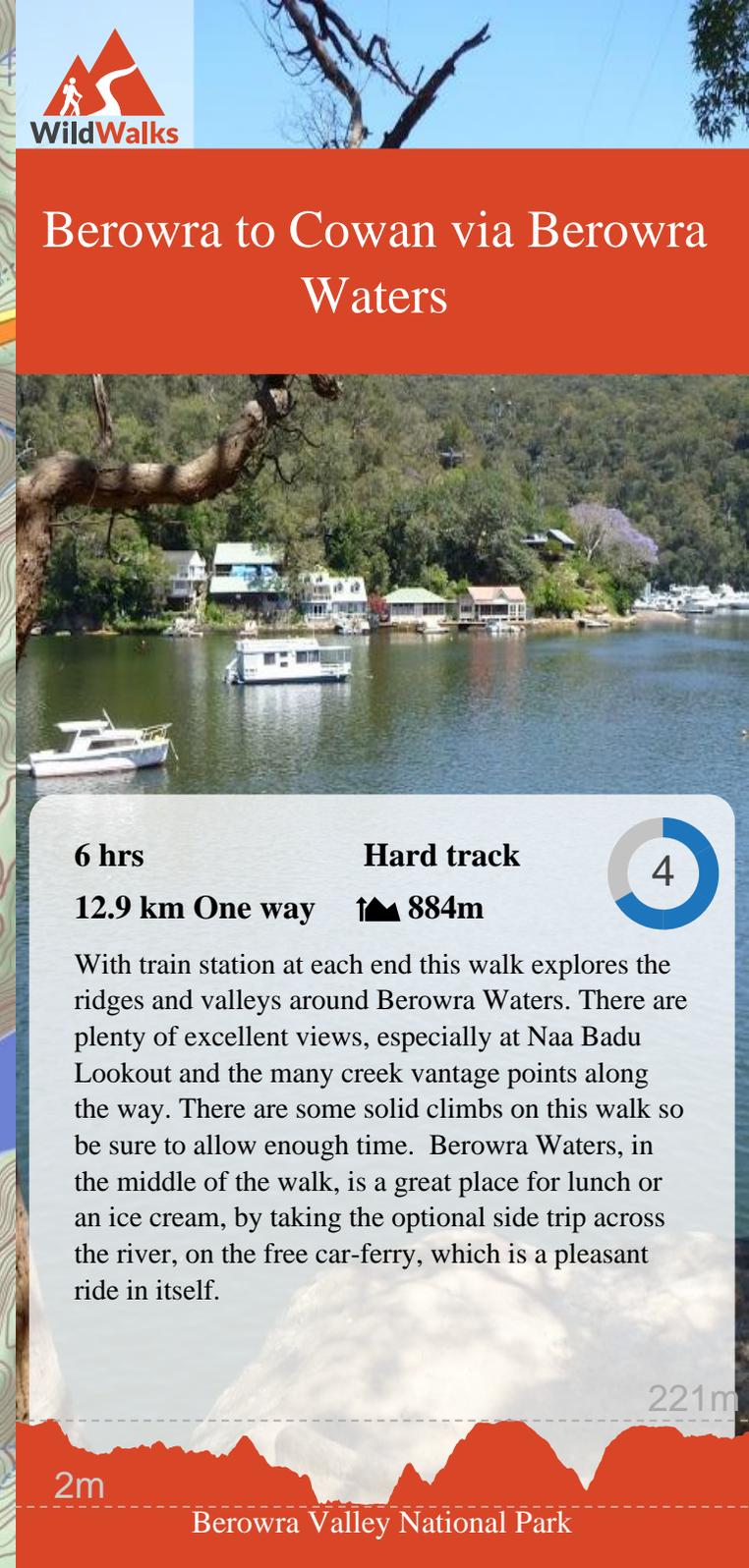
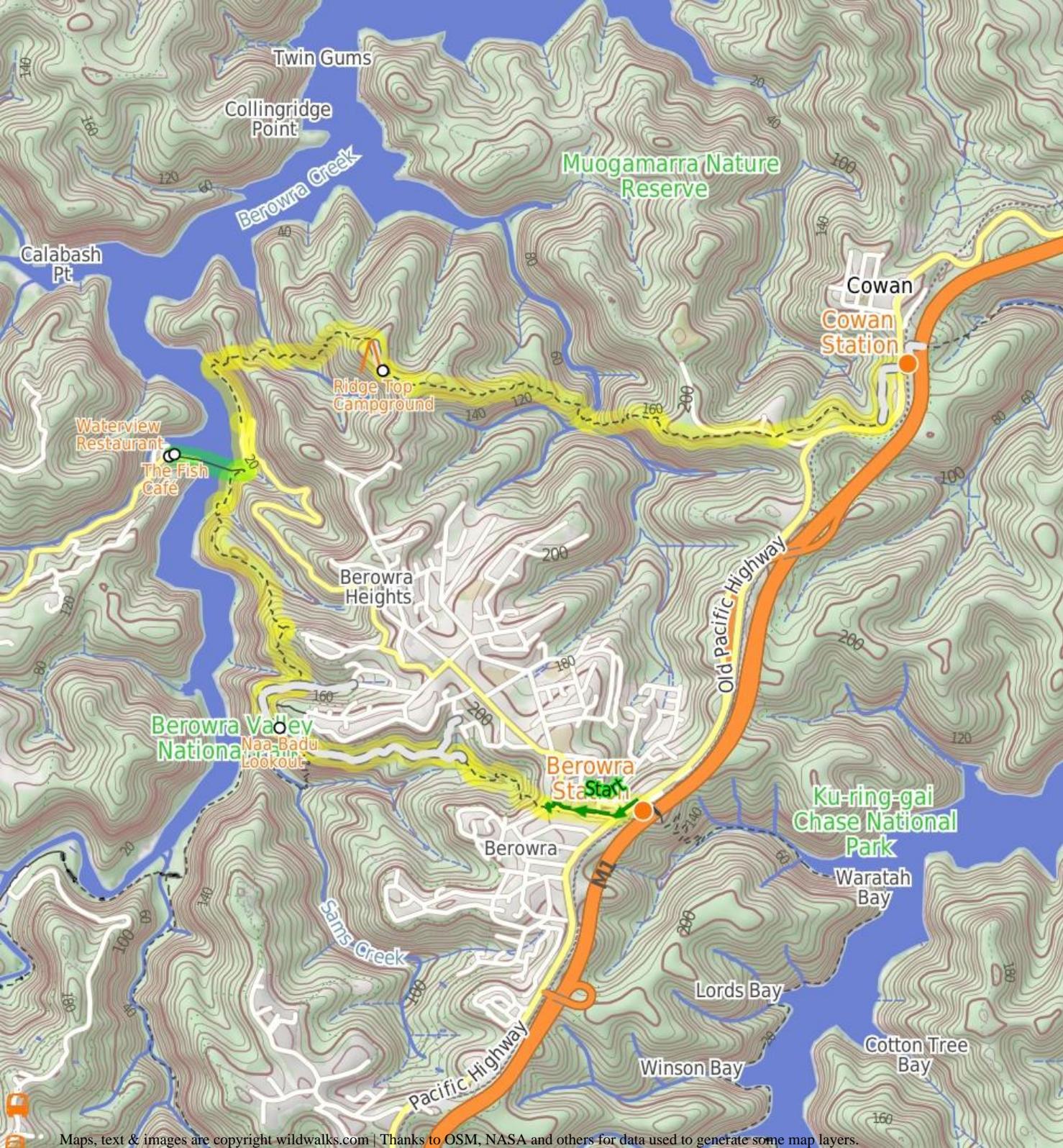


# Berowra to Cowan via Berowra Waters



**6 hrs**

**Hard track**

**12.9 km One way**

**▲ 884m**



With train station at each end this walk explores the ridges and valleys around Berowra Waters. There are plenty of excellent views, especially at Naa Badu Lookout and the many creek vantage points along the way. There are some solid climbs on this walk so be sure to allow enough time. Berowra Waters, in the middle of the walk, is a great place for lunch or an ice cream, by taking the optional side trip across the river, on the free car-ferry, which is a pleasant ride in itself.

2m

Berowra Valley National Park

## 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.

## 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.

## Waterview Restaurant

On the western side of Berowra Waters Ferry (free trip), just a short walk up the road, is the Waterview Restaurant, upstairs at the marina. The restaurant specialises in seafood, but also caters for other tastes in restaurant style dining. Some sittings offers A la Carte meals from \$25, and other sittings offer a fresh and cooked seafood buffet. Please call ahead, as the restaurant is also a popular venue for weddings. Open Friday-Sunday for lunch and dinner. Phone (02) 9456 2633 199 Bay Rd Berowra Waters, NSW 2082

## 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.

## 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:**91304N COWAN

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

**1:100 000 Map Series:**9130 SYDNEY

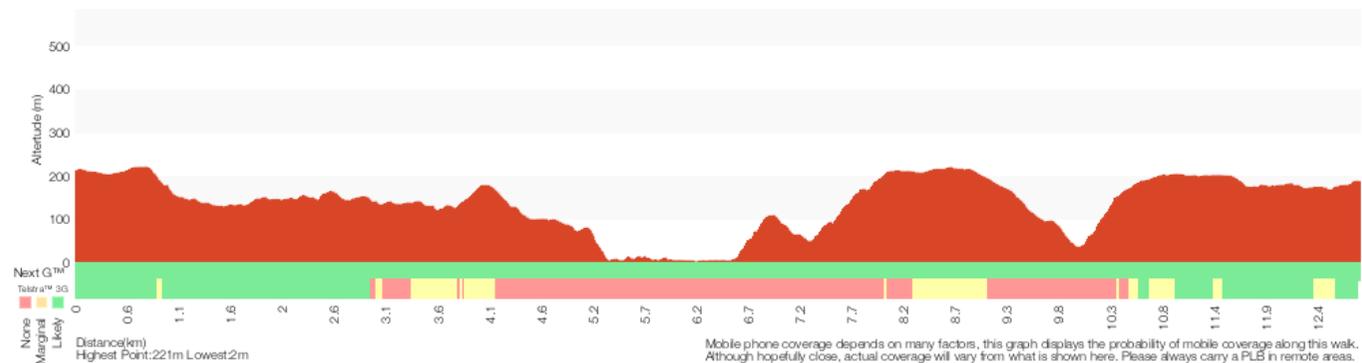
## Grade

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

<b>Length</b>	12.9 km One way
<b>Time</b>	6 hrs
<b>Quality of track</b>	Rough track, where fallen trees and other obstacles are likely (4/6)
<b>Signs</b>	Directional signs along the way (3/6)
<b>Experience Required</b>	Some bushwalking experience recommended (3/6)
<b>Weather</b>	Forecast, unforecast storms and severe weather may impact on navigation and safety (4/6)
<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'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 Berowra Station (gps: -33.6232, 151.1533) by car, train or bus. Car: There is free parking available.

You can get back from Cowan trackhead (gps: -33.5936, 151.1713) 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/bbw>

### 0 | Berowra Station

(710 m 14 mins) From the entrance to Berowra train station, this walk follows the 'Berowra Waters' arrow on the 'Great North Walk' sign, crossing the highway at the traffic lights. On the other side of the highway, this walk turns left and follows the footpath past a series of local shops and cafes for about 150m, then turns right onto Berowra Waters Rd. The footpath passes the post office then Caltex service station, then the walk crosses 'The Gully Rd'. Continuing along the Berowra Waters Rd footpath, this walk passes the park and then crosses the road just to the right of the roundabout. Turning left in front of the community hall, this walk immediately turns right at Crowley Rd, and comes to the open grassy area behind the community hall, where a sign in the park points back to 'Berowra Station'.

### 0.71 | Crowley Road track head

(900 m 21 mins) Turn right: From the small park on Crowley Rd, this walk follows the 'Crosslands' sign downhill, tending left behind the houses. The track soon bends right and leads quite steeply down a series of steps for about 120m, then tends left and flattens out on an unfenced rock platform. From here, the track leads down a metal staircase then heads fairly steeply down along a rocky track. The track begins to flatten out over the next 400m, crossing the gully twice, then leads down to a three-way intersection marked with a couple of arrow posts.

Veer right: From the intersection, this walk follows the arrow post downhill and soon crosses a small creek. The track then continues up the other side of the valley, over a small rise, then leads down to an intersection with a management trail, marked with a couple more arrow posts.

### 1.61 | Int of Berowra service trail and GNW

(1.4 km 34 mins) Veer right: From the intersection, this walk follows the Great North Walk arrow down the wide management trail for about 40m, then continues up the moderately steep hill to a wide three-way intersection, where a sign points back towards 'Berowra Station'.

Veer left: From the intersection, this walk follows the 'Crosslands' sign as the trail bends left, leading down the hill. The trail then undulates around the side of valley for about 300m and crosses a small creek (where the trail is gravel). The trail then heads generally uphill for about 600m, before a last little downhill stretch leads to an intersection (with a track on your left) and a 'Berowra Station' sign pointing back along the track.

Continue straight: 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.

### 2.98 | 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.

### 2.98 | Int of Naa Badu Lookout

(540 m 11 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).

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.

### 3.52 | Int of GNW and Berkeley Close service trail

(2.2 km 1 Hr) 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 timber 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.

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.

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'.

### 5.72 | Optional sidetrip to Berowra Waters Marina

(480 m 9 mins) Turn left: From 'Berowra Waters trackhead', this walk follows 'Berowra Waters Rd' downhill for 100m past the 'Berowra Waters Garden House', letter box and phone box to the ferry. After waiting to be directed onto the ferry, this walk crosses Berowra Waters. The ferry runs 24hrs a day 7 days a week, but is closed for service on the second Tuesday of each month from noon to 2.30pm. There is no charge. On the other side, this walk follows the footpath between the road and the water for 150m to come to the shops at the Berowra Waters Marina (on your right). At the end of this side trip, retrace your steps back to the main walk then Turn left.

### 5.72 | 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.

### 5.72 | Waterview Restaurant

On the western side of Berowra Waters Ferry (free trip), just a short walk up the road, is the Waterview Restaurant, upstairs at the marina. The restaurant specialises in seafood, but also caters for other tastes in restaurant style dining. Some sittings offers A la Carte meals from \$25, and other sittings offer a fresh and cooked seafood buffet. Please call ahead, as the restaurant is also a popular venue for weddings. Open Friday-Sunday for lunch and dinner. Phone (02) 9456 2633 199 Bay Rd Berowra Waters, NSW 2082

### 5.72 | 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.

### 6.11 | End of Kirkpatrick Way

(810 m 26 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.

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).

### 6.93 | Berowra Waters view point

(1.2 km 41 mins) 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.

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.

#### **8.15 | 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.

#### **8.38 | 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.

#### **8.38 | 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.

#### **10.03 | 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.

#### **10.69 | Valley viewing area**

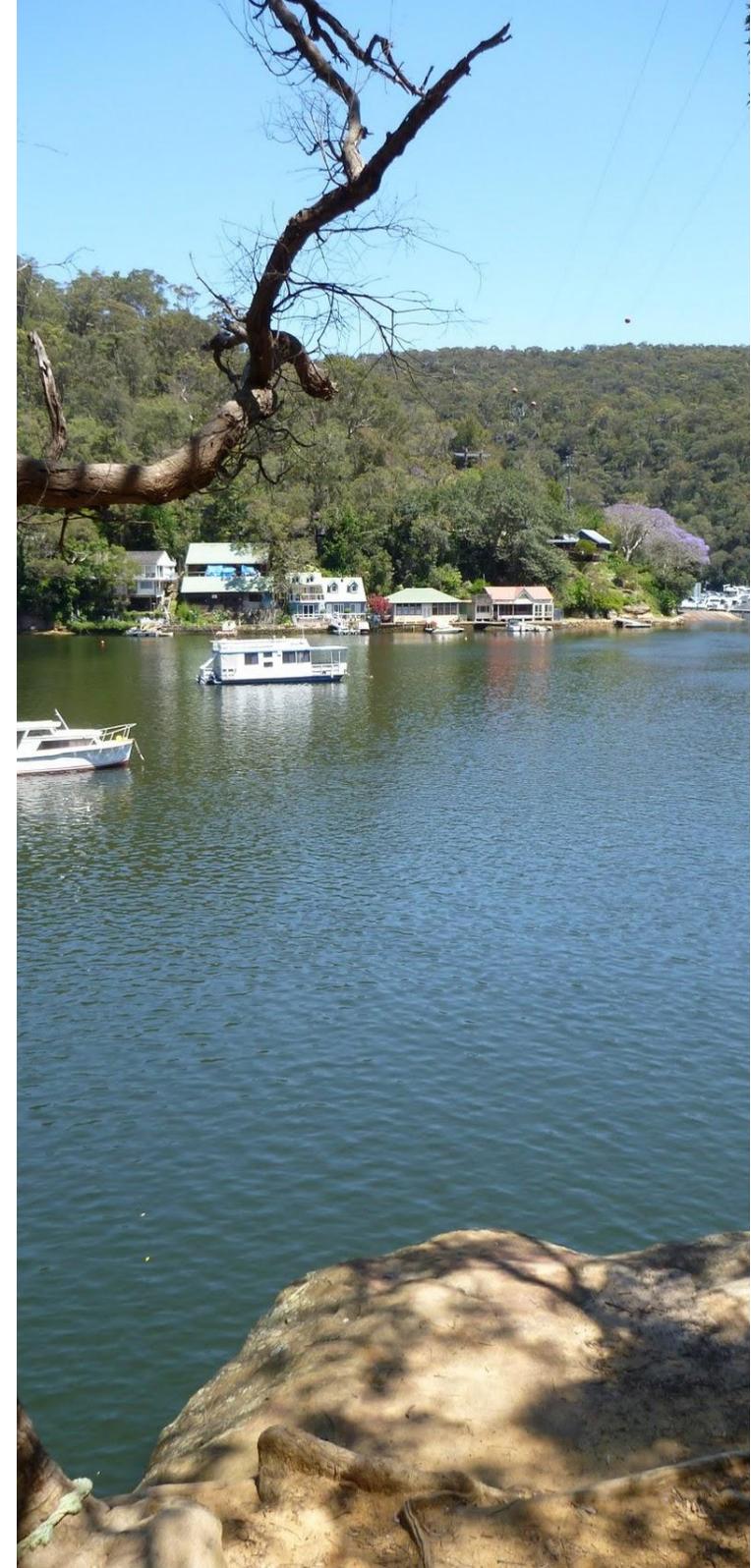
(880 m 16 mins) Turn left: From the intersection near the 'viewing point', this walk heads gently uphill directly away from the viewing area, keeping the valley on your right. The track leads up a few short, moderately steep sections for about 100m, then the track heads much more gently up through the 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.

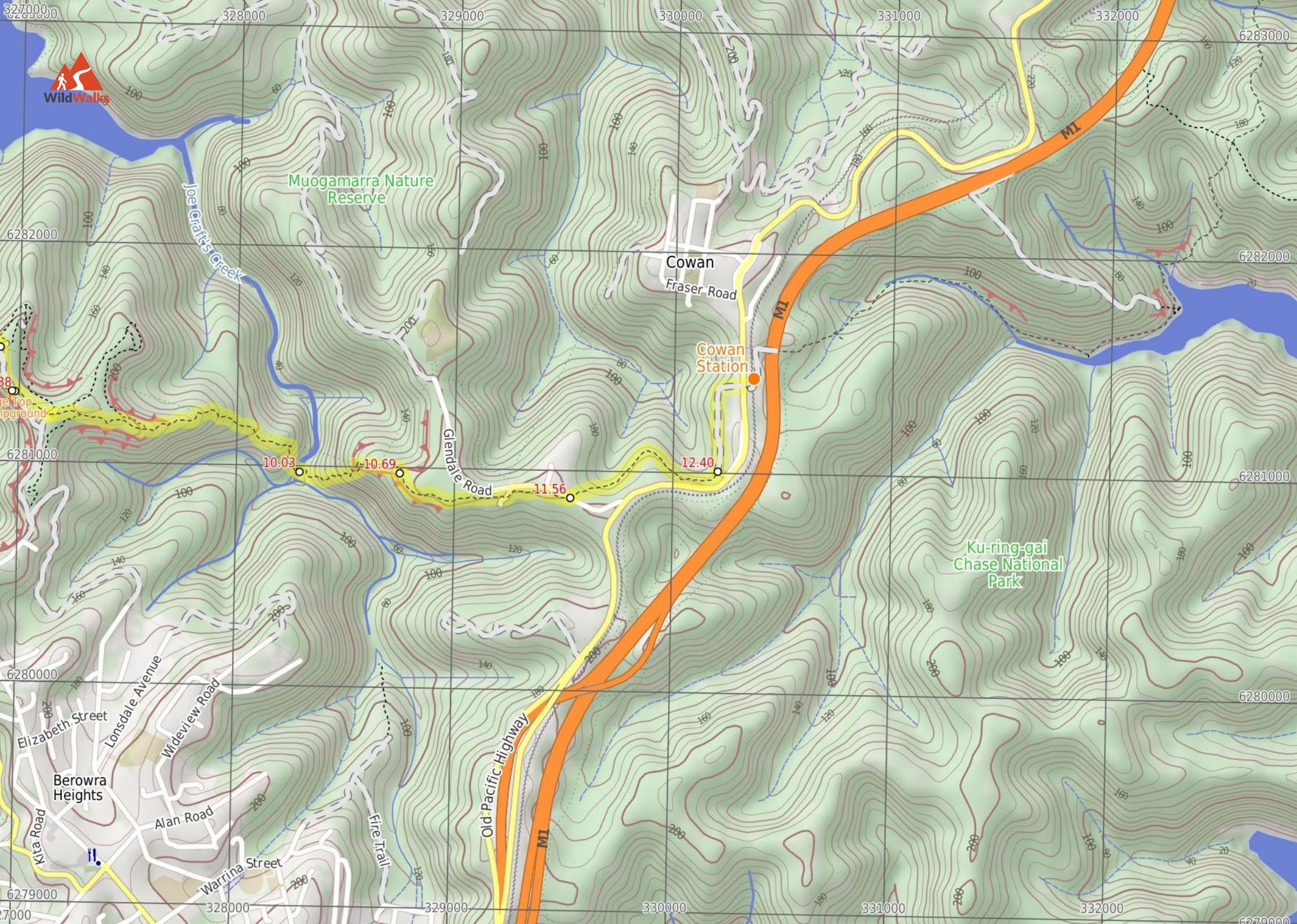
#### **11.56 | Int of GNW and Glendale Road**

(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.

#### **12.4 | 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'.





Muogamarra Nature Reserve

Cowan

Fraser Road

Cowan Station

10.03

10.69

11.56

12.40

Ku-ring-gai Chase National Park

Berowra Heights

Elizabeth Street

Lonsdale Avenue

Wideview Road

Alan Road

Warrina Street

Fire Trail

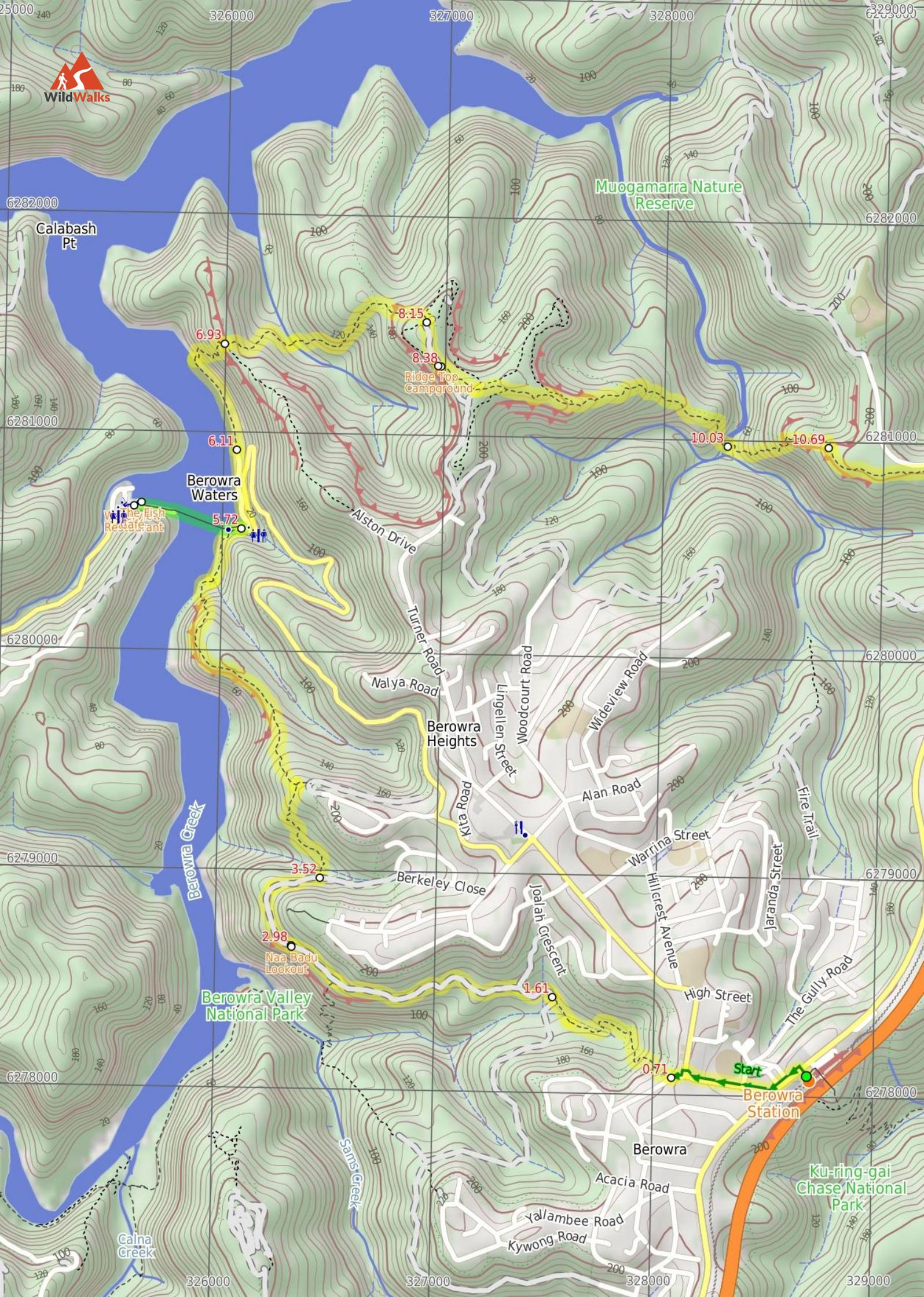
Old Pacific Highway

Leopold's Creek

Glendale Road

M1

M1



Calabash Pt

Muogamarra Nature Reserve

Berowra Waters

Ridge Top Campground

Berowra Heights

Berowra Valley National Park

Ku-ring-gai Chase National Park

Wipey Fish Restaurant

Naa Badu Lookout

Berowra Station

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## Summary navigation sheet for the Berowra to Cowan via Berowra Waters



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
Start	Berowra Station -33.6232,151.1533 (GR Cowan, 287781)	25 -15	710 m 14 mins	From the entrance to Berowra train station, this walk follows the 'Berowra Waters' arrow on the 'Great North Walk' sign, crossing the highway at the traffic lights.
0.71	Crowley Road track head -33.6232,151.1467 (GR Cowan, 281781)	18 -106	900 m 21 mins	Turn right: From the small park on Crowley Rd, this walk follows the 'Crosslands' sign downhill, tending left behind the houses.
1.61	Int of Berowra service trail and Great North Walk -33.6199,151.1408 (GR Cowan, 275784)	88 -79	1.4 km 34 mins	Veer right: From the intersection, this walk follows the Great North Walk arrow down the wide management trail for about 40m, then continues up the moderately steep hill to a wide three-way intersection, where a sig...
2.98	Int of Naa Badu Lookout -33.6178,151.128 (GR Cowan, 263787)	16 -26	540 m 11 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.
3.52	Int of Great North Walk and Berkeley Close service trail -33.615,151.1294 (GR Cowan, 265790)	140 -262	2.2 km 1 Hr	Turn left: From the intersection, the walk follows the 'Berowra Waters' sign down the timber steps.
5.72	Berowra Waters trackhead -33.6006,151.1256 (GR Cowan, 261806)	9 -11	480 m 9 mins	Optional sidetrip to Berowra Waters Marina. Turn left: From 'Berowra Waters trackhead', this walk follows 'Berowra Waters Rd' downhill for 100m past the 'Berowra Waters Garden House', letter box and phone box to the ferry.
5.72	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.
6.11	End of Kirkpatrick Way -33.5973,151.1254 (GR Cowan, 261809)	127 -24	810 m 26 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.
6.93	Berowra Waters view point -33.5929,151.1248 (GR Cowan, 260814)	191 -88	1.2 km 41 mins	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.
8.15	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.
8.38	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.
10.03	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.
10.69	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.
11.56	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.
12.40	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.