



This great walk starts at the Sphinx Memorial and loops around via Cowan Creek, exploring diverse environments as it changes altitude. There is an optional side trip to the Empire Marina and cafe for a recharge before the climb back up to the Sphinx. This walk provides some great water views of the Cowan Creek and the interesting rock formations along its shores.

Ku-ring-gai Chase National Park

Length: 9.6 km
Time: 4 hrs
Climb: 499 m
Style: Circuit
Rating: Track: Moderate
Where: 5.4 km NNE of Turramurra
Transport: bus car



Visit www.wildwalks.com for more info



Side trips and Alternate routes mentioned in these notes are not included in the tracks overall rating, distance or time estimate. The notes only describe the side trips and Alternate routes in one direction. Allow extra time for resting and exploring areas of interest. Please ensure you and your group are well prepared and equipped for all possible hazards and delays. The authors, staff and owners of wildwalks take care in preparing these notes but will not accept responsibility for any inconvenience, loss or injury sustained by using these notes or maps. Please take care and share your experience through the website. GPS for start and end of this walk: -33.6887,151.1558



Wildwalks

The State Government is allowing Recreational Hunting in our National Parks

This poses a serious threat to the environment and visitor safety

Help stop the madness by writing a [quick letter](#).

Thanks for your help

Sphinx Memorial

Private Shirley spent one and a half years carving this monument whilst a patient of the Lady Davidson Convalescent Hospital. William Shirley was in hospital, being treated after serving in WW1. Shirley died in 1929, leaving this memorial to fallen A.I.F. comrades.

"To my glorious comrades of the A.I.F
 by the late W. Shirley

No 5756 Pte. 13th Battalion

Died 27th August 1928" [More info](#)



Sphinx Memorial to Int of Sphinx Memorial Track and Sphinx fire trail 0.1km 1 mins

(From S) From the 'Sphinx Memorial', this walk follows the asphalt footpath, behind the picnic tables gently downhill for about 50m to a T-intersection with the 'Sphinx Fire Trail'.

Int of Sphinx Memorial Track and Sphinx service trail to Int of Sphinx walking Track and Service trail 0km

(From 0.06 km) Turn right: From the intersection, this walk follows the 'Sphinx Fire Trail' sign gently downhill along the wide trail, keeping the valley to your left for just over 10m to an intersection marked with a 'Sphinx Walking Track' sign (on your left).

Int of Sphinx walking Track and management trail to Int of Sphinx walking and Warrimoo Tracks 1.1km 25 mins

(From 0.07 km) Veer left: From the intersection, this walk follows the 'Sphinx Walking Track' sign fairly steeply down the series of timber steps. This walk follows the rocky track and timber steps for 300m to flatten out and pass between two tall eucalyptus, then just shy of 150m later this walk comes to a shallow sandstone overhang (on your right). The mostly flat track continues along the side of the valley for about 30m to then head down a series of and carved stone and timber steps for 50m to cross a usually small creek on a sandstone rock platform. From here the track leads gently downhill along the side of the valley among the grass trees for almost 200m to cross a smaller often dry creek on a sandstone rock platform. Here the track gently undulates along the side of the hill crossing a few pleasant rock platforms for 130m to pass under the high tension power lines. Now the track begins to zig-zags quite steeply in places, for almost 250m, down a series of timber and stone steps to a T-intersection in a flat ferny forest. Here there is a 'Sphinx Track - Nth. Turramurra' sign pointing back up the rocky track.



Int of Sphinx walking and Warrimoo Tracks to Int of Warrimoo and Bobbin Head Tracks 3.7km 1 Hrs 30 mins

(From 1.12 km) Turn left: From the intersection this walk follows the 'Bobbin Head' arrow on the 'Warrimoo Track' sign along the clear track that leads through the mostly flat ferny section, keeping Cowan Creek some distance to your right. After about 100m the track leaves the ferns and passes under a set of high tension power lines where the track undulates along the side of the hill close to Cowan Creek crossing a few small gullies for about 900m to then pass along a long natural sandstone wall. About 150m after this wall the track leads just below a notable sandstone overhang (up to your left) where the track then starts to head downhill for just over 100m to a fairly open grassy salt marsh. The walk stays just to the left of the salt marsh then leads along the edge of a section of mangroves for 100m where the track bends left and leads along side the creek for another 100m to then cross a creek at a wide rocky gully. This is a pleasant cool spot with the usually small creek flowing over the sandstone rock platform with naturally carved holes. For the next 200m the track undulates gently along the foreshore through the casuarina forest to come to a tall overhang that is on a rock platform right on the edge of Cowan Creek, a pleasant place to rest. This section of track may become covered with water at high tide.

From the tall overhang the track continues along the shortening natural rock wall for about 150m to then lead along another section of mangroves for 150m. About 60m past the mangroves the track crosses a short flat timber bridge, then over the next 200m the track crosses a mossy gully and densely forested gully where the rocky track climbs over a rise, past some large smooth bark angophora's then down to another tall and long rock wall and some more pleasant water views.

Just 20m past this rock wall the track bends left and leads alongside the edge of the mangroves for 200m, were again the track may be covered with water at high tides. From the end of the mangroves the rocky track climbs for about 200m before continuing along the water side through a casuarina forest as the track gently undulates over some rocky sections passing some pleasant water views for 400m to pass below another fairly large sandstone cave/overhang (up the hill to your left). Over the next 250m the track leads through a grassy section beside the creek before crossing a shallow gully over a scattering of sandstone blocks. Over the next 300m the mostly flat track leads through a tall wooded forest filled with ferns and crossing a few middens to come to an three-way intersection, just before the marina, marked with a 'Warrimoo Ave & Sphinx Memorial' sign pointing back along the track.

Int of Warrimoo and Bobbin Head Tracks to Empire Marina 0.2km 3 mins **Optional Side Trip:**

(From 4.83 km) Continue straight: From the intersection, this walk follows the 'Bobbin Head Picnic Area' sign along the mostly flat track following the foreshore, keeping the water and boats to your right. After about 30m this walk follows a fence and handrail behind a dry dock for 40m. Here the track narrows a bit to head between the rock face and buildings for 100m to turn right at a 'Warrimoo Track' sign and a yellow painted walker (on the ground). Here the walk heads through the hallway, past the public toilets to the water front of Empire Marina, beside the 'Kiosk' (on your right). (Retrace your steps back to the main track, then turn right to continue along this walk.)

Empire Marina - Galley Foods cafe

Empire Marina, in Ku-Ring-Gai Chase National Park, provides facilities and services for people on boats and on foot. The marina is home to "Galley Foods" kiosk and restaurant. The kiosk provides a variety of food priced between \$4-\$16, and is open from 8:30am to 5pm seven days. The restaurant requires reservations, and is open for lunch Thurs-Mon, breakfast on the weekend, and in dinner on Fridays and Saturdays in summer. Phone 9457 0477 [More info](#)

Int of Warrimoo and Bobbin Head Tracks to int. near gate on Bobbin Head trail 0.2km 5 mins

(From 4.83 km) Turn left : From the intersection, this walk heads up the concrete steps away from the face of the 'Warrimoo Track' sign. The track immediately bends right and follows just above the other track for a short distance before winding uphill passing some pleasant rock formations for just over 60m to a rock platform with views over Cowan Creek and the marina. Here the track bends left and winds up some more stone steps to an intersection with a wide trail, where a sign points back down to 'Bobbin Head'.

int. near gate on Bobbin head trail to Water Tank 1.4km 30 mins

(From 5.03 km) Continue straight: From the intersection, this walk follows the wide management trail uphill, this trail was part of original road down to Bobbin Head and is now closed to traffic. After about 80m the trail leads under a set of power lines then continues to wind uphill for 250m to bend sharply right, passing under the same set of power lines again. Over the next 250m the trail bends sharply left then passes under the same set of power lines yet again, this time with a good view over Cowan Creek (to your left). The trail bends right to pass under the power lines again just 100m later then continues winding up in a similar way for just over 600m to head up a short steeper section to find an old concrete water tank beside the trail (on your left).



Water Tank to Bobbin Head Track Aboriginal Engraving Site 1.3km 20 mins

(From 6.44 km) Continue straight: From beside the water tank, this walk follows the wide trail uphill following a metal pipe for almost 250m where the trail mostly flattens out at a large cleared turning area. Here the trail continues for another 80m to pass under a set of power lines then about 500m later the trail leads past a small bulldozed clearing (on your right). This walk continues following the trail along the ridge line for 400m passing through a mixed eucalypt forest to come to an intersection with a short track (on your right) that leads to the signposted 'The Bobbin Head Track Aboriginal Engraving Site' (about 90m before some power lines).



Bobbin Head Track Aboriginal Engraving Site

The Bobbin Head Track Aboriginal Engraving Site, is signposted off the side of the old Bobbin Head Road and is home to a series of engravings on a sandstone rock platform. The engravings are behind a series timber log barriers designed to reduce further wear on these faint engravings, please stay off the engravings area. If you look carefully you may see the engravings of a wallaby, gliding possum, bird, goanna the Information board also shows there are two emus. [More info](#)



Bobbin Head Track Aboriginal Engraving Site to Int of Bobbin Head and Sphinx service tracks 1.5km 25 mins

(From 7.69 km) Continue straight: From the intersection, this walk follows the trail south west, towards the power lines, initially keeping the engraving site on your right. After 90m the trail bends and passes under a set of power lines then continues for almost 300m to head under two sets of high tension power lines. The trail then continues for almost 150m to pass under the same set of smaller power lines again then 300m later this walk ignores another trail (on you left) to continue straight on the main trail. About 150m later the trail then leads under the same set of smaller power lines once again to gently undulate along the ridge among the tall heath then a few scribbly gums for just over 400m to come to a three-way intersection, marked with a 'Bobbin Head Trail' sign pointing back along the walk.



Int of Bobbin Head and Sphinx service tracks to Int of Sphinx Memorial Track and Sphinx service trail 0.4km 5 mins

(From 9.18 km) Turn left : From the intersection, this walk follows the 'Sphinx Trail' along the wide trail for about 20m to the pass under some power lines, clearly visible from the intersection. The walk continues gently down along this trail for just over 100m to pass a faint track (on your right). From there the trail begins to steepen and leads more distinctly downhill for just over 150m where the trail then bends right to cross the culverted creek. About 20m after, this walk comes to an intersection with an asphalt path (on your right) marked with a sign pointing back along the trail to the 'Bobbin Head Walking Track'.



Int of Sphinx Memorial Track and Sphinx fire trail to Sphinx Memorial 0.1km 1 mins

(From 9.54 km) Turn right: From the intersection this walk follows the asphalt footpath, gently uphill directly away from the face of the 'Sphinx Fire Trail' sign. The footpath leads for about 50m to head behind the picnic tables and come to the sandstone 'Sphinx Memorial'.



A list of paper topographical maps that cover this walk

[Hornsby](#) 1:25 000 Map Series

Ku-ring-gai Chase National Park Tourist Map 1:40 000 Map Series

Sydney 1:100 000 Map Series



Nearby outdoor and camping stores

Kathmandu 236 Pacific Hwy (Westfield) Hornsby (02) 9476 1399

CampHikeClimb 20 George St Hornsby (02) 9476 5767

All Camping Supplies 12 Railway Pde Thornleigh (02) 9481 0473

Mountain Equipment 72 Archer St Chatswood (02) 9419 6955

Larry Adler Ski & Outdoor 77 Archer St Chatswood (02) 9412 4777





Sphinx, Warrimoo and Bobbin Head tracks

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Great photos



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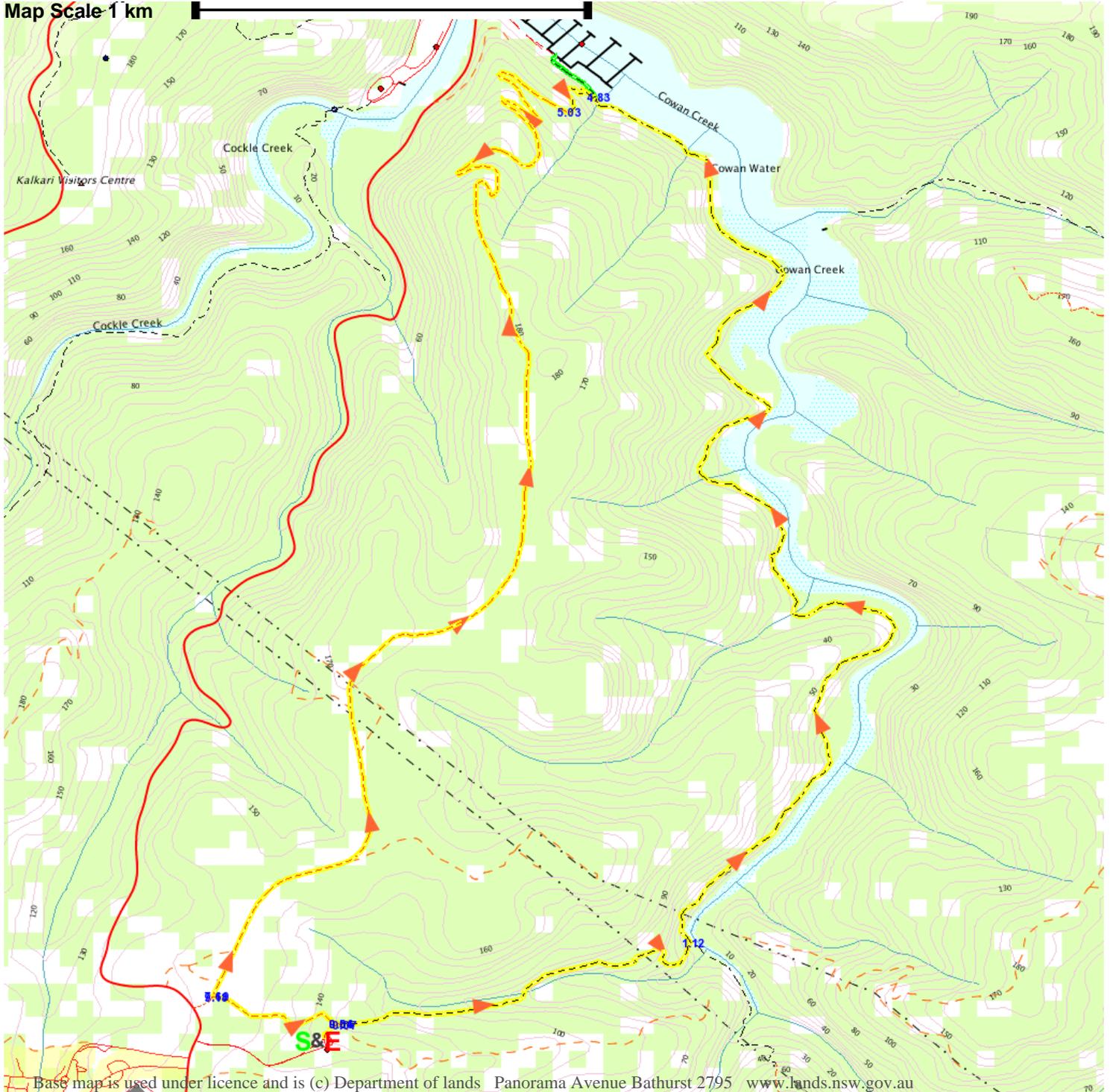
www.wildwalks.com/books.html



A walk for every body



Map Scale 1 km



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