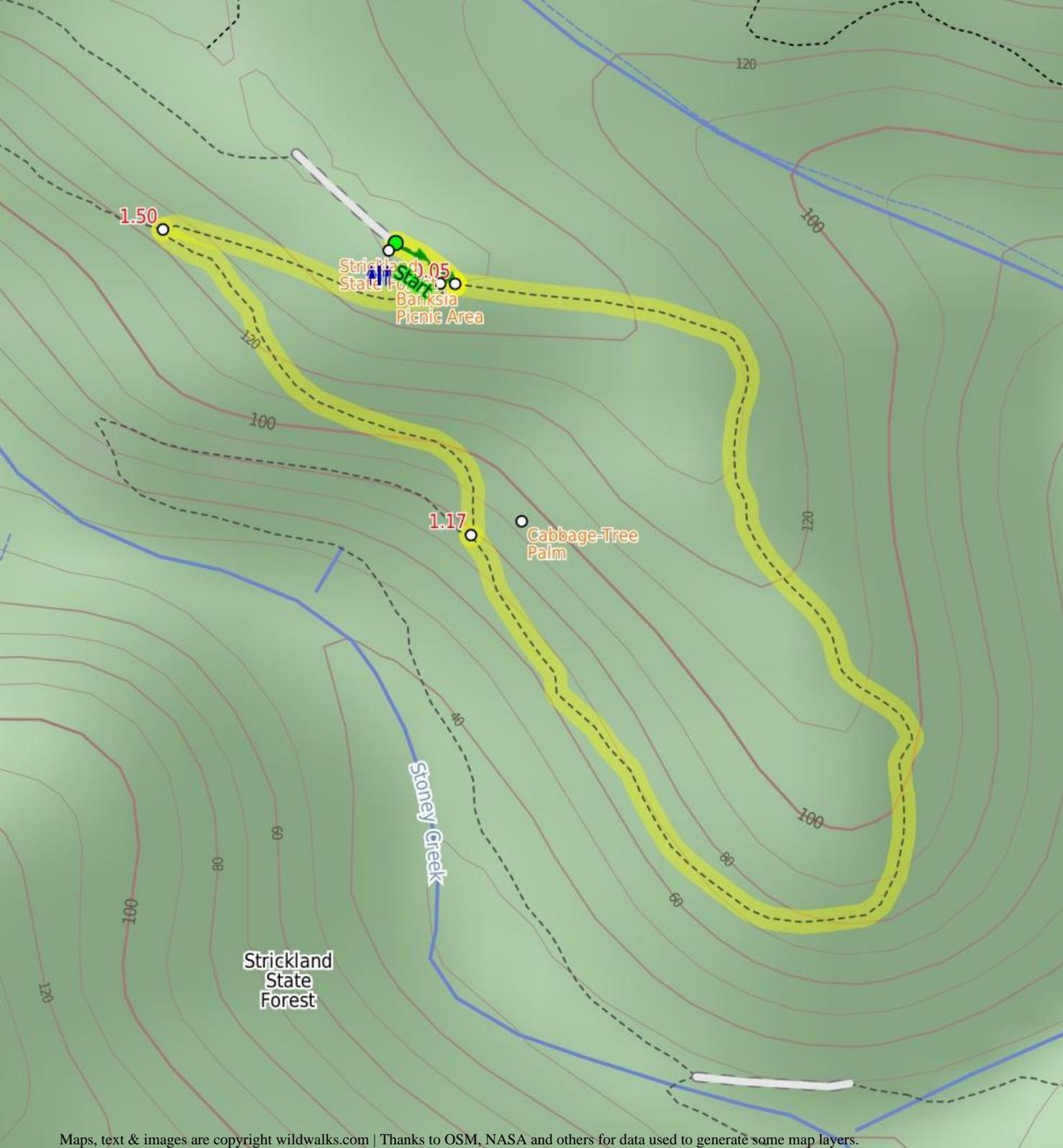


# Cabbage Tree Trail



**1 Hr**

**1.7 km Circuit**

**Moderate track**

**▲ 115m**

3

A beautiful walk from the Banksia picnic area. This walk starts in the dry eucalypt forest, typical of the hilltops in the area, and descends to areas of lush forest, filled with cabbage tree palms and ferns. Some interesting boulder outcrops and the great variety of vegetation just add to the scenery on this excellent walk.

153m

62m

Strickland State Forest

### 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 Banksia car park (gps: -33.3733, 151.3225). 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/27>

### 0 | Strickland State Forest

The Strickland State Forest, managed by State Forests of NSW, is located on the NSW Central Coast, close to the F3. The Strickland State Forest has a wide range of vegetation, including patches of rainforest along the sheltered creeks. The walking tracks take in some beautiful scenery, including a mixture of native forest and the remnants of an old arboretum. 'Strickland is no longer actively harvested and is managed for education and recreation purposes'. The 'Friends of Strickland' undertake projects including the construction of walking tracks. Note: Access into Strickland is during the daytime only with the entrance gate being unlocked between 7am and 5pm (Apr - Oct) and between 7am and 7pm (Nov - Mar) [More info.](#)

### 0 | Banksia Picnic Area

This picnic area is in the Strickland State Forest, on the NSW Central Coast. The facilities include picnic tables, pit toilets, BBQ fire places, garbage bins and tank water. A few bush walking tracks start from the picnic area.

### 0 | Banksia car park

(50 m 1 mins) From the car park (near the end of Strickland Rd in the Strickland State Forest), this walk passes around the gate and goes across the picnic area to the track intersection at the opposite end. There is a track signpost ('Strickland Falls Loop Trail') a little to the left.

### 0.05 | Banksia picnic area

(1.1 km 25 mins) Veer left: From the intersection, the walk follows the 'Cabbage Tree Walk Trail' arrow along the bush

track, leaving the 'Gosford Lookout' sign behind, to the right.

The walk initially passes through relatively dry forest, with signs naming some of the trees, before descending through moist forest, filled with cabbage palms. After a while the track reaches the intersection signposted 'Stoney Creek Trail'.

### 1.17 | Cabbage-Tree Palm

The Cabbage-Tree Palm (*Livistona australis*) is a tall, slender palm growing up to about 25 m in height and 0.35 m diameter. It is found in moist open forest, often in swampy sites and on margins of rainforests or near the sea. It is widely spread along the New South Wales coast and extends north into Queensland and southwards to eastern Victoria, growing further south than any other native Australian palm. [More info.](#)

### 1.17 | Int of Cabbage Tree and Stoney Creek trails

(340 m 11 mins) Veer right: From the intersection, the walk follows the 'Cabbage Tree Trail' arrow along the bush track, going up the hill. This section of the walk passes through forest filled with cabbage palms and ferns. The walk also passes some interesting boulders, before reaching an intersection, signposted 'Strickland Falls Trail'.

### 1.5 | Int of Cabbage Tree and Strickland Falls trails

(220 m 5 mins) Turn right: From the intersection, the walk follows the 'walker arrow' along the bush track, going up the hill. The vegetation on this section of the walk changes from moist forest, filled with ferns and cabbage palms, to relatively dry forest to as the track climbs. The track climbs, using steps cut into the rock in places, before passing the 'Gosford Lookout' rock platform, to the right. At this lookout point, the track bends to the left, passes a 'Gosford Lookout' signpost and immediately arrives at the intersection at the end of the Banksia picnic area.

Turn left: From the intersection, this walk goes across the picnic area, and passes around the gate, into the car park (near the end of Strickland Rd in the Strickland State Forest).

