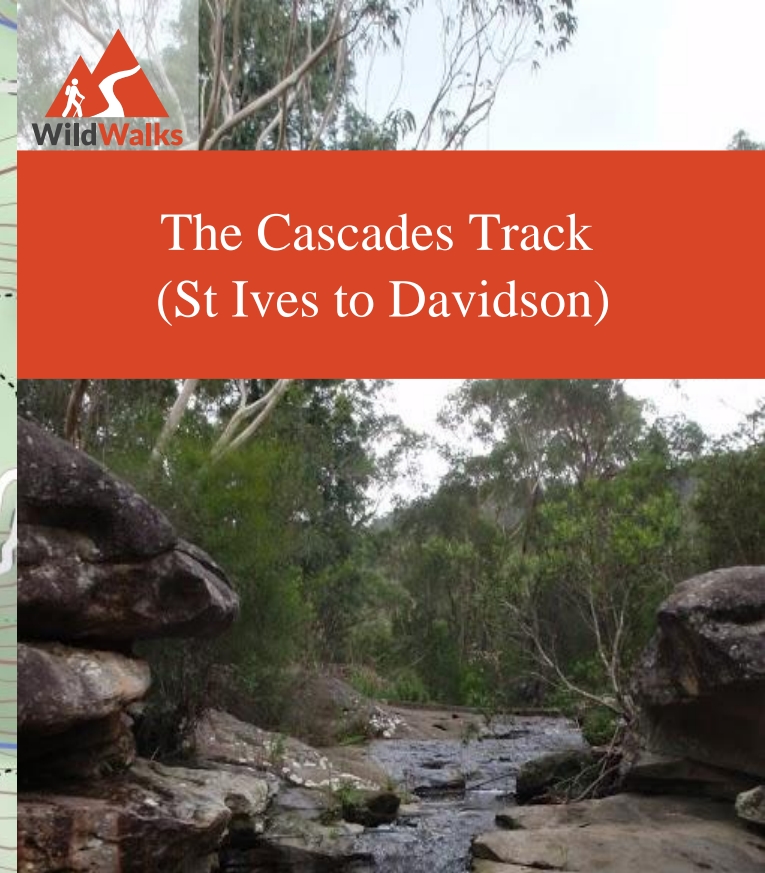
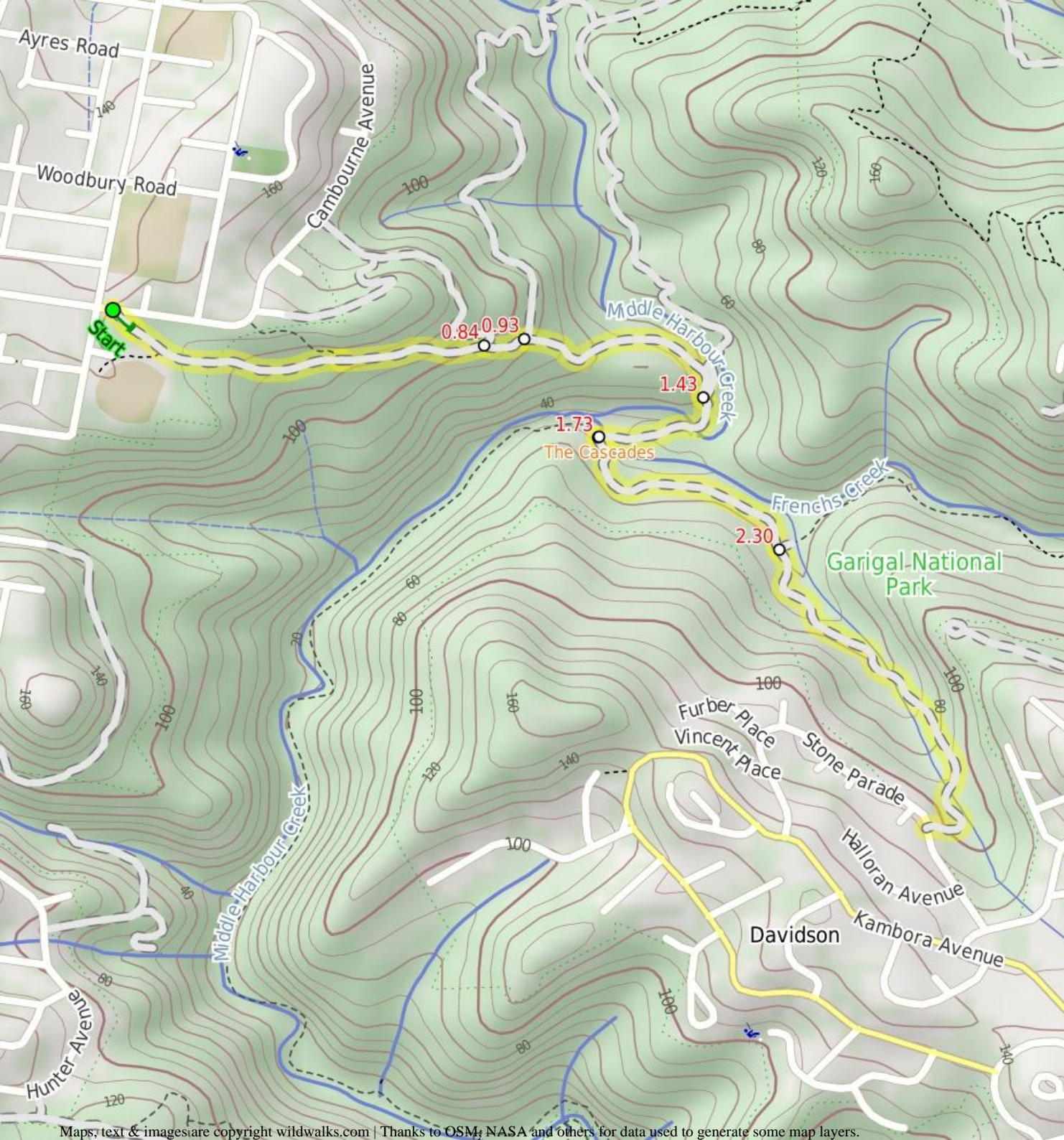


The Cascades Track (St Ives to Davidson)



1 hr 30 mins

Moderate track

3

3.2 km One way

↑ 117m

This walk explores a section of Garigal National Park from St Ives following service trails through the forest and into the valley. The cascades, from which this track derives its name, are at the junction of Middle Harbour and Frenchs creeks. After taking time to explore the rock platform, this walk continues along service trail to Stone Pde, Davidson.

27m

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 Douglas Street and Cascades service trail (gps: -33.7257, 151.1779) by car or bus. Car: There is free parking available.

You can get back from Stone Pde (gps: -33.7373, 151.1962) by car or bus. 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/tctitd>

0 | Int of Douglas Street and Cascades service trail

(840 m 17 mins) From Douglas Street, this walk follows the management trail through the National Park gate marked with 'The Cascades Track' sign. The walk heads down the hill briefly until coming to a four-way intersection with a bush track (heading towards the large soccer oval to the right).

Continue straight: From the intersection, this walk follows the management trail down the hill and through the bush for a little while, coming to an intersection with a bush track on the left.

Continue straight: From the intersection, this walk follows the management trail down the hill, with the ground sloping up to the left. Soon, it comes to a 'Y' intersection with another management trail at the 'Upper Cambourne Track' sign.

0.84 | Int of Cascades and Upper Cambourne service trails

(90 m 2 mins) Veer right: 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.

0.93 | Int of Cascades and Lower Cambourne service trails

(500 m 11 mins) Veer right: From the intersection, the walk follows 'The Cascades Track' sign along the asphalt service trail. After going down a long hill the walk takes the right hand fork at an intersection of 2 service trails. The walk then

winds all the way to the bottom of the valley and continues to the intersection with the link track a short distance later.

Continue straight: From the intersection, the walk follows the service trail down the hill to the signposted intersection of the Bare creek and cascades service trails.

1.43 | Int of Bare Creek and Cascades service trails

(300 m 5 mins) Continue straight: 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.

1.73 | 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.

1.73 | The Cascades

(570 m 11 mins) Turn left: From the cascades, the walk follows the service trail upstream, keeping the creek to the left. After a short distance, the trail turns up to the right, and continues up through the bush to the signposted intersection with the French's Creek track.

2.3 | Int of Cascades and Frenchs Creek service trails

(950 m 22 mins) Continue straight: From the intersection, the walk follows the service trail south (leaving the signposted French's Creek Track on the left). The walk climbs up the long hill, sometimes steeply, before passing through a metal gate and arriving at the intersection with Stone Parade (almost directly opposite number 27).

