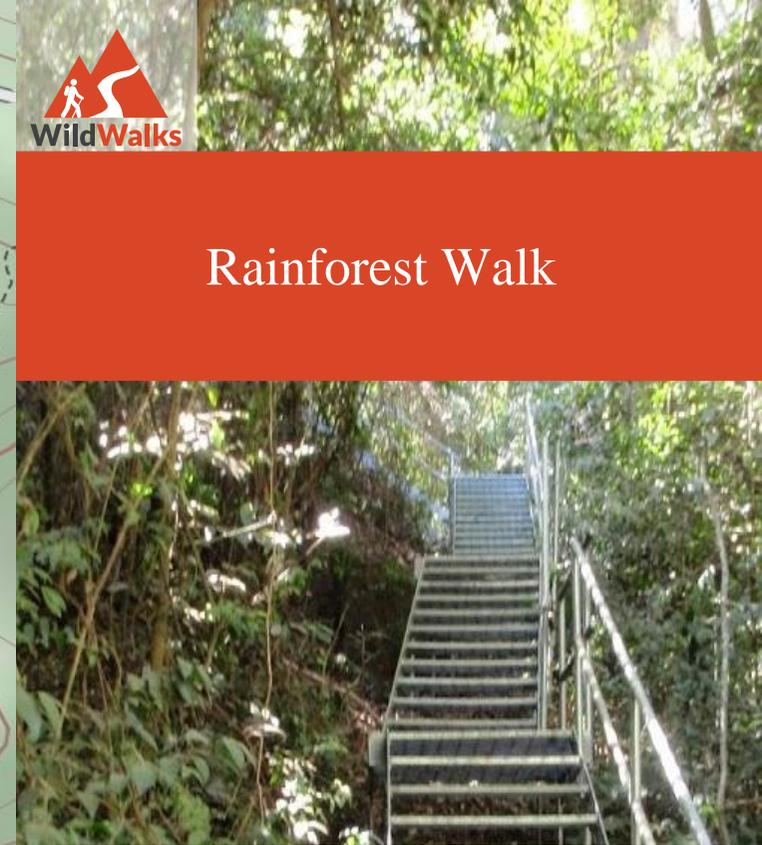
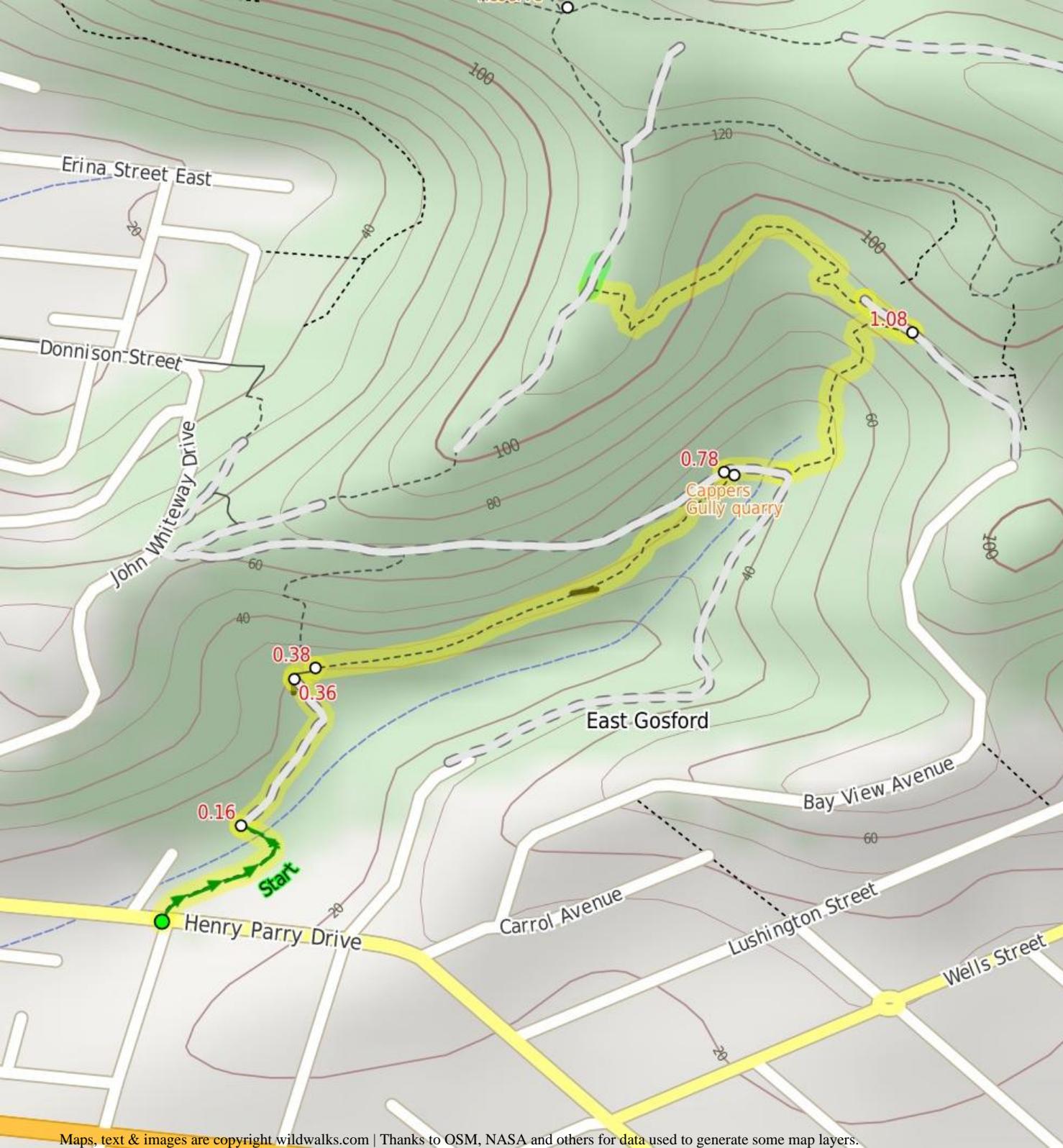


Rainforest Walk



1 hr 30 mins

Hard track

3 km Return

192m

4

A great walk through some beautiful pockets of rainforest in the Rumbalara Reserve. Parts of the track are quite steep, although the well-formed track with plenty of steps makes the walking easier. As well as the beautiful rainforest scenery, this walk includes some glimpses into an old quarry at Cappers Gully and an optional side trip to one of the Rumbalara bronze sculptures. Plenty of variety and a beautiful walk.

Rumbalara Reserve

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 Henry Parry Dr trackhead (gps: -33.4338, 151.3469) by car or bus. Car: There is free parking available.

This is a return, 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/2a>

0 | Rumbalara Reserve

Rumbalara Reserve lies just to the east of the Gosford CBD and is part of Gosford's Coastal Open Space System (COSS). There is an extensive set of well marked walking tracks within the reserve. Yaruga Picnic Area has free electric BBQs while both Yaruga and Nurrunga picnic areas have toilets, picnic tables, nearby lookouts and proximity to walking tracks. The picnic areas are accessed via Dolly Ave, Springfield, with the gate being locked at 8pm each evening. The Rumbalara Environmental Education Centre, at the end of Donnison St, Gosford, is one of several good access points to the walking tracks in the lower section of the reserve. [More info.](#)

0 | Henry Parry Dr trackhead

(160 m 3 mins) From the trackhead at the intersection of Frederick St and Henry Parry Dr, Gosford, this walk follows the 'Cappers Gully' arrow (Rainforest Track sign) along the bush track, away from the road. After a short distance, the walk bends to the left, at a track arrow marker post, crosses a small gully and arrives at an intersection with a management trail near a gate and car park, to the left.

0.16 | Back gate of 2GO car park

(200 m 4 mins) Turn right: From the intersection, this walk follows the management trail away from the gate and car park, keeping the small gully to the right. After a short distance, the trail passes a plaque marking the handing over of Cappers Gully Reserve, set in a stone, to the right. The trail continues a little further, bending to the left and arriving at the bottom of a metal staircase.

0.36 | Bottom of staircase on Rainforest walk

(30 m 1 mins) Continue straight: From the end of the

management trail, this walk goes up the metal staircase, arriving at an intersection, with a 'Rainforest Track' signpost, at the top of the stairs, pointing back to 'Henry Parry Drive'.

0.38 | Rumbalara Reserve Flora and Fauna

The reserve is home to a wide range of flora and fauna. The vegetation types range from the relatively dry 'Coastal Narrabeen Ironbark Forest' to pockets of 'Coastal Warm Temperate Rainforest'. Commonly seen birds include Kookaburras, Eastern Rosellas and Magpies. Rarer birds such as the Glossy Black Cockatoo and Swift Parrot are sometimes sighted here as well. Sugar Gliders, Brush-tailed possums, Blue-tongued lizards and Tree snakes can be seen in the reserve if you are patient and lucky enough.

0.38 | Top of staircase on Rainforest walk

(400 m 9 mins) Turn right: From the intersection, the walk follows the bush track in the opposite direction to the 'Henry Parry Drive' arrow, leaving the metal staircase behind on the right. The track meanders through some beautiful forest, filled with vines and ferns, crossing a small metal bridge and continuing further, passing a couple of old picnic tables, to the right, and arriving at an intersection beside a fenced-off area, with a 'Rainforest Track' signpost pointing back to 'Henry Parry Drive'.

0.78 | Cappers Gully quarry

This old quarry site is beside Cappers Gully in the Rumbalara Reserve, Gosford. The area is fenced off for safety reasons. The neat, square-cut walls of the quarry make an interesting sight on the walks in the area.

0.78 | Southern int of White St firetrail and Rainforest

(300 m 10 mins) Turn right: From the intersection, this walk follows the management trail in the opposite direction to the 'Interpretive Centre' arrow, keeping the fenced area to the right. After a very short distance, the walk arrives at an intersection, signposted 'Cappers Gully'.

Veer left: From the intersection, this walk follows the 'Ouraka Point' arrow up the steps and along the bush track. The walk crosses some short metal footbridges and then climbs more steeply, through beautiful forest scenery. The walk climbs a lot of sandstone steps and some sets of metal stairs, and after some time arrives at an intersection, with a 'Rainforest Track' signpost pointing back to 'Cappers Gully'.

1.08 | Southern Int of Rainforest walk and Bayview firetr

(440 m 11 mins) Turn left : From the intersection, this walk follows the management trail in the opposite direction to the 'Bay View Ave' arrow, leaving the steps of the 'Rainforest Track' behind to the left. After a short distance, the walk arrives at an intersection, with a bush track to the left, signposted 'Rainforest

Track'.

Turn left: From the intersection, this walk follows the 'Ouraka Point' arrow down the steps and along the bush track. After descending for a short distance, the track bends to the right and levels out. The track meanders for some time through beautiful forest scenery, crossing two short metal footbridges, before climbing a long set of sandstone steps, then a metal staircase, arriving at an intersection with a management trail, with a 'Rainforest Track' signpost pointing back to 'Cappers Gully'.

1.52 | Optional sidetrip to Sculpture of Charles Sturt

(30 m 1 mins) Turn right: From the intersection, this walk follows the 'Picnic Areas' arrow along the management trail, keeping the views of Gosford to the left. After a short distance, the walk arrives at a sculpture of Charles Sturt, to the right. At the end of this side trip, retrace your steps back to the main walk then Turn sharp right.

1.52 | Sculptures in Rumbalara

There are four bronze figurative sculptures in the Rumbalara Reserve that were 'commissioned in the series "Salute to Famous Australians", which includes Captain Charles Sturt, Edward Eyre, and Sir Charles Kingsford Smith.' Matthew Flinders is the fourth in the series. They were 'commissioned by Sara Lee Kitchens (Australia) Pty Ltd and Gosford City Council for the State Bicentennial Celebrations 1987.'. Smith and Flinders are the most easily reached, at the Nurrunga picnic area. [More info.](#)