
ACCESS:	The Esplanade, Warners Bay
PROHIBITED:	Nil
INFORMATION:	Is a shared path and part of the Great North Walk

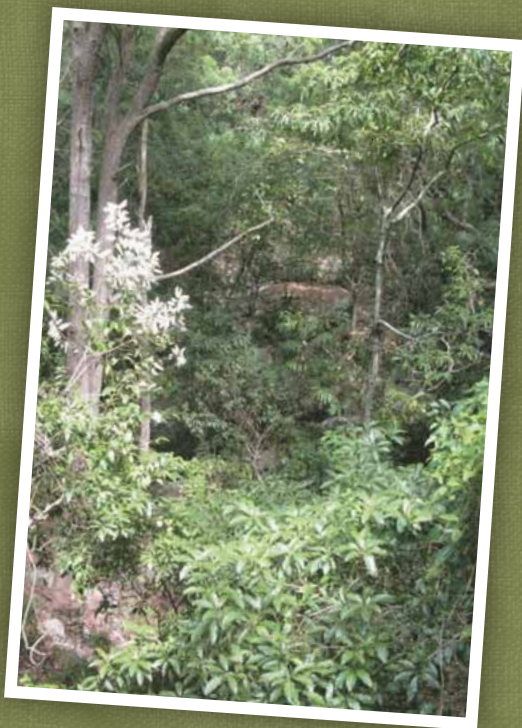


3. YUELABAH TRACK





Starting at Teralba the walk leads you to the shores of Lake Macquarie at Speers Point and Warners Bay. The trail follows on through Charlestown and Kahibah proceeding into Glenrock State Recreation Area.



LOCATION:	Northern Lake Macquarie
TYPE:	Linear
TIME:	1 day
DISTANCE:	25km
GRADE LEVEL:	Easy to Moderate
START POINT:	Teralba Railway Station
FACILITIES:	Refreshments and toilets available at various points of walk
ACCESS:	Railway St, Teralba
PROHIBITED:	Nil
INFORMATION:	Part of the Great North Walk. More extensive maps are available for sale at Visitor Information Centres and the Department of Lands

4. GLENROCK LAGOON



From the car park near the Fernleigh Track descend down a wooden ramp into the forest. Cross Flaggy Creek over a wooden bridge. Track climbs gently through forest to emerge at Leichardt Lookout on the cliff top. Track continues to Glenrock Lagoon and Legge Beach.

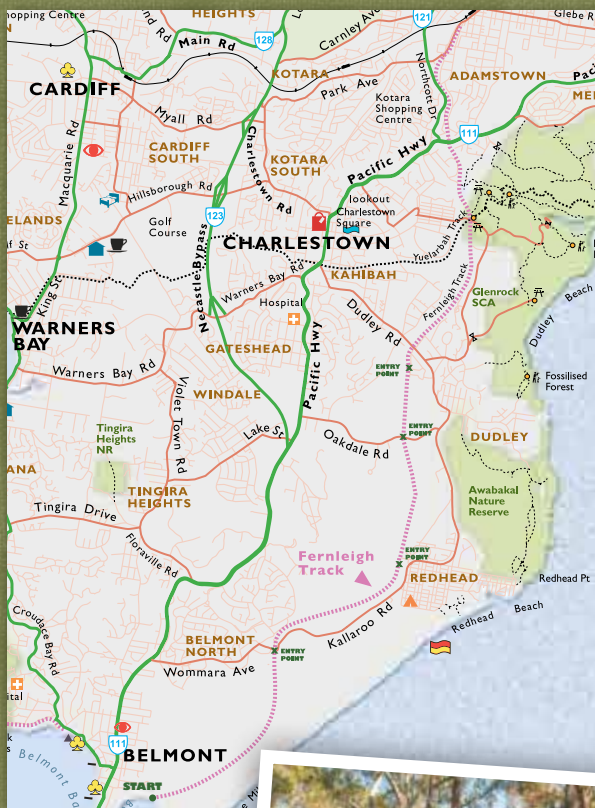
LOCATION:	Kahibah
TYPE:	Linear
TIME:	1.5 hours
DISTANCE:	2.3km
GRADE LEVEL:	Easy
START POINT:	Kahibah near the old railway station
FACILITIES:	Information board at start Picnic tables across the creek
ACCESS:	Burwood Rd, Kahibah
PROHIBITED:	No domestic pets
INFORMATION:	Part of The Great North Walk Wheelchair friendly



5. FERNLEIGH TRACK



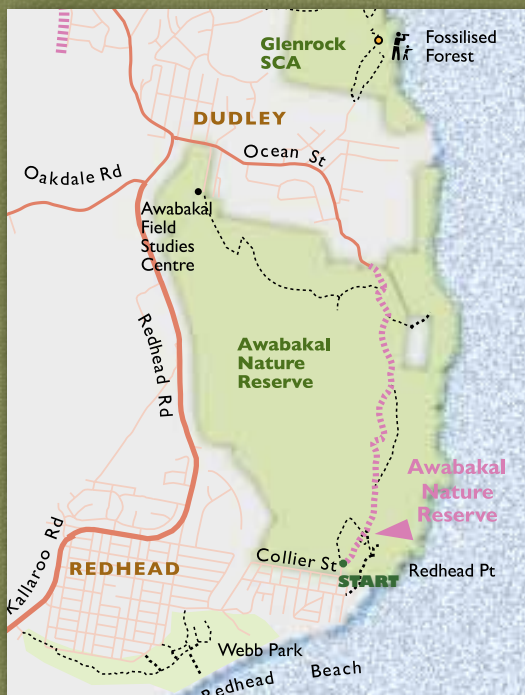
Fernleigh Track is one of the region's popular shared pathways, which runs along an old railway track from Belmont to Adamstown. The track provides a peaceful and scenic walking and cycling track, through beautiful bushland and wetland areas. The track features a 180 metre long former rail tunnel which is the connecting point between Lake Macquarie and Newcastle, former stations and heritage railway relics.



LOCATION:	Eastern Lake Macquarie
TYPE:	Linear
DISTANCE:	15.9km
GRADE LEVEL:	Easy
START POINT:	Railway Pde, Belmont
FACILITIES:	Street parking available at Belmont, Jewells, Redhead and Whitebridge
ACCESS:	Railway Pde Belmont, Wommara Ave, Jewells Oakdale Rd, Gateshead, Cowlishaw St, Redhead, Station St, Whitebridge and Dibbs St, Adamstown



6. AWABAKAL NATURE RESERVE

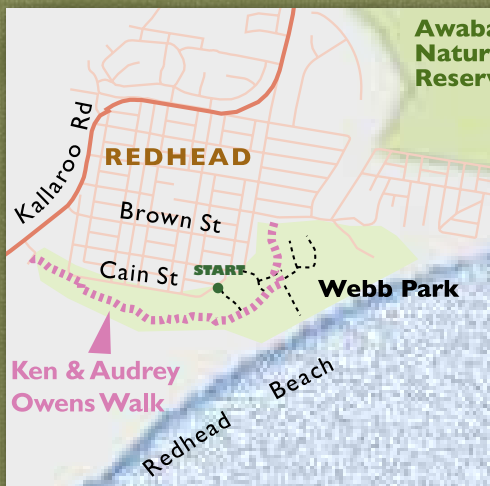


An area of coastal heath land between Dudley and Redhead. The tracks in the reserve are adventurous with some leading to Redhead Lagoon. A great spot for whale watching, bird watching and wildflower photography.

LOCATION:	Between Dudley and Redhead
TYPE:	Linear
TIME:	1 hour
DISTANCE:	Up to 5km
GRADE LEVEL:	Easy to Moderate
START POINT:	End of Boundary Rd, Dudley
FACILITIES:	Picnic tables at Awabakal Field Studies Centre, Dudley
ACCESS:	Collier St, Redhead and Ocean St, Dudley
PROHIBITED:	No pets
INFORMATION:	Disabled sensory trail at the start

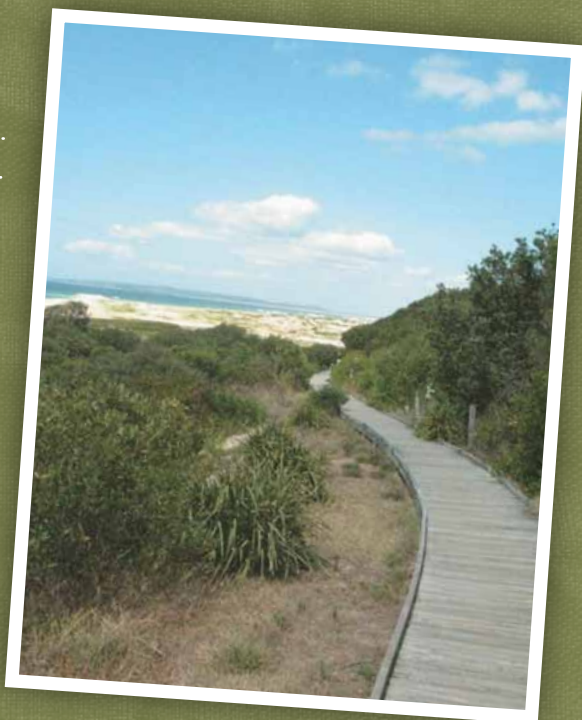


7. KEN & AUDREY OWENS WALK



4km network of pathways, boardwalks, wetland bridges and whale/surf observation platforms. From the lookout follow the path to Redhead Lagoon and the sand dunes. Rest stops have been positioned to enjoy the wetlands wildlife. Return to the lookout and head left over the sand hills which leads another lookout and Webb Park, Redhead.

LOCATION:	Redhead
TYPE:	Linear
TIME:	1 hour
DISTANCE:	4km
GRADE LEVEL:	Easy
START POINT:	Lookout platform off Cain St
FACILITIES:	Lookout, rest areas, water fountain, beach showers
ACCESS:	Via Cain St, Redhead
PROHIBITED:	Nil
INFORMATION:	Suitable for prams and wheelchairs



8. GREEN POINT FORESHORE



Situated on the lake foreshore between Belmont and Valentine, Green Point Foreshore Reserve is one of Lake Macquarie's most scenic natural attractions. The track is straight and flat for part of the walk following a clear sand beach. Markers along the way tell the history of the site. Return along the same track. It is a great spot for a day out.

LOCATION:	Belmont
TYPE:	Linear
DISTANCE:	7km
GRADE LEVEL:	Easy
START POINT:	Car park at The Shores Way, Belmont
FACILITIES:	Picnic area, lookout, gas bbqs, car park and jetty
ACCESS:	Green Point Dr, Belmont Hospital
PROHIBITED:	No pets, 4wds, motor bikes, camping
INFORMATION:	More walks leading off foreshore path



9. BELMONT LAGOON



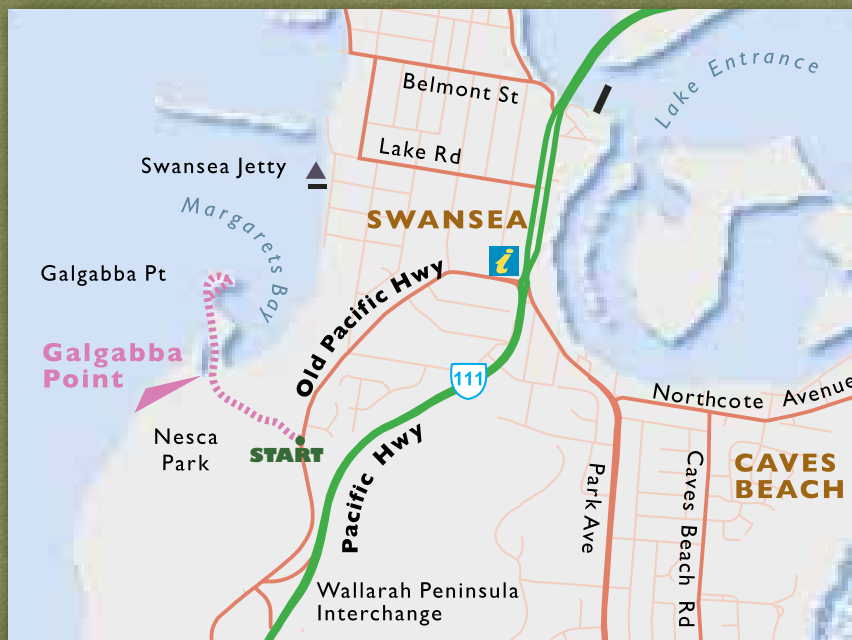
Belmont Lagoon is the Teardrop of the Moon and according to the primary Aboriginal legend was formed the night the moon cried. Belmont Lagoon is situated between the Pacific Ocean and Lake Macquarie in the community of Belmont. The reserve is made up of five main biotic areas including swamp forest and heath, reed swamp sedge land and open water which attract various bird life and marine animals and fish.



LOCATION:	Belmont
TYPE:	Linear
TIME:	50 mins return
DISTANCE:	4.3km return
GRADE LEVEL:	Easy
START POINT:	Belmont Lagoon Reserve
ACCESS:	Off Beach St, Belmont
PROHIBITED:	No dogs



10. GALGABBA POINT



Galgabba Point is an easy flat walk along a bush path. This is a significant bushland remnant with an endangered ecological community and threatened plant species. Fauna featured includes the Regent Honeyeater, Swift Parrot, Squirrel Glider and many more.

LOCATION:	Swansea
TYPE:	Linear
TIME:	1 hour
DISTANCE:	1.5km
GRADE LEVEL:	Easy
START POINT:	Galgabee Rd and Old Pacific Hwy
ACCESS:	Marks St and Old Pacific Hwy
PROHIBITED:	No pets
INFORMATION:	Landcare project has cleared many weeds from the reserve and revegetated with native plants



11. WALLARAH PENINSULA TRACK

From the foreshore follow Jetty Point Drive to the Wallarah Peninsula Track. Follow the marked fire trail to the footbridge over the Pacific Highway. There are some steep parts with loose gravel along this walk. From the footbridge it is a 10 minute walk along the old Pacific Highway to the entrance of the National Park. Once you leave the National Park follow the fire trail taking the first south fork to Pinny Beach.



LOCATION:	Murrays Beach
TYPE:	Linear
TIME:	2 hours one way
DISTANCE:	8km
GRADE LEVEL:	Moderate
START POINT:	Foreshore, Murrays Beach
FACILITIES:	Toilets, lookout, cafe, picnic area, bbqs
ACCESS:	Exit off the Pacific Hwy, south of Swansea
PROHIBITED:	No pets
INFORMATION:	Extensive map available at Lake Macquarie Visitor Information Centre



12. CAVES BEACH WALK

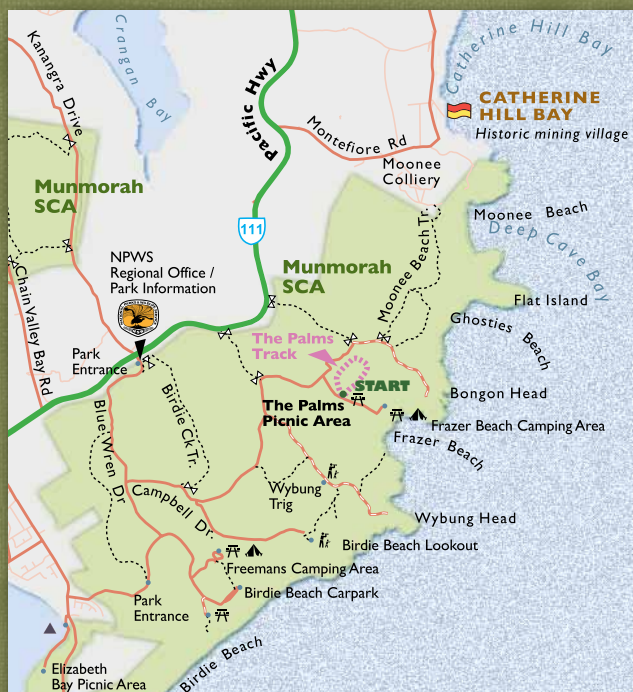
From the car park follow the path above the cliff line down to Spoon Rocks which has remains of the break wall constructed to load coal into ships. From Spoon Rocks follow the path along to Quarries Head, which is a pretty spot overlooking the ocean. The walk runs through part of the Wallarah National Park, which is a great spot for whale and dolphin watching.



LOCATION:	Caves Beach
TYPE:	Linear
TIME:	2 hours
DISTANCE:	5-6km
GRADE LEVEL:	Moderate
START POINT:	Caves Beach car park
FACILITIES:	Toilets, car park
ACCESS:	Caves Beach Rd, Caves Beach
PROHIBITED:	Nil
INFORMATION:	Part of the Wallarah National Park



13. THE PALMS TRACK



This is an excellent place to escape the summer heat and wander below a canopy of cabbage tree palms. The track leads you through a variety of vegetation types.

LOCATION:	Munmorah State Conservation Area
TYPE:	Loop
TIME:	30 minutes
DISTANCE:	750 metres to 1km
GRADE LEVEL:	Easy
START POINT:	The Palms Picnic Area
FACILITIES:	Picnic area, gas bbqs
ACCESS:	Entrance to park from the Pacific Highway, then follow the signs to The Palms Picnic Area
COST:	Entry fee to enter park
PROHIBITED:	No open fires or pets
INFORMATION:	Camping available in park, fees apply



14. WANGI WANGI POINT

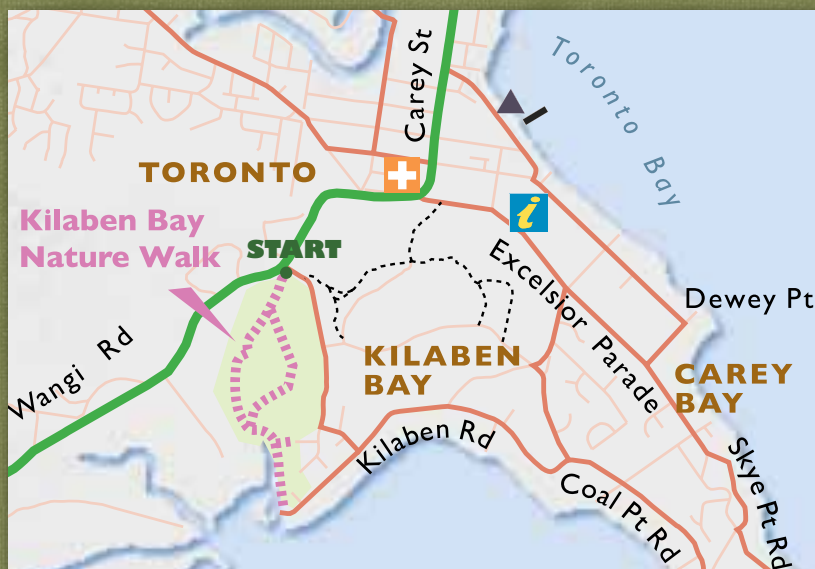


The reserve is primarily a passive recreation area with the walking trails being designed to protect the environment whilst at the same time providing an opportunity to enjoy the variety of vegetation types and visual experiences found in the reserve. The two lookouts enable extensive views of the lake.

LOCATION:	Wangi Wangi Point
TYPE:	4 walks available, Linear and Loop
TIME:	20 minutes to 1 hour
DISTANCE:	500 metres to 2.2km
GRADE LEVEL:	Easy to Moderate
START POINT:	From the car park entrance
FACILITIES:	Picnic areas, lookout
ACCESS:	Dobell Drive and Watkins Rd, Wangi Wangi
PROHIBITED:	No pets or open fires
INFORMATION:	Part of the Lake Macquarie State Conservation Area



15. KILABEN BAY NATURE WALK



The walk starts from Toronto Fire Station down a fire trail and links to the elevated Boardwalks through to Kilaben Bay. The walk features five separate vegetation communities and over 100 different bird species.

LOCATION:	Kilaben Bay
TYPE:	Linear
TIME:	45 minutes
DISTANCE:	1.5km one way
GRADE LEVEL:	Easy
START POINT:	Toronto Fire Station at Ridge Rd
FACILITIES:	Parking
ACCESS:	Kilaben Road
PROHIBITED:	No pets
INFORMATION:	Suitable for wheelchairs and prams



16-20. WATAGAN WALKS

The Watagan National Park has several defined walking trails to explore. Covering 7,751 hectares of extensive mountain range, the Watagans provide many recreational opportunities.

16. BOARDING HOUSE DAM

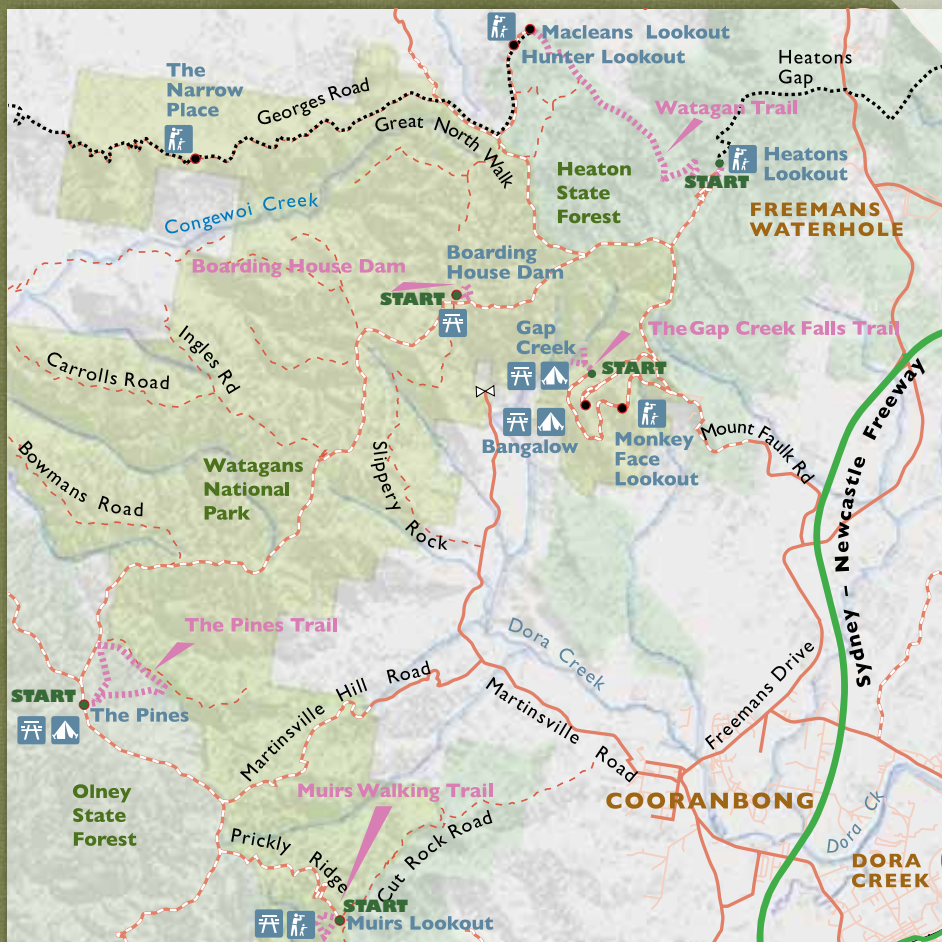
This 20min walk from the picnic ground passes through cool gully rainforest and features a 110 metre long moss covered rock wall and unusual sculptured rock formations in the creek.

LOCATION:	Watagan National Park
TYPE:	Loop
TIME:	20 minutes
DISTANCE:	620 metres
GRADE LEVEL:	Easy
START POINT:	Picnic area
FACILITIES:	Sheltered Picnic area, toilets, free gas bbqs, water
ACCESS:	Watagan Forest Road
PROHIBITED:	No open fires or pets
INFORMATION:	Part of the National Park

17. THE GAP CREEK FALLS TRAIL

Commences from the Gap Creek picnic area at the end of Bangalow Road. The track wanders through areas of cool rainforest and passes interesting features such as red cedars and a large Illawarra flame tree. After about 300 metres, near the base of a giant bluegum, the track forks. The left hand fork continues about 200 metres to the impressive Gap Creek Falls with a sheer drop of 40m over a curved cliff face. The right fork continues for another 400m through rainforest before finishing at Gap Creek.

LOCATION:	Watagans National Park
TYPE:	Linear
TIME:	1 hour
DISTANCE:	500 - 700 metres one way
GRADE LEVEL:	Moderate
START POINT:	Gap Creek Picnic Area
FACILITIES:	Free gas and wood bbq's, sheltered picnic area, water, toilets, camping
ACCESS:	Mount Faulk Road
PROHIBITED:	No open fires or pets
INFORMATION:	Part of the National Park



16-20. WATAGAN WALKS

18. MUIRS WALKING TRAIL

Leads from the picnic area through blackbutt and bluegum forests and rainforest gullies. The trail returns the bushwalker to the carpark.

LOCATION:	Jilliby State Conservation Area
TYPE:	Loop
TIME:	1 hour
DISTANCE:	1.5km
GRADE LEVEL:	Moderate
START POINT:	Muir's Picnic Area
FACILITIES:	Picnic area, lookout, wood bbqs, water and toilets
ACCESS:	Prickly Ridge Road, via Watagan Forest Rd
PROHIBITED:	No open fires or pets
INFORMATION:	Part of the Jilliby State Conservation Area

19. THE PINES TRAIL

Follow Dora Creek from the picnic area through areas with moist eucalypt forest and rainforest. The walk also passes Aboriginal grinding grooves in sandstone and a lovely rock pool. Access to the camping area is from this trail.

LOCATION:	The Pines Forest Park
TYPE:	Loop
TIME:	45 minutes
DISTANCE:	1.1km
GRADE LEVEL:	Easy
START POINT:	The Pines Picnic Area
FACILITIES:	Picnic area, camping, bbqs, toilets and fresh water
ACCESS:	Walkers Ridge Forest Road
PROHIBITED:	No open fires or pets
INFORMATION:	Part of the State Park





20. WATAGAN TRAIL

This walk leads from Heaton Lookout to McLeans Lookout taking in some of the best forest scenery and vantage points in the Watagans. The trail is part of the Great North Walk and passes through Wallis Creek Canyon with its beautiful moss-covered overhangs and rainforest plants. From McLeans Lookout there is also an easy walk to the Hunter Lookout (600m) following the cliff line with beautiful views over the Hunter Valley.

LOCATION:	Heaton Forest Park
TYPE:	Loop
TIME:	4-5 hours
DISTANCE:	8kms
GRADE LEVEL:	Hard
START POINT:	Heaton Lookout
FACILITIES:	Bbqs, picnic area, toilets, water, lookout
ACCESS:	Heaton Road and Mount Faulk Road
PROHIBITED:	No open fires or pets
INFORMATION:	Part of the State Forest



Mossy Wall, Boarding House Dam

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