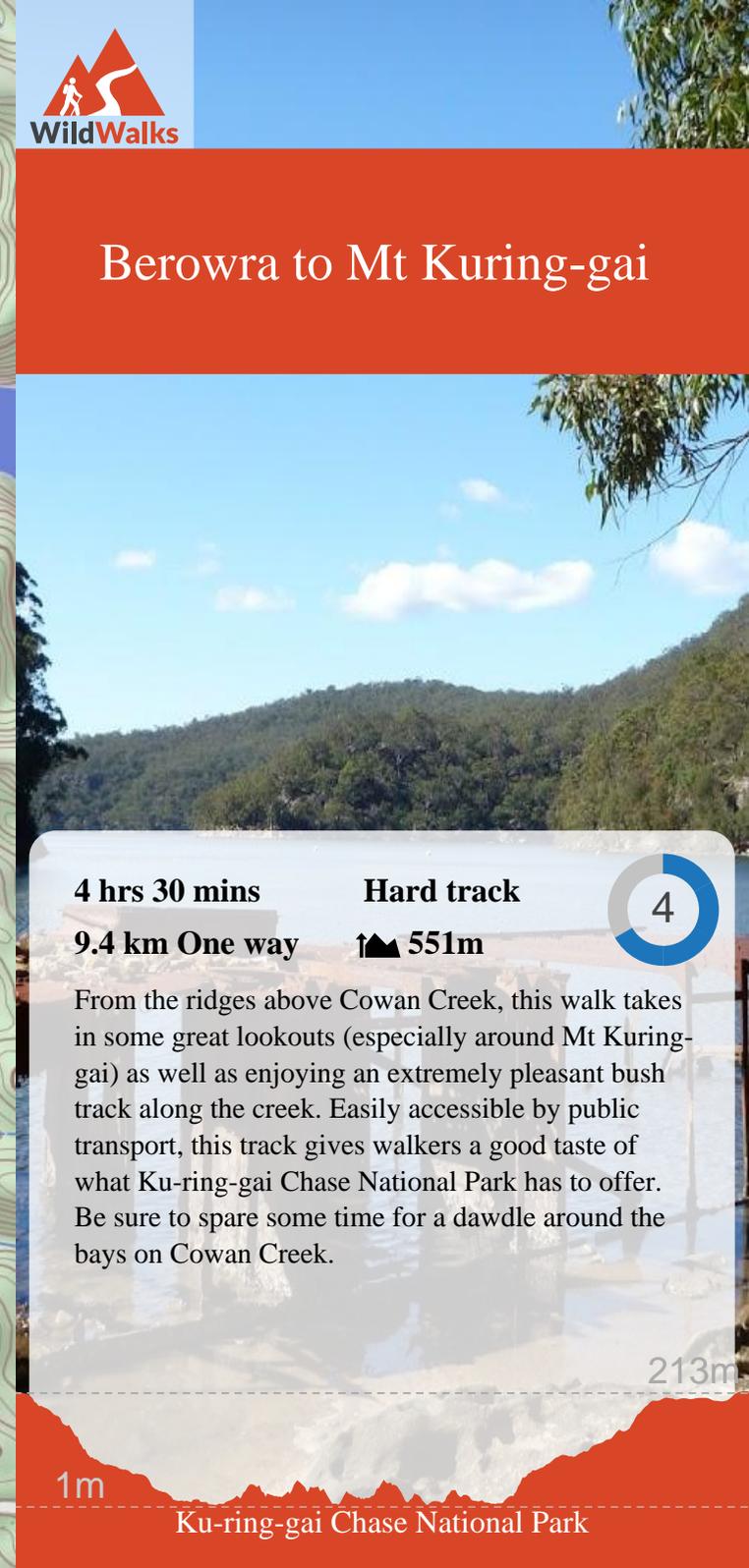
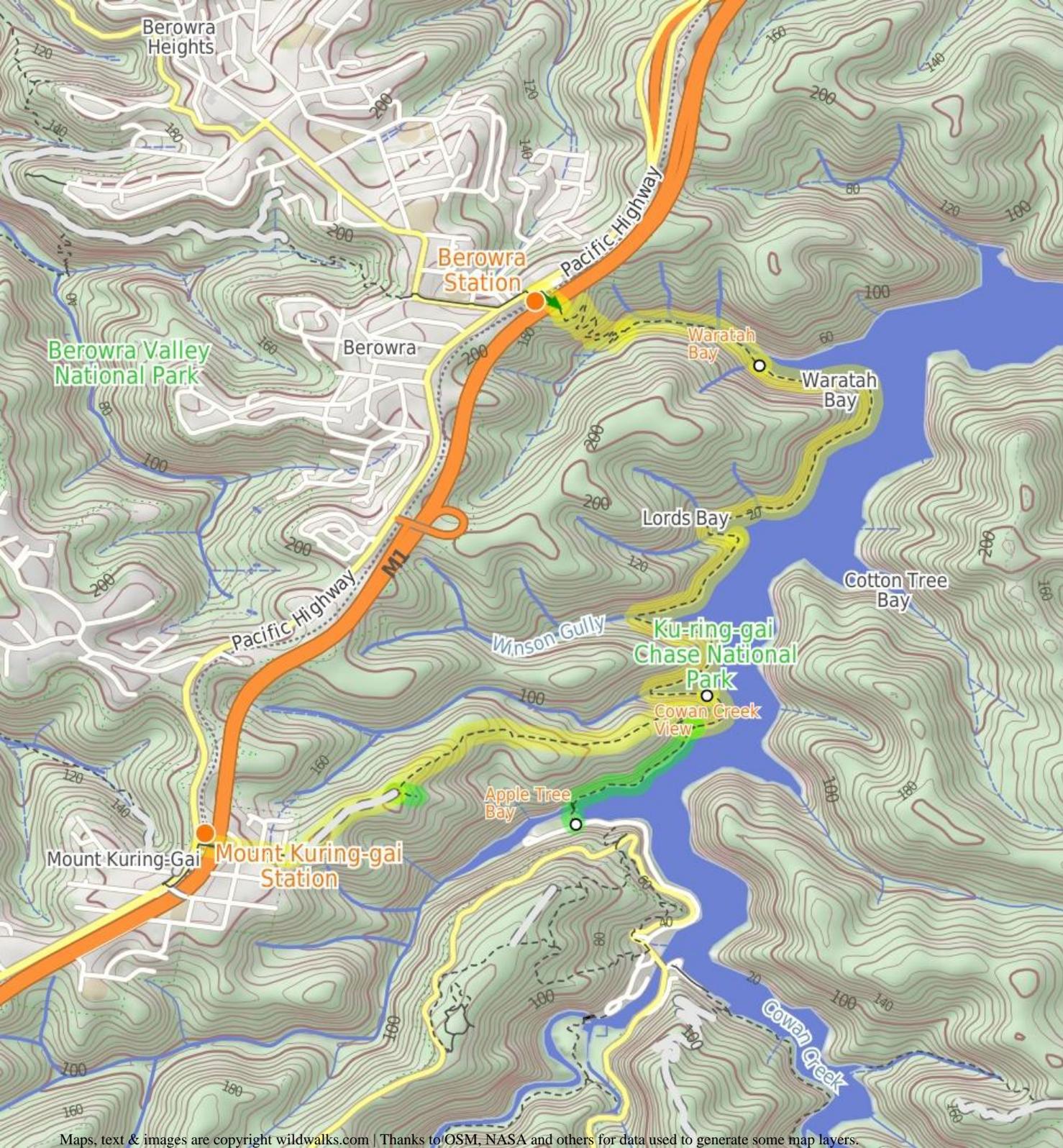


Berowra to Mt Kuring-gai



4 hrs 30 mins

Hard track

4

9.4 km One way

▲ 551m

From the ridges above Cowan Creek, this walk takes in some great lookouts (especially around Mt Kuring-gai) as well as enjoying an extremely pleasant bush track along the creek. Easily accessible by public transport, this track gives walkers a good taste of what Ku-ring-gai Chase National Park has to offer. Be sure to spare some time for a dawdle around the bays on Cowan Creek.

1m

Ku-ring-gai Chase National Park

Waratah Bay

Waratah Bay sits on the eastern extent of Cowan Waters east of Berowra. The bay is home to a rusting metal boat hull, this boat marks the spot where the Edward Windybank and his family once worked and lived. Edward Windybank worked on the construction nearby railway line from 1886 to 87. Windybank also named the bay and acquired a life-long lease to use it. It seems that he built a small home, boat shed and a narrow road up the hill. Windybank operate a boat building a hire business on site

Cowan Creek View

Cowan Creek View, is a timber platform lookout on Cowan Creek. The lookout is on the northern side of a headland and provide great views down along Cowan Creek. This is a great place to rest and enjoy the water views.

Apple Tree Bay

Apple Tree Bay, in Ku-Ring-Gai Chase national park, has a popular boat ramp for accessing Cowan creek and plenty of parking. The area has kiosk, electric BBQ's, picnic benches, toilets, drinking water, garbage facilities, and shade provided by trees. If you are after a quiet spot, head to the western end (away from the boat ramp, past the BBQ's), just beyond the car park, to a lovely clearing by the water. The area is closed between sunset and sunrise. The kiosk/cafe is open on weekend and services hot and cold drinks, ice creams and some hot food.

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 ([Ku-ring-gai Chase National Park, Berowra Valley National Park](#))
- 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

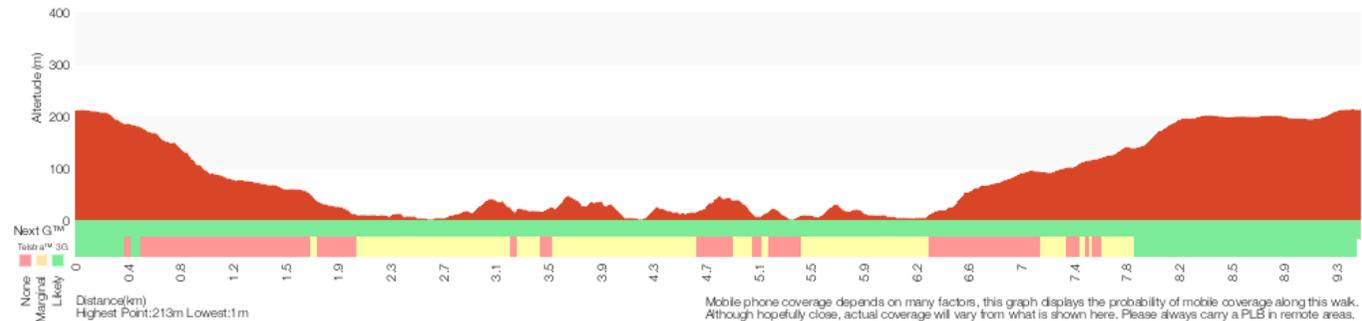
Grade

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	9.4 km One way
Time	4 hrs 30 mins
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	Some bushwalking experience recommended (3/6)
Weather	Storms may impact on navigation and safety (3/6)
Infrastructure	Limited facilities (such as cliffs not fenced, significant creeks not bridged) (4/6)



Mobile phone coverage depends on many factors, this graph displays the probability of mobile coverage along this walk. Although hopefully close, actual coverage will vary from what is shown here. Please always carry a PLB in remote areas.

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 Berowra Railway Station (gps: -33.6232, 151.1533) by car or train. Train: Most trains stop at Berowra and services run regularly about every 30mins during peak and hourly off peak. The station is on the Newcastle line between Hornsby and Wyong so access from the North or South is easy. Car: The train station is on the Pacific Hwy about 10 km north of Hornsby. There is parking in the area (although this can fill up mid week with commuters). Parking is permitted in many of the back streets. You can get back from Mt Kuring-gai Railway Station (gps: -33.6538, 151.1367) by car or train. Train: To get away from Mt Ku-ring-gai Train Station trains run approximately every hour along the Newcastle Line. This line goes both ways between Hornsby and Wyong. Car: From Mt Ku-ring-gai Station it is possible to get away to either Hornsby to the South or Brooklyn and the Central Coast in the North using the Pacific Hwy.

Find up to date and more information including; travel directions, weather, park closures and walker feedback at <http://wild.t/btmk>

0 | Berowra Railway Station

(200 m 3 mins) From the front of Berowra Station, this walk follows the footpath between the Pacific Highway and railway line, whilst keeping the highway to your left. After about 50m this walk comes to 'Berowra Parade' marked with a large 'Harbour to Hawkesbury' information sign and map. Here the walk turns right and follows the little used road down over railway bridge then around the green metal gate to cross over the F3 on a large concrete bridge. On the other side of the freeway this walk comes to a small clearing marked with a large 'Ku-ring-gai Chase National Park - Berowra Track' sign.

0.2 | End of the old Berowra Parade

(1.2 km 29 mins) Veer right: From the clearing, this walk follows the track beside the large 'Ku-ring-gai Chase National Park - Berowra Track' sign heading directly away from the freeway. The track is initially slightly overgrown and leads over a series of concrete drains. The track then leads gently down through a tall casuarina and eucalypt stand for about 30m to come to the edge of an unfenced cliff, with filtered valley views. Here the walk turns left and leads gently down along the clear track and beside a long rock wall (on your left) for about 150m to a sharp right hand bend. From here the track becomes a little steeper and continues through a series of 9 more hairpin bends for 800m becoming moderately steep and passing through a grass tree forest to come beside Waratah Gully creek. Here the track flattens out and heads down through the canyon like gully for 100m then down some stone steps to the Waratah Gully creek crossing. The walk crosses the slippery sandstone creek bed at the site of an old bridge to find a small constructed sandstone buttress on the far side. This creek may become impassable after heavy or prolonged rain.

1.35 | Waratah Gully Crossing

(760 m 15 mins) Continue straight: From the sandstone buttress on the south side of Waratah Creek, this walk follows the clear and mostly flat track down through the steep sided canyon like gully, keeping the creek steeply below and to your left. After passing through the dense moist forest for about 500m the rocky track leads over an exposed section of old pipes then 70m later the track comes to the start of Waratah Bay. Here the rocky track continues to

lead beside the bay, keeping the water to your left for 80m to pass a 'No Camping' and a 'Gas fires only' sign. The walk now climbs up and over a short rocky rise for about 35m to come back to the waters edge beside the rusted steel skeleton of a boat.

2.11 | Waratah Bay

Waratah Bay sits on the eastern extent of Cowan Waters east of Berowra. The bay is home to a rusting metal boat hull, this boat marks the spot where the Edward Windybank and his family once worked and lived. Edward Windybank worked on the construction nearby railway line from 1886 to 87. Windybank also named the bay and acquired a life-long lease to use it. It seems that he built a small home, boat shed and a narrow road up the hill. Windybank operate a boat building a hire business on site

2.11 | Waratah Bay

(2.1 km 53 mins) Continue straight: From beside the rusty remnants of Windybank boat, this walk follows the track along the foreshore keeping the water to your left. The track leads over a small rise for about 120m to come to a set of old peers that once supported the Windybank's boat shed. There are other remnant of their home in the area. The rocky track continues to undulate along the southern shoreline of Waratah Bay for about 400m passing some large boulders to where the track bends right, following the shoreline, to come alongside Cowan Creek. This walk follows the rocky track as it leads upstream along the western shore of Cowan Creek for about 50m to pass a deep but short sandstone overhang (on your right). Continuing to undulating along the rocky shoreline, this walk heads through the bracken ferns and tall forest for 500m to cross a shallow rocky gully. About 180m later this walk veers right to follow the formal track up the timber steps, over a rise to continue long the shoreline over a few more rises for 300m before crossing a deep moist gully just beyond a large sandstone cave, just inside the northern headland of Lords Bay. The walk now leads along the northern shore into Lords bay for 250m to cross the usually small creek and densely forest gully at the apex of Lords Bay. About 60m later the track crosses another usually small creek on the slippery sandstone rocks to then follow the clear track along the southern shoreline of Lords bay for 200m to a small rock platform on the southern headland of Lords Bay.

4.19 | Lords Bay headland

(1.9 km 49 mins) Continue straight: From the small rock platform on the southern headland of Lords Bay, this walk follows the track along foreshore keeping the water to your left for 350m to then head alongside a natural rock wall (on your right) and a shorter wall (on your left). From here the walk continues along the foreshore for 400m to cross the rocky apex of Winson Gully bay then along the southern foreshore of this bay for just shy of 200m to an unfenced flat rock with great views down Cowan Creek. This walk now continues to follow the track for 200m past a small cave to the where the track bends right at the southern headland of Winson Gully bay to continue along side Cowan Creek for 250m to pass a section of track where large sandstone boulders have been placed to stabilise the shoreline. The track then bends right to follow the shoreline into another bay then along north shore of this bay for 300m to cross the usually shallow but wide (unnamed) creek flowing over sandstone platform and around boulders. Now this walk follows the track out of the bay along the southern shoreline past a section where more large rocks have been placed to protect the track then up a few steps to a timber boardwalk and viewing platform on Cowan Creek.

6.12 | Cowan Creek View

Cowan Creek View, is a timber platform lookout on Cowan Creek. The lookout is on the northern side of a headland and provide great views down along Cowan Creek. This is a great place to rest and enjoy the water views.

6.12 | Cowan Creek View

(330 m 8 mins) Continue straight: From the viewing platform, this walk heads along the timber boardwalk keeping Cowan Creek to your left. The boardwalk bends right where the walk then heads up some steps and follows the rocky track as it undulates along the shoreline for 150m to pass close to a green channel marker. From here the walk continues along shoreline for just over 160m to then head up some timber steps and come to a signposted intersection at the bottom of the the signposted 'Mt Ku-ring-gai Track' (up to your right).

6.46 | Optional sidetrip to Apple Tree Bay

(940 m 26 mins) Continue straight: From the intersection, this walk follows the clear track along the shoreline, keeping the water to your left. After about 40m this walk comes to a constructed stone wall and series of disused stone steps (on your right). This is the site of the Woodnutts Boatshed that was built in 1910. The rusting water tank and a few other relics remain. From here this walk continues along the shore line for just over 300m veering right a few times to pass over small rises using some timber steps to then cross two small rock gully and grove of sassafras. From this second gully the walk continues for 200m along side Cowan creek to here the now mostly flat track tends right (still on the shoreline) and into Apple Tree Bay. The track then becomes rocky and leads up and down a series of stone steps for about 100m to find small fenced clearing and picnic area where a sign points back along the 'Berowra Track'. Here the walk turns left and crosses Apple Tree Creek on the timber bridge to find a sheltered 'Information' sign on the other side. Now the walk leads past the top of the boat ramp and wanders across the car park just shy of 100m to find the kiosk at and 'Welcome to Apple Tree Bay' sign at the main entrance to the parking area. At the end of this side trip, retrace your steps back to the main walk then Turn left .

6.46 | Apple Tree Bay

Apple Tree Bay, in Ku-Ring-Gai Chase national park, has a popular boat ramp for accessing Cowan creek and plenty of parking. The area has kiosk, electric BBQ's, picnic benches, toilets, drinking water, garbage facilities, and shade provided by trees. If you are after a quiet spot, head to the western end (away from the boat ramp, past the BBQ's), just beyond the car park, to a lovely clearing by the water. The area is closed between sunset and sunrise. The kiosk/cafe is open on weekend and services hot and cold drinks, ice creams and some hot food.

6.46 | Int of Mt Kuring-gai and Berowra Tracks

(1.9 km 49 mins) Turn right: From the intersection, this walk follows the 'MT Ku-ring-gai Track' sign up the rock and timber steps and past the small overhang. The track leads fairly steeply up for 80m to then bend sharply right and continue fairly steeply for another 200m to pass a natural rock wall (on your left). Just 20m past this wall the track comes to a small flat area with good views over Cowan Creek. Here the walk continues more gently uphill along the rocky ridge line for 300m where the track completely flattens out to pass along the side of a small hill (on your left). Over the next 600m the track leads down across a saddle then up along the ridge to bend right onto an exposed rock platform. From there the sandy track soon bends left again to follow the ridge uphill for 100m to pass a small sandstone overhang then continue up a long set of stone steps where the sandy track mostly flattens out again. Soon the track starts heading up more stone steps for about 400m to pass between a large boulder (on your left) and along rock wall (on your right). At the end of this rock wall the track bends right and leads up the stone steps through the cleft in the rock where the then mostly flat wide sandy track leads gently uphill for 250m to find a three-way intersection marked with a NPWS arrow stop.

8.39 | Optional sidetrip to Apple Tree Bay Viewpoint

(110 m 2 mins) Turn left : From the intersection, the walk heads east away

from the main trail to follow the wide sandy track gently downhill. The track begins to narrow and after about 100m the now rocky track comes to an unfenced rock platform with good views down over Apple Tree Bay and down along Cowan Creek valley. At the end of this side trip, retrace your steps back to the main walk then Veer left.

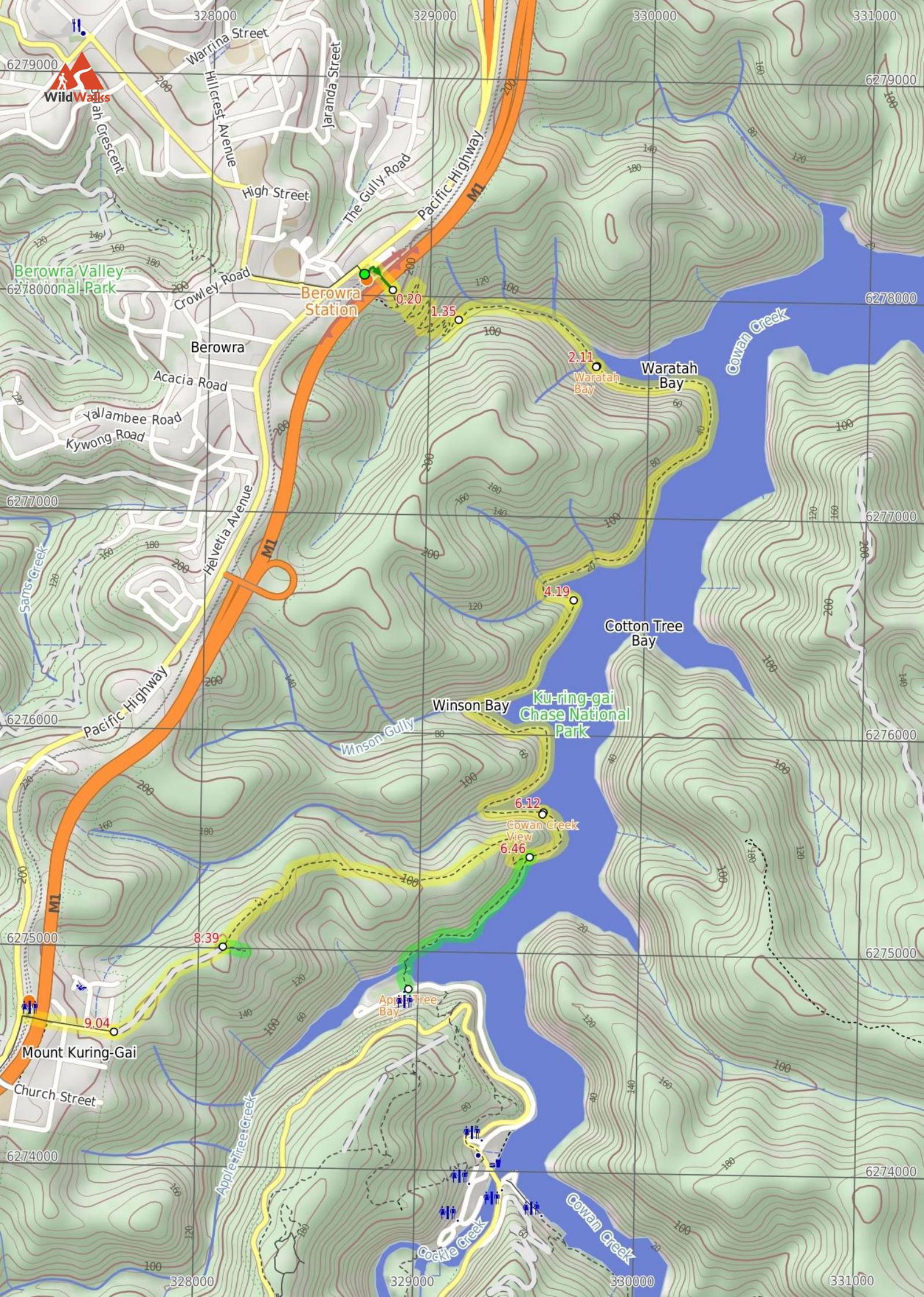
8.39 | Int of Lookout and Mt Kuringai Tracks

(650 m 11 mins) Continue straight: From the intersection, this walk heads away from the face of the face of the NPWS arrow post to head south west over a small rise and along the sandy management trail. The trail passes through open wooded forest for just over 600m to pass a 'Ku-ring-gai Chase National Park - Mt Kuring gai Track' sign as the trail bends right where this walk heads around the green metal National Park gate. Here the walk heads past a few houses to find the intersection of 'Harwood Ave' and 'Young St' (Mt Kuring-gai).

9.04 | Corner of Harwood Avenue and Young Street

(400 m 8 mins) Continue straight: From the corner of Harwood Avenue and Young Street, this walk follows Harwood Ave downhill along the footpath. The footpath then leads up past a 'Seaview St' and across 'Low St' to continue to the end of Harwood Ave to find a footbridge. Here the walk crosses the the F3 freeway using the caged foot bridge to head down the steps into a concrete tunnel. Part way through the tunnel this walk comes to an intersection at the bottom of the steps at Mt Kuring-gai Railway Station. Here there is a sign that points back to 'Mt Ku-ring-gai Walking Track'





WildWalks

Berowra Valley
National Park

Ku-ring-gai
Chase National Park

Mount Kuring-Gai

Berowra
Station

Waratah
Bay

Cotton Tree
Bay

Winson Bay

Apple Tree
Bay

Cockle
Creek

Cowan
Creek

Cowan
Creek

Warrina Street
Hillcrest Avenue
Jaranda Street
High Street
The Gully Road
Crowley Road

Acacia Road
Yallambee Road
Kywong Road

Helvetia Avenue
Pacific Highway
M1

Church Street

Apple Tree Creek

Apple Tree Creek

328000 329000 330000 331000

6279000

6279000

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331000

Summary navigation sheet for the Berowra to Mt Kuring-gai



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
0.00	Berowra Railway Station -33.6232,151.1533 (GR Cowan, 287781)	2 -5	200 m 3 mins	From the front of Berowra Station, this walk follows the footpath between the Pacific Highway and railway line, whilst keeping the highway to your left.
0.20	End of the old Berowra Parade -33.6238,151.1547 (GR Cowan, 288780)	31 -167	1.2 km 29 mins	Veer right: From the clearing, this walk follows the track beside the large 'Ku-ring-gai Chase National Park - Berowra Track' sign heading directly away from the freeway.
1.35	Waratah Gully Crossing -33.625,151.1579 (GR Hornsby, 291779)	2 -64	760 m 15 mins	Continue straight: From the sandstone buttress on the south side of Waratah Creek, this walk follows the clear and mostly flat track down through the steep sided canyon like gully, keeping the creek steeply below an...
2.11	Waratah Bay -33.627,151.1647 (GR Hornsby, 298777)	143 -150	2.1 km 53 mins	Continue straight: From beside the rusty remnants of Windybank boat, this walk follows the track along the foreshore keeping the water to your left.
4.19	Lords Bay headland -33.6366,151.1635 (GR Hornsby, 297766)	132 -130	1.9 km 49 mins	Continue straight: From the small rock platform on the southern headland of Lords Bay, this walk follows the track along foreshore keeping the water to your left for 350m to then head alongside a natural rock wall (...)
6.12	Cowan Creek View -33.6454,151.1621 (GR Hornsby, 296756)	27 -7	330 m 8 mins	Continue straight: From the viewing platform, this walk heads along the timber boardwalk keeping Cowan Creek to your left.
6.46	Int of Mt Kuring-gai and Berowra Tracks -33.6472,151.1614 (GR Hornsby, 295754)	66 -82	940 m 26 mins	Optional sidetrip to Apple Tree Bay. Continue straight: From the intersection, this walk follows the clear track along the shoreline, keeping the water to your left.
6.46	Int of Mt Kuring-gai and Berowra Tracks -33.6472,151.1614 (GR Hornsby, 295754)	190 -13	1.9 km 49 mins	Turn right: From the intersection, this walk follows the 'MT Ku-ring-gai Track' sign up the rock and timber steps and past the small overhang.
8.39	Int of viewpoint and Mt Kuring-gai Tracks -33.6509,151.1463 (GR Hornsby, 281750)	0 -14	110 m 2 mins	Optional sidetrip to Apple Tree Bay Viewpoint. Turn left : From the intersection, the walk heads east away from the main trail to follow the wide sandy track gently downhill.
8.39	Int of Lookout and Mt Kuringai Tracks -33.6509,151.1463 (GR Hornsby, 281750)	5 -12	650 m 11 mins	Continue straight: From the intersection, this walk heads away from the face of the face of the NPWS arrow post to head south west over a small rise and along the sandy management trail.
9.04	Corner of Harwood Avenue and Young Street -33.6544,151.141 (GR Hornsby, 276746)	19 -1	400 m 8 mins	Continue straight: From the corner of Harwood Avenue and Young Street, this walk follows Harwood Ave downhill along the footpath.