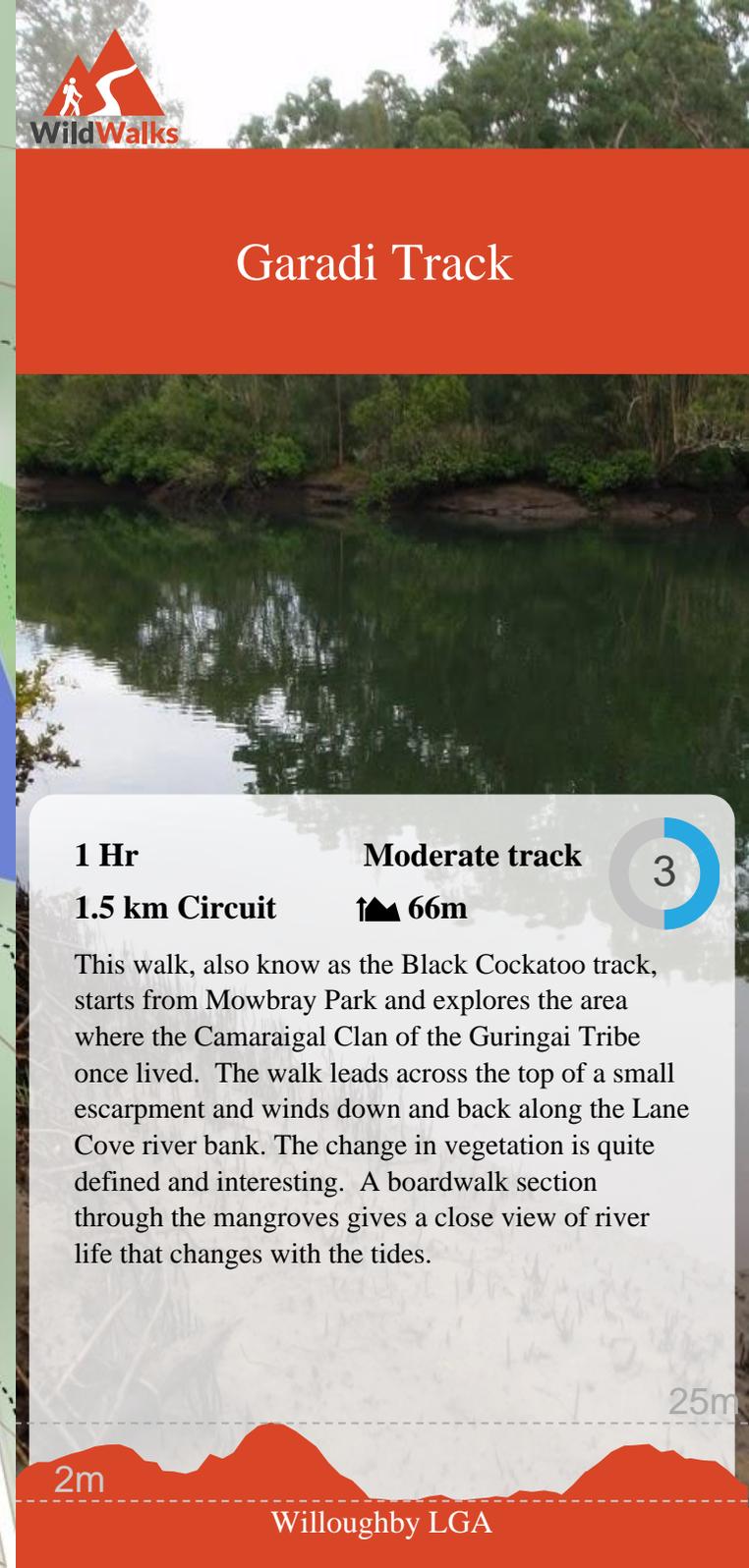
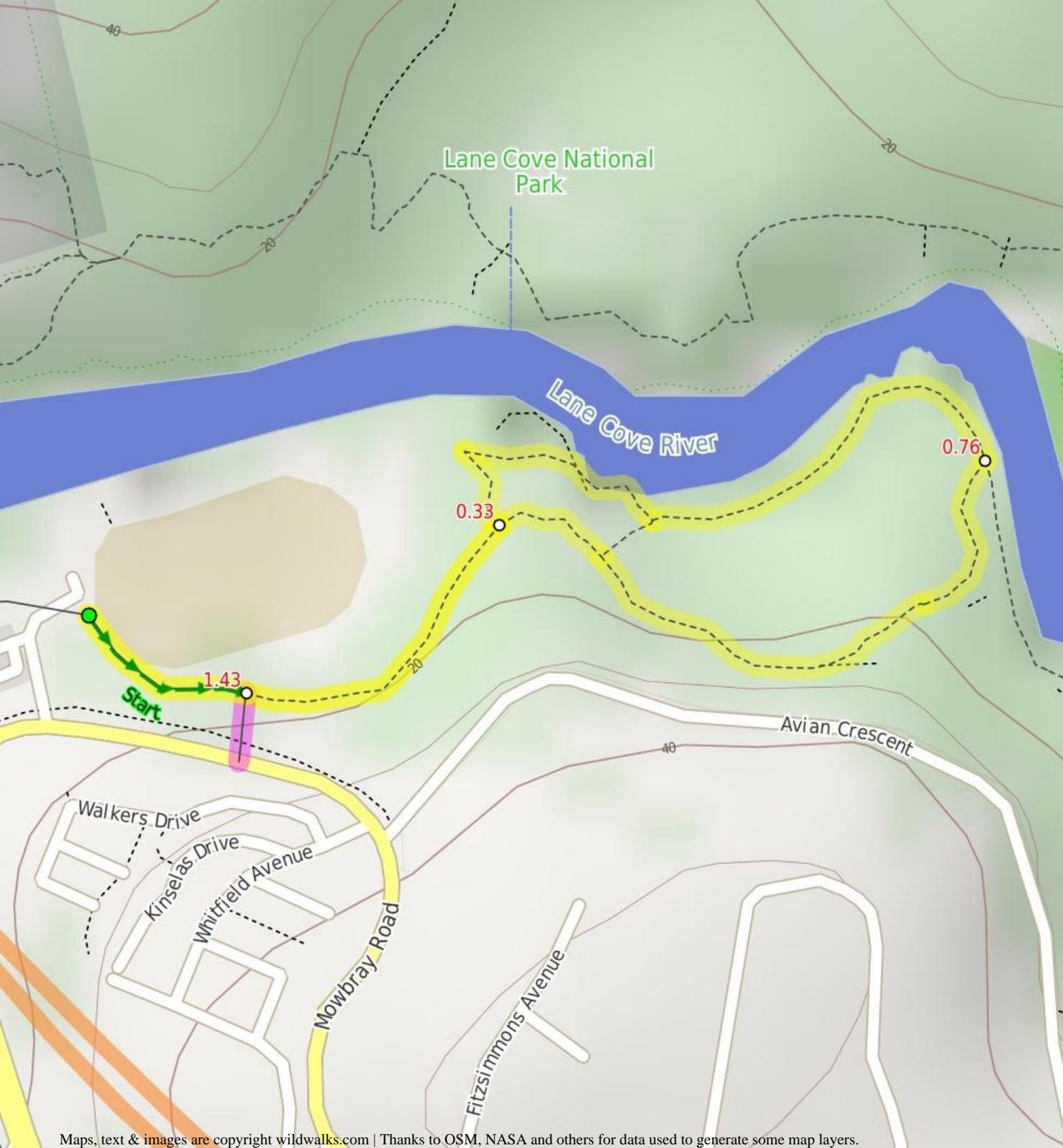


# Garadi Track



1 Hr

Moderate track

3

1.5 km Circuit

▲ 66m

This walk, also known as the Black Cockatoo track, starts from Mowbray Park and explores the area where the Camaraigal Clan of the Guringai Tribe once lived. The walk leads across the top of a small escarpment and winds down and back along the Lane Cove river bank. The change in vegetation is quite defined and interesting. A boardwalk section through the mangroves gives a close view of river life that changes with the tides.

2m

Willoughby LGA

### **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 Mowbray car park (near oval) (gps: -33.8005, 151.1465) 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/mpl>

### **0 | Mowbray car park (near oval)**

*(330 m 7 mins)* From the intersection, this walk heads up the stairs, keeping the oval on the left of the walk as it winds around the hill. The walk leads to a park bench and intersection, above the spectators' stand.

Continue straight: From the intersection, this walk leads across the grassed area to a 'Mowbray Park' sign before a bridge. The track passes the sign and bridge to continue to wind through the bush for approximately 60m, to a signposted intersection.

### **0.33 | Int. Upper and Athletic Field Access Trks**

*(430 m 10 mins)* Continue straight: From the intersection, this walk heads up the hill away from the athletics oval, keeping the valley of the river on the left. The track winds through the bush, passing by a track (which leads to a rockshelf lookout on the left) and continuing on to a signposted intersection.

Continue straight: From the intersection, this walk follows the 'Upper Track' arrow along the hillside. The walk goes down some stairs before skirting underneath a rocky outcrop (on the right) and continuing along a boardwalk. The track then climbs up to Avro Rd.

Continue straight: From the road, this walk follows the signpost for the 'Upper Track' away from the road and down to a rock shelf. After only 30 metres, the track tends left under power lines, and turns right down some stairs beside a rocky outcrop. From the stairs, the track winds down the hill to the rocky surface at the 3-way intersection.

### **0.76 | Int. Avro Rd Trk and River Access Trk**

*(670 m 13 mins)* Veer left: From the intersection, this walk heads west along the Lane Cove River bank, with the water to the right of the track. The track quickly opens out onto a clearing next to the river bank. The walk continues over two sections of boardwalked track, leading to a signposted intersection.

Turn right: From the signposted intersection, this walk heads towards the large rock next to the water (below on the right). The walk uses pins bolted into the rock as handholds, and climbs to the other side of the river bank. The track then continues along the gap between the mangroves and a rocky outcrop, to come to the Mowbray Park athletics field.

Turn sharp left: From the oval's far corner, closest to the river and furthest from the road, this walk heads up the steps to the signposted intersection.

Turn right: From the intersection, this walk heads along the hillside towards the oval (below on the right). The track winds through the bush for approximately 60m to pass over a bridge and a 'Mowbray Park' sign in a grassed area. The walk crosses this grass area to come to the intersection with the footpath.

### **1.43 | Alternate Route Int. River Trk and Bus Stop Trk to**

*(40 m 2 mins)* Turn left: From the intersection, this walk heads up the footpath away from the oval, climbing the steps to the bus stop next to Mowbray Rd.

### **1.43 | Int. River Trk and Bus Stop Trk**

*(120 m 2 mins)* Continue straight: From the park bench, this walk heads down the footpath, keeping the oval below on the right. The walk continues down the hill for a short time to soon come to the intersection to the side of the oval.

