

WALKS, PADDLES AND BIKE RIDES IN THE ILLAWARRA AND ENVIRONS



Mt Carrialoo (Photo by P. Bique)

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Note

This booklet is a compilation of walks, paddles, bike rides and holidays organised by the WEA Illawarra Ramblers Club over the last several years. The activities are only briefly described. More detailed information can be sourced through the NSW National Parks & Wildlife Service, various Councils, books, pamphlets, maps and the Internet.



WEA ILLAWARRA RAMBLERS CLUB

Summary of Information for Members

(For a complete copy of the "Information for Members" booklet, please contact the Secretary)

Participation in Activities

If you wish to participate in an activity indicated as "Registration Essential", contact the leader at least two days prior. If you find that you are unable to attend please advise the leader immediately as another member may be able to take your place. Before inviting a friend to accompany you, you must obtain the leader's permission. Arrive at the meeting place at least 10 minutes before the starting time so that you can sign the Activity Register and be advised of any special instructions, hazards or difficulties. Leaders will not delay the start for latecomers.

Transport

There is no obligation on a leader to provide transport for others. However, please advise the leader if you are willing to car pool and share costs.

Grading System

The following information must be taken as a guide only as it cannot take into account all factors. If you have little or no experience, we suggest you start with the lower grades then progress to the higher grades. If you are uncertain about the experience and fitness required, contact the leader for advice.

Walks

Grade	Distance	Type of Terrain	Suitable for
1	Up to 8 km	Established tracks, fire trails, road or beach walking. May include some gentle gradients.	Beginners to bushwalking.
2	Up to 12 km	Established tracks, fire trails, roads or beach walking, gentle or moderate gradients.	Most people with reasonable fitness.
3	Up to 16 km	Mostly on tracks or fire trails, with moderate gradients.	People who are used to bush walking.
4	Up to 20 km	Mostly on tracks, may involve some off track walking or steep gradients. Leader will have knowledge of all aspects of the walk.	Those wishing to gain real bushwalking experience.
5	Up to 20 km	May involve considerable off-track walking with difficult sections.	For experienced walkers who have previously completed Grade 4 walks.
6	Up to 30 km	Will involve mainly off-track walking, some exploratory sections, thick bushland, steep gradients, rock scrambling, river crossings or rugged terrain.	For very fit and experienced bushwalkers.

Bike Rides

Grade	Distance	Type of Terrain	Suitable for
1	Up to 30 km	Mainly cycle tracks, level most of the way	Casual cyclists
2	Up to 40 km	Cycle tracks and roads with some hills	Cyclists with reasonable fitness
3	Up to 50 km	Cycle tracks, roads, several hills	Experienced cyclists who have completed Grade 2 rides comfortably

Paddles

Grade	Distance	Water	Suitable for
1	Up to 10 km	Flat water	Beginners, those with minimal experience
2	Up to 15 km	Flat water	Those with limited experience
3	Up to 20 km	Flat water with some waves	Experienced paddlers with a reasonable level of fitness
4	Up to 30 km	Water with fast flow and changing conditions	Experienced, very fit paddlers
5	Up to 30 km	Open water with wave action as found in the ocean, large lakes or rivers	Very experienced and fit paddlers

Pace

Leisurely	Unhurried, easy pace suitable for beginners or the less fit.
Moderate	A slightly quicker pace, but will be adjusted to suit the conditions. Suitable for the reasonably fit.
Energetic	Fast pace. Not recommended for beginners or those below average fitness.

Equipment

The leader has the right to refuse permission to any person who is inadequately equipped to join in a club activity. Participants should be able to operate independently by equipping themselves as follows:-

Basic equipment for all activities:	In addition - For walks:	For bike rides:	For paddles:
Suitable footwear	Hat	Roadworthy bike	Sea/riverworthy craft
Suitable clothing	Waterproof jacket	Helmet	Paddles
Water	Whistle	Spare tube	PFD
Small First Aid Kit	Pocket knife	Tube changing tools	Towrope
Sunglasses	Insect repellent	Pump	Bucket or sponge
Sunscreen	Food	Snack if required	Whistle
			Food

Camping

In addition to the above, the following items are required for overnight or longer trips:

Tent	Sleeping bag
Stove	Sleeping mat
Billy	Set of spare clothes
Knife, fork, spoon	Extra warm clothing
Plate, mug	Hat and gloves
Rubbish bag	Toilet paper
Water carrier	Personal washing gear and towel
Torch	

If you are unsure, contact the leader for advice about food, equipment and other supplies.

Safe Practices

There should be a minimum of four participants for all Ramblers Club activities Grade 3 and above.

For Participants

Remain in contact with the leader and other participants at all times.

For Leaders

You are responsible for the management and safety of the group.

WALKS IN THE ILLAWARRA AND ENVIRONS

All walks return to start unless stated as one way

WOLLONGONG AND ILLAWARRA ESCARPMENT

GRADE 1 & 2

	Km	Hrs	Grade	
CAR TOUR WITH SHORT WALKS				1
Natural & cultural highlights. Sea Cliff Bridge, Bald Hill, Hindu Temple, Maddens & Kelly's Falls.				
GREVILLEA PARK - BULLI	3	3	Grade	1
Walk to Grevillea Park. \$5 entrance fee. Have bush walk, see native plant nursery. Picnic area.				
JAMBEROO HISTORICAL WALK	6	3	Grade	1
Stroll round village looking at historic places of interest.				
SKI PARK TO BLACKBUTT FOREST	6	3	Grade	1
Road, cycle track and reserve walking. Some moderate hills.				
NORTH BEACH TO PUCKEY'S ESTATE	4	2	Grade	1
Walk to Puckey's Estate and return along beach. Level terrain and beach walking.				
NORTH WOLLONGONG STATION TO BOTANIC GDS	6	3	Grade	1
Walk to Botanic Gardens via TAFE and Uni. Return via Wiseman's and Beaton Parks.				
WOLLONGONG BOTANIC GARDENS	2	2	Grade	1
Easy stroll around botanic gardens. See duck pond and conservatory.				
WOLLONGONG HARBOUR HISTORY WALK	5	2	Grade	1
Leisurely stroll around Wollongong's scenic harbour looking at sites of historic interest. Museum entry fee.				
WARILLA TO SHELLHARBOUR	8	4	Grade	1
Headland and beach views. Street and beach walking. Coffee break included.				
BLACKBUTT FOREST RESERVE	4	2	Grade	1
Easy walk on tracks through Blackbutt Reserve.				
KELLY'S FALLS, STANWELL TOPS	7	2	Grade	1
Shady level walk. Good for beginners.				
WOODWARD TRACK TO BULLI LOOKOUT	7	3	Grade	1
Fairly flat. All on tracks or minor road. See Spring flowers and panoramic views.				
KIAMA HERITAGE WALK	7	4	Grade	1
See blowhole, harbour, terrace houses, heritage buildings, surf beach and little blowhole.				
MINNAMURRA RAINFOREST	4	2	Grade	2
Boardwalks, paths along creek and up through a range of rainforest environments. Steep climb to the falls.				
MINNAMURRA TO KIAMA	6	3	Grade	2
Headland, beach and road walking. Beautiful coastal views. Return by train.				
SHELLHARBOUR TO KILLALEA	8	4	Grade	2
Parklands and tracks to Killalea. Around the lagoon and along The Farm Beach.				
LAKE ILLAWARRA ENTRANCE AND TWO ISLANDS	7	4	Grade	2
Flat easy walk along paths and beaches exploring Picnic Island and Windang Island.				
LAKE ILLAWARRA SOUTH FORESHORES AND MOUNT WARRIGAL	8	3	Grade	2
Shared paths, quiet streets and reserves. Ocean, beach, lake and mountain views.				
LAKE, WINDANG ISLAND AND WARILLA BEACH	6	3	Grade	2
Relaxing walk. Enjoy bird life and scenery.				
SUBLIME POINT TO FOREST PATH	10	3	Grade	2
Easy level walking through heathland. Views.				
SCARBOROUGH TO COALCLIFF	7	3	Grade	2
Cross Sea Cliff Bridge both ways, short walk along Coalcliff beach.				
THIRROUL TO TOWRADGI	8	4	Grade	2
Walk along beaches, bike paths and through parks. Train involved.				
FAIRY MEADOW TO BELLAMBI LAGOON	9	4	Grade	2
Coastal walk. Optional swim at Towradgi on return.				

TOWRADGI TO FLAGSTAFF HILL - WOLLONGONG	Km	8	Hrs	4	Grade	2
Mainly beach walking. Coffee break at Belmore Basin. Return via Puckey's Estate.						
TOWRADGI TO BELLAMBI	Km	7	Hrs	3	Grade	2
Easy level walk through regenerating dunes and coastal forest.						
DAPTO STATION TO HORSLEY	Km	8	Hrs	3	Grade	2
Walk to west Dapto. See new developments and rural views.						
SADDLEBACK LOOKOUT TO KIAMA	Km	8	Hrs	3	Grade	2
Explore the top near Saddleback Lookout. Then walk down country roads with beautiful views to Kiama.						
SHELLHARBOUR TO BASS POINT	Km	8	Hrs	3	Grade	2
Beach walk with some easy rock hopping. Great coastal views.						
TOM THUMB LAGOON AND SURROUNDS	Km	8	Hrs	4	Grade	2
Easy walk on paths, some beach and grass walking. Interesting and historical.						
AUSTINMER TO COALCLIFF	Km	9	Hrs	4	Grade	2
Beach and road walk. Beautiful ocean views.						
SHELLHARBOUR AND BLACKBUTT RESERVE	Km	10	Hrs	4	Grade	2
Lake and mountain views. Quiet streets, parks and Reserve.						
THIRROUL TO COLEDALE	Km	10	Hrs	4	Grade	2
Mainly beach and rock walking. Also some road walking. A very picturesque walk.						
WARRAWONG TO HOOKA POINT	Km	10	Hrs	3	Grade	2
Walk from Warrawong via lake shore to Hooka Point and return. Lake and escarpment views. Birds.						
WOLLONGONG TO PUCKEY'S ESTATE	Km	10	Hrs	3	Grade	2
On cycleways and through parks to Puckey's estate and return. See developments around Belmore Basin.						
KILLALEA STATE PARK - SHELLHARBOUR	Km	10	Hrs	3	Grade	2
Beautiful area, spectacular cliffs & classic beaches. Walk to mouth of Minnamurra River. Littoral rainforest.						
BULLI TO BELLAMBI LAGOON	Km	10	Hrs	4	Grade	2
Beautiful easy walk by the sea.						
BEACH AND BUSH - FAIRY MEADOW	Km	10	Hrs	4	Grade	2
From Fairy Meadow beach, via Puckey's Estate, to Wollongong and down to Nuns' Pool. Back along beach.						
BIG BLOWHOLE TO LITTLE BLOWHOLE - KIAMA	Km	10	Hrs	4	Grade	2
Walk over Kiama headlands to the old mill. Lovely views.						
LAKE ILLAWARRA NORTH SHORE	Km	10	Hrs	4	Grade	2
Easy walk along cycle way on the northern shore of Lake Illawarra.						
MT KEIRA TO BROKERS NOSE	Km	10	Hrs	4	Grade	2
Scenic walk. Good views from top of escarpment.						
MOUNT KEMBLA RING TRACK	Km	4	Hrs	2	Grade	2
Some steep steps and some road walking.						
SCARBOROUGH TO THIRROUL VIA BEACHES	Km	8	Hrs	3	Grade	2
Steep descent from Scarborough Hotel, then beach walking.						
SOUTH BEACH TO BELLAMBI LAGOON	Km	11	Hrs	4	Grade	2
Walking on cycleways and beaches. Beautiful views of the Illawarra coast.						
GRADE 3						
MT KEMBLA SUMMIT AND RING TRACKS	Km	8	Hrs	3	Grade	3
Great views from summit. See beautiful rainforest from ring track.						
O'HARE'S CREEK - DHARAWAL SCA	Km	12	Hrs	4	Grade	3
Some off track to O'Hare's Creek, return via fire trail. Interesting pools. Some rock hopping and scrambling.						
UPPER O'HARE'S CREEK - DHARAWAL SCA	Km	10	Hrs	6	Grade	3
Walk on firetrails and bush tracks. See waterfalls and clear water holes.						
FOREST PATH - MADDENS PLAINS	Km	12	Hrs	6	Grade	3
Walk north to rocks overlooking Stanwell Park and return. Coastal views, eucalypts and rainforest.						
MINNAMURRA TO KIAMA	Km	12	Hrs	5	Grade	3
Walk headlands and beaches to Kiama. Beautiful views of Illawarra coast.						
LOVES BAY TO WERRI BEACH	Km	12	Hrs	4	Grade	3
Coastal scenery. Undulating walk on exposed but well made track,						

WERRI BEACH TO KIAMA AND RETURN	Km	12	Hrs	5	Grade	3
Undulating walk both ways across headlands. Coastal and rural views.						
WERRI BEACH TO SEVEN MILE BEACH	Km	12	Hrs	5	Grade	3
Walk along foreshores from Warri Beach to Seven Mile Beach. Ocean and coastal views.						
WERRI BEACH TO GERROA	Km	18	Hrs	7	Grade	3
Walk via clifftop, rock platforms and pathway. A pleasant and varied walk. Return same route.						
SEVEN MILE BEACH TO BLACK HEAD	Km	12	Hrs	6	Grade	3
Walk from Seven Mile Beach to Black Head. Explore the rock shelf and return along the beach.						
MOUNT KEIRA TO MOUNT NEBO	Km	15	Hrs	6	Grade	3
Terrain undulating. Walk through escarpment rainforest. Coastal views.						
HODDLES TRACK - SADDLEBACK MOUNTAIN	Km	6	Hrs	3	Grade	3
Walk through rainforest and dry sclerophyll forest to rocky lookout. Some steep and slippery sections.						
KIAMA TO WERRI BEACH	Km	6	Hrs	3	Grade	3
Undulating coastal walk from Loves Bay, Kiama Heights. Ocean views. One way with car shuffle involved.						
KIAMA TO GERRINGONG	Km	12	Hrs	4	Grade	3
Station to station. Return by train. Great coastal views. Exposed walk, some steep sections.						
MT KEIRA RING TRACK	Km	6	Hrs	3	Grade	3
Ring track circuit. Optional diversion to Robertson's Lookout. See rainforest and coastal views.						
WODI WODI TRACK - ILLAWARRA ESCARPMENT SCA	Km	12	Hrs	5	Grade	3
Walk from beach. Includes Bullock track to superb view over Stanwell Park. See historic viaduct.						
BARRACK POINT TO BASS POINT	Km	14	Hrs	5	Grade	3
Coastal walk. Great beaches, rock platforms and coastal views. Some roads, rock hopping and soft sand.						
DUNMORE TO KIAMA COASTAL WALK	Km	15	Hrs	5	Grade	3
Beautiful beaches, spectacular headlands. Option to include little blowhole. Return by train.						
FARMBOROUGH HEIGHTS TO MT KEMBLA	Km	8	Hrs	3	Grade	3
Historic cottages and gardens, rainforest and birds.						
BASS POINT TO KILLALEA	Km	10	Hrs	5	Grade	3
Beach and bush walking and rock hopping around foreshores to Bushrangers Bay then south to Killalea.						
BASS POINT TO KILLALEA AND MINNAMURRA SPIT	Km	12	Hrs	6	Grade	3
Beach, bush walking and rock hopping around foreshores to Bushrangers Bay then past Killalea to spit.						
AUSTINMER TO WOLLONGONG ALONG BEACHES	Km	15	Hrs	5	Grade	3
Beach, cycleway and some road walking. Via Puckey's Estate to Wollongong Harbour.						
BOMBO TO EAST'S BEACH	Km	12	Hrs	5	Grade	3
Grass, sand, steps, footpath and rocks. Ocean views.						
BROKERS NOSE TO THE ELBOW	Km	20	Hrs	7	Grade	3
Panoramic views along top of escarpment. Walk down top section of Rixon's Pass then along to Bulli Pass.						
STANWELL PARK TO KELLY'S FALLS	Km	8	Hrs	4	Grade	3
Climb from Stanwell Park station through Stanwell Tops to Kelly's Falls. Some steep and rough sections.						
STANWELL PARK CIRCUIT AND MT MITCHELL	Km	10	Hrs	5	Grade	3
Mainly bush track, some firetrail. Superb coastal views. Steady climb up escarpment.						
BULLI PASS TO TARRAWANNA	Km	10	Hrs	4	Grade	3
On lower escarpment fire trail. Car pool required.						
BULLI PASS TO BALGOWNIE	Km	14	Hrs	5	Grade	3
On fire trails and through rainforest.						
ILLAWARRA NORTHERN BEACHES	Km	12	Hrs	4	Grade	3
Coast walk including Sea Cliff Bridge, beaches, and rock platforms. Some road walking. Train travel.						
COALCLIFF TO SCARBOROUGH	Km	8	Hrs	5	Grade	3
Climb down to rocks and follow coast south. Steep scramble up to Hotel for morning tea. Views.						
COALCLIFF - BULLOCK TRACK - THREE LOOKOUTS	Km	8	Hrs	5	Grade	3
Walk up to Mt Mitchell, one steep climb. Great views from lookouts. All downhill back to Coalcliff.						
GIBSON TRACK - THIRROUL TO AUSTINMER	Km	8	Hrs	4	Grade	3
A lovely walk through rainforest. Return to Thirroul via beaches.						
HILL 60 PORT KEMBLA AND ENVIRONS	Km	10	Hrs	6	Grade	3
Beach, scrub, roads. Views. Return from Warrawong via Coomaditchy Lagoon.						

PORT KEMBLA HARBOUR TO PORT KEMBLA BEACH	Km	7	Hrs	3	Grade	3
Some beach walking, steep walk to top of Hill 60. Beautiful views.						
FOREST TRACK - MADDENS PLAINS TO COALCLIFF	Km	10	Hrs	5	Grade	3
Along Forest Track, descend to Wodi Wodi Track via Bullock Track. Continue to Coalcliff station.						
OTFORD TO HELENSBURGH	Km	10	Hrs	4	Grade	3
Walk via the Burgh Track and return by train.						
BOTANIC GARDENS TO RHODODENDRON PARK	Km	7	Hrs	5	Grade	3
Steep ascent on Ken Ausburn track. On firetrails and established tracks.						
WOLLONGONG TO THIRROUL	Km	14	Hrs	6	Grade	3
From Flagstaff Point via headlands and beaches to Thirroul.						
GRADE 4						
MOUNT KEIRA TO MOUNT KEMBLA	Km	12	Hrs	5	Grade	4
Walk via Robertson's Lookout, Stafford's Farm and Ridge Tracks. Terrain undulating. Steep in places.						
BYARONG PARK TO MOUNT KEIRA	Km	6	Hrs	4	Grade	4
Steep climb up watercourse. Return via Dave Walsh and Ring tracks. Coastal views, rainforest and bush.						
CORRIMAL TO BROKERS NOSE	Km	8	Hrs	5	Grade	4
Steep climb to Brokers Nose. See rainforest, large figtree, maybe wildlife. Steep descent. Some off track.						
TARRAWANNA TO BROKERS NOSE	Km	13	Hrs	5	Grade	4
This walk has extremely steep ascent for 300m. The view is worth the effort.						
MOUNT KEIRA TRACKS	Km	6	Hrs	4	Grade	4
Steep climb up watercourse to kiosk. Return via Dave Walsh track & Ring track. Rainforest, coastal views.						
RHODODENDRON GARDENS, KEN AUSBURN TRACK, BOTANIC GARDENS	Km	4	Hrs	4	Grade	4
See Rhododendron Gardens, steep walk down to Botanic Gardens. Steep walk up to return.						
WOLLONGONG UNI TO MT KEIRA SUMMIT	Km	7	Hrs	3.5	Grade	4
Steep ascent from Uni, walk along Mt Keira Ring Track to the summit and return.						
MT PLEASANT TO MT KEIRA SUMMIT	Km	9	Hrs	4	Grade	4
Steep climb from Mt Pleasant to Robertson's Lookout, then to summit. Wonderful views.						
MOUNT KEMBLA TRACKS	Km	15	Hrs	6	Grade	4
Ridge, Summit and Ring Tracks. Some steep sections. See historic mining sites, views of Illawarra coast.						
MOUNT PLEASANT TO BOTANIC GARDENS	Km	4	Hrs	4	Grade	4
From Mt Pleasant to Botanic Gardens via Ken Ausburn track and return. Steep in places.						
CALOOLA PASS	Km	12	Hrs	4	Grade	4
Steep steps. Views, glimpses of coast. Strenuous walk but leisurely pace.						
AUSTINMER TO SUBLIME POINT	Km	6	Hrs	4	Grade	4
Steep climb with ladders near top, flat walk to Bulli Lookout, steep descent. Established tracks, views						
AUSTINMER TO MADDENS PLAINS	Km	13	Hrs	6	Grade	4
From Austinmer to Sublime Point then north on level track to Maddens Plains. Steep ascent/descent.						
AUSTINMER STATION TO STANWELL PARK STATION	Km	16	Hrs	6	Grade	4
Steep climb up to Sublime Point, level section, then steep descent. Train to return to Austinmer.						
MOUNT KEIRA TRACKS	Km	12	Hrs	5	Grade	4
To Robertson's Lookout via Ken Ausburn and Ring Tracks. Steep in places. Wonderful views.						
BOTANIC GARDENS TO MOUNT KEIRA SUMMIT	Km	8	Hrs	4	Grade	4
Steep climb through rainforest. All on tracks to summit.						
COALCLIFF TO STANWELL PARK STATION	Km	8	Hrs	4	Grade	4
Via Bullock track to overlooking Stanwell Park. Return by Wodi Wodi Track.						
WODI WODI TRACK AND KELLY'S FALLS	Km	13	Hrs	5	Grade	4
Bullock Track, Mt Mitchell, Stanwell Tops, Kelly's Falls and return. See viaduct and magnificent waterfall.						

MACQUARIE PASS NATIONAL PARK				
MACQUARIE PASS NP	Km	9	Hrs	6 Grade 4
Follow creek down to Macquarie Rivulet. Then upstream to waterfalls. Very rough, slippery and scratchy.				
MACQUARIE RIVULET	Km	6	Hrs	5 Grade 4
Explore from bottom of Pass up to waterfall. Return along creek. Rock hopping, wet, slippery and steep.				
MACQUARIE PASS TOP TO BOTTOM	Km	8	Hrs	5 Grade 4
From top, follow old road part way, then through woodlands off track, then fire trail to steep track to bottom.				
MACQUARIE PASS NP	Km	8	Hrs	6 Grade 4
Mainly off track walk upstream to five waterfalls. Beautiful rainforest. Very steep and slippery.				
BARREN GROUNDS, BUDDEROO PLATEAU, CARRINGTON FALLS AREA				
CARRINGTON FALLS	Km	6	Hrs	3 Grade 2
View falls and other lookouts and glens in the area. Beautiful scenery, flora and bird life.				
BELMORE FALLS AND YARRAWA TRACK	Km	13	Hrs	6 Grade 3
On gently undulating Hindmarsh Ridge through eucalypt forest to rarely visited lookouts. Beautiful views.				
BARREN GROUNDS CIRCUIT	Km	12	Hrs	4 Grade 3
Walk round Griffiths Trail with possible extension to Cook's Nose. Beautiful views from lookouts.				
GERRINGONG FALLS - BUDDEROO PLATEAU	Km	15	Hrs	6 Grade 3
Long flat walk with beautiful waterfall.				
BARREN GROUNDS TO DRAWING ROOM ROCKS	Km	20	Hrs	6 Grade 4
Along Griffiths Fire Trail, then to unique Drawing Room Rocks. Views of Gerringong coastline. Wildflowers.				
GERRINGONG FALLS FROM TOP TO BASE	Km	17	Hrs	7 Grade 4
Long walk in on fire trail. Very steep and rugged off track walk to base of the falls. Must be confident climber.				
UPPER KANGAROO VALLEY TO PLATEAU	Km	12	Hrs	7 Grade 4
From bottom of Upper Kangaroo Valley to plateau via MacKay's Rd. Hindmarsh Pass steep climb at end.				
CARRINGTON FALLS TO UPPER KANGAROO VALLEY	Km	7	Hrs	6 Grade 4
200m down Missingham Pass to Kangaroo River. Clambering and rock hopping to Upper Kangaroo Valley.				
MISSINGHAM PASS AND MISSINGHAM STEPS	Km	7	Hrs	5 Grade 4
Part way on old road, then off track to Kangaroo Creek. Rock scrambling across creek. Steep ascent to end.				
SHOALHAVEN AREA				
GRADE 1 & 2				
SAND TRACK LOOP - SEVEN MILE BEACH	Km	8	Hrs	4 Grade 2
Beach and forest walking.				
NARRAWALLEE NR	Km	7	Hrs	3 Grade 2
Coastal walk near Lake Conjola. Ocean and escarpment views.				
THE GROTTO - SHOALHAVEN AREA	Km	8	Hrs	5 Grade 2
Steep in places. Beautiful scenery. A lovely cool walk along the Shoalhaven River.				
ABRAHAM'S BOSOM - CURRARONG	Km	10	Hrs	4 Grade 2
Spectacular cliff edge path, rock tunnel and platforms. See wreck of "Merimbula".				
COMERONG ISLAND	Km	10	Hrs	5 Grade 2
Visit unique seabird reserve which is accessible by punt. Level beach and track walking.				
GREENPATCH - MURRAYS BEACH	Km	8	Hrs	4 Grade 2
Easy beach walking and some rock hopping. See sea birds and perhaps dolphins.				
PALM BEACH TO SANCTUARY POINT	Km	10	Hrs	4 Grade 2
Flat walk along the shores of St George's Basin. Lovely water views. Dirt track, some tree roots and rocks.				
MURRAYS BEACH, GOVERNOR HEAD CIRCUIT	Km	8	Hrs	3 Grade 2
Circular walk with several side trips to view Bowen Island and Point Perpendicular.				

GRADE 3					
DRAWING ROOM ROCKS FROM BERRY	Km	8	Hrs	4	Grade 3
Steep climb up to Drawing Room Rocks. Magnificent views over coastline from summit.					
SUMMERCLOUD BAY, STEAMERS BEACH CIRCUIT	Km	15	Hrs	6	Grade 3
Through various forest types. Some steep sections. Spectacular coastal scenery.					
RED ROCKS NATURE RESERVE	Km	10	Hrs	4	Grade 3
Gentle uphill gradient on way out. On return visit lookouts and aboriginal carvings.					
SHOALHAVEN RIVER WALK	Km	10	Hrs	3	Grade 3
Level path along banks of the river. See amazing cliff formations and rainforest.					
SEVEN MILE BEACH AND BUSHLAND	Km	12	Hrs	4	Grade 3
Beautiful beaches, great coastal views. Some roads and rock hopping.					
GRANITE FALLS AND BOYD LOOKOUT, MILTON	Km	7	Hrs	5	Grade 3
See wildflowers, large waterfall and rainforest.					
GREENPATCH, GOVERNORS HEAD CIRCUIT	Km	16	Hrs	5	Grade 3
Pristine beaches, spectacular headlands and great coastal views.					
BANGALEE RESERVE	Km	8	Hrs	5	Grade 3
Interesting features and diverse flora. Only one scramble over rocks.					
BOMADERRY CREEK	Km	8	Hrs	3	Grade 3
Beautiful creek and rock formations. Magnificent spotted gums. Ben's walk may be included.					
VINCENTIA COASTAL WALK	Km	12	Hrs	5	Grade 3
Walk in the lovely Jervis Bay area.					
GRADE 4					
MURRAMARANG, PEBBLY BEACH, PRETTY BEACH	Km	15	Hrs	7	Grade 4
Durras Mountain climb. Durras Lake walk. Two days.					
COOLENDEL TO MCKENZIE'S STATION CIRCUIT	Km	26	Hrs	8	Grade 4
Bordering on Ettrema wilderness. Twin Rivers Track, bush track and firetrail. A long walk but not too steep.					
MURRAMARANG NATIONAL PARK	Km		Hrs		Grade 4
Three varied walks over three days. Coastal walk, Corntail, Mt Dromedary. Good views on all walks.					
ULLADULLA - BURRILL LAKE	Km		Hrs		Grade 4
Walk on road and established track. Some low scrub, trackless sections and rock hopping.					
GRADE 5 & 6					
EXPLORATORY WALK IN TIANJARA AREA	Km		Hrs		Grade 5
Wandian Road to Wandian Lookout. Views of Budawangs. Descend into rainforest under cliffs.					
BUNGONIA NATIONAL PARK					
BADGERY'S LOOKDOWN TO SHOALHAVEN RIVER	Km	8	Hrs	6	Grade 4
Steep 400m descent to Shoalhaven River from Badgery's Lookdown. Return same route.					
LONG POINT, LAKE LOUISE, BUNGONIA GORGE	Km	10	Hrs	6	Grade 4
Walk down Long Point to Shoalhaven River, then along Lake Louise to the entrance of Bungonia Gorge.					
LONG POINT TO LOUISE BEACH	Km	9	Hrs	5	Grade 4
Walk down Long Point to the Shoalhaven River and Lake Louise. 400 m descent and ascent.					
LONG POINT TO BADGERY'S LOOKDOWN	Km	15	Hrs	7	Grade 5
400m ascent. See spectacular Shoalhaven Gorge. Rock hopping, river crossings. A classic walk.					
BLOCKUP GORGE NEAR BUNGONIA	Km	16	Hrs	8	Grade 5
Bring lilo to see gorge close up.					
MCCALLUM'S FLAT	Km	14	Hrs	7	Grade 5
Classic walk from Badgery's Lookdown along the Shoalhaven to Long Point Lookout via McCallum's Flat.					
BADGERY'S LOOKDOWN - SPARKES BUTTRESS	Km	15	Hrs	8	Grade 6
Badgery's Lookdown, Sparkes Buttress, Iron Pot Creek, Canoe Flat, Shoalhaven River, Badgery's.					

MORTON NATIONAL PARK					
GRADE 1 & 2					
FITZROY FALLS EAST AND WEST RIMS	Km	8	Hrs	5	Grade 2
View botanical delights along tracks with magnificent views. Both tracks have different points of interest.					
FOUR VIEWS TRACK	Km	12	Hrs	4	Grade 2
Level walk to four beautiful view points overlooking Tallowa dam.					
BEEHIVE POINT - KANGAROO VALLEY	Km	11	Hrs	5	Grade 2
Mostly firetrails through bushland to junction of Yarrunga Creek and Kangaroo River on Lake Yarrunga.					
GRADE 3					
BUNDANOON WALK	Km	12	Hrs	5	Grade 3
Glow Worm Glen, Amphitheatre, Fairy Bower Falls, Tooths Lookout. Some steep sections. Good views.					
BUNDANOON CIRCUIT	Km	10	Hrs	4	Grade 3
From Gambell's Rest to Erith coal mine and Amphitheatre.					
KANGAROO RIVER FIRETRAIL, NEAR TALLOWA DAM	Km	8	Hrs	3	Grade 3
Walk down to Lake Yarrunga through diverse scenery. Rock formations, ferns, variety of flora.					
WOMBAT HILL LOOKOUT, KANGAROO VALLEY	Km	12	Hrs	5	Grade 3
Walk on trails to Wombat Hill Lookout and Rebecca's View Lookout.					
MERYLA PASS TO YARRUNGA CREEK	Km	12	Hrs	5	Grade 3
Walk down hill for about 6 km to Yarrunga Creek and return the same way. All on tracks. Good views.					
BELMORE FALLS AND HINDMARSH PLATEAU	Km	10	Hrs	4	Grade 3
Visit Belmore Falls and unnamed creek. Walk along Hindmarsh Plateau to cliff edge.					
GRADE 4, 5 & 6					
CORN TRAIL	Km	13	Hrs	6	Grade 4
Historic well graded trail with excellent mountain and river scenery.					
MCPHAIL'S FIRE TRAIL	Km	18	Hrs	7	Grade 4
Steep climb for first 1 km. Total ascent 350m. Good scenic views and forest.					
MCPHAIL'S FIRE TRAIL CIRCUIT	Km	15	Hrs	6	Grade 4
All on tracks, 100m ascent, descent. Magnificent views of Kangaroo Valley. Varied vegetation types.					
PIGEON HOUSE MOUNTAIN	Km	6	Hrs	5	Grade 4
Steep climb of 800m, flat walk 1km, steep climb of 500m, ladders to the summit. Views of the Budawangs.					
JACK'S CORNER TO GRIFFIN'S FARM	Km	12	Hrs	4	Grade 4
Level for 1.5 km then descends through boulders winding down the ridge to Yarrunga Creek. Creek crossing.					
MOUNT CARRIALOO - KANGAROO VALLEY	Km	10	Hrs	6	Grade 4
Very steep incline to start. Clamber to top of mountain. Trackless 1.5 km to lookout. Rough and scratchy.					
LITTLE FOREST PLATEAU AND GADARA POINT	Km	14	Hrs	5	Grade 4
See panorama of the Budawangs. Easy walking, rough scratchy sections. Beautiful waterfall.					
BUNDANOON CREEK	Km	14	Hrs	8	Grade 5
A great creek walk.					
CRANKEY'S CREEK AND ENVIRONS	Km	7	Hrs	6	Grade 5
All off track with heavy scrub. Meryla Fire trail, Crankeys Creek Falls and unnamed bluff.					
LITTLE FOREST PLATEAU TO MT TALATERANG	Km	20	Hrs	7	Grade 5
A pleasant walk with some rock scrambling. Views of Budawangs.					
THE CASTLE - MILTON	Km	10	Hrs	11	Grade 5
All climbing and descents. Some rock climbing is involved. A very long steep haul.					
WOMBAT HILL, MERYLA PASS	Km	18	Hrs	7	Grade 5
A challenging, interesting and rewarding walk. Steep ascents and descents. Some off track walking.					
YARRUNGA CREEK	Km	12	Hrs	8	Grade 5
Steep walk at start and finish. Some off track and river crossings.					
MT CARRIALOO TO YARRUNGA CREEK	Km	21	Hrs	8	Grade 5
Some low scrub, trackless sections and long steep climbs. 5km of creek walking.					

RIVER FLATS WALK FROM TALLOWA DAM	Km	16	Hrs	8	Grade	5
A walk traversing some of the wide and beautiful flats of the Shoalhaven River. Map: Burrier.						
TIMBOOLINA FLAT - YALWAL - ETTREMA	Km		Hrs		Grade	5
Walk from Timboolina Flat to Yalwal Creek, Ettrema Creek to Prydes Amphitheatre. Map: Burrier.						
RUSDEN HEAD, WOMBAT RIDGE, PIGEON HOUSE	Km	25	Hrs	8	Grade	6
Long energetic walk with hill climbs. Views of Pigeon House area.						
OVERNIGHT BACKPACKING						
GREAT AND LITTLE HORSESHOE BENDS	Km	25	Hrs		Grade	4
Two day walk encompassing two of the beautiful bends on the Shoalhaven River. Explore a side creek.						
YADBORO, THE CASTLE, MONOLITH VALLEY	Km	30	Hrs		Grade	5
Three day backpack. Long uphill walk. Scrambling. Steep in places. Long descent.						
WOG WOG TO CORANG PEAK AND BEYOND	Km	30	Hrs		Grade	5
Wog Wog, Corang Peak, Bibbenluke Mountain, Canowie Brook, Corang River, Goodsell Creek. Two days.						
MATADORA RIDGE TO STRINGERS SPUR	Km		Hrs		Grade	6
Matadora Ridge, Shoalhaven River, Gt & Little Horseshoe Bends, Merrimanga Ck, Stringers Spur. 2 days.						
ETTREMA GORGE	Km		Hrs		Grade	6
Two day backpack. Myall Creek.						
LITTLE FOREST PLATEAU TO MT TALATERANG	Km	34	Hrs		Grade	6
Via Porter's Ck Dam, Gadara Point, Pallin Pass, Talaterang, Pigeon House Ck, Rusden Head. 4 days.						
NEWHAVEN GAP CIRCUIT VIA MT STURGISS	Km	26	Hrs		Grade	6
Newhaven Gap, Camp Rock, Hidden Valley, Mt Sturgiss, Mt Elliot, Sluice Box Falls, Munnuldi Falls.						
BUDAWANG NATIONAL PARK						
BUDAWANG WILDERNESS	Km	35	Hrs		Grade	4
Via Burrumbeet Brook, Mt Owen & Monolith Valley. Option to climb the Castle.						
HIGHLIGHTS OF THE BUDAWANGS PACK WALK	Km		Hrs		Grade	4
All on tracks. Newhaven Gap, Mt Sturgiss, Mt Haughton, Mt Tarn, Monolith Valley, Mt Cole, Mt Owen.						
TWO DAY BUDAWANGS EXPERIENCE	Km		Hrs		Grade	4
Yadboro, Tinga clearings, Clyde Gorge, return. Easy walking, some mild ascents. Views of Byangee walls.						
NERRIGA TO SQUARE TOP MTN - BUDAWANGS	Km	25	Hrs		Grade	4
Two day backpack. Go via Round Mountain, Fosters Mountain. Old ruins, total ascents of 1470m.						
BOOLIJAH CREEK VIA YARRAMUNMUR FIRETRAIL	Km	5	Hrs	6	Grade	5
Steep relatively unexplored part of the Budawangs. Scrambling, beautiful falls, gorges and pools.						
CURROCKBILLI MOUNTAIN - BUDAWANGS	Km	7	Hrs	6	Grade	6
Spectacular views. Challenging ascents and descents.						
TWO DAY BACKPACK IN THE BUDAWANGS	Km	17	Hrs		Grade	6
Long Gully, Monolith Valley, Camping Caves, Angel Ck, Crooked Falls - return via Mt Owen. Two or three days.						
ROYAL NATIONAL PARK						
GRADE 2						
AUDLEY TO ULOOLA FALLS	Km	10	Hrs	4	Grade	2
From Audley along Uloola Track to Uloola Falls. Return to Audley via Kookaburra Flat.						
BUNDEENA - JIBBON BEACH- PORT HACKING	Km	7	Hrs	4	Grade	2
Easy walk, swimming option.						
CURRA MOORS TO WATTAMOLLA	Km	8	Hrs	5	Grade	2
Curramoors track head to Wattamolla via Eagle Rock. Car shuffle necessary.						
HONEYMOON TRACK - TEMPTATION CREEK CIRCUIT	Km	14	Hrs	6	Grade	2
An uphill climb, a pleasant stroll with views of Hacking River, then downhill walk to kiosk.						
LADY CARRINGTON WALK	Km	9	Hrs	4	Grade	2
Car shuffle to southern end of Lady Carrington Drive. Walk back to Audley.						
WATTAMOLLA - DEER POOL - LITTLE MARLEY	Km	6	Hrs	5	Grade	2
Established trails, mainly flat. Some short steep grades and some rock hopping.						

GRADE 3					
AUDLEY - LEG OF MUTTON BAY	Km	8	Hrs	3	Grade 3
Downstream from Audley along eastern bank of Hacking River towards Leg of Mutton Bay.					
AUDLEY TO HEATHCOTE	Km	8	Hrs	4	Grade 3
Walk via Robertsons Roundabout and Kangaroo Ck tracks. Steps and moderate ascents.					
AUDLEY TO WINIFRED FALLS	Km	7	Hrs	3	Grade 3
Includes a few short steep sections.					
BUNDEENA TO MARLEY BEACH	Km	16	Hrs	7	Grade 3
Scenic clifftop walk to Marley. Return via Big Marley Fire Trail.					
CIRCUIT WALK VIA DEER POOL	Km	14	Hrs	5	Grade 3
All on tracks, great views, wildflowers. Some road walking. Return via Anice Falls.					
CURRAMOORS LOOP TRACK	Km	10	Hrs	5	Grade 3
Established trails to Eagle Rock. Great coastal views from Coast Track.					
CURRAMOORS CIRCUIT FROM GARIE	Km	10	Hrs	4	Grade 3
Steep climb from Garie.					
BOTTLE FOREST TRACK	Km	10	Hrs	4	Grade 3
Very steep and rough descent., then follow beautiful creek to Karloo Pool. Steep climb out to Heathcote.					
FOREST ISLAND AND LADY CARRINGTON DRIVE	Km	12	Hrs	4	Grade 3
Easy walk around Forest Island and along Lady Carrington Drive. Rainforest and Lyrebirds,					
FOREST PATH - PALONA CAVES - CALALA	Km	14	Hrs	5	Grade 3
Through forest, interesting rocks, groves of Gymea lilies and limestone caves. Return same route.					
HEATHCOTE - AUDLEY - ULOOLA FALLS - KARLOO POOL - HEATHCOTE	Km	14	Hrs	6	Grade 3
Head of Navigation, Uloola Falls via Robertsons Roundabout, Uloola Track. Karloo Pool, ret via Karloo track.					
HEATHCOTE - BOTTLE FOREST TRACK	Km	8	Hrs	6	Grade 3
Rough tracks, some uphill. Visit Karloo Pool and natural Olympic pool.					
LADY CARRINGTON DRIVE, PALONA CAVE, FOREST ISLAND	Km	8	Hrs	4	Grade 3
Easy level walk, short uphill section to cave. Good introductory walk.					
LADY CARRINGTON DRIVE - WALUMARRA TRACK - GARRAWARRA - BOLA RIDGE	Km	14	Hrs	5	Grade 3
Steep climb with steps on Walumarra Track. Some road walking, short descent section off track.					
GARRAWARRA TO PALM JUNGLE	Km	9	Hrs	4	Grade 3
Circuit walk featuring coastal views. 200m descent and ascent. Possible visit to Figure of Eight Pool.					
LADY CARRINGTON DRIVE	Km	14	Hrs	5	Grade 3
Mainly level twilight walk part way to Audley and return. Bring a torch, gourmet dinner and nibbles to share.					
OTFORD TO BURNING PALMS	Km	12	Hrs	5	Grade 3
Otford Lookout - descend into Palm Jungle. Possible visit to Figure of Eight Pool. Return via squeeze way.					
WATERFALL TO PALONA CAVE	Km	16	Hrs	5	Grade 3
Couranga Track, Lady Carrington Drive. See tall trees, rainforest and ferns.					
BUNDEENA TO LITTLE MARLEY	Km	10	Hrs	5	Grade 3
Coastal walk along cliff tops to Little Marley beach and return.					
LIMESTONE CAVE & FOREST ISLAND WALK	Km	10	Hrs	5	Grade 3
Short climb to caves, waterfall, scenic views. Well formed track - some steps.					
OTFORD TO HELENSBURGH VIA LILYVALE	Km	12	Hrs	5	Grade 3
Via cliff track, Werrong Lookout, Lilyvale Track, Karingal Picnic flat, Lilyvale & old rail tunnel. Bring torches.					
OTFORD - WERRONG BEACH	Km	6	Hrs	4	Grade 3
Bulgo Beach, rock hopping, Werrong Beach, Burning Palms, Cliff Track.					
WALUMARRA - POLONA CREEK CIRCUIT	Km	12	Hrs	6	Grade 3
Interesting varied walk - some off track scrambling.					
WALUMARRA TRACK - FOREST ISLAND	Km	14	Hrs	5	Grade 3
Some steep sections on return. Track follows river for some distance.					
WATERFALL - COURANGA TRACK - FOREST PATH	Km	14	Hrs	7	Grade 3
Downhill to Forest Island. Undulating circuit. Long ascent.					

WATERFALL - NATIONAL FALLS - COURANGA TRACK	Km	12	Hrs	5	Grade	3
Road walk to National Falls and Fosters Flat. Uphill with lots of flora on Couranga Track to Waterfall.						
WATERFALL TO HEATHCOTE VIA ULOOLA TRACK	Km	12	Hrs	5	Grade	3
All on tracks, 100m ascent. Train back to Waterfall.						
WATERFALL TO SUTHERLAND VIA ULOOLA TRACK	Km	17	Hrs	6	Grade	3
Level walk Uloola Track to Audley. Steep, short climb up Honeymoon Track to Loftus. Car shuffle or train.						
WATERFALL TO ULOOLA FALLS	Km	11	Hrs	5	Grade	3
Short descent and ascent to Uloola Falls. Return same route.						
WINIFRED FALLS - MOUNT BASS TRACK	Km	9	Hrs	4	Grade	3
Steep climb near falls. Views of Sydney skyline.						
ANICE AND WINIFRED FALLS	Km	10	Hrs	4	Grade	3
Through heath and low vegetation into ti-tree and eucalypt areas. Off-track section to South West Arm Creek.						
BUNDEENA TO MARLEY AND RETURN	Km	12	Hrs	5	Grade	3
Explore Jibbon Head and see aboriginal carvings. Ocean views from cliff tops.						
LOFTUS, AUDLEY, GRAY'S POINT, LOFTUS	Km	8	Hrs	5	Grade	3
Tram to Park, \$3 (seniors), Honeymoon Track to Audley, Bungoona Lookout, Grays Point, Temptation Creek.						
WATTAMOLLA TO GARIE AND RETURN	Km	10	Hrs	4	Grade	3
See Eagle Rock. Lunch on top of Garie Lookout.						
GRADE 4						
WATERFALL TO OTFORD	Km	18	Hrs	6	Grade	4
Train Otford to Waterfall. Take Uloola Track, Couranga Track and Bola Heights Track to return to Otford.						
WATERFALL TO BUNDEENA	Km	30	Hrs	7	Grade	4
Walumarra, Curramoors & Coast Tracks. May be done in reverse. Car shuffle.						
WATERFALL TO WATTAMOLLA	Km	10	Hrs	4	Grade	4
On tracks and fire trails. Ocean views. Long but with plenty of breaks. Car shuffle.						
WATERFALL, HEATHCOTE, WATERFALL CIRCUIT	Km	22	Hrs	7	Grade	4
Walk one or both ways. Train option at Heathcote. Swim at Karloo Pool.						
LOFTUS TO BUNDEENA	Km	17	Hrs	7	Grade	4
Downhill to Audley, uphill to Anice, great view of Hacking River.						
OTFORD TO WATERFALL	Km	12	Hrs	6	Grade	4
Via Cliff Track, Garrawarra Ridge, Bola Heights, Fosters Flat and Couranga Track. Some off-track walking.						
OTFORD - RED CEDAR FLAT - GARRAWARRA	Km	15	Hrs	6	Grade	4
Cliff and Lilyvale Tracks, Karingal, Picnic & Red Cedar Flats, Burgh Track, Garrawarra, Burning Palms.						
WALUMARRA TRACK - PALONA BROOK	Km	10	Hrs	6	Grade	4
Rockhopping, some offtrack walking.						
WALUMARRA TRACK-KARANI TRAIL-WISES TRACK	Km	10	Hrs	6	Grade	4
Established walking tracks except 1 km off-track walking involving steep ridge and steep descent.						
WALUMARRA TRACK - PALONA CAVES	Km	12	Hrs	6	Grade	4
Some off-track walking.						
WATERFALL TO ENGADINE VIA AUDLEY	Km	19	Hrs	6	Grade	4
Some steep sections, great views and flora.						
WATERFALL TO WATERFALL VIA CALALA CROSS'G	Km	18	Hrs	7	Grade	4
Uloola & Couranga Tracks, Lady Carrington Dr, cross Hacking R at Calala, Uloola Falls back to Waterfall.						
WATTAMOLLA TO BUNDEENA	Km	20	Hrs	7	Grade	4
Coastal walk, scenic views of ocean, some short steep sections. Return same route.						
BULGO WALK	Km	22	Hrs	6	Grade	4
Bulgo, Werrong, Burning Palms, Era, Otford.						
BUNDEENA TO GARIE BEACH	Km	14	Hrs	6	Grade	4
Coastal walk. Car shuffle necessary.						
COURANGA TRACK	Km	18	Hrs	6	Grade	4
Couranga Track, Polona Cave, Walumarra Track and return. Some off-track walking.						
COURANGA TRACK TO SUTHERLAND	Km	20	Hrs		Grade	4
Couranga Track, Lady Carrington Drive, Audley, Sutherland. Tracks & roads. Steep ascent from Audley.						

COURANGA TRACK WALK	Km	18	Hrs	6	Grade	4
Couranga Track, Forest Path, Walumarra Track, Bola Ridge, Waterfall.						
FOREST PATH - PALONA - WISES TRACK- WALUMARRA	Km	12	Hrs	6	Grade	4
Forest Path to Palona Caves, then Wises track and Walumurra track.						
AUDLEY RETURN VIA ULOOLA FALLS	Km	25	Hrs	6	Grade	4
From Audley to Head of Navigation, Bottle Forest Track, Karloo Pool, Uloola Falls, Audley. Steep in places.						
PALONA CAVE CIRCUIT WALK	Km	10	Hrs	5	Grade	4
Circuit walk. Some off track sections. Very rough and scratchy. Wild flowers.						
GARIE TO FIGURE OF EIGHT POOL	Km	12	Hrs	6	Grade	4
Take the Coast Track from Garie to Figure of Eight Pool. Return via The Squeeze and Thelma Ridge. Views.						
AUDLEY - ULOOLA FALLS - AUDLEY	Km	15	Hrs	6	Grade	4
Uloola Track, then off track to Calala via Waratah Hill. Creek crossing. Return via Lady Carrington Drive.						
WATERFALL TO HEATHCOTE	Km	12	Hrs	6	Grade	4
Rough and scratchy. Some off track. Follow Kangaroo Creek to beautiful Karloo Pool. Steep climb at end.						
COURANGA AND ULOOLA TRACKS AND LADY CARRINGTON DRIVE	Km	25	Hrs	7	Grade	4
Long climb to start. Then mainly level. A long walk, but with regular breaks.						
GRADE 5 & 6						
HEATHCOTE TO BUNDEENA	Km	25	Hrs	8	Grade	5
Via Karloo Pool, Uloola Falls, Audley, Winifred Falls, Bundeena.						
HEATHCOTE TO SUTHERLAND	Km	18	Hrs	7	Grade	5
Head of Navigation, Audley, Temptation Creek.						
HEATHCOTE TO WATERFALL VIA KANGAROO CREEK	Km	16	Hrs	6	Grade	5
Off-track walking along Kangaroo Creek.						
OTFORD - WERRONG - LILYVALE - HELENSBURGH	Km	15	Hrs	5	Grade	5
Steep climbs and descents. Swimming possible. Bring torches for railway tunnel.						
OTFORD - GARRAWARRA - BOLA - WALUMARRA	Km	25	Hrs	7	Grade	5
Rainforest, views and flowers.						
OTFORD TO BUNDEENA	Km	28	Hrs	8	Grade	5
Walk via the magnificent Coastal Track including Burning Palms. May see some whales.						
WATERFALL - ULOOLA FALLS - KANGAROO CREEK	Km	22	Hrs	8	Grade	5
Uloola Track to Uloola Falls and Karloo Pool, return to Waterfall via Kangaroo Creek.						
HEATHCOTE NATIONAL PARK						
GRADE 2 & 3						
ENGADINE TO SUTHERLAND VIA WORONORA RIVER	Km	11	Hrs	5	Grade	2
Few streets, fire trails, tracks, forest pathways.						
HEATHCOTE TO BOOBERA POOL	Km	14	Hrs	5	Grade	3
Pleasant walk along tracks with 2km of off-track walking.						
WATERFALL TO HEATHCOTE	Km	10	Hrs	5	Grade	3
Mostly flat on bush tracks & fire trails. See Lake Eckersley & water pipeline. Train Heathcote to Waterfall.						
WATERFALL - CAMP COUTTS - BULLAWARRING & MOORAY TRACKS	Km	8	Hrs	5	Grade	3
Visit Lake Toolooma, Bondel, Kingfisher & Myuna Pools.						
ENGADINE TO ANSTO	Km	12	Hrs	5	Grade	3
Good views of the valley from the lookout. Easy river crossing under normal conditions.						
GRADE 4 & 5						
HEATHCOTE - BOOBERA POOL	Km	12	Hrs	6	Grade	4
Some very rough tracks and steep grades. Includes Bullawarring and Goanna Tracks and fire trails.						
MT WESTMACOTT	Km	12	Hrs	5	Grade	4
Mt Westmacott, Arbon Valley, Myuna Creek. Ascents, descents and off-track walking.						
WATERFALL - MT WESTMACOTT- KINGFISHER POOL	Km	12	Hrs	6	Grade	4
Historic sights. Some off-tracking walking west of Mt Westmacott.						

WATERFALL TO LAKE ECKERSLEY	Km	15	Hrs	6	Grade	4
Waterfall to Lake Eckersley on the Mooray Track, return via Bullawarring Track. See Kingfisher pool.						
WATERFALL - LAKE ECKERSLEY - ENGADINE	Km	15	Hrs	7	Grade	5
Bullawarring & Goanna Tracks, Lake Eckersley, Woronora River. Rough track alongside River.						
SOUTHERN HIGHLANDS						
GRADE 1 & 2						
BERRIMA HISTORICAL WALK	Km	15	Hrs	5	Grade	1
A leisurely walk through this small town from the colonial past.						
BOWRAL IN SPRING	Km	8	Hrs	4	Grade	1
Cherry Tree Walk., Bradman Oval and streets of Old Bowral then visit the Tulip Festival (Sep/Oct) Entry fee.						
BARGO RIVER - PICTON WEIR	Km	11	Hrs	4	Grade	2
The route follows the Bargo River on a fire trail, forested hills either side.						
THIRLMERE LAKES	Km	14	Hrs	5	Grade	2
Thirlmere Lakes circuit then walk to Blue Gum Forest and return.						
GRADE 3						
BOX VALE TRACK & FORTY FOOT FALLS	Km	10	Hrs	4	Grade	3
Established walking trails along historic train line & 84m tunnel. Optional descent to bottom of 40 Foot Falls.						
LAKE ALEXANDRA CIRCUIT VIA TUNNEL & SIXTY FOOT FALLS	Km	14	Hrs	5	Grade	3
Great views from lookout. A few short steep climbs. Great fauna.						
LAKE ALEXANDRA VIA BOX VALE CIRCUIT & FORTY FOOT FALLS	Km	13	Hrs	5	Grade	3
An interesting walk with varying vegetation, waterfalls and views.						
TAHMOOR GORGE	Km	12	Hrs	4	Grade	3
A hidden oasis on the Bargo River with waterfalls and beautiful pools. Some rock hopping.						
THIRLMERE LAKES TO LITTLE RIVER	Km	15	Hrs	6	Grade	3
All on fire trails. Follow Blue Gum Creek through eucalypt forest to Little River and return.						
MITTAGONG TO BOXVALE LOOKOUT	Km	14	Hrs	5	Grade	3
An interesting walk with varying vegetation, waterfalls and views.						
GRADE 4						
GIBBERGUNYAH RESERVE - MT GIBRALTER	Km	16	Hrs	7	Grade	4
Via Fern Valley, Gang Gang, Gib Rim & Reservoir Track. Some steep sections, some road, great views.						
TROY'S CREEK TRAIL - HILLTOP	Km	14	Hrs	6	Grade	4
Firetrails and tracks to Emmett's & McArthur's Flats. Return via Starlight trail. Magnificent views.						
STARLIGHT TRAIL - NATTAI NP	Km	14	Hrs	6	Grade	4
Walk down to a beautiful valley surrounded by magnificent sandstone cliffs.						
GRADE 5 & 6						
DRAPERS CREEK, MITTAGONG	Km	22	Hrs	7	Grade	5
On tracks along the banks of the Nattai River and fire trails through bushland.						
RUSSELL'S NEEDLE	Km	14	Hrs	7	Grade	5
Ascent of Russell's Needle from Mt Jellore area. Off track walking.						
BELOON PASS, HILLTOP	Km	30	Hrs	9	Grade	6
4WD access to start. Walk to great lookout, fabulous views. Some rock hopping and long/steep sections.						
COLO VALE - HILLTOP	Km	20	Hrs	8	Grade	6
Via Russell's Needle & Starlight Trail.						
OVERNIGHT BACKPACKING - GRADE 5						
NATTAI AREA (3 DAYS)	Km		Hrs		Grade	5
Day 1 - Nattai Rd-Nattai River (8km, 480m descent), Day 2 - Nattai River - Vineyard Flat - Beloon Pass (day backpack, 450m ascent/descent), Day 3 - Nattai River - Nattai Rd (8km, 480m ascent).						

BLUE MOUNTAINS					
GRADE 2					
TERRACE FALLS	Km	4	Hrs	3	Grade 2
Established trails, mostly flat terrain, cascading waterfalls.					
WENTWORTH FALLS	Km	8	Hrs	3	Grade 2
Easy walk from Wentworth Falls Station to numerous lookouts and Charles Darwin Track. Some roads.					
WOODFORD - MURPHY'S GLEN AND BEYOND	Km	10	Hrs	5	Grade 2
Start from Woodford Station car park. Some road walking. Scenic tracks and rainforest.					
GRADE 3 & 4					
GLENBROOK - OLD ZIG ZAG RAILWAY	Km	10	Hrs	5	Grade 3
Historical walk on route of old Zig Zag Railway. Lennox Bridge viaduct - 300 steps down & 200 steps up.					
KATOOMBA FALLS - FURBER STEPS - FEDERAL PASS - GIANT STAIRCASE	Km	8	Hrs	5	Grade 3
Walk to Katoomba Falls Pk, down Furber Steps, along Federal Pass, up Giant Staircase, Echo Point, then station.					
RED HANDS CAVE & EUROKA CLEARING (GLENBROOK)	Km	12	Hrs	6	Grade 3
Jellybean Pool, Red Hands Cave, return on Camp Fire Ck circuit track. Optional walk to Euroka Clearing.					
NEATES GLEN TO EVANS LOOKOUT VIA GRAND CANYON	Km	12	Hrs	5	Grade 3
"Best walk in Australia". See ferns, crystal clear pools, rock formations. 350m ascent and descent.					
SPRINGWOOD, MAGDALA CREEK, SASSAFRAS GULLY	Km	12	Hrs	6	Grade 4
Day walk all on track. See tall trees and ferns.					
LOCKLEY'S PYLON - BLUE GUM FOREST - EVANS LOOKOUT	Km	15	Hrs	7	Grade 4
Great walk with excellent views on all tracks. Car shuffle from Leura to Blackheath.					
KATOOMBA TO THE RUINED CASTLE	Km	18	Hrs	6	Grade 4
From Katoomba, through magnificent tall trees to Ruined Castle with superb views over Jamison Valley.					
DARWIN'S WALK AND NATIONAL PASS	Km	18	Hrs	6	Grade 4
Darwin's walk to Wentworth Falls, National Pass to Conservation Hut, return via Undercliff/Overcliff Pass.					
GRADE 5 & 6					
CARLON'S FARM	Km	18	Hrs	8	Grade 5
Circuit walk via Breakfast Ck, Cox's River, Ironmonger Hill. Mainly tracks, some rockhopping & steep ascents.					
ERSKINE CREEK - DADDERS CAVE- BLANDS POOL	Km	8	Hrs	5	Grade 5
Lower Blue Mts NP. Steep climb down to Erskine Creek, scrambling. Walk up Erskine Creek to Dadders Cave.					
GRAND CANYON, BLACKHEATH	Km	15	Hrs	7	Grade 5
Evans Lookout, Grand Canyon, Junction Rock, Blue Gum Forest, Pulpit Rock and Govett's Leap.					
KATOOMBA - CARLON'S FARM VIA CLEAR HILL	Km	16	Hrs	7	Grade 5
Via Narrow Neck Peninsula, Bushwalker's Hill, Clear Hill, Tarro's Ladder and Medlow Gap.					
KATOOMBA TO MT SOLITARY	Km	15	Hrs	7	Grade 5
Golden Stairs rainforest track to Ruined Castle & Mt Solitary. Long steep sections, ladders. Return same route.					
LOWER BLUE MOUNTAINS	Km	10	Hrs	8	Grade 5
Warramoo, Fitzgerald Creek, Long Angle Creek, Cripple Creek, Blaxland.					
NARROW NECK - REDLEDGE PASS, OLD RAILWAY - STEEL LADDERS	Km	10	Hrs	7	Grade 5
Mostly off track but easy walking. An interesting walk following part of the old coal railway line.					
PERRY'S LOOKDOWN - VICTORIA FALLS	Km		Hrs		Grade 5
Via Grose River. Some very steep descents and ascents.					
WENTWORTH FALLS TO KATOOMBA	Km	20	Hrs	8	Grade 5
Via Mt Solitary. Varied terrains and vegetation.					
WENTWORTH FALLS - VERA FALLS	Km	15	Hrs	6	Grade 5
Descend via many ladders and steps. Steep climb out via same route.					
SIX FOOT TRACK IN ONE DAY	Km	45	Hrs		Grade 6
Fast pace. Very fit walkers only.					

OVERNIGHT BACKPACKING - GRADE 5 & 6					
SIX FOOT TRACK	Km	45	Hrs	Grade	5
Walk over 2 days involving backpacking and camping overnight.					
KANANGRA WALLS	Km		Hrs	Grade	6
Hard but magnificent ridge walk. Yerranderie to Axe Head Mountain, Green Wattle Creek & Bull Island Peak.					
BLUE MOUNTAINS AREA	Km		Hrs	Grade	6
Carlton's Farm, Medlow Gap, Mobb's Swamp, Splendour Rock, Knight Deck, Cox's River, Carlton's Farm.					
KANANGRA WALLS / KOWMUNG RIVER	Km	40	Hrs	Grade	6
Backpacking weekend on Kowmung River - moderate pace.					
KRUNGLE BUNGLE - GURGANG RANGE	Km		Hrs	Grade	6
Backpacking over 2 days.					
SYDNEY AND CAMPBELLTOWN					
GRADE 1					
HOMEBUSH - BICENTENNIAL PARK WALK	Km	6	Hrs	6	Grade
Boardwalk through mangroves and marshlands. Water ponds, bird refuges. Visitor centre.					
KOKODA TRAIL & FORESHORES WALK - RHODES	Km	10	Hrs	5	Grade
Kokoda Memorial walk, through historic Walker Estates and Foreshore Parks. Cross river on Putney Punt.					
MANLY PICNIC & HARBOUR FERRY CRUISE	Km	8	Hrs	4	Grade
Ferry to Manly - walk from Manly Wharf to Shelly Beach and return to Ferry.					
NATIONAL TRUST WALK	Km		Hrs	Grade	1
Observatory Hill, galleries and bookshops, Trinity Garrison church, Museums and historic Rocks precincts.					
SYDNEY OPERA HOUSE AND BOTANIC GARDENS	Km	7	Hrs	4	Grade
Botanic Gardens, Sydney Opera House, Circular Quay and the Rocks.					
SYDNEY MARKETS	Km	6	Hrs	Grade	1
Walk from Central Station to Paddy's Markets, then to Sydney Fish Market for lunch and a browse.					
GRADE 2					
MT ANNAN BOTANIC GARDENS	Km	10	Hrs	4	Grade
Located between Campbelltown & Camden on Narellan Road. Huge range of native plants. Car entry fee.					
BONDI JUNCTION TO BONDI BEACH	Km	10	Hrs	7	Grade
Bus from Bondi Junction to Maroubra Junction. Beach, cliff and road walk via Clovelly to Bondi Beach.					
BONDI BEACH TO COOGEE	Km	7	Hrs	4	Grade
Stunning views as path hugs cliff tops and beaches all the way to Coogee. See historic Waverley Cemetry.					
BONDI TO MAROUBRA	Km	9	Hrs	5	Grade
Great ocean views.					
BOTANY BAY	Km	13	Hrs	5	Grade
Beach, reserves, few streets, promenade from Kyeemagh to Capt Cook Bridge.					
WOLLI CREEK TO DOLLS POINT	Km	13	Hrs	5	Grade
Expansive views across Botany Bay to La Perouse, Kurnell and Towra Point NR.					
CIRCULAR QUAY TO TARONGA PARK ZOO	Km	12	Hrs	4	Grade
Cross Harbour Bridge, walk along harbour foreshores to Zoo wharf. Historic sites. "Nutcote", parks and gardens.					
CIRCULAR QUAY TO COOGEE	Km	15	Hrs	6	Grade
Mainly historic buildings, eg Crown Lands Office, Police Museum, Elizabeth Bay House.					
DRUMMOYNE BICENTENNIAL FORESHORE WALK	Km	16	Hrs	5	Grade
Ferry to Abbotsford. Walk around peninsula, Rodd Pt, Birkenhead Pt, Drummoyne, Five Dock & Abbotsford Bay.					
EWENTON WALK BALMAIN	Km	8	Hrs	5	Grade
A series of walks in the Balmain area. Can include the markets.					
FORESHORES OF CRONULLA - PORT HACKING	Km	6	Hrs	5	Grade
Stroll around the headlands at low tide.					
MILSON'S POINT TO DOUBLE BAY	Km	10	Hrs	4	Grade
Via Harbour Bridge, Botanic Gardens, Woolloomooloo and Rushcutters Bay.					

MOSMAN BAY TO CLIFTON GARDENS	Km	9	Hrs	4	Grade	2
Picturesque harbourside walk.						
HARBOUR CITY WALK	Km	7	Hrs		Grade	2
The Rocks, Circular Quay, Opera House, Botanic Gardens, Mrs Macquarie's Chair, Farm Cove, Hyde Park.						
HUNTERS HILL TO MACQUARIE PARK	Km	10	Hrs		Grade	2
Via Lane Cove NP. Full day out using public transport.						
KU-RING-GAI WILDFLOWER GARDEN	Km	6	Hrs	5	Grade	2
Walk along 3km Mueller Track and 2km Solander Track and other short trails through natural bush.						
MANLY COASTAL WALK	Km	8	Hrs	4	Grade	2
Walk north around Manly Lagoon, then south to Shelly Beach and back to wharf.						
MANLY TO MANLY VALE	Km	11	Hrs	5	Grade	2
Manly Wharf to Manly Lagoon, beside Curl Curl Creek to Manly Dam Nature Circuit. Return to Manly Wharf.						
OATLEY TO SUTHERLAND	Km	10	Hrs	5	Grade	2
Via Como Bridge and Bonnet Bay. Tracks, back streets & historical Como Bridge.						
OATLEY PARK TO LUGARNO	Km	12	Hrs	5	Grade	2
Train to Oatley. Walk through Oatley Park to Lugarno. Return by bus from Lugarno to Hurstville.						
PADDINGTON - CENTENNIAL PARK	Km	14	Hrs	6	Grade	2
Interesting shops along Oxford Street, markets at Paddington, then meander through Centennial Park.						
PALM BEACH - BARRENJOEY LIGHTHOUSE	Km	6	Hrs	5	Grade	2
Beach and track walking. Zig zag old 4WD track up to Barrenjoey Lighthouse.						
PARRAMATTA HISTORICAL WALK	Km	9	Hrs	5	Grade	2
Including Parramatta Park, Old Government House, Elizabeth Farm etc.						
PARRAMATTA PARK AND LAKE	Km	12	Hrs	5	Grade	2
Walk through historical Parramatta, then Parramatta Park's historical sites up to Lake then back to station.						
RICHMOND HERITAGE WALK	Km	6	Hrs	4	Grade	2
Area used to be called the "Granary of the Colony". The colonial character of the area has been retained.						
SOMMERVILLE POINT WALK BALMAIN	Km		Hrs		Grade	2
Walk for those interested in early Sydney history and architecture.						
WOLLSTONECRAFT TO MILSONS POINT	Km	12	Hrs	6	Grade	2
Via Berry's Island & Ball's Head. Bushtracks, reserves, road and board walks.						
SCULPTURES BY THE SEA - BONDI TO COOGEE	Km	8	Hrs		Grade	2
Annual sculpture exhibition & coastal walk. Fun day, enjoy picnic lunch, coffee and ice cream. Full day out.						
KURNELL AREA - BOTANY BAY NP	Km	10	Hrs		Grade	2
Full day, train/bus. Capt Cook Memorial, Cape Solander, Cape Bailey Lighthouse. Possible whale sightings.						
SYDNEY WALK - CANADA BAY AREA	Km	10	Hrs		Grade	2
Featuring Kokoda Track Memorial Walkway, Foreshore Trail. Historic sites, country environment & parks.						
ZOO TO BALMORAL VIA BRADLEY'S HEAD	Km	10	Hrs		Grade	2
See Chowder Bay, Middle Head and Balmoral. Full day out by train, ferry and bus.						
ROSE BAY TO WATSONS BAY - SYDNEY	Km	10	Hrs		Grade	2
Rose Bay via Nielsen Park, Parsley Bay, Vaucluse, Wentworth's grave to Watson's Bay. Full day.						
DOVER HEIGHTS TO WATSON'S BAY, HORNBY & MACQUARIE LIGHTHOUSES	Km	12	Hrs		Grade	2
Full day out. Travel by public transport. See fishermen's cottages, Camp Cove, Lady Bay and The Gap.						
CITY TO BALMAIN - SYDNEY	Km	12	Hrs		Grade	2
From Town Hall via Anzac Bridge along harbour foreshores to Balmain. Visit Ballast Point Park.						
GRADE 3						
CIRCULAR QUAY TO BONDI	Km	15	Hrs	6	Grade	3
Parks, reserves, alleyways and steps, back narrow streets, historical sites.						
CIRCULAR QUAY TO WATSON'S BAY	Km	12	Hrs	4	Grade	3
See many beautiful parks, gardens and views.						
FORESHORES OF THE INNER WEST	Km	10	Hrs	4	Grade	3
Circuit walk from Rhodes railway station via Kokoda Track and Yaralla House.						
COMMODORE HEIGHTS - KU-RING-GAI CHASE NP	Km	6	Hrs	5	Grade	3
Train to Wynyard, bus to Palm Beach, Ferry to Great Mackerel Beach. Tracks, uphill, great views.						

TWO CREEKS WALK - KILLARA AREA	Km	10	Hrs	4	Grade	3
See Seven Little Australians park, home of Ethel Turner. Undulating, bush tracks with some road walking						
CREMORNE TO CIRCULAR QUAY VIA HARBOUR BR	Km	12	Hrs	5	Grade	3
Steps, tracks, streets and reserves. Visit May Gibbs' Nutcote, walk across Harbour Bridge.						
EAST HILLS - GEORGES RIVER	Km	10	Hrs	5	Grade	3
Exploratory walk with beautiful scenery. Road and track walking.						
EDGECLIFFE TO WATSON'S BAY	Km	15	Hrs	6	Grade	3
Via South Head and the Gap. Views over Sydney Harbour.						
EPPING - LANE COVE RIVER - TURRAMURRA	Km	11	Hrs	5	Grade	3
Two access routes and part of Great North Walk - Avondale Dam - Sheldon Forest. Lovely bushland.						
GREAT NORTH WALK - STAGE 1	Km	12	Hrs	5	Grade	3
Circular Quay to Ryde Road along Lane Cove River.						
KURNELL TO CRONULLA	Km	15	Hrs	6	Grade	3
Scenic views of Kurnell, some rock and beach walking.						
LA PEROUSE TO HENRY HEAD - BOTANY BAY NP	Km	10	Hrs	5	Grade	3
Monuments and historic sites, museum and fort at Bare Island. Track rough in parts, some rock hopping.						
MAROUBRA TO LA PEROUSE	Km	14	Hrs	6	Grade	3
Tracks and quiet streets - via Little Bay.						
MT KU-RING-GAI TO BEROWRA - MT KU-RING-GAI NP	Km	11	Hrs	4	Grade	3
Bush tracks along Cowan Creek, one uphill.						
SALT PAN CREEK AND GEORGES RIVER	Km	14	Hrs	5	Grade	3
Parks, board walks, bush tracks and a couple of streets.						
SPHINX TRACK TO MT KU-RING-GAI STATION	Km	12	Hrs	5	Grade	3
Via Bobbin Head and Appletree Bay. Scenic views. Some steep sections involved.						
CURL CURL TO MANLY DAM AND MANLY DAM CIRCUIT	Km	10	Hrs	4	Grade	3
Walk through gullies and diverse ecosystem of heath, swamp, wildflowers and woodland.						
SPIT TO MANLY	Km	10	Hrs	6	Grade	3
Bus Wynyard to Spit Bridge. Beautiful harbour walk. Ferry Manly back to Circular Quay. Can do opposite direction.						
COLLARROY TO MANLY	Km	12	Hrs	4	Grade	3
Boardwalk and bush track traversing five long golden beaches. 360° views from Long Reef golf course.						
TARONGA ZOO TO SPIT BRIDGE	Km	12	Hrs	6	Grade	3
Some long steep grades, steps, rock hopping, road walking, established trails, beach walking.						
TARONGA ZOO TO CIRCULAR QUAY	Km	14	Hrs	6	Grade	3
Parks, streets and over Harbour Bridge.						
WARRINGAH - COLLARROY TO MANLY	Km	13	Hrs	6	Grade	3
Bus Wynyard to Collarroy. Tracks, beaches, easy rock walking, a few streets. Ferry from Manly to Circular Quay.						
WATSON'S BAY TO BONDI BEACH	Km	12	Hrs	5	Grade	3
Road, track and beach walking.						
WATSON'S BAY TO ROSE BAY	Km	15	Hrs	5	Grade	3
Via Gap Park, Vaucluse Beach and Nielsen Park.						
WESTERN APPROACH TO GREAT NORTH WALK	Km	15	Hrs	6	Grade	3
Parramatta to Pennant Hills. Rivercat ferry to Parramatta. Mostly reserves including Cumberland State Forest.						
COMO TO OATLEY - SUTHERLAND AREA	Km	13	Hrs	7	Grade	3
Walk via streets and reserves, bush tracks and fire trails. Steep sections.						
COMO - OATLEY - LIMEKILN BAY WETLANDS	Km	14	Hrs	6	Grade	3
Varied interesting walk on foreshores of Georges River. Tracks and boardwalk. River views.						
WORONORA RIVER - SUTHERLAND	Km	6	Hrs	5	Grade	3
Road walk to river banks and return.						
BENOWIE TRACK, THORNLEIGH - HORNSBY	Km	10	Hrs		Grade	3
Valley views, not for slow walkers. Time available constrained by train timetable.						
BOBBIN HEAD CIRCUIT WALK	Km	10	Hrs	4	Grade	3
Bobbin Head and return via Warrimoo Track, Sphinx Track and Bobbin Head trail. Scenic walk, water views.						
BOHEMIAN PAINTERS' WALK - SYDNEY HARBOUR	Km	6	Hrs	5	Grade	3
Foreshore walk mostly on tracks to Cremorne via Little Sirius Cove & Mosman Wharf. Ferry back to Circular Quay.						
CAPE BAILEY COAST WALK - KURNELL, BOTANY BAY NP	Km	10	Hrs	5	Grade	3
Explore sand dunes and heathland. Rugged coastline, views. Watch birds from top of Tabbigai Gap.						

CASTLE COVE TO MIDDLE COVE	Km	8	Hrs	5	Grade	3
Via North Arm Track. Road and track walking.						
MANLY TO NORTH HEAD	Km	10	Hrs	6	Grade	3
Full day out. Very pretty walk. Climbs up to North Head via Hole in the Wall. Ocean and harbour views.						
CREMORNE POINT TO BALMORAL	Km	11	Hrs		Grade	3
Full day out. Harbour views. Walk via Bohemian Painters Walk & Clifton Gardens. See aboriginal middens.						
DRUMMOYNE TO BIRCHGROVE	Km	10	Hrs	5	Grade	3
7km level, some shade, 3km undulating through 3 parks.						
HUNTLEYS POINT AND HUNTERS HILL	Km	10	Hrs	5	Grade	3
History and outstanding architecture. Steep sections. Wonderful views.						
BALMAIN TO BIRCHGROVE	Km	8	Hrs	4	Grade	3
This is an easy walk through Balmain's steep narrow back streets, past quiet local wharves and parks.						
SYDNEY CITY CULTURE CAPER	Km	10	Hrs		Grade	3
Visit Brett Whitely studio, then walk through parks to NSW Art Gallery and other galleries. Full day out.						
ABBOTSFORD TO CABARITA	Km	9	Hrs	5	Grade	3
A pleasant and peaceful walk by the shores of the bay. See Henry Lawson Park with sculptures.						
GRADE 4 & 5						
BEROWRA - COWAN CK - MT KU-RING-GAI	Km	12	Hrs	6	Grade	4
Descend 200m down Waratah Gully, follow Cowan Ck to Appletree Bay. 200m ascent to Mt Ku-ring-gai station.						
TARONGA ZOO TO MIDDLE HARBOUR	Km	10	6	5	Grade	4
Some long steep climbs & steps. Rock hopping, road & beach walking. Great views of Sydney Harbour.						
TARONGA ZOO TO MANLY	Km	22	Hrs	7	Grade	4
Great views of Sydney Harbour and surrounding area.						
MT KU-RING-GAI TO BEROWRA VIA BENOWIE TRACK	Km	10	Hrs	5	Grade	5
A challenging beautiful walk. Train to Mt Ku-ring-gai station for start of walk.						
OVERNIGHT BACKPACKING						
GREAT NORTH WALK	Km	250	Hrs		Grade	
Sydney to Newcastle. Entire distance over 10 days to 2 wks - or in shorter sections. Various grades						



Manly and North Head, Sydney (Photo - P. Howes)

PADDLES IN THE ILLAWARRA AND ENVIRONS

Personal Flotation Devices are compulsory on all Ramblers Club paddles

LAKE ILLAWARRA

OAK FLATS TO LAKE ENTRANCE	Km	14	Hrs	5	Grade	3
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Open water paddle across lake.

OAK FLATS TO DUCK CREEK	Km	12	Hrs	3.5	Grade	2
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Scenery and birds.

EXPLORE MACQUARIE RIVULET	Km		Hrs	4	Grade	3
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Exploratory paddle upstream and then down to Lake Illawarra possibly including Haywards Bay.

FISH AND CHIP PADDLE	Km	16	Hrs	6	Grade	3
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Open water, experienced paddlers. Brooks Ck to Berkeley Harbour. See Gooseberry Is & possible eagle's nest.

MULLET CREEK TO GOOSEBERRY ISLAND	Km	10	Hrs	4	Grade	3
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Paddle from William Beach to Gooseberry Island. Return via Tank Trap if navigable.

WINDANG TO BERKELEY & RETURN	Km	15	Hrs	4	Grade	4
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Paddle under Windang Bridge and across Lake Illawarra to Berkeley and return.

KIAMA AREA

GERRINGONG BOAT HARBOUR TO SEVEN MILE BEACH	Km	15	Hrs	4	Grade	5
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Ocean paddle to north end of Seven Mile Beach. Very scenic.

SHELLHARBOUR TO KILLALEA	Km	15	Hrs	4	Grade	5
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Via Bushrangers Bay. Very scenic.

MINNAMURRA RIVER	Km	15	Hrs	5	Grade	3
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Paddle from the mouth to Swamp road and then return.

NOWRA, SHOALHAVEN, SOUTH COAST

LAKE CONJOLA	Km	12	Hrs		Grade	3
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Paddle locally, tidal near Lake Conjola. Camp at Caravan Park. Cabins available.

WANDANDIAN CREEK	Km	12	Hrs		Grade	3
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Paddle along Wandandian Creek and estuaries to St George's Basin and return.

WANDANDIAN CREEK AND ESTUARIES	Km	15	Hrs	6	Grade	3
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From Bewong along Wandandian Creek and estuaries to St George's Basin and return.

CURRUMBENE CREEK - HUSKISSON	Km	16	Hrs		Grade	3
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Paddle the full length of Currumbene Creek with the tide to Huskisson.

SHOALHAVEN RIVER	Km	12	Hrs	5	Grade	4
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Paddle from the bridge at Nowra upstream and explore beautiful side creeks.

NOWRA BRIDGE TO CROOKHAVEN HEADS SHOALHAVEN RIVER	Km	18	Hrs	5	Grade	4
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Experienced paddlers only. Subject to favourable weather forecast.

NOWRA BRIDGE TO BROUGHTON CREEK AND RETURN - SHOALHAVEN RIVER	Km	19	Hrs	5	Grade	4
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Paddle with tide in both directions. Very scenic. Spray deck recommended. Bring lunch.

NOWRA BRIDGE TO LONG POINT	Km	20	Hrs	5	Grade	4
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Tide assisted paddle on beautiful Shoalhaven River to Long Point and return. Very scenic.

NOWRA BRIDGE TO GREENWELL POINT	Km	18	Hrs	5	Grade	4
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For experienced paddlers

GREENWELL POINT TO NOWRA	Km	18	Hrs	6	Grade	4
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Paddle upstream with incoming tide. Swimming option. Bring lunch.

WEST OF NOWRA	Km	12	Hrs	4	Grade	2
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Paddle the length of Danjera Dam, with opportunity to explore old mines.

SHOALHAVEN HEADS-CROOKHAVEN HEADS	Km	20	Hrs	6	Grade	4
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Paddle past Comerong Island punt. Experienced paddlers only. Lunch at Greenwell Point.

HUSKISSON TO GREENPATCH - JERVIS BAY	Km	22	Hrs	5	Grade	5
Paddle around south end of Jervis Bay to Greenpatch.						
HUSKISSON TO CALALA POINT	Km	16	Hrs	5	Grade	4
Paddle along coastline and across open water.						
HUSKISSON TO HYAM'S BEACH	Km	18	Hrs	5	Grade	5
Paddle both ways. Bring lunch. Spray decks compulsory. Experienced paddlers only.						
HYAM'S BEACH TO BOWEN ISLAND	Km	22	Hrs	6	Grade	5
Paddle Jervis Bay. Lunch at Murray's Beach. Experienced paddlers only. Spraydecks compulsory.						
BROUGHTON CREEK - BERRY AREA	Km		Hrs		Grade	
Paddle with tide the length of the creek to Shoalhaven River. Idyllic rural scenery with escarpment backdrop.						
TALLOWA DAM						
TALLOWA DAM TO GANG GANG BROOK	Km	15	Hrs		Grade	
Very scenic paddle. Participants are to supply their own crafts.						
LAKE YARRUNGA - KANGAROO VALLEY	Km	10	Hrs			
On Lake Yarrunga, upstream from Tallowa Dam on Kangaroo River branch, then Bundanoon and Sandy Creeks.						
BENDEELA TO TALLOWA DAM	Km		Hrs		Grade	
Paddle on Kangaroo River branch. Overnight camp en route. All gear in kayaks.						
TALLOWA DAM - LAKE YARRUNGA	Km		Hrs		Grade	
Flat water paddle up Bundanoon Creek branch.						
TALLOWA DAM TO FOSSICKERS FLAT LAKE YARRUNGA	Km	20	Hrs		Grade	
Two nights camping at base camp. All gear in kayak. Experienced paddlers only.						
SYDNEY AREA						
PRINCE EDWARD PARK TO THE NEEDLES	Km	10	Hrs		Grade	
Paddle up Woronora River. Short walk to a magnificent waterhole. Return.						
GEORGES RIVER	Km	20	Hrs		Grade	
Paddle on Georges River from Picnic Point to Liverpool Parkland with tide most of the way.						
NEPEAN RIVER - PENRITH	Km	12	Hrs		Grade	2
Paddle upstream from Penrith through the Nepean River Gorge. Return.						
NEPEAN RIVER	Km		Hrs		Grade	
Flat water paddle from Menangle to Camden. One short portage.						
NEPEAN RIVER - DOUGLASS PARK	Km		Hrs		Grade	
Paddle from the weir upstream through a narrow gorge and return, short portage, then paddle downstream.						
PORT HACKING						
GRAYS POINT TO SOUTH WEST ARM	Km	16	Hrs		Grade	3
From Swallow Rock Reserve paddle upstream on beautiful Hacking River. Optional walk to Winifred Falls.						
YOWIE BAY TO SOUTH WEST ARM CREEK	Km	12	Hrs	4	Grade	1
Mainly with the tide, through Royal NP.						
YOWIE BAY TO AUDLEY	Km	12	Hrs	4	Grade	
Through Royal NP. Some open water.						
BUNDEENA TO SOUTH WEST ARM AND RETURN	Km	17	Hrs	5	Grade	4
Paddle from Bonnie Vale. Explore Burraneer Bay on return trip. Very scenic.						
PORT HACKING - ROYAL NP	Km		Hrs		Grade	
Flat water from Yowie Bay across to shallow Bents Basin and up its tributary creek.						

HOLIDAYS

NORTH EAST VICTORIA COASTAL PADDLES	Km	Hrs	Grade
One week of paddling the rivers and estuaries of Victoria. Base camping mainly at Caravan Parks. Swimming.			
TOUR OF ISLANDS OF MORETON BAY	Km	Hrs	Grade
Two weeks of paddling from Surfers Paradise to Caloundra.			
MURRAY RIVER	Km 140	Hrs	Grade
Bringenbrong Bridge to Guys Forest. See wonderful mountain scenery. Then on to the Tumut.			
TUMUT RIVER	Km	Hrs	Grade
Blowering Dam to Murrumbidgee. Water fast and cold. Experienced paddlers only.			
MACQUARIE RIVER AND MARSHES	Km 36	Hrs 12	Grade
Dunn's Swamp to Macquarie Marshes. Gently flowing water, tree hazards. Opportunities to explore the region.			
NARRABEEN LAKES	Km	Hrs	Grade
Tidal paddle on Narrabeen Lake and second local paddle. Base camp at caravan park.			
NORTHERN NSW AND GOLD COAST	Km	Hrs	Grade
Flat water paddles. Base camp at caravan parks.			



Tallowa Dam (Photo - P. Bique)

BIKE RIDES IN THE ILLAWARRA AND ENVIRONS

Helmets are compulsory on all Ramblers cycling activities

FROM WOLLONGONG

STUART PARK TO THIRROUL	Km	30	Hrs	3	Grade	1
Mainly on cycle tracks. Wonderful coastal scenery. A few easy hills in and out of Thirroul.						
UNANDERRA TO BERKELEY	Km	40	Hrs	3.5	Grade	2
Via Port Kembla to Hooka Point Park. Mainly bike track, busy section through Warrawong.						
WOLLONGONG TO WINDANG	Km	38	Hrs	3	Grade	2
Mainly on bike tracks, some quiet streets. Ocean views at Port Kembla and Windang.						
WOLLONGONG TO PORT KEMBLA	Km	30	Hrs	3	Grade	2
Starts at Swan Street, Coniston, mainly cycle track. Ocean and industry views. Optional ride up Hill 60.						

FROM ALBION PARK (DARCY DUNSTER RESERVE)

BRIDGE TO BARRACK POINT	Km	28	Hrs	3	Grade	1
Cycleway and quiet back streets around Lake Illawarra to Warilla for coffee then return.						
ALBION PARK TO SHELLHARBOUR	Km	30	Hrs	3	Grade	2
Cycleway and quiet back streets. Lake Illawarra, Barrack Point to Shellharbour & return.						
ALBION PARK TO KILLALEA	Km	40	Hrs	4	Grade	2
Long ride, mainly cycle tracks. Via Lake Illawarra, Barrack Point, Shellharbour & Shellcove to Killalea, then return.						

FROM BERKELEY (FISH & CHIPS, NORTHCLIFFE DRIVE)

BERKELEY TO WARILLA	Km	30	Hrs	3	Grade	1
Cycleways, quiet back streets. Around Lake Illawarra to Warilla for coffee then return.						
BERKELEY TO BOONERAH POINT	Km	30	Hrs	3	Grade	1
Mainly bike track, some quiet streets. Lake views.						
BERKELEY TO WINDANG	Km	30	Hrs	3	Grade	1
To Windang Surf Club, back to MM Beach via Port Kembla Surf Club. Return via back streets.						
BERKELEY TO PORT KEMBLA	Km	30	Hrs	3	Grade	2
A few easy hills. Optional ride up Hill 60. Return via Warrawong.						
BERKELEY TO SHELLHARBOUR	Km	38	Hrs	3	Grade	2
Cycle paths and quiet streets. Via Warilla and Barrack Point to Shellharbour then return. Ocean & mountain views.						
BERKELEY TO BASS POINT QUARRY	Km	40	Hrs	3	Grade	2
Mostly on tracks. Via Warilla, Barrack Point and Shellharbour. Coffee at Shellharbour, then return.						
AROUND LAKE ILLAWARRA	Km	42	Hrs	5	Grade	3
Includes short distance on motorway, then through Kanahooka to Albion Park and around the Lake.						

FROM OAK FLATS (SKI CLUB) OR WINDANG (KIOSK)

TO SHELLHARBOUR	Km	25	Hrs	4	Grade	2
Via Warilla Beach and Barrack Point to Shellharbour for coffee and return. Coastal views.						
TO KILLALEA	Km	30	Hrs	4	Grade	2
Via Warilla Beach, Barrack Pt, Shellharbour & Shellcove to Killalea and return. Ocean views.						

FROM DAPTO

DAPTO TO WONGAWILLI	Km	26	Hrs	3	Grade	2
Lakeside Drive Reserve, Kanahooka via Dapto to Wongawilli then return. Mostly cycle tracks, some quiet roads.						

KIAMA AREA

DUNMORE TO KIAMA	Km	22	Hrs	4	Grade	2
Follow cycle track from Dunmore to Minnamurra and then on to Kiama for coffee. Several hills, lovely views.						
MINNAMURRA TO KIAMA	Km	18	Hrs	4	Grade	2
Moderate to hard. Steep in places. Very scenic.						

BERRY & SOUTH COAST						
BERRY AND ENVIRONS	Km	35	Hrs	3	Grade	2
Cycle quiet country roads with some gently undulating hills. Coffee/lunch at Berry. Train transport available.						
HUSKISSON TO SANCTUARY POINT	Km	22	Hrs	3	Grade	2
Lovely views at Huskisson Beach. Mainly cycle ways. Coffee Sanctuary Point.						
SOUTHERN HIGHLANDS						
BUNDANOON - EXETER CIRCUIT	Km	25	Hrs	3	Grade	2
Scenic countryside. Mainly level. Some dirt roads.						
BOWRAL BIKE RIDE	Km	33	Hrs	4	Grade	2
Mainly cycle tracks, through Bowral and along Bong Bong track to Moss Vale.						
SYDNEY AREA						
WOLLI CREEK TO HOMEBUSH PARK	Km	38	Hrs	4	Grade	2
Mainly level ride on bike path along Cooks River, then through Strathfield to Homebush..						
SUTHERLAND TO ILLAWONG	Km	32	Hrs	4	Grade	2
Mainly bike paths, some hills. Spectacular view over Woronora River.						



Bridge to Barrack Point (Photo - P. Howes)