

## The Cambourne Loop



**2 hrs**

**Moderate track**

**4.4 km Circuit**

**▲ 204m**

3

This pleasant walk starts in the outskirts of St Ives and follows several tracks to explore a section of the Garigal National Park. The walk follows the Upper Cambourne Track down into Garigal National Park, then the Lower Cambourne Track into the valley, and the Bare Creek Track, through the forest. The walk then follows the Cascades Track to climb out of the valley. There is an optional side trip to the Cascades.

33m

130m

Garigal National Park

### 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** You can get to Int of Cambourne Ave and Upper Cambourne Track (gps: -33.7237, 151.1825) by car or bus. 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/tcl>

### 0 | Int of Cambourne Ave and Upper Cambourne Track

*(600 m 14 mins)* From the intersection, the walk follows the 'Upper Cambourne Track' arrow through the metal gate and along the management trail. After crossing the creek, the walk continues up and along to the intersection with the Douglass Street East service trail (at the track marker).

Continue straight: From the intersection, the walk follows the service trail along the side of the hill with the ground sloping up to the right. The trail then zigzags all the way down to the intersection with the Cascades service trail, marked with an 'Upper Cambourne Track' sign.

### 0.6 | Int of Cascades and Upper Cambourne service trails

*(90 m 2 mins)* Turn left: From the intersection, this walk follows the service trail opposite the 'Upper Cambourne' sign, heading down the hill for a short distance to the signposted intersection of the Lower Cambourne track.

### 0.7 | Int of Cascades and Lower Cambourne service trails

*(1.2 km 26 mins)* Veer left: From the intersection, this walk follows the 'Lower Cambourne Track ->' sign along the management trail, with the ground sloping up to the left. The trail starts to descend into the valley, dropping down the side of the hill and crossing a small creek. The trail undulates gently through the bush, winding steadily down into the valley and steepening after a while. At the bottom, the trail flattens out, coming to the intersection with a narrow bush track a short distance later.

### 1.9 | Optional sidetrip to Middle Harbour Creek Waterhol

*(20 m )* Turn right: From the intersection, this walk follows the short bush track, heading away from the management trail and

through the bush. The walk soon comes to a rockshelf, situated above a waterhole in Middle Harbour Creek. At the end of this side trip, retrace your steps back to the main walk then Turn right.

### 1.9 | Lower Cambourne waterhole

This unnamed waterhole and cascade is on Middle Harbour Creek, just below its junction with Bare Creek in Garigal National Park. The waterhole accessed by a short track from the Lower Cambourne track. There is a large rock platform, and a waterhole with a small waterfall flowing into it. This can be a great spot to relax and enjoy the local area, if you sit quietly enough you may see a Water Dragon.

### 1.9 | Int of Lower Cambourne and Waterhole Track

*(200 m 3 mins)* Continue straight: From the intersection, this walk follows the management trail heading north, down the gentle slope. It soon crosses a wide creek via some stepping stones, and continues up the other side, following the management trail as it climbs to the 'T' intersection with the Bare Creek management trail.

### 2.09 | Int of Bare Creek and Lower Cambourne service trail

*(1.1 km 24 mins)* Turn right: From the intersection, this walk follows the management trail over the crest of the hill and down the other side, with the ground sloping up to the left. The track continues through the bush for a long while, descending a little every now and then, until it turns down to the right and crosses the creek, continuing up the other side to the intersection with the link track (which climbs up the rocky hill). Veer left: From the intersection, this walk follows the management trail away from the creek, with the ground sloping up to the right. It soon comes to the intersection with the Cascades management trail (where there is a 'Bare Creek Track' sign).

### 3.24 | Optional sidetrip to The Cascades

*(300 m 5 mins)* Turn left: From the intersection, this walk follows the 'Cascades Track' arrow along the service trail, heading down the hill and across a creek, continuing up the other side as the track winds through the bush for a short while before crossing a creek and coming to the cascades. At the end of this side trip, retrace your steps back to the main walk then Continue straight.

### 3.24 | The Cascades

The Cascades are a series of small cascades (little waterfalls) in Garigal National Park. The cascades centre around a large rock platform on Middle Harbour Creek and are found in the northern section of the park, at the intersection of the Middle Harbour and Cascade Tracks. The cascades make a great spot

to sit and rest when exploring the area.

### 3.24 | Int of Bare Creek and Cascades service trails

*(1.2 km 27 mins)* Turn right: From the intersection, the walk follows the "Cascades Track" sign along the service trail. The walk climbs for a while to reach the intersection with the Link track (on the right).

Continue straight: From the intersection, the walk follows the service trail going up the hill. After winding up the long, and sometimes steep hill, the walk passes an intersection and continues up the hill on an asphalted section of management trail to reach the signposted intersection with the 'Lower Cambourne Track'.

Veer left: From the intersection, this walk follows the Cascades track arrow along the service trail, climbing up the hill for a short while before coming to the intersection of the Upper Cambourne track.

Turn right: From the intersection, the walk follows the service trail, zigzagging up the hill behind the 'Upper Cambourne' sign. The walk flattens out for a while and reaches an intersection with a service trail at a track marker.

Continue straight: From the intersection, the walk follows the service trail down the side of the hill, with the ground sloping up to the left. The walk descends steadily until it crosses a small creek and climbs up the hill on the other side, passing through a metal gate to arrive at Cambourne Ave.