

## Rainforest walk to Nurrunga picnic area

1 Hr

Hard track

2.2 km One way

196m

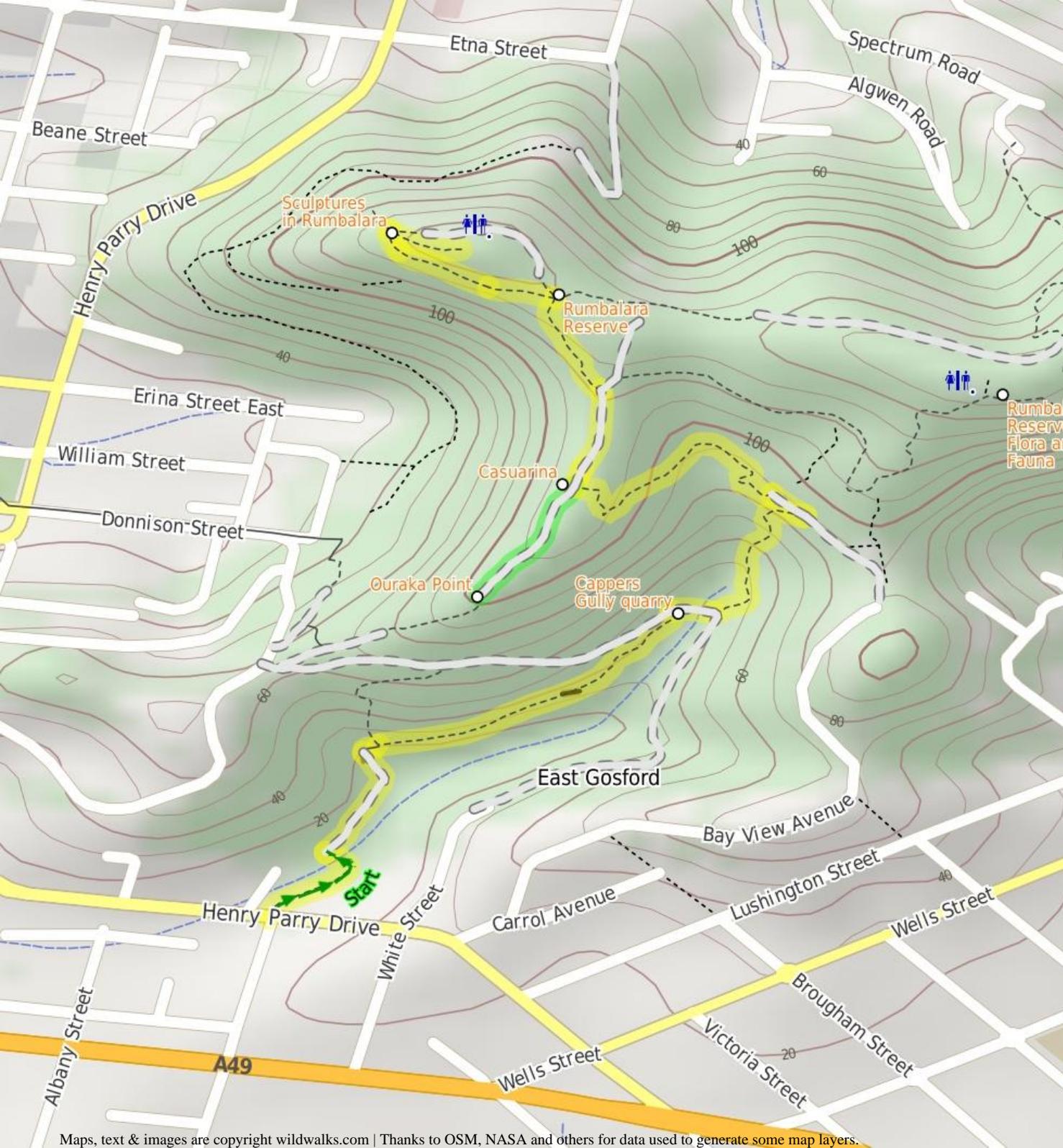
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An extended version of the Rumbalara Reserve Rainforest Walk. After walking through some beautiful pockets of rainforest, this walk continues to the upper section of the reserve, enjoying some great views across Gosford and the surrounding areas. The sheer variety in the vegetation from the start of this walk to the end makes it even more interesting. Parts of the track are quite steep, although the well-formed track with plenty of steps makes the walking easier. This walk also takes you past three of the four Rumbalara bronze sculptures. Plenty of variety and a beautiful walk. Note that the entrance gate on Dolly Ave, for the upper section of Rumbalara, is locked at 8pm each evening.

148m

5m

Rumbalara Reserve



## 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.](#)

## 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.

## 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.

## Casuarina

Commonly known as the she-oak, sheoak, ironwood, or beefwood, casuarinas have 'delicate, slender ultimate branches and leaves that are no more than scales, making the tree look more like a wispy conifer'. There are 17 species of Casuarina 'native to Australasia, southeastern Asia, and islands of the western Pacific Ocean'. [More info.](#)

## Ouraka Point

This picturesque spot with fantastic views over Gosford and the surrounding areas, including Brisbane Waters, is located within the Rumbalara Reserve, along the Casuarina Walk. It is a beautiful spot to sit and enjoy the views for a while during a walk in the reserve.

## 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 Hunter District](#))
- 2) Fire Dangers ([Greater Sydney Region](#))
- 3) Park Alerts ()
- 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:**91312S GOSFORD

**1:100 000 Map Series:**9131 GOSFORD



## 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**

<b>Length</b>	2.2 km One way
<b>Time</b>	1 Hr
<b>Quality of track</b>	Formed track, with some branches and other obstacles (3/6)
<b>Signs</b>	Directional signs along the way (3/6)
<b>Experience Required</b>	Some bushwalking experience recommended (3/6)
<b>Weather</b>	Storms may impact on navigation and safety (3/6)
<b>Infrastructure</b>	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 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.

Traveling by car is the only practical way to get back from End of Dolly Ave (gps: -33.4231, 151.349). 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/rwtnpa>

### 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

*(220 m 5 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.

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 | Casuarina

Commonly known as the she-oak, sheoak, ironwood, or beefwood, casuarinas have 'delicate, slender ultimate branches and leaves that are no more than scales, making the tree look more like a wispy conifer'. There are 17 species of Casuarina 'native to Australasia, southeastern Asia, and islands of the western Pacific Ocean'. [More info.](#)

### 1.52 | Optional sidetrip to Ouraka Point

*(220 m 4 mins)* Turn left: From the intersection, this walk follows the 'Ouraka Point' arrow along the management trail, going gently up the hill. After a short distance, the walk passes an informal, unfenced lookout area with obscured but nice views over Gosford, to the right. The walk continues a little further, passing a boulder in the middle of the trail, and arriving at the signposted 'Ouraka Point', with beautiful views over Gosford and the surrounding areas and waterways. At the end of this side trip, retrace your steps back to the main walk then Continue straight.

### 1.52 | Ouraka Point

This picturesque spot with fantastic views over Gosford and the surrounding areas, including Brisbane Waters, is located within the Rumbalara Reserve, along the Casuarina Walk. It is a beautiful spot to sit and enjoy the views for a while during a walk in the reserve.

### 1.52 | Int of Rainforest walk and Casuarina walk

*(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.

### 1.55 | Sculpture of Charles Sturt

*(320 m 7 mins)* Continue straight: From the sculpture, this walk follows the management trail, keeping the views of Gosford to the left, and leaving Charles Sturt behind on the right. The walk continues along the trail to an intersection with a paved track, signposted 'Casuarina Track'.

Veer left: From the intersection, this walk follows the 'Nurrunga Picnic Area' arrow along the paved track, keeping the views of Gosford to the left. The walk climbs gently for a short distance before arriving at a track junction with signposts for the 'Ironbark Loop', the 'Casuarina Track' and the 'Flannel Flower Track'.

### 1.87 | Junction of Ironbark, Casuarina and Flannel flower

*(180 m 4 mins)* Turn left: From the track junction, this walk follows the 'Loop to Gosford' arrow (Casuarina Track) along the bush track, directly away from the nearby car park. After a short distance, the walk arrives at an intersection signposted for the 'Casuarina Track' and the 'Ironbark Loop'. At the time of writing, this part of the Casuarina Track, going down the hill, was closed.

Continue straight: From the intersection, this walk follows the 'Nurrunga Picnic Area' arrow (Ironbark Loop sign), along the bush track, keeping the views of Gosford to the left. After a short distance, the walk arrives at an intersection, with an 'Ironbark Loop' signpost pointing back 'To Casuarina Track', beside a sculpture of Matthew Flinders.

### 2.06 | 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.](#)

### 2.06 | Matthew Flinders sculpture

*(40 m 1 mins)* Continue straight: From the intersection, this walk follows the bush track in the opposite direction to the 'To Casuarina Track' arrow, leaving the sculpture behind on the right. The walk then goes across the end of the picnic area to the sculpture of Sir Charles Kingsford Smith.

### 2.09 | Sir Charles Kingsford Smith sculpture

*(80 m 2 mins)* Turn right: From the sculpture, this walk goes across the middle of the picnic area. After a short distance, the walk goes up a rocky track and some steps, passing a 'Nurrunga Picnic Area' signpost, to the left, arriving at the end of Dolly Ave.



## Summary navigation sheet for the Rainforest walk to Nurrunga picnic area



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
0.00	Henry Parry Dr trackhead -33.4338,151.3469 (GR Gosford, 463994)	4 -1	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.
0.16	Back gate of 2GO car park -33.4327,151.3475 (GR Gosford, 464995)	16 -4	220 m 5 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.
0.38	Top of staircase on Rainforest walk -33.431,151.3481 (GR Gosford, 464997)	37 -15	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.
0.78	Southern int of White St firetrail and Rainforest walk -33.4289,151.3512 (GR Gosford, 467000)	54 -7	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.
1.08	Southern Int of Rainforest walk and Bayview firetrail -33.4274,151.3527 (GR Gosford, 469001)	41 -13	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.
1.52	Int of Rainforest walk and Casuarina walk -33.4269,151.3502 (GR Gosford, 466002)	1 -13	220 m 4 mins	Optional sidetrip to Ouraka Point. Turn left: From the intersection, this walk follows the 'Ouraka Point' arrow along the management trail, going gently up the hill.
1.52	Int of Rainforest walk and Casuarina walk -33.4269,151.3502 (GR Gosford, 466002)	2 0	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.
1.55	Sculpture of Charles Sturt -33.4266,151.3503 (GR Gosford, 466002)	24 -3	320 m 7 mins	Continue straight: From the sculpture, this walk follows the management trail, keeping the views of Gosford to the left, and leaving Charles Sturt behind on the right.
1.87	Junction of Ironbark, Casuarina and Flannel flower walks -33.4239,151.35 (GR Gosford, 466005)	7 -10	180 m 4 mins	Turn left: From the track junction, this walk follows the 'Loop to Gosford' arrow (Casuarina Track) along the bush track, directly away from the nearby car park.
2.06	Matthew Flinders sculpture -33.4231,151.3483 (GR Gosford, 464006)	1 0	40 m 1 mins	Continue straight: From the intersection, this walk follows the bush track in the opposite direction to the 'To Casuarina Track' arrow, leaving the sculpture behind on the right.
2.09	Sir Charles Kingsford Smith sculpture -33.4228,151.3482 (GR Gosford, 464006)	10 0	80 m 2 mins	Turn right: From the sculpture, this walk goes across the middle of the picnic area.