This is a hilly walk out of the beautiful Berowra Waters valley to Cowan Station. There are many wide views across Berowra Creek providing some great excuses for well deserved rest stops. Take your time to enjoy the views, and rock formations, and creek crossings along the way as the track leads a nearly direct route to Cowan Station, through a wonderfully remote section of bushland.
Berowra Waters Garden House

#######CLOSED###### This picturesque little restaurant sits on the eastern side of Berowra Creek and is just a hop, skip and a jump from the ferry. With breakfast, lunch and dinner menus, the Garden House Restaurant is a great spot for those looking to tap into the Berowra Valley’s full potential. For information on bookings and opening hours phone (02)9456 2955.

Waterview Restaurant
On the western side of Berowra Waters Ferry (free trip), just a short walk up the road, is the Waterview Restaurant, upstairs at the marina. The restaurant specialises in seafood, but also caters for other tastes in restaurant style dinning. Some sitting offers A la Carte meals from $25, and other sittings offer a fresh and cooked seafood buffet. Please call ahead, as the restaurant is also a popular venue for weddings. Open Friday-Sunday for lunch and dinner. Phone (02) 9456 2633 199 Bay Rd Berowra Waters, NSW 2082

The Fish Café
This seafood restaurant is located on the western side of the Berowra Waters Ferry, and offers casual dining with a great menu, overlooking the marina and river. The restaurant is open 7 days a week for breakfast and lunch, with dinner available on Friday through Sunday. The cafe is open 8:30 – 9pm Wed-Sun and closes at 3pm Mon & Tuesdays. Takeaway is also available, and the nearby reserve provides picnic tables, toilets, children's playground and parking. Kayak hire is available from the marina building. The Fish Café is located at 199 Bay Road, Berowra Waters, and the phone number is (02)9456 4665.

Ridge Top Campground
About 800m from Turners Rd, Berowra Heights lies this pleasant ridge top campsite. This is a fairly popular campsite on the Great North Walk, providing a flat area with plenty of shade. There are no facilities (or water) at this large campsite. A faint track leads west from the campsite to an unfenced cliff with great views over the Berowra Waters Valley.

Before You walk
Bushwalking is fun and a wonderful way to enjoy our natural places. Sometimes things go bad, with a bit of planning you can increase your chance of having an enjoyable and safer walk. Before setting off on your walk check

1) Weather Forecast (BOM Metropolitan District)
2) Fire Dangers (Greater Sydney Region)
3) Park Alerts (Muogamarra Nature Reserve, Berowra Valley National Park)
4) Research the walk to check your party has the skills, fitness and equipment required
5) Agree to stay as a group and not leave anyone to walk solo

Think before you TREK
The ‘Think before you TREK’ program developed by NSW Police & NPWS promotes the benefits of planning ahead for your bushwalking trip by using an easy to remember acronym:

T Take adequate supplies of food, water, navigation and first aid equipment.
R Register your planned route and tell friends and family when you expect to return.
E Emergency beacon (PLB’s) should be carried on walks with significant gaps in mobile coverage (check terrain profile).
K Keep to your planned route and follow the map and walking trails.

Topo Maps
The maps provided on wildwalks are helpful, but there are times where you may need maps covering a broader area. Maps that cover this walk include;

1:25 000 Map Series: 91304N COWAN
1:40 000 Map Series: CMA Ku-ring-gai Chase National Park
1:100 000 Map Series: 9130 SYDNEY

Grade
This walk has been graded using the AS 2156.1-2001. The overall grade of the walk is determined by the highest classification along the whole track.

Grade 4/6
Hard track

Length 7.2 km One way
Time 3 hrs 30 mins
Quality of track Rough track, where fallen trees and other obstacles are likely (4/6)
Signs Directional signs along the way (3/6)
Experience Required Some bushwalking experience recommended (3/6)
Weather Forecast, unforecast storms and severe weather may impact on navigation and safety (4/6)
Infrastructure Limited facilities, not all cliffs are fenced (3/6)
Berowra Waters Trackhead

From 'Berowra Waters Trackhead', this walk follows the hill tops parallel to this trail. This creek may be slippery and a large unfenced rock platform with great views back on the valley (on your right).

1.2 | Berowra Waters view point

(390 m 9 mins) Continue straight: From the view at the top of the ridge, this walk follows the GNW arrow post east, directly away from the Berowra Water views and over the small rise. The track soon leads down off a rock, where the track bends right and starts to lead fairly gently downhill. The track then leads to a large unfenced rock platform with great views back over the valley (on your right).

1.59 | Deep Bay creek crossing

(840 m 32 mins) Continue straight: From beside the creek, this walk follows the GNW arrow post east, away from the creek, up the steep rocky hill. The track soon passes between two rock slabs, then passes a handrail to climb up two metal pegs beside some more hand railing. The track then continues to climb up for another 50m before mostly flattening out for about 150m. the track then starts to climb again and soon steps up a rock with two more metal pegs. Then after another 70m, the track climbs up past a sandstone cave and heads up a rise in the rock, which is then a series of stone steps, passing through a couple of cracks in the rock. The track then meets up with another set of power lines before crossing a lovely creek, flowing over the sandstone rock platform. This creek may be slippery and can be particularly risky to cross after rain.

2.43 | Int of GNW and Coreen Close service trail

(220 m 4 mins) Veer right: From the intersection, this walk follows the GNW arrow along the sand management trail, heading south. The trail immediately bends left and passes a track (on your right, that runs generally parallel to this trail). This trail leads down through the scrubby gum and heath forest, where the trail widens (after about 70m) and then comes to an intersection beside the large ridge top campsite. There is a 'Berowra Waters' sign here, pointing back along the trail.

2.65 | Ridge Top Campground

About 800m from Turners Rd, Berowra Heights lies this pleasant ridge top campground. This is a fairly level site within the unmanaged area of the Great North Walk, providing a flat area with plenty of shade. There are no facilities (or water) at this large campsite. A faint track leads west from the campsite to an unfenced cliff with great views over the Berowra Waters Valley.

2.65 | Int of ridge top campsite and GNW

(1.7 km 37 mins) Veer left: From the intersection, this walk follows the 'Cowan Station' sign, directly away from the campsite along the clear track. The trail climbs up over a small rise and then comes to an intersection with a management trail (and the GNW track continuing ahead). Continue straight: From the intersection, this walk follows the GNW arrow post east along the track as it leads very gently downhill along the top of the ridge. Over the next 300m, the track passes a rock platform and comes to a second rock platform with more views and a 'Great North Walk' log book box on a post. After leaving your note (and reading through a few entries), this walk continues down along the top of the ridge for another 200m to stop down off another rock platform (ignoring the track to your left). Here the walk starts to head downhill for the next km - initially the track leads down a series of short rocky steep sections, and passes some interesting large rock boulders along the way - then as the track moves further into the valley, it becomes consistently steeper until leading down leading into the ferns and beside Joe Crafts Creek.

4.31 | Joe Crafts Creek crossing

(660 m 26 mins) Continue straight: From the western bank, this walk crosses Joe Crafts Creek and heads east up the clear track. This creek may be particularly dangerous to cross after heavy or prolonged rain. The track climbs up a series of stone steps, passing through a couple of cracks in the rock before a 'Great North Walk' sign about 60m from the creek. The rocky track continues to climb steeply up for about 300m, then climbs up a timber (and metal) staircase, followed by a few section of handrail. Here the walk leads up around the base of rock wall and then climbs up the side to the top of the large, unfenced rock platform with great valley views. The walk continues up the ridge line for another 200m, very gently at first, then more steeply up the rocky sections. The track heads along the base of another rock wall, then up the stone steps and past the handrail to come to an intersection marked with a 'Great North Walk - Viewing Area' sign. The short track (on your right) leads to a seat at the edge of an unfenced cliff with views and a seat.

4.96 | Valley viewing area

(880 m 16 mins) Turn left: From the intersection near the viewing point, this walk heads gently uphill directly away from the viewing area, keeping the valley on your right. The track leads up a short, moderately steep section for about 100m, then the track heads more gently up through the open scribbly gum forest for about 400m before passing under the power lines. Here, the walk turns left and follows the wide trail for about 40m and turns right (before the locked gate), following a GNW arrow post under another set of power lines. The walk follows the track through the pleasant forest for just shy of 300m then crosses the dirt Glendale Rd to find 'Berowra Waters' sign pointing back across the intersection.

5.84 | Int of GNW and Glendale Road

(830 m 19 mins) Continue straight: From the intersection, this walk follows the 'Cowan' sign away from the dirt road and down along the rocky and sandy track. The track winds through the forest (with some interesting twisted, thin scribbly gums) for about 600m before bending left and following under a set of power lines. Near the Pacific Hwy (up to your right), this walk continues for about 150m and crosses over a very short section of timber boardwalk before climbing up a few steps to a T-intersection with a wide management trail.

6.67 | Int of GNW and Pacific Highway service trail

(500 m 11 mins) Veer left: From the intersection, this walk follows the GNW arrow post gently downhill, keeping the valley views to your left. The trail gently winds along some more houses (up to your right) for about 400m before bending right and heading up through a weedy section. The walk then passes around a locked gate to come to an intersection with a footpath, just before the Pacific Hwy and across from Cowan station. There is a large 'Great North Walk' sign here, pointing back to 'Sydney Cove'.

7.17 | Int of GNW and Pacific Highway service trail

(40 m 1 mins) Continue straight: From the intersection, this walk follows the Great North Walk across the Pacific Highway (be careful of traffic) to the ramp at the front of Cowan Railway Station.
<table>
<thead>
<tr>
<th>km</th>
<th>From</th>
<th>Up/Dwn</th>
<th>Length</th>
<th>Initial directions (Use full tracknotes and maps for more detail)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Start Berowra Waters track head</td>
<td>10</td>
<td>390 m</td>
<td>From 'Berowra Waters Trackhead', this walk follows the 'Newcastle' sign along 'Kirkpatrick Way' and across the culverted Franks Gully creek.</td>
</tr>
<tr>
<td>0.39</td>
<td>End of Kirkpatrick Way</td>
<td>127</td>
<td>810 m</td>
<td>Continue straight: From the end of Kirkpatrick Way, this walk follows the GNW arrow post along the track, keeping the water just to your left.</td>
</tr>
<tr>
<td>1.20</td>
<td>Berowra Waters view point</td>
<td>4</td>
<td>390 m</td>
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<tr>
<td>1.59</td>
<td>Deep Bay Creek crossing</td>
<td>187</td>
<td>840 m</td>
<td>Continue straight: From beside the creek, this walk follows the GNW arrow post east, away from the creek, up the steep rocky hill.</td>
</tr>
<tr>
<td>2.43</td>
<td>Int of GNW and Coreen Close service trail</td>
<td>2</td>
<td>220 m</td>
<td>Veer right: From the intersection, this walk follows the GNW arrow along the sandy management trail, heading south.</td>
</tr>
<tr>
<td>2.65</td>
<td>Int of ridge top campsite and Great North Walk</td>
<td>24</td>
<td>1.7 km</td>
<td>Veer left: From the intersection, this walk follows the 'Cowan Station' sign, directly away from the campsite along the clear track.</td>
</tr>
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<td>Valley viewing area</td>
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<td>Turn left: From the intersection near the 'viewing point', this walk heads gently uphill directly away from the viewing area, keeping the valley on your right.</td>
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<tr>
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<td>Int of GNW and Glendale Road</td>
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<td>830 m</td>
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<tr>
<td>6.67</td>
<td>Int of GNW and Pacific Highway service trail</td>
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<td>500 m</td>
<td>Veer left: From the intersection, this walk follows the GNW arrow post gently downhill, keeping the valley views to your left.</td>
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<td>7.17</td>
<td>Int of Great North Walk and Pacific Highway service trail</td>
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