

Macquarie Park to Thornleigh

4 hrs 30 mins

Hard track

11.5 km One way

▲ 413m

4

Starting from the Macquarie Park train station, you wander down Lane Cove Rd and over De Burghs Bridge to join the main spine of the Great North Walk in the Lane Cove Valley. Here the walk heads under De Burghs bridge then explores the dry grass tree and eucalypt forest along the side of the ridge. The track soon leads you down into the ferny and moist valley beside Lane Cove River. Near the top of the valley, you walk up some stone steps built during the depression to find some rock engravings with 1930's style political satire, Conscript Pass. The side trip provides access to the scout campsite, where the main walk continues leads up through the streets to find Thornleigh train station.

10m

Lane Cove National Park

Eden Gardens

Eden Gardens is a popular plant nursery at the intersection of Fontenoy and Ryde Roads. It is a pleasant place to explore and is also home to 'Dragonfly Cafe'. The cafe is open 7 days, 8:30am to 4pm (5pm on weekends) and serves a variety of hot and cold meals. PH: 9491 9900. The centre is closed over Christmas and on New Year Day [More info](#).

Browns Waterhole

Browns Waterhole is a wide, shallow section of the Lane Cove River, downstream of a concrete weir. There is a concrete shared cycle/footpath crossing over the top of the weir, linking Kissing Point Road, South Turramurra to Vimiera Rd, Macquarie Park. On the western side of the waterhole, there is a picnic table and small clearing with a view over this section of the river.

Conscript Pass

Conscript Pass is a small sandstone pass between the Lane Cove River and Thornleigh, on the Great North Walk. During the 1930s, some stone steps were built through a cleft in the rock as part of a public works program, in response to the depression. The pass has two main engravings. Firstly 'Conscript Pass' is followed with a downwards pointing arrow and a series of initials and numbers. On another wall (that you face when walking up) is engraved 'B Stevens' followed a surprisingly good caricature of the then Premier of NSW, Bertram Stevens. Stevens (later knighted) replaced Jack Lang in 1932 as Premier of NSW, when Lang was dismissed by the Governor (just two months Lang after opening the Sydney Harbour Bridge).

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 ([Lane Cove National Park](#), [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:91304S HORNSBY, 91303N PARRAMATTA RIVER

1:100 000 Map Series:9130 SYDNEY

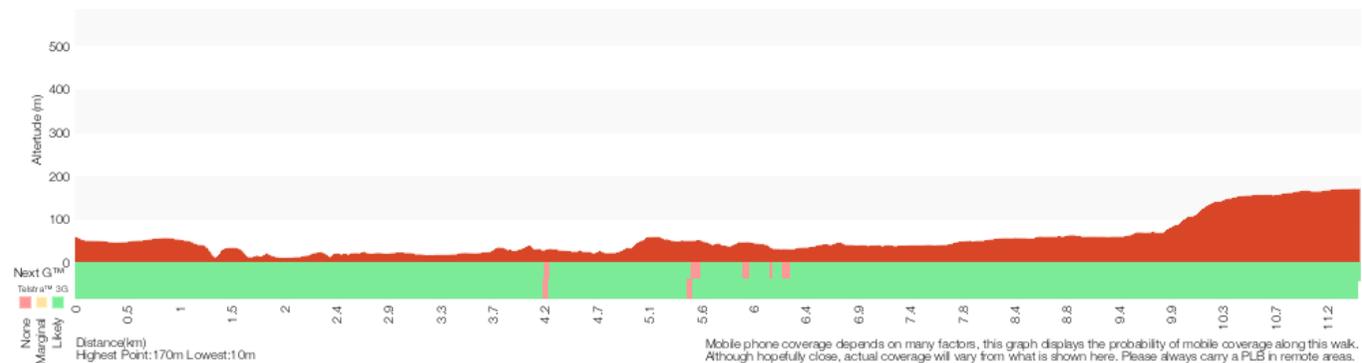
Grade

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	11.5 km One way
Time	4 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	Storms may impact on navigation and safety (3/6)
Infrastructure	Limited facilities, not all cliffs are fenced (3/6)



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 walk's 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 You can get to Macquarie Park Station (gps: -33.7854, 151.1284) by car, train or bus. Car: Parking fees apply in the area.

You can get back from Thornleigh Train Station (gps: -33.7319, 151.0781) by car or bus. Car: There is free parking available.

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

0 | Macquarie Park Station

(860 m 15 mins) From Macquarie Park train station, this walk crosses 'Waterloo Road' to find the Shell service station, Coles Express on the otherside. Here the walk follows the footpath downhill, keeping Lane Cove Road immediately to your left for about 250m, to a shopping complex with a 'McDonalds', 'KFC', some other restaurants and sandwich shops. After a further 130m alongside the main road, this walk comes to 'Talavera Rd'. This walk turns left here to cross 'Lane Cove Road' then turns right to cross 'Talavera Rd' on the otherside of the intersection. Here the walk follows the footpath beside Lane Cove Road for 110m to then cross the freeway on-ramp using the pedestrian crossing. The walk then continues along the footpath on the road bridge that leads over the freeway then crosses the freeway-off ramp at two sets of traffic lights. The walk then continues along the footpath (beside Lane Cove Road) for 130m to the lights at 'Fontenoy Road'. Here the walk turns right to cross 'Lane Cove Road' at the lights and come to the front of Eden Gardens.

0.86 | Eden Gardens

Eden Gardens is a popular plant nursery at the intersection of Fontenoy and Ryde Roads. It is a pleasant place to explore and is also home to 'Dragonfly Cafe'. The cafe is open 7 days, 8:30am to 4pm (5pm on weekends) and serves a variety of hot and cold meals. PH: 9491 9900. The centre is closed over Christmas and on New Year Day [More info.](#)

0.86 | Eden Gardens

(850 m 21 mins) Turn left: From in front of 'Eden Gardens' nursery, this walk crosses the nursery driveway (at the traffic lights), keeping 'Lane Cove Rd' immediately to your left. This walk then follows the footpath beside the road for about 130m, past a bus stop to cross Riverside Drive (a signposted entrance to 'Lane Cove National Park'). Here the walk follows the grassy verge down alongside the main road for 250m to come to an intersection marked with an NPWS arrow marker, immediately before DeBurghs Bridge. Continue straight: From the intersection, this follows the NPWS arrow marker along the footpath across 'De Burghs Bridge', keeping the traffic to your left. On the other side of the bridge, this walk continues along the concrete footpath for 70m (passing under the 'Lane Cove National Park' sign) to come to an intersection beside a locked gate (on your right).

Turn right: From the intersection, this walk heads directly away from the road and around the locked gate. The walk turns right and follows the track past the 'Lane Cove National Park' sign and around the scrubby clearing for about 130m. Here, the track leads down some timber steps and comes to a clear three-way intersection, where a 'Lane Cove River Weir via Riverside walk' sign points back up the steps.

1.71 | Int GNW and Ryde Rd Access Trk NE

(540 m 11 mins) Turn right: From the intersection, this walk follows the 'Thornleigh via Great North Walk' sign down a couple of steps and along the track towards DeBurghs Bridge, keeping the valley to your left. After about 50m, the track leads under the large concrete DeBurghs Bridge, with some graffiti. On the other side of the bridge, the track bends right to head up over some rocks, following two sections of hand railing. From the end of these handrails, the track leads gently up among the grass trees for about 400m (and a weedy section of track) to come to a clear T-intersection with a management trail, where a 'Great North Walk' sign points back down the track.

2.25 | Int of GNW and Ryde Road trail (west)

(870 m 18 mins) Continue straight: From the intersection, this walk follows the 'The Great North Walk' sign north, gently downhill along the management trail. After about 80m, this trail crosses a concrete bridge over Rudder Creek (beside a concrete sewerage pipe). From here, the trail leads uphill for just shy of 200m to come to an intersection with the GNW track (on your left), where a 'Lane Cove Weir' sign points back down along the trail.

Turn left: From the intersection, this walk follows the 'Thornleigh Oval' sign west, gently down the track, away from the management trail. The track almost immediately passes the large metal pipe (crossing the Lane Cove River) then winds down the rocky track for about 200m, through open eucalypt forest with some limited views left over the valley, to come to a weedy section of track marked with a concrete sewerage access point. Here the track mostly flattens out and leads along the side of the hill for about 400m to head down a few steps and cross Quarry Creek. The walk then heads up some steps and follows the track for another 30m to come to a T-intersection with the Gloucester Ave fire trail, marked with a GNW and NPWS arrow post.

3.11 | Int of GNW and Gloucester Ave fire trail (east)

(580 m 12 mins) Turn left: From the intersection, the walk follows the GNW arrow post gently uphill along the management trail, away from the gate whilst keeping the power line poles on your left. After about 30m (just past the second power pole), this trail leads to an intersection with a track (on the left), marked with another set of NPWS & GNW arrow posts (just under the high tension power lines).

Turn left: From the intersection, this walk follows the GNW arrow post south, downhill along the track and under the high tension power lines. The track winds gently downhill for almost 150m until, just after passing close to the high tension power line tower, this walk comes to a locked green shed opposite a fenced-off pipe bridge (down in the valley to your left).

Continue straight: From the green shed, this walk follows the track along the side of the hill, keeping the valley to your left (running parallel with the high tension power lines, up to your right). After about 150m, this walk comes to an intersection with a faint track on your right (that leads a short distance to a management trail), marked with a GNW arrow post.

Continue straight: From the intersection, this walk follows the GNW arrow post along the mostly flat track, through the dense forest, and almost immediately passes a concrete sewerage access point. After about 70m, this walk heads down a few timber steps to cross a small gully, where the track continues for another 100m (passing close to a few houses), then crosses two flat timber bridges over Congham Creek. Here the walk veers left up onto the rock platform and follows the track gently uphill for another 80m to come to a three-way intersection, marked with a GNW arrow post (and a sign pointing left to 'Marsfield').

3.7 | Int of GNW and Christie Park track

(150 m 4 mins) Veer right: From the intersection, the walk follows the GNW arrow post north, uphill for about 30m to come to a faint intersection with a

track (on your right) marked with a GNW arrow post.

Veer left: From the intersection, this walk follows the GNW arrow post gently uphill along the side of the hill (keeping the valley to your left) for about 100m to come to a small clearing and three way intersection, marked with yet another GNW arrow post and a pile of rocks (on your left).

3.84 | Int of the GNW and mid Gloucester Ave fire trail a

(820 m 18 mins) Turn left : From the intersection, this walk follows the GNW arrow post up the short rocky hill and away from the high tension power lines. The track (rocky early on) leads along the side of the hill among some grass trees for about 300m before passing under the power lines again. Here the track continues for another 300m along the side of the valley to come to a clear intersection with intersection with a wide management trail.

Continue straight: From the intersection, this walk follows the GNW arrow post downhill along the management trail. The trail leads down for about 70m to cross a small gully then runs closely beside the Lane Cove River (on your left) for another 120m to come to an intersection marked with a GNW arrow post and a 'Lane Cove Valley' aluminum sign and map.

4.67 | Int of the GNW and the Avondale creek service trail

(490 m 13 mins) Turn left : From the intersection, this walk follows the GNW arrow post, directly away from the face of the 'Lane Cove Valley' aluminum sign and map, down the track and timber steps to a sandy beach on the Lane Cove River. Here the walk turns right to cross the weir and bridge over Avondale Creek. (this may become impassable after heavy or prolonged rain) then climb gently uphill for about 120m to come to a faint intersection with a faint track (on your left - this faint track leads down to another old weir).

Continue straight: From the intersection, this walk heads gently uphill following the main track, whilst keeping the valley to your left for about 30m to come to a clear Y-intersection marked with a GNW arrow post.

Veer left: From the intersection, this walk follows the GNW arrow post along the track, keeping the Lane Cove River a short distance to your left. After about 80m, the track steps up to and crosses a short section to timber boardwalk/bridge. Here the walk climbs up the rocky hill following a series of concrete access points and timber steps for about 230m to come to a T-intersection with a management trail, marked with a GNW arrow post.

5.15 | Int of the GNW and the Turramurra High School serv

(870 m 18 mins) Veer left: From the intersection, this walk follows the GNW arrow post gently downhill along the management trail for about 40m to come to an intersection with a short trail (on the right, which leads to the gate at the end of Koombalah Ave).

Continue straight: From the intersection just below the Koombalah Ave gate, this walk follows the management trail gently downhill, whilst keeping the valley to your left. The trail initially leads over a rock platform, then about 50m later, leads down a steep hill. The trail then heads gently down for about 400m before a short steep hill leads down to a metal high tension power line tower. Here the trail bends right and leads down and along the side of the hill for another 200m to pass another high tension power line tower and head behind a few houses. Just behind the second house, this walk comes to ephemeral creek on a rock platform.

Continue straight: From here, this walk crosses the ephemeral creek (keeping the houses up to your right) and continues along the trail for about 30m to come to a T-intersection with a wide, shared, concrete path, marked with several signposts.

6.03 | Int of GNW and Kissing Point Road trail

(260 m 5 mins) Turn left: From the intersection, this walk follows the GNW arrow post downhill along the wide, shared, concrete path. After about 50m, this path leads under some high tension power lines then bends right. About 50m after passing under the power lines, this path leads to an intersection

with a track (on your left, that leads to an informal unfenced lookout), just before a GNW arrow post.

Continue straight: From the intersection, the walk heads fairly steeply downhill along the concrete path. The path passes a few signs over about 100m, then comes to an intersection with a track (on your left), marked with a timber barricade and a GNW arrow post.

Veer right: From the intersection, this follows the concrete path downhill for just shy of 50m to come to a intersection with a dirt management trail. This intersection is beside the Lane Cove River crossing (on your left) and is marked with a 'The Great North Walk' sign here.

6.29 | Browns Waterhole

Browns Waterhole is a wide, shallow section of the Lane Cove River, downstream of a concrete weir. There is a concrete shared cycle/footpath crossing over the top of the weir, linking Kissing Point Road, South Turramurra to Vimiera Rd, Macquarie Park. On the western side of the waterhole, there is a picnic table and small clearing with a view over this section of the river.

6.29 | Browns Waterhole int

(520 m 11 mins) Veer right: From the intersection, this walk follows the 'The Great North Walk' sign along the dirt management trail, keeping the Lane Cove River to your left. After about 80m, the trail leads under some high tension power lines, where there is a mostly clear view over the river (to your left). The trail then gently leads down through the valley for about 400m to come to an intersection with Cove St trail, marked with a GNW arrow post.

6.81 | Int of GNW and Cove St trail

(710 m 12 mins) Veer left: From the intersection, this walk follows the GNW arrow post downhill along the management trail for about 30m to cross a small culverted creek. The walk then follows the trail up the short hill to come to an intersection with the signposted 'STEP track' (on your right).

Continue straight: From the intersection, this walk follows the GNW arrow post and STEP Track markers along the management trail, whilst keeping the river to your left. The trail undulates through the valley (weedy in places) and tall forest for just shy of 600m, to come to a clear intersection at the bottom of a sealed management trail (on your right). This intersection is marked with another 'STEP Track' map/sign and a 'The Great North Walk' sign.

Veer left: From the intersection, the walk follows the 'The Great North Walk' sign gently downhill along the management trail, directly away from the face of the 'STEP Track' map/sign. Keeping the river to your left, the trail leads downhill for about 80m to come to a Y-intersection, where there is a 'Lane Cove Valley' map/sign and a 'Lane Cove River Park' sign pointing back along the trail.

7.52 | Int of GNW and Whale Rock trail

(2.1 km 38 mins) Veer right: From the intersection, this walk follows the 'Thornleigh Station' sign past the 'Lane Cove Valley' map, initially keeping the other trail and river to your left. The trail follows the valley floor, keeping the river just to your left, for a bit over 500m, to then cross the Lane Cove River at a rocky ford. This crossing may become impassable after heavy or prolonged rain. On the other side of the river, this walk continues along the trail for about 400m (with the river now close by on your right) to come to an intersection with a faint track (on your left, that leads up towards Pennant Hills Park).

Continue straight: From the intersection, the walk follows the management trail, keeping the river just to your right. After about 60m, the trail bends right and crosses the Lane Cove River at a rocky ford, then continues along the valley floor among the fern trees (and concrete pipe access points) for about 900m to cross the Lane Cove River again at another rocky ford. (These crossings may become impassable after heavy or prolonged rain). The trail

then continues along the valley floor (with the river now on your left) for just over 150m to come to an intersection at the bottom of the sealed Morona Ave trail (on your right), marked with a 'Lane Cove Valley' map/sign and a GNW arrow post.

9.64 | Int of the GNW and the Morona Ave trail

(330 m 8 mins) Veer left: From the intersection, this walk follows the GNW arrow post along the valley floor, away from the two trails, keeping the river just to your left. The track soon narrows, leading past a water depth indicator, and becomes rocky for about 150m before coming to a faint intersection, where GNW arrow post points left. Here, the walk turns left and crosses the Lane Cove River using the concrete stepping stones (this crossing may become impassable after heavy or prolonged rain) to follow the 'Thornleigh Station' sign up the timber steps for about 40m and find a GNW registration box (damaged at time of writing). The track bends sharply right and zigzags up the rocky hill for another 30m, before bending sharply left to find the 'Conscript Pass' and 'B Stevens' engravings (at the third metal hand rail).

9.97 | Conscript Pass

Conscript Pass is a small sandstone pass between the Lane Cove River and Thornleigh, on the Great North Walk. During the 1930s, some stone steps were built through a cleft in the rock as part of a public works program, in response to the depression. The pass has two main engravings. Firstly 'Conscript Pass' is followed with a downwards pointing arrow and a series of initials and numbers. On another wall (that you face when walking up) is engraved 'B Stevens' followed a surprisingly good caricature of the then Premier of NSW, Bertram Stevens. Stevens (later knighted) replaced Jack Lang in 1932 as Premier of NSW, when Lang was dismissed by the Governor (just two months Lang after opening the Sydney Harbour Bridge).

9.97 | Conscript Pass

(330 m 10 mins) Continue straight: From 'Conscript Pass', this walk heads up the stone steps through the cleft in the rock to follow the track and more stone steps uphill for about 100m, coming to a T-intersection with Lorna Pass track, marked with a GNW arrow post.

Veer left: From the intersection, the walk follows the 'Thornleigh' sign uphill along the rocky track, keeping the valley to your left. The track leads up a series of timber steps for about 230m, becoming steeper as they go, to come to a clear T-intersection signposted with a large 'The Great North Walk' sign, and a stone 'Lorna Pass' arrow pointing back down the track.

10.31 | Optional sidetrip to BP camping area

(620 m 13 mins) Turn left : From the intersection, this walk follows the 'Baden Powell Scout Centre' sign gently down along the side of the hill for just shy of 40m to come to a four-way intersection, where a 'Thornleigh Oval' sign points back along the track.

Continue straight: From the intersection, this walk follows the 'Baden-Powell Scout Centre' sign and the GNW arrow post west along the narrow track. The track leads through the dense heath for about 120m to come to an intersection and clearing at a rocky outcrop, marked with a GNW arrow post.

Turn right: From the clearing, this walk follows the GNW arrow post north, downhill along the narrow track. After about 120m the rocky track leads to a small flat clearing where this walk turn left (following the GNW arrow post) passing through about 20m of heath to come to another clearing (with a campfire scar). Following the GNW arrow post, this walk soon bends right to step down to the edge of a creek. Here the walk turns left and follows the creek downstream for about 20m to then bend right and cross Scout Creek. The walk then heads uphill along the widening track for about 130m (passing a few scout constructions, and a track on the left) then walks up under the high ropes course. About 20m after the ropes course, this walk comes to an intersection with a dirt driveway, beside the green Pioneer Hut (shed on the

left). There is also a tap and drinking fountain here.

Turn right: From the intersection, this walk follows the gravel driveway east, away from the Pioneer Hut and towards the picnic shelters. After about 30m (just after the left bend), this walk comes to some of these picnic shelters and several tiered platforms (on your right) - this is the camping area (there is a stone building up to your right). At the end of this side trip, retrace your steps back to the main walk then Continue straight.

10.31 | Baden Powell Scout Centre

The Baden Powell Scout Centre is a large camping and training area on the edge of Pennant Hills and Thornleigh (at the end of Pomona St). There are several large buildings including dining and training halls. For walkers, there is dorm/hostel style accommodation and several bush camping areas. Bush camping - is found near the lower (south-eastern) end of the grounds for \$9 per person per night. Facilities include tap water, picnic shelters, toilets and even a shower block. They also provide an indoor area in case the weather turns during the night and you need to retreat. There are kitchen facilities available for an extra \$5. Dorm-style accommodation - at \$29 per person per night, you can share a room with other campers in a bunk room, you will need to bring a sleeping bag and towel. Hostel-style accommodation - at \$35 per person per night, you will be provided a smaller room (still shared) with bedding (sheets and blankets) as well as access to a kitchen. The friendly staff here are also happy to put together a food hamper for your meals, or organise a delivery meal, just chat with them when booking. Pre-booking is essential, phone Michael New (02) 9484 2278 (weekdays).

10.31 | Int of GNW and BP scout camp tracks

(350 m 7 mins) Veer right: From the intersection, this walk follows the GNW arrow post and 'Thornleigh Station' sign uphill along the wide rocky track. After just over 150m, the track bends left (ignoring a faint track on your right) and heads uphill for another 40m to come to the back (south-east corner) of Thornleigh Oval, marked with a 'Lane Cove National Park' signpost.

Turn right: From the intersection, this walk follows the GNW arrow post along the fence line around the oval, keeping the oval to your left. After about 100m, this walk passes in front of the clubhouse (there are toilets and a water tap on your right) to pass a 'Great North Walk' sign and come to the corner of 'Handley' and 'Ferguson' Avenues in front of the 'Thornleigh Oval' sign.

10.66 | Thornleigh Oval

Thornleigh Oval is found at the intersection of Handley and Ferguson Avenues, Thornleigh. There is a large playing field, tap water, public toilets and some shelter in the awning of the club house. The oval has a car park, and a number of signs for the Great North walk and other local tracks.

10.66 | Int of Handley and Ferguson Avenues

(920 m 16 mins) Continue straight: From the intersection, this walk follows the 'Thornleigh Station' sign across the road to follow the footpath beside 'Handley Ave'. After about 130m, the walk crosses Clifford Ave then after about 250m, crosses 'Orchard St' to follow 'Station St' almost directly ahead. About 190m along 'Station St', this walk continues straight across 'Wood St' (you can get to Parkway Plaza if you turn right here) and continues for just over 200m to find a footbridge beside Pennant Hills Rd. Here the walk heads up the ramp and crosses over the busy road then down the ramp (or steps) to find the intersection with Railway Parade.

Veer left: From the base of the steps, this walk follows the GNW arrow across 'Railway Pde', heading towards the train line. At the fence, this walk veers left and leads along the pedestrian alley for about 60m before turning right and climbing up the railway bridge steps, coming to the 'Thornleigh' Train Station.

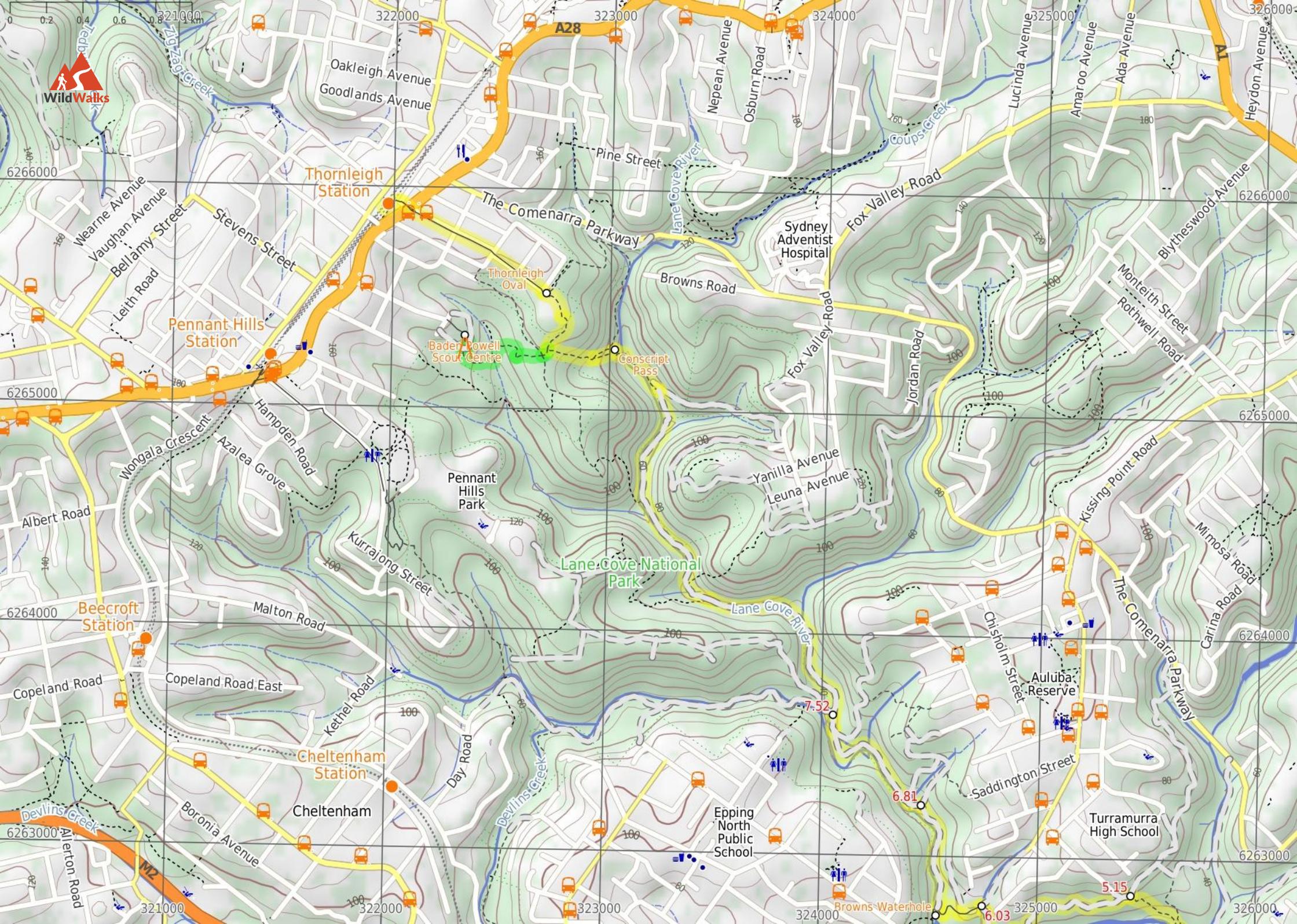
11.58 | Zacs Great Food

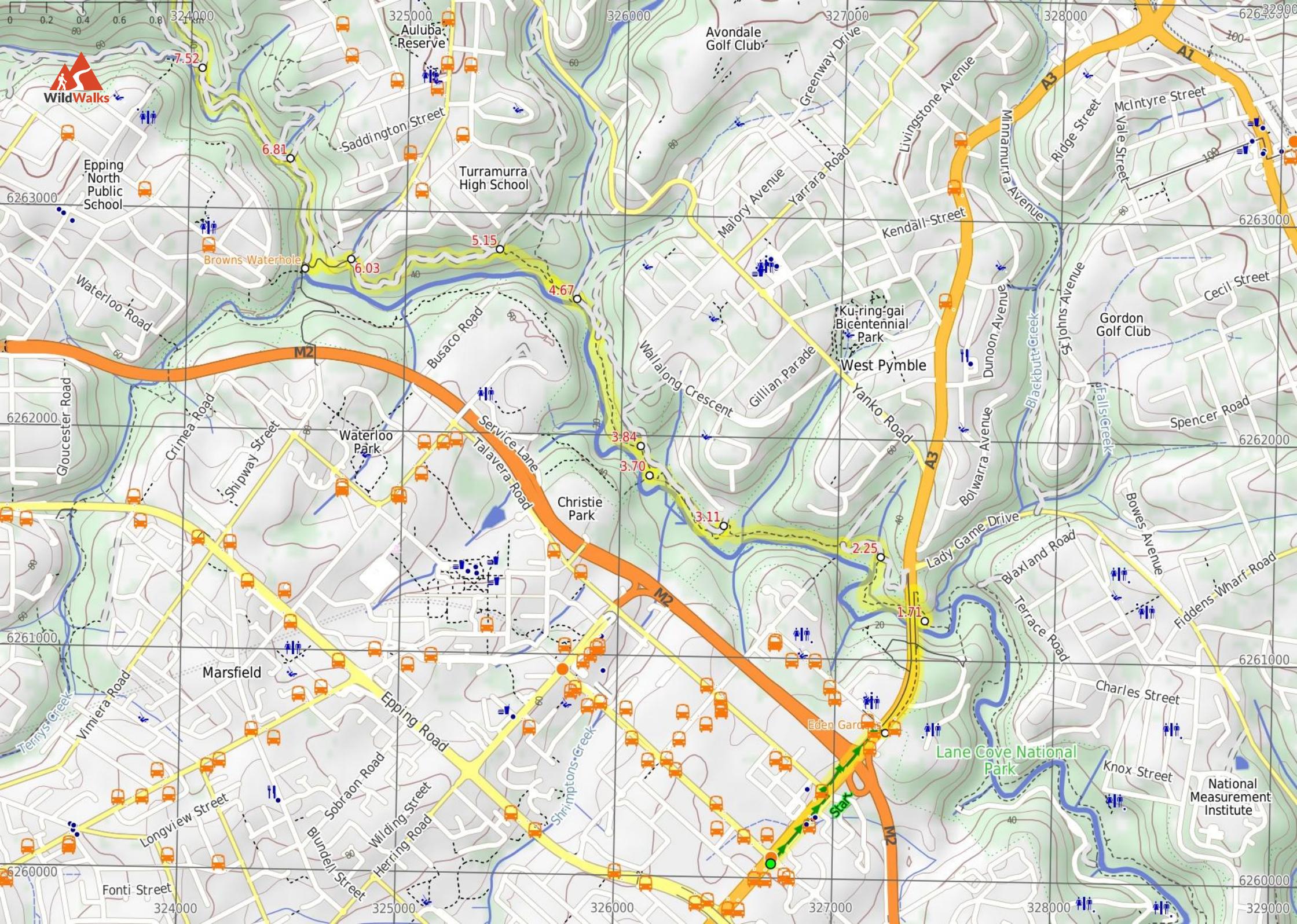
(0 m) This restaurant can be found on Pennant Hills road just a stones throw from the station. They are open for breakfast, lunch and dinner with a continental menu ranging from about \$20. for a meal. The opening hours are from 6.00 am to 10.00 pm from Tuesdays to Saturdays, and closed Sundays and Mondays. For more information on bookings call (02) 9484 6799.

11.58 | Subway

(0 m) This branch of the popular sandwich chain Subway, who make a variety of subs and sandwiches as you order them. For more details contact the store on (02) 9481 4200 or visit at Shop 2, 291 Pennant Hills Rd, Thornleigh, NSW 2120. [More info.](#)







Epping North Public School

Waterloo Road

Gloucester Road

Crimea Road

Shipway Street

Longview Street

Fonti Street

Browns Waterhole

Waterloo Park

Marsfield

Crimea Road

Shipway Street

Longview Street

Fonti Street

Saddington Street

Busaco Road

Waterloo Park

Crimea Road

Shipway Street

Longview Street

Fonti Street

Turramurra High School

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Christie Park

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Wallalong Crescent

Service Lane

Christie Park

Crimea Road

Shipway Street

Longview Street

Fonti Street

Wallalong Crescent

Service Lane

Christie Park

Crimea Road

Shipway Street

Longview Street

Fonti Street

Summary navigation sheet for the Macquarie Park to Thornleigh



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
0.00	Macquarie Park Station -33.7854,151.1284 (GR Parramatta River, 267601)	9 -13	860 m 15 mins	From Macquarie Park train station, this walk crosses 'Waterloo Road' to find the Shell service station, Coles Express on the otherside.
0.86	Eden Gardens -33.78,151.134 (GR Parramatta River, 272607)	25 -67	850 m 21 mins	Turn left: From in front of 'Eden Gardens' nursery, this walk crosses the nursery driveway (at the traffic lights), keeping 'Lane Cove Rd' immediately to your left.
1.71	Int GNW and Ryde Rd Access Trk NE -33.7755,151.136 (GR Parramatta River, 274612)	19 -15	540 m 11 mins	Turn right: From the intersection, this walk follows the 'Thornleigh via Great North Walk' sign down a couple of steps and along the track towards Deburghs Bridge, keeping the valley to your left.
2.25	Int of GNW and Ryde Road trail (west) -33.7728,151.1339 (GR Parramatta River, 272615)	35 -29	870 m 18 mins	Continue straight: From the intersection, this walk follows the 'The Great North Walk' sign north, gently downhill along the management trail.
3.11	Int of GNW and Gloucester Ave fire trail (east) -33.7715,151.1261 (GR Parramatta River, 265616)	9 -12	580 m 12 mins	Turn left: From the intersection, the walk follows the GNW arrow post gently uphill along the management trail, away from the gate whilst keeping the power line poles on your left.
3.70	Int of GNW and Christie Park track -33.7695,151.1224 (GR Parramatta River, 261618)	13 0	150 m 4 mins	Veer right: From the intersection, the walk follows the GNW arrow post north, uphill for about 30m to come to a faint intersection with a track (on your right) marked with a GNW arrow post.
3.84	Int of the GNW and mid Gloucester Ave fire trail access track -33.7683,151.122 (GR Parramatta River, 261620)	34 -43	820 m 18 mins	Turn left : From the intersection, this walk follows the GNW arrow post up the short rocky hill and away from the high tension power lines.
4.67	Int of the GNW and the Avondale creek service trail -33.7622,151.1189 (GR Parramatta River, 258626)	46 -12	490 m 13 mins	Turn left : From the intersection, this walk follows the GNW arrow post, directly away from the face of the 'Lane Cove Valley' aluminum sign and map, down the track and timber steps to a sandy beach on the Lane Cove...
5.15	Int of the GNW and the Turrumurra High School service trail -33.7602,151.115 (GR Parramatta River, 254628)	24 -35	870 m 18 mins	Veer left: From the intersection, this walk follows the GNW arrow post gently downhill along the management trail for about 40m to come to an intersection with a short trail (on the right, which leads to the gate at...
6.03	Int of GNW and Kissing Point Road trail -33.7606,151.1077 (GR Parramatta River, 247628)	1 -17	260 m 5 mins	Turn left: From the intersection, this walk follows the GNW arrow post downhill along the wide, shared, concrete path.
6.29	Browns Waterhole int -33.7607,151.1055 (GR Parramatta River, 245628)	24 -9	520 m 11 mins	Veer right: From the intersection, this walk follows the 'The Great North Walk' sign along the dirt management trail, keeping the Lane Cove River to your left.
6.81	Int of GNW and Cove St trail -33.7565,151.1047 (GR Parramatta River, 245632)	8 -14	710 m 12 mins	Veer left: From the intersection, this walk follows the GNW arrow post downhill along the management trail for about 30m to cross a small culverted creek.
7.52	Int of GNW and Whale Rock trail -33.7528,151.1003 (GR Parramatta River, 241636)	54 -23	2.1 km 38 mins	Veer right: From the intersection, this walk follows the 'Thornleigh Station' sign past the 'Lane Cove Valley' map, initially keeping the other trail and river to your left.
9.64	Int of the GNW and the Morona Ave trail -33.7395,151.0917 (GR Hornsby, 232651)	24 -8	330 m 8 mins	Veer left: From the intersection, this walk follows the GNW arrow post along the valley floor, away from the two trails, keeping the river just to your left.
9.97	Conscript Pass -33.7378,151.0896 (GR Hornsby, 230653)	53 0	330 m 10 mins	Continue straight: From 'Conscript Pass', this walk heads up the stone steps through the cleft in the rock to follow the track and more stone steps uphill for about 100m, coming to a T-intersection with Lorna Pass t...
10.31	Int of GNW and BP camp track -33.7378,151.0862 (GR Hornsby, 227653)	21 -34	620 m 13 mins	Optional sidetrip to BP camping area. Turn left : From the intersection, this walk follows the 'Baden Powell Scout Centre' sign gently down along the side of the hill for just shy of 40m to come to a four-way intersection, where a 'Thornleigh Oval' sign...
10.31	Int of GNW and BP scout camp tracks -33.7378,151.0862 (GR Hornsby, 227653)	16 0	350 m 7 mins	Veer right: From the intersection, this walk follows the GNW arrow post and 'Thornleigh Station' sign uphill along the wide rocky track.

Summary navigation sheet for the Macquarie Park to Thornleigh



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
10.66	Int of Handley and Ferguson Avenues -33.7354,151.086 (GR Hornsby, 227655)	19 -5	920 m 16 mins	Continue straight: From the intersection, this walk follows the 'Thornleigh Station' sign across the road to follow the footpath beside 'Handley Ave'.