

# Flannel Flower Track



45 mins

Moderate track

3

1.6 km Circuit

88m

A great walk with some spectacular views and nice forest scenery in the Rumbalara Reserve, near Gosford. The tracks are well formed and signposted, and there are plenty of facilities in the reserve, including free electric BBQs. This walk is very accessible from Gosford and a great way to enjoy some of the wonderful scenery and views of the area. Note that the entrance gate on Dolly Ave, for the upper section of Rumbalara, is locked at 8pm each evening.

158m

108m

Rumbalara Reserve

### **Are you ready to have fun?**

Please ensure you and your group are well prepared and equipped for all possible hazards and delays. Check park closures, weather information and Fire Danger Rating before setting out. Optional side trips and alternate routes noted are not included in this walks overall grade, length or time estimate. Please allow extra time for resting and exploring areas of interest. The authors, staff and owners of wildwalks take care in preparing this information but will not accept responsibility for any inconvenience, loss or injury you may experience. Please take care, have fun - Happy Walking.

**Getting there** Traveling by car is the only practical way to get to Yaruga Picnic Area BBQs (gps: -33.4255, 151.3553). Car: There is free parking available.

This is a circuit, so you will finish back at the start.

Find up to date and more information including; travel directions, weather, park closures and walker feedback at <http://wild.tl/fft>

### **0 | Rumbalara Reserve**

Rumbalara Reserve lies just to the east of the Gosford CBD and is part of Gosford's Coastal Open Space System (COSS). There is an extensive set of well marked walking tracks within the reserve. Yaruga Picnic Area has free electric BBQs while both Yaruga and Nurrunga picnic areas have toilets, picnic tables, nearby lookouts and proximity to walking tracks. The picnic areas are accessed via Dolly Ave, Springfield, with the gate being locked at 8pm each evening. The Rumbalara Environmental Education Centre, at the end of Donnison St, Gosford, is one of several good access points to the walking tracks in the lower section of the reserve. [More info.](#)

### **0 | Yaruga Picnic Area**

This picnic area is right beside Dolly Ave, within the Rumbalara Reserve, Gosford. The facilities include free electric BBQs, picnic tables, toilets and garbage bins. There are information boards with details of the walking tracks and other features of the reserve. There are a couple of lookout points at the edge of the picnic area with great views out across Gosford and the surrounding areas.

### **0 | Yaruga Picnic Area BBQs**

(720 m 17 mins) From the BBQs, this walk goes across the picnic area, keeping the road to the right. The walk passes the information board, to the left, and follows the paved path toward the nearby toilet block. The walk turns left just before the toilet block and follows the 'Nurrunga Picnic Area' arrow down the paved steps and along the bush track. The walk

descends gently for a while with numerous sandstone steps, then meanders around the side of the hill, for some distance. Ignoring a bush track, to the left, and another soon after, to the right, the walk continues for some distance until reaching an intersection with a management trail, with a 'Flannel Flower Track' signpost pointing back to the 'Yaruga Picnic Area'.

### **0.72 | Flannel Flower**

*Actinotus helianthi*, popularly known as the Sydney flannel flower, is frequently spotted by spring-time bushwalkers in the Sydney region. Generally growing up to 50 cm, the stem, branches and leaves of the plant are a pale grey in colour, covered in downy hair (rather like flannel in texture). [More info.](#)

### **0.72 | Flannel Flower walk signpost**

(30 m 1 mins) Veer left: From the intersection, this walk follows the management trail down the hill, towards the views of Gosford. After a very short distance, the walk arrives at an intersection with a paved path, signposted 'Casuarina Track'.

### **0.75 | Int of Casuarina walk and Flannel Flower walk**

(180 m 5 mins) Turn right: From the intersection, this walk follows the 'Nurrunga Picnic Area' arrow along the paved track, keeping the views of Gosford to the left. The walk climbs gently for a short distance before arriving at a track junction with signposts for the 'Ironbark Loop', the 'Casuarina Track' and the 'Flannel Flower Track'.

### **0.93 | Rumbalara Reserve Flora and Fauna**

The reserve is home to a wide range of flora and fauna. The vegetation types range from the relatively dry 'Coastal Narrabeen Ironbark Forest' to pockets of 'Coastal Warm Temperate Rainforest'. Commonly seen birds include Kookaburras, Eastern Rosellas and Magpies. Rarer birds such as the Glossy Black Cockatoo and Swift Parrot are sometimes sighted here as well. Sugar Gliders, Brush-tailed possums, Blue-tongued lizards and Tree snakes can be seen in the reserve if you are patient and lucky enough.

### **0.93 | Junction of Ironbark, Casuarina and Flannel flower**

(30 m ) Turn right: From the intersection, this walk follows the 'Loop to Yaruga Picnic Area' arrow between the metal posts and across the edge of the small car park. The walk immediately crosses the road to an intersection with a track, with a 'Flannel Flower Track' signpost pointing back to 'Yaruga Picnic Area'.

### **0.95 | Western int of Flannel Flower walk and Dolly Ave**

(540 m 12 mins) Continue straight: From the intersection, this walk follows the 'Loop to Yaruga Picnic Area' arrow along the track, going gently down the hill. The walk meanders gently downhill for a short distance before passing under some power lines and continuing a little further to an intersection with a management trail.

Veer right: From the intersection, this walk follows the management trail up the hill, keeping the nearby power lines to the right. After a short distance, the walk passes a management trail (to the right) and continues, passing some sort of underground pipe access point, on the left. After a while, the trail reaches an intersection with tracks to the left and right.

### **1.49 | Int of Flannel Flower walk and Red Gum walk**

(60 m 1 mins) Turn right: From the intersection, this walk follows the bush track up the steps, leaving the nearby water reservoir to the left. The walk climbs gently for a short distance to an intersection with the road.

### **1.55 | Western int of Red Gum walk and Dolly Ave**

(60 m 1 mins) Continue straight: From the intersection, this walk follows the road gently up the hill towards the sandstone walls of the nearby Yaruga picnic area. The walk climbs the first set of steps on the left, near the 'Yaruga Picnic Area' signpost, and goes across the picnic area to the nearby electric BBQs.