

Mt Kuring-gai to Cowan (via Berowra Waters)



8 hrs

Hard track

17.2 km One way

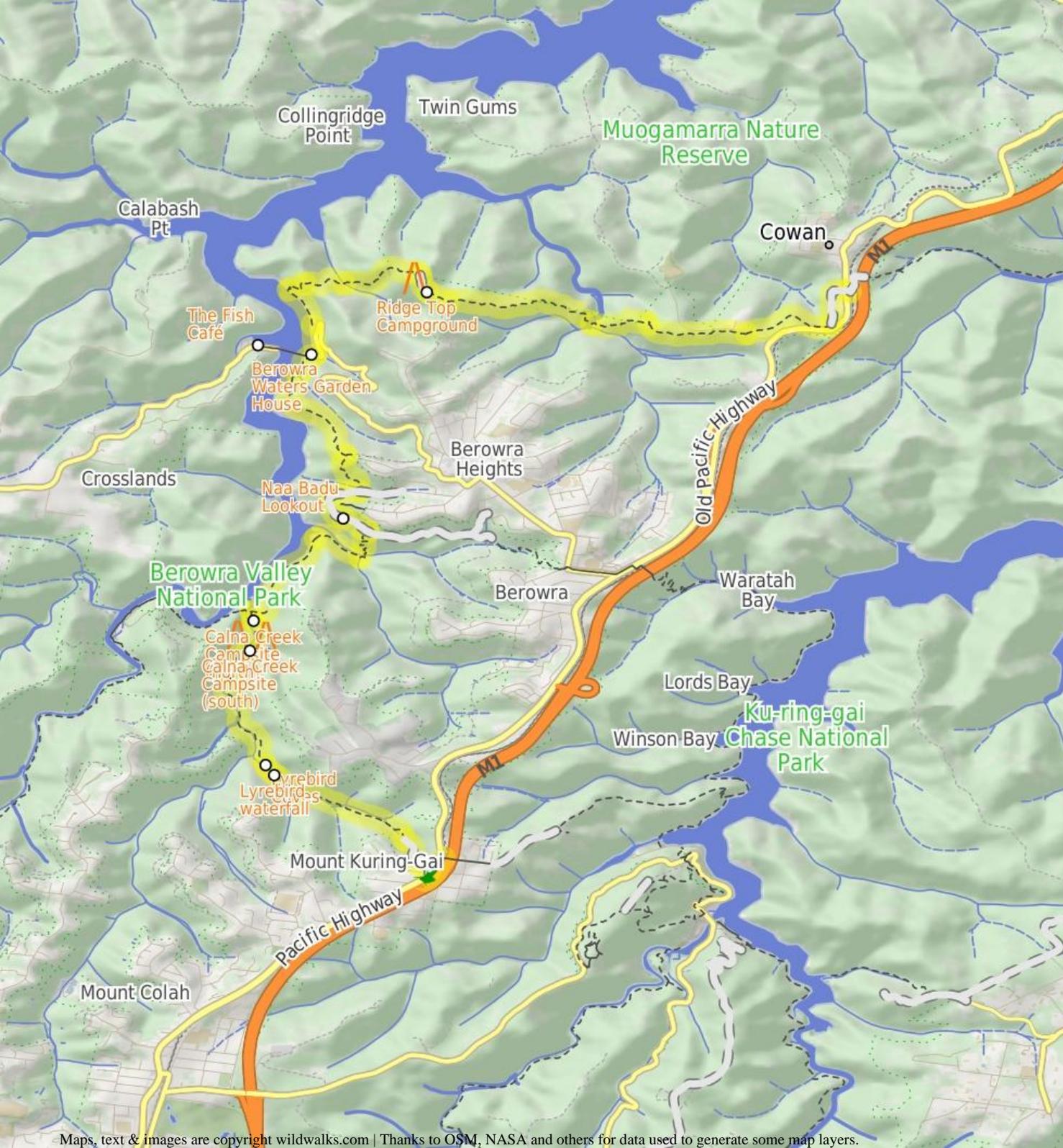
↑ 1147m

4

Ridge tops, grasslands, creek crossings and spectacular views are all part of this walk as it ventures from the ridge above Berowra Creek down to water level and back up again. Take the short and free ferry ride across the creek to get lunch at Berowra Waters. Conserve your energy for the steep sections between Berowra Waters and Cowan.

220m

Berowra Valley National Park



Lyrebird waterfall

This informally named waterfall is found on Lyrebird Gully creek about 300m upstream of its confluence with Calna Creek. The top of the fall is partially fenced with a timber handrail where the water flows over the solid rock platform, with naturally carved holes, to fall about 8m to the shallow pool and boulders below. The track passes the top of the fall and does not provide a good view of the face of the fall, but it is still a very pleasant spot.

Lyrebird Caves

The Lyrebird caves are a series of notable sandstone overhangs on the eastern side of Lyrebird Gully. There are 3 main overhangs, with the larger (more northern) one providing significant shelter. The larger cave has a fairly flat base in the centre and provides a pleasant place to rest on a hot or rainy day.

Calna Creek Campsite (south)

This small signposted campsite sits on a flat grassy clearing in a small casuarina forest which provides plenty of shade. There is a small fireplace set up. This creek-side campsite is a good spot for those wanting to get the most out of a relaxing, overnight camp, just a short stroll to Berowra Creek and the main spine of the Great North Walk. Bring your own water, as the creek water is not suitable for drinking.

Calna Creek Campsite (north)

This is a quaint little campsite, located on the Mt Kuring-gai access track to the Great North Walk, on the banks of Calna Creek. This campsite provides plenty of room for a few tents, and also a fire scar with logs for seating. Carry in your own water as the salty creek water is not suitable for drinking.

Naa Badu Lookout

Naa Badu Lookout offers magnificent views south over Berowra Creek as well as over Sams and Calna Creeks. Naa Badu means 'See water' in the Aboriginal tribal language of the Dharug people. It is believed that Berowra Creek was the boundary between the Dharug and Guringai Aboriginal peoples. The lookout is fenced, has a bench seat, picnic table and a fair amount of natural shade.

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 Metropolitan District](#))
- 2) Fire Dangers ([Greater Sydney Region](#))
- 3) Park Alerts ([Berowra Valley National Park](#), [Muogamarra Nature Reserve](#))
- 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:91304S HORNSBY, 91304N COWAN

1:40 000 Map Series:CMA Ku-ring-gai Chase National Park Tourist Map

1:100 000 Map Series:9130 SYDNEY

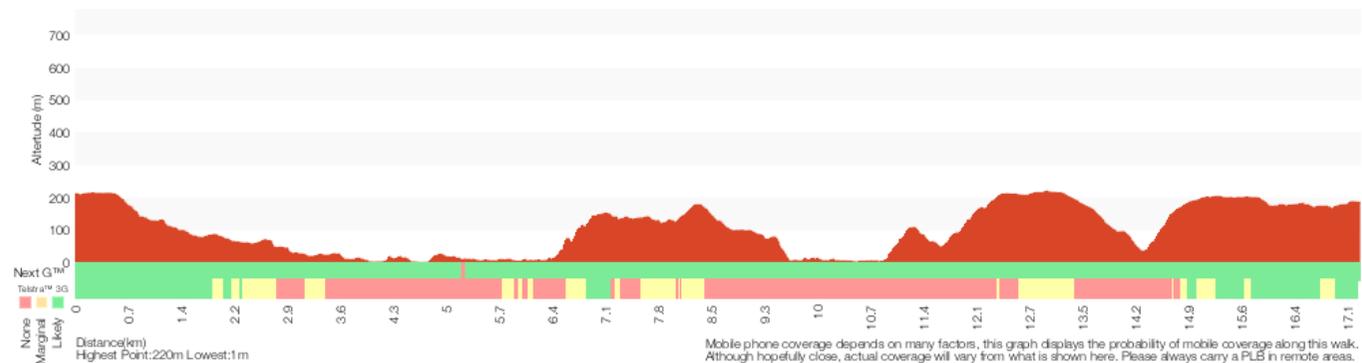
Grade

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

Length	17.2 km One way
Time	8 hrs
Quality of track	Rough track, where fallen trees and other obstacles are likely (4/6)
Signs	Directional signs along the way (3/6)
Experience Required	Moderate level of bushwalking experience recommended (4/6)
Weather	Forecast, unforecast storms and severe weather may impact on navigation and safety (4/6)
Infrastructure	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's 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 Mt Kuring-gai Railway Station (gps: -33.6538, 151.1367) by car, train or bus. Car: There is free parking available.

You can get back from Cowan Station (gps: -33.5938, 151.1717) by car, train 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/mkctbw>

0 | Mt Kuring-gai Railway Station

(520 m 9 mins) From the middle of the tunnel at the bottom of the stairs at Mt Kuring-gai railway station, this walk follows the 'To the Great North Walk' sign through the tunnel to the Pacific Hwy. Here the walk turns left and follows the footpath between the highway and train line for about 200m to pass the traffic lights at Glenview Rd. The walk then continues straight up the ramp for another 100m and turns right onto the pedestrian bridge. Here the walk crosses the Pacific Hwy on the footbridge, then follows the concrete ramp as it zigzags back down to the ground. This ramp ends just near the Aldi shopping complex. From the bottom of the footbridge near the Aldi shopping complex, this walk follows the footpath alongside the Pacific Hwy, under the footbridge and away from the shops. Keeping the highway to your right for 100m, this walk then crosses 'Glenview Rd' (at the intersection with the Pacific Hwy) to find the top of 'Lyrebird Gully track', marked with a locked green metal gate.

0.52 | Int of Glenview Rd and the Pacific Hwy

(530 m 12 mins) Continue straight: From the intersection (of Glenview Rd and the Pacific Hwy), this walk follows the GNW arrow post around the locked 'Lyrebird Gully Track' gate, to head down the sealed management trail. The trail leads past a large 'To the Great North Walk' sign where the trail then bends left behind the houses and heads steeply downhill for about 500m, coming to the end of the sealed trail and a large flat clearing.

1.05 | Lyrebird Clearing

(1.4 km 27 mins) Continue straight: From the bottom of the sealed management trail, this walk follows the GNW arrow post across the clearing following the old dirt trail. After about 120m, this walk comes to another small clearing, where this walk turns left following the 'The Great North Walk' sign. The track then bends right and leads down to cross over a short flat timber bridge across a concrete channel. From here, the rocky track leads down along the side of the hill for about 150m before heading down some stone steps (with a handrail, under a set of power lines) to come to the 'Great North Walk register' box on a pole. After filling in your intentions (and reading others entries), this walk continues down along the track beside a rock wall, past a short section of handrail then down a series of timber and rock steps for about 300m to then cross Lyrebird Gully creek on the sandstone platform. This creek crossing and other crossing further down the valley can become impassable after heavy or prolonged rain. The walk then leads over the short section of green timber boardwalk, following the GNW arrow post uphill. The walk then follows the rocky track along the side of hill for about 250m to pass beside a rock wall (on your right) and a section of handrail and steep valley (on your left). Here the walk steps down a rock (with metal peg) to follow the rocky track downhill and come close to a

creek. Here the walk follows the edge of creek (keeping the creek to your left) for just shy of 100m to then cross the creek using boulders with carved steps. Once on the other side of the creek, this walk crosses back again, almost immediately, following the handrail and flat timber bridge (note: this boardwalk/bridge was washed away during a flood in 2012, the hand rail is still in place) at the top of Lyrebird Gully falls to then find a 'The Great North Walk' sign back on the other side.

2.42 | Lyrebird waterfall

This informally named waterfall is found on Lyrebird Gully creek about 300m upstream of its confluence with Calna Creek. The top of the fall is partially fenced with a timber handrail where the water flows over the solid rock platform, with naturally carved holes, to fall about 8m to the shallow pool and boulders below. The track passes the top of the fall and does not provide a good view of the face of the fall, but it is still a very pleasant spot.

2.42 | Lyrebird Waterfall

(140 m 4 mins) Continue straight: From near the top of Lyrebird Waterfall, this walk follows the GNW arrow post, away from the face of the 'The Great North Walk' sign up the timber steps. The track soon bends left to follow the side of the hill for about 50m and head through a sandstone overhang, then through a second smaller cave. Continuing along the side of the hill for another 70m, this walk comes to another larger sandstone overhang.

2.57 | Lyrebird Caves

The Lyrebird caves are a series of notable sandstone overhangs on the eastern side of Lyrebird Gully. There are 3 main overhangs, with the larger (more northern) one providing significant shelter. The larger cave has a fairly flat base in the centre and provides a pleasant place to rest on a hot or rainy day.

2.57 | Lyrebird Caves

(1.6 km 33 mins) Continue straight: From the large sandstone overhang, this walk follows the rocky track along the side of the hill, keeping the valley to your left. After about 40m, the track leads steeply down a short rocky slope where the track then continues along the side of the hill for another 200m before bending sharp left and zigzagging steeply down the stone steps to come to the edge of Calna Creek. The track continues along the side of the creek (on your left) through the shaded forest and past some large boulders for about 70m, to then follow a GNW arrow post across the creek using the boulders with carved steps. The track continues downstream (with the creek on your right) among ferns, for almost 300m, where another GNW arrow post leads back across Calna Creek using boulders with carved steps. The track continues among more ferns and mossy boulders, now with creek on your left, for 400m to where the track comes to the wide, clearly tidal section of Calna Creek, where there is a small sandy beach and open views down the valley. The mostly flat track continues down beside the wide creek for another 400m to cross over a flat timber bridge, then just 25m later, this walk comes to the signposted campsite, in casuarina forest.

4.18 | Calna Creek Campsite (south)

This small signposted campsite sits on a flat grassy clearing in a small casuarina forest which provides plenty of shade. There is a small fireplace set up. This creek-side campsite is a good spot for those wanting to get the most out of a relaxing, overnight camp, just a short stroll to Berowra Creek and the main spine of the Great North Walk. Bring your own water, as the creek water is not suitable for drinking.

4.18 | Calna Creek campsite (south)

(400 m 9 mins) Continue straight: From the campsite, this walk follows the clear track downstream, keeping Calna Creek to your left. After about 100m of walking through flat grassy area and casuarina forest, this walk leads over

a timber bridge (with handrails) that crosses a small tidal creek. The now rocky track continues for another 180m, stepping over a fallen tree, to then climb up a short timber staircase. At the top of these stairs, the track leads over a rocky rise then back down where the track mostly flattens out for another 100m to come to a large, unsignposted clearing and campsite (on your right), just before the southern tip of the saltmarsh.

4.58 | Calna Creek Campsite (north)

This is a quaint little campsite, located on the Mt Kuring-gai access track to the Great North Walk, on the banks of Calna Creek. This campsite provides plenty of room for a few tents, and also a fire scar with logs for seating. Carry in your own water as the salty creek water is not suitable for drinking.

4.58 | Calna Creek campsite (north)

(110 m 2 mins) Continue straight: From the campsite, this walk follows the clear track south, keeping Calna Creek (though the trees) to your left. After about 100m, the track comes to a well signposted intersection just beside Calna Creek bridge.

4.69 | Calna Creek Bridge intersection

(1.1 km 27 mins) Turn right: From the intersection, this walk follows the 'Berowra Waters' sign along the timber boardwalk. The boardwalk leads for about 80m across the large open flat saltmarsh into the casuarina forest on the other side. Here the track bends left and leads along the side of the saltmarsh for almost 200m, where the rocky track leads a little further before coming alongside Berowra Creek's mangroves. The track continues to gently undulate along the side of Berowra Creek for about 650m among the casuarinas and grass trees, before heading up a fairly short, steep climb. At the top of this climb, the walk comes to a small, flat, pleasant clearing surrounded by large boulders.

5.84 | Sams Creek ridge clearing

(500 m 11 mins) Continue straight: From the clearing, this walk leads down the north eastern side of this ridge, keeping the main valley to your left. After about 100m this walk comes to another flat saltmarsh, where the track bends right to soon come to a large flat clearing beside Sams Creek (subject to flooding). The track then leads alongside Sams Creek (on your left) for about 350m when, just after climbing over a rock, the track comes to a 'Crosslands' sign pointing back along the track, beside the creek.

6.34 | Sams Creek Crossing

(670 m 30 mins) Turn left: From the south side of the creek, this walk follows the 'Berowra Waters' sign across the rocky Sams Creek. This creek may become impassable after heavy or prolonged rain. On the other side, the track veers left, crossing a rocky gully and heads up the timber steps. The track now starts to climb steeply, zigzagging up the timber steps and a couple of staircases for just over 300m to find a bench seat in a small sandstone cave. After a rest, this walk continues up more steps (and staircases) for just over 150m, coming to a T-intersection with a wide service trail, where a 'Crosslands' sign points back down the track.

7.01 | Int of GNW and Berowra Link tracks

(260 m 7 mins) Turn left: From the intersection, this walk follows the 'Berowra Waters' sign gently down along the management trail, keeping the valley to your left. The trail gently undulates along the side of the hill, enjoying some glimpses up to the cliff faces (on the right). After about 180m, the trail crosses a concrete drain, then leads up the hill to find the signposted 'Naa Badu' lookout and its great view.

7.27 | Naa Badu Lookout

Naa Badu Lookout offers magnificent views south over Berowra Creek as

well as over Sams and Calna Creeks. Naa Badu means 'See water' in the Aboriginal tribal language of the Dharug people. It is believed that Berowra Creek was the boundary between the Dharug and Guringai Aboriginal peoples. The lookout is fenced, has a bench seat, picnic table and a fair amount of natural shade.

7.27 | Int of Naa Badu Lookout

(320 m 7 mins) Continue straight: From the 'Naa Badu' lookout, this walk follows the management trail over the small rise and across the concrete ditch, keeping the valley to your left. The trail leads around the side of the hill for about 300m, gently undulating to come to an intersection with a narrow track and small clearing (on your left, as the trail bends right), just past the large scribbly gum. (This informal track leads down to an unfenced rock platform, with filtered views over Berowra Creek).

7.6 | Int of GNW and Banggarai Creek access track

(220 m 4 mins) Continue straight: From the intersection, the walk follows the wide trail gently downhill as it bends right, keeping the valley to your left. After about 140m, the trail narrows a bit, leading down a few short but steeper sections to an intersection (with some steps on your left), where a 'The Great North Walk' sign points back up along the trail.

7.82 | Int of GNW and Berkeley Close service trail

(570 m 18 mins) Turn left: From the intersection, the walk follows the 'Berowra Waters' sign down the timber steps. The walk then crosses Banggarai Creek using a timber bridge, and leads up some timber steps. The rocky track then leads up some more timbers steps, between two rocks then over a few rocks, where the track then flattens out. The now flat, sandy track winds through the forest for about 150m and passes a timber seat, then leads down across a small gully before the track begins to climb again. The track leads up some more timber steps, then the walk climbs two metal pegs in the rock and continues to climb steeply up the rock and timber steps. After 60m, the track flattens out again, leading gently up through the scribbly gum and angophora forest for just over 100m to a three-way intersection marked with a couple of GNW arrow posts.

8.38 | Int of GNW and Currawong Road track

(1.3 km 33 mins) Turn left : From the intersection, this walk follows the GNW arrow post north-west down the sandy track, directly towards the valley. The track soon becomes rocky and leads fairly steeply down the hill for about 150m before mostly flattening out and coming close to the top of an unfenced cliff with good views over Berowra Creek. Here the rocky track continues more gently down along the top of the ridge for about 200m and comes to a large rock platform. This walk veers right to lead down the gap in the rock, climbing down some steel pegs to where the track flattens out again. The track leads across the saddle for about 60m then veers left and follows along the base of a long rock wall (on your right). Here the track leads down around the side of the ridge for just over 400m, passing some unfenced views for rock platforms then down some sandstone steps to find a tall sandstone overhang with a timber seat. From this cave, this walk continues along the base of the rock wall, and soon bends left and winds fairly steeply down a series of rock and timber steps to come to the edge of Berowra Creek (where there is a 'no wash' sign facing the water from the rock platform). The track leads along the shore line for a short time to head onto the rock platform in Washtub Gully.

9.7 | Washtub Gully Creek

(320 m 9 mins) Continue straight: From Washtub Gully, this walk crosses the creek and follows the track, keeping Berowra Creek not far to your left. After about 50m, the track passes an old partially sunken boat, then about 100m further on, the track passes a view point that is an obviously popular (but not

recommended) jumping spot. The track then soon leads up some steps and over a rise behind the 'Berowra Waters Garden House' restaurant, then heads down the steps to come to the signposted 'Berowra Waters Trackhead' on 'Berowra Waters Rd'.

10.02 | Berowra Waters Garden House

#####CLOSED##### This picturesque little restaurant sits on the eastern side of Berowra Creek and is just a hop, skip and a jump from the ferry. With breakfast, lunch and dinner menus, the Garden House Restaurant is a great spot for those looking to tap into the Berowra Valley's full potential. For information on bookings and opening hours phone (02)9456 2955.

10.02 | The Fish Café

This seafood restaurant is located on the western side of the Berowra Waters Ferry, and offers casual dining with a great menu, overlooking the marina and river. The restaurant is open 7 days a week for breakfast and lunch, with dinner available on Friday through Sunday. The cafe is open 8:30 – 9pm Wed-Sun and closes at 3pm Mon & Tuesdays. Takeaway is also available, and the nearby reserve provides picnic tables, toilets, children's playground and parking. Kayak hire is available from the marina building. The Fish Café is located at 199 Bay Road, Berowra Waters, and the phone number is (02)9456 4665.

10.02 | Berowra Waters track head

(390 m 8 mins) Continue straight: From 'Berowra Waters Trackhead', this walk follows the 'Newcastle' sign along 'Kirkpatrick Way' and across the culverted Franks Gully creek. As the walk crosses the gully, there is a picnic area and public toilet (and tap water) on your right. The walk continues along the road, keeping the water to your left for about 180m, then passing under the yellow boom gate. About 30m later, the walk stays left to head alongside the fenced car park. At the far end of this car park, the walk comes to a turning area at the end of Kirkpatrick Way.

10.41 | End of Kirkpatrick Way

(470 m 9 mins) Continue straight: From the end of Kirkpatrick Way, this walk follows the GNW arrow post along the track, keeping the water just to your left. This walk follows the rocky shoreline, enjoying the views of the water, the boats and houses on the other shore and the large rocks (up to your right). After about 450m, the track passes a large boulder and then turns right and climbs up a staircase, finding a small seat and viewing platform.

10.88 | Berowra Waters view seat

(730 m 26 mins) Veer right: From the seat and view, this walk follows the 'Cowan' sign steeply uphill, following the series of timber and rock steps. After about 50m, the track leads up beside a rock wall, and at the top, turns right and mostly flattens out for about 80m before starting to climb again. At the top of this hill, this walk comes to a small clearing (on the left, that has been used as a campsite) and a large unfenced rock platform with great views back over the valley (on your right).

Continue straight: From the view at the top of the ridge, this walk follows GNW arrow post east, directly away from the Berowra Water views and over the small rise. The track soon leads down off a rock, where the track bends right and starts to lead fairly gently downhill. The track then leads down a few short, steep, rocky sections before crossing a lovely creek, flowing over the sandstone rock platform. This creek may be slippery and can be particularly risky to cross after rain.

11.61 | Deep Bay Creek crossing

(840 m 32 mins) Continue straight: From beside the creek, this walk follows the GNW arrow post east, away from the creek, up the steep rocky hill. The track soon passes between two rock slabs, then passes a handrail to climb up

two metal pegs beside some more hand railing. The track then continues to climb up for another 50m before mostly flattening out for about 150m. The track then starts to climb again and soon steps up a rock with two more metal pegs. Then after another 70m, the track climbs up past a sandstone cave and heads up a crack in the rock with four metal pegs, then just past the next cave, goes up another rock with a single peg. A short time later, this walk leads up another rock with two pegs, where the track then leads up the steps through a cleft of a rock. Here the track mostly flattens out and leads gently uphill for almost 200m until crossing a small saddle, marked with a two GNW arrow post beside each other. The track then leads steeply up to a fair sized rock platform, with rewarding views back over Berowra Creek (on your left). From this view point, the track leads fairly gently uphill for almost 150m, coming to a T-intersection with a wide sandy management trail.

12.45 | Int of GNW and Coreen Close service trail

(220 m 4 mins) Veer right: From the intersection, this walk follows the GNW arrow along the sandy management trail, heading south. The trail immediately bends left and passes a track (on your right, that runs generally parallel to this trail). This trail leads down through the scribbly gum and heath forest, where the trail widens (after about 70m) and then comes to an intersection beside the large ridge top campsite. There is a 'Berowra Waters' sign here, pointing back along the trail.

12.67 | Ridge Top Campground

About 800m from Turners Rd, Berowra Heights lies this pleasant ridge top campsite. This is a fairly popular campsite on the Great North Walk, providing a flat area with plenty of shade. There are no facilities (or water) at this large campsite. A faint track leads west from the campsite to an unfenced cliff with great views over the Berowra Waters Valley.

12.67 | Int of ridge top campsite and GNW

(1.7 km 37 mins) Veer left: From the intersection, this walk follows the 'Cowan Station' sign, directly away from the campsite along the clear track. The track leads over a small rise and then heads down to a four-way intersection with a management trail (and the GNW track continuing ahead). Continue straight: From the intersection, this walk follows the GNW arrow post east along the track as it leads very gently downhill along the top of the ridge. Over the next 300m, the track passes a rock platform and comes to a second rock platform with more views and a 'Great North Walk' log book box on a post. After leaving your note (and reading through a few entries), this walk continues down along the top of the ridge for another 200m to step down off another rock platform (ignoring the track to your left). Here the walk starts to head downhill for the next 1km - initially the track leads down a series of short rocky steep sections, and passes some interesting large rock boulders along the way. As the track moves further into the valley, it becomes consistently steeper until leading down leading into the ferns and beside Joe Crafts Creek.

14.32 | Joe Crafts Creek crossing

(660 m 26 mins) Continue straight: From the western bank, this walk crosses Joe Crafts Creek and heads east up the clear track. This creek may be particularly dangerous to cross after heavy or prolonged rain. The track climbs up a series of stone steps, passing through a couple of cracks in the rock before a 'Great North Walk' sign about 60m from the creek. The rocky track continues to climb steeply up for about 300m, then climbs up a timber (and metal) staircase, followed by a few section of handrail. Here the walk leads up around the base of rock wall and then climbs up the side to the top of the large, unfenced rock platform with great valley views. The walk continues up the ridge line for another 200m, very gently at first, then more steeply up the rocky sections. The track heads along the base of another rock wall, then up the stone steps and past the handrail to come to an intersection

marked with a 'Great North Walk - Viewing Area' sign. The short track (on your right) leads to a seat at the edge of an unfenced cliff with views and a seat.

14.98 | Valley viewing area

(880 m 16 mins) Turn left: From the intersection near the 'viewing point', this walk heads gently uphill directly away from the viewing area, keeping the valley on your right. The track leads up a few short, moderately steep sections for about 100m, then the track heads much more gently up through the open scribbly gum forest for about 400m before passing under the power lines. Here, the walk turns left and follows the wide trail for about 40m and turns right (before the locked gate), following a GNW arrow post under another set of power lines. The walk follows the track through the pleasant forest for just shy of 300m then crosses the dirt Glendale Rd to find 'Berowra Waters' sign pointing back across the intersection.

15.86 | Int of GNW and Glendale Road

(830 m 19 mins) Continue straight: From the intersection, this walk follows the 'Cowan' sign away from the dirt road and down along the rocky and sandy track. The track winds through the forest (with some interesting twisted, thin scribbly gums) for about 600m before bending left and following under a set of power lines. Near the Pacific Hwy (up to your right), this walk continues for about 150m and crosses over a very short section of timber boardwalk before climbing up a few steps to a T-intersection with a wide management trail.

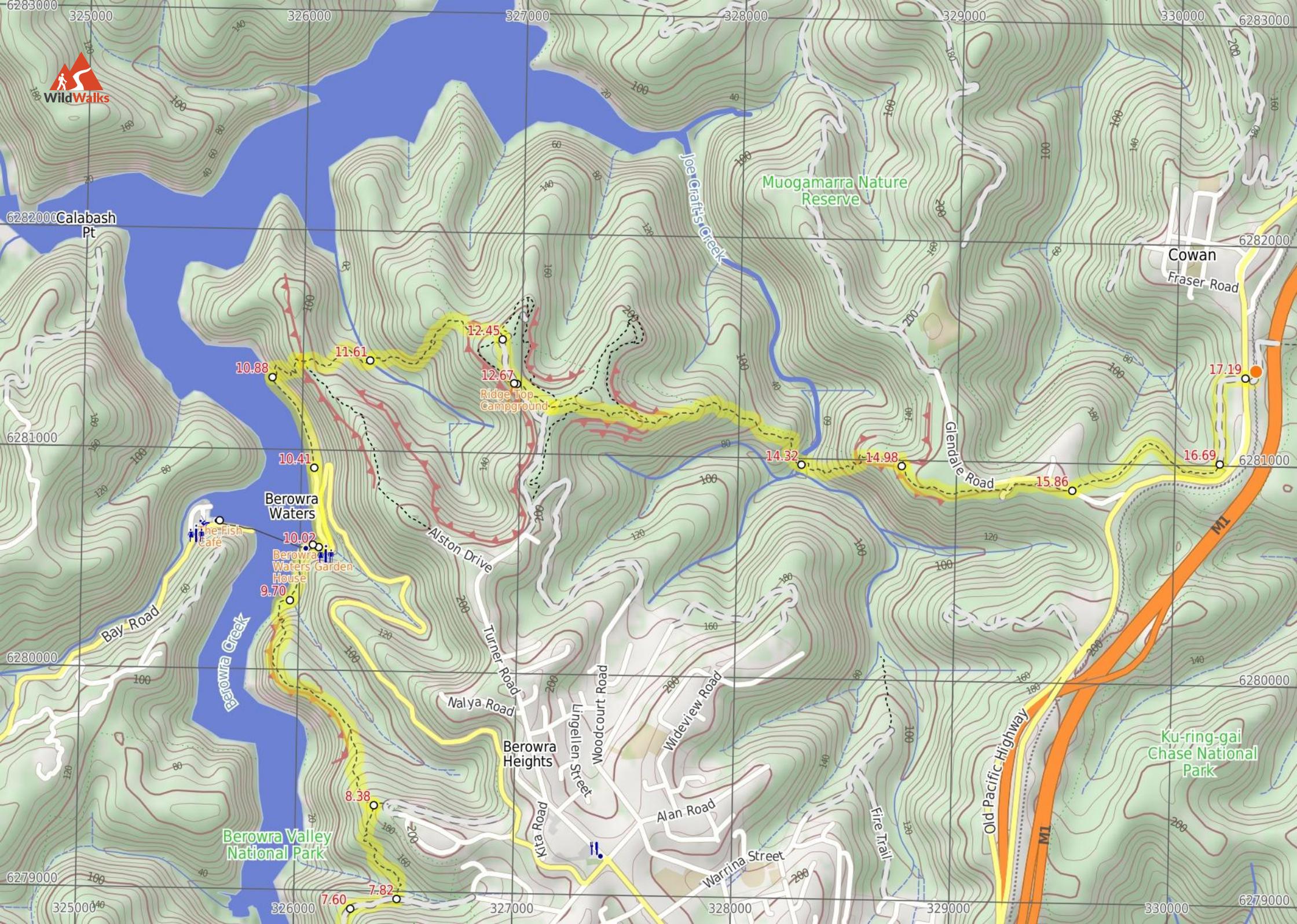
16.69 | Int of GNW and Pacific Highway service trail

(500 m 11 mins) Veer left: From the intersection, this walk follows the GNW arrow post gently downhill, keeping the valley views to your left. The trail gently winds behind some houses (up to your right) for about 400m before bending right and heading up through a weedy section. The walk then passes around a locked gate to come to an intersection with a footpath, just before the Pacific Hwy and across from Cowan station. There is a large 'Great North Walk' sign here, pointing back to 'Sydney Cove'.

17.19 | Int of GNW and Pacific Highway service trail

(40 m 1 mins) Continue straight: From the intersection, this walk follows the Great North Walk arrow across the Pacific Highway (be careful of traffic) to the ramp at the front of Cowan Railway Station.





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Muogamarra Nature Reserve

Cowan

Fraser Road

Berowra Waters

The Fish Cafe

Berowra Waters Garden House

Berowra Valley National Park

Ku-ring-gai Chase National Park

Joer Gratts Creek

Glendale Road

Old Pacific Highway

Bay Road

Berowra Creek

Alston Drive

Turner Road

Nalya Road

Berowra Heights

Kita Road

Lingellen Street

Woodcourt Road

Wideview Road

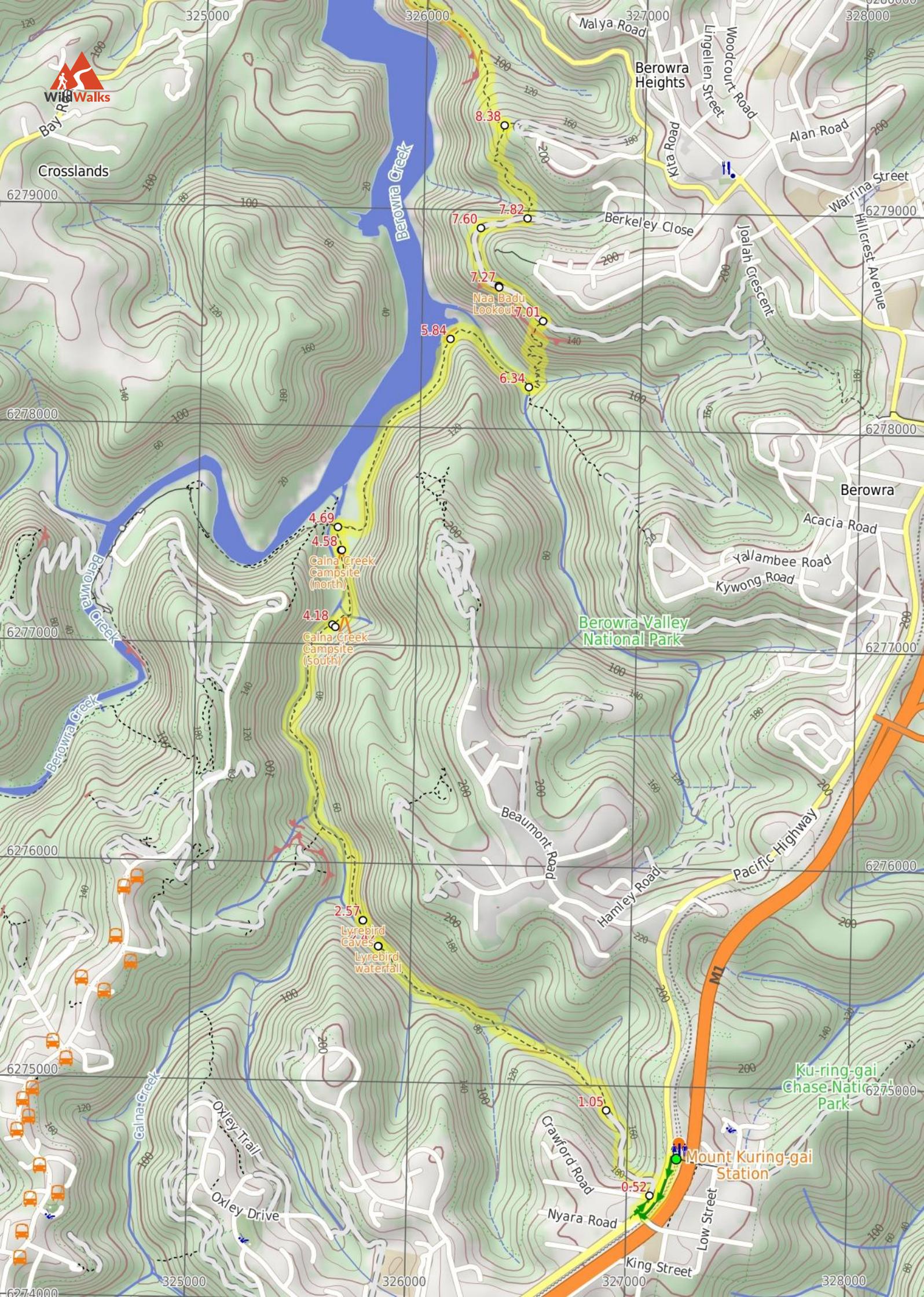
Alan Road

Warrina Street

Fire Trail

M1

M1



Summary navigation sheet for the Mt Kuring-gai to Cowan (via Berowra Waters)



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
Start	Mt Kuring-gai Railway Station -33.6538,151.1367 (GR Hornsby, 272747)	8 -9	520 m 9 mins	From the middle of the tunnel at the bottom of the stairs at Mt Kuring-gai railway station, this walk follows the 'To the Great North Walk' sign through the tunnel to the Pacific Hwy.
0.52	Int of Glenview Rd and the Pacific Hwy -33.6553,151.1354 (GR Hornsby, 271745)	2 -84	530 m 12 mins	Continue straight: From the intersection (of Glenview Rd and the Pacific Hwy), this walk follows the GNW arrow post around the locked 'Lyrebird Gully Track' gate, to head down the sealed management trail.
1.05	Lyrebird Clearing -33.6518,151.1333 (GR Hornsby, 269749)	21 -92	1.4 km 27 mins	Continue straight: From the bottom of the sealed management trail, this walk follows the GNW arrow post across the clearing following the old dirt trail.
2.42	Lyrebird Waterfall -33.645,151.1221 (GR Hornsby, 259756)	14 -1	140 m 4 mins	Continue straight: From near the top of Lyrebird Waterfall, this walk follows the GNW arrow post, away from the face of the 'The Great North Walk' sign up the timber steps.
2.57	Lyrebird Caves -33.644,151.1214 (GR Hornsby, 258757)	39 -106	1.6 km 33 mins	Continue straight: From the large sandstone overhang, this walk follows the rocky track along the side of the hill, keeping the valley to your left.
4.18	Calna Creek campsite (south) -33.6317,151.1199 (GR Hornsby, 256771)	23 -23	400 m 9 mins	Continue straight: From the campsite, this walk follows the clear track downstream, keeping Calna Creek to your left.
4.58	Calna Creek campsite (north) -33.6287,151.1203 (GR Hornsby, 257774)	0 -3	110 m 2 mins	Continue straight: From the campsite, this walk follows the clear track south, keeping Calna Creek (though the trees) to your left.
4.69	Calna Creek Bridge intersection -33.6277,151.1202 (GR Hornsby, 256775)	67 -58	1.1 km 27 mins	Turn right: From the intersection, this walk follows the 'Berowra Waters' sign along the timber boardwalk.
5.84	Sams Creek ridge clearing -33.6199,151.1257 (GR Cowan, 261784)	20 -23	500 m 11 mins	Continue straight: From the clearing, this walk leads down the north eastern side of this ridge, keeping the main valley to your left.
6.34	Sams Creek Crossing -33.6219,151.1295 (GR Cowan, 265782)	181 -44	670 m 30 mins	Turn left: From the south side of the creek, this walk follows the 'Berowra Waters' sign across the rocky Sams Creek.
7.01	Int of Great North Walk and Berowra Link tracks -33.6192,151.1302 (GR Cowan, 265785)	19 -22	260 m 7 mins	Turn left: From the intersection, this walk follows the 'Berowra Waters' sign gently down along the management trail, keeping the valley to your left.
7.27	Int of Naa Badu Lookout -33.6178,151.128 (GR Cowan, 263787)	12 -14	320 m 7 mins	Continue straight: From the 'Naa Badu' lookout, this walk follows the management trail over the small rise and across the concrete ditch, keeping the valley to your left.
7.60	Int of Great North Walk and Banggarai Creek access track -33.6154,151.1272 (GR Cowan, 263789)	4 -12	220 m 4 mins	Continue straight: From the intersection, the walk follows the wide trail gently downhill as it bends right, keeping the valley to your left.
7.82	Int of Great North Walk and Berkeley Close service trail -33.615,151.1294 (GR Cowan, 265790)	78 -31	570 m 18 mins	Turn left: From the intersection, the walk follows the 'Berowra Waters' sign down the timber steps.
8.38	Int of Great North Walk and Currawong Road track -33.6111,151.1283 (GR Cowan, 264794)	31 -201	1.3 km 33 mins	Turn left : From the intersection, this walk follows the GNW arrow post north-west down the sandy track, directly towards the valley.
9.70	Washtub Gully Creek -33.6027,151.1242 (GR Cowan, 260803)	31 -30	320 m 9 mins	Continue straight: From Washtub Gully, this walk crosses the creek and follows the track, keeping Berowra Creek not far to your left.
10.02	Berowra Waters track head -33.6006,151.1256 (GR Cowan, 261806)	10 -15	390 m 8 mins	Continue straight: From 'Berowra Waters Trackhead', this walk follows the 'Newcastle' sign along 'Kirkpatrick Way' and across the culverted Franks Gully creek.
10.41	End of Kirkpatrick Way -33.5973,151.1254 (GR Cowan, 261809)	12 -8	470 m 9 mins	Continue straight: From the end of Kirkpatrick Way, this walk follows the GNW arrow post along the track, keeping the water just to your left.

Summary navigation sheet for the Mt Kuring-gai to Cowan (via Berowra Waters)



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
10.88	Berowra Waters view seat -33.5936,151.1233 (GR Cowan, 259813)	119 -79	730 m 26 mins	Veer right: From the seat and view, this walk follows the 'Cowan' sign steeply uphill, following the series of timber and rock steps.
11.61	Deep Bay Creek crossing -33.5929,151.1282 (GR Cowan, 263814)	187 -25	840 m 32 mins	Continue straight: From beside the creek, this walk follows the GNW arrow post east, away from the creek, up the steep rocky hill.
12.45	Int of GNW and Coreen Close service trail -33.592,151.1347 (GR Cowan, 269815)	2 -4	220 m 4 mins	Veer right: From the intersection, this walk follows the GNW arrow along the sandy management trail, heading south.
12.67	Int of ridge top campsite and Great North Walk -33.5939,151.1354 (GR Cowan, 270813)	24 -196	1.7 km 37 mins	Veer left: From the intersection, this walk follows the 'Cowan Station' sign, directly away from the campsite along the clear track.
14.32	Joe Crafts Creek crossing -33.5972,151.1494 (GR Cowan, 283810)	158 -5	660 m 26 mins	Continue straight: From the western bank, this walk crosses Joe Crafts Creek and heads east up the clear track.
14.98	Valley viewing area -33.5972,151.1544 (GR Cowan, 287810)	25 -14	880 m 16 mins	Turn left: From the intersection near the 'viewing point', this walk heads gently uphill directly away from the viewing area, keeping the valley on your right.
15.86	Int of GNW and Glendale Road -33.5982,151.1628 (GR Cowan, 295809)	33 -59	830 m 19 mins	Continue straight: From the intersection, this walk follows the 'Cowan' sign away from the dirt road and down along the rocky and sandy track.
16.69	Int of GNW and Pacific Highway service trail -33.5972,151.1701 (GR Cowan, 302810)	27 -13	500 m 11 mins	Veer left: From the intersection, this walk follows the GNW arrow post gently downhill, keeping the valley views to your left.
17.19	Int of Great North Walk and Pacific Highway service trail -33.5936,151.1713 (GR Cowan, 303814)	0 -2	40 m 1 mins	Continue straight: From the intersection, this walk follows the Great North Walk arrow across the Pacific Highway (be careful of traffic) to the ramp at the front of Cowan Railway Station.