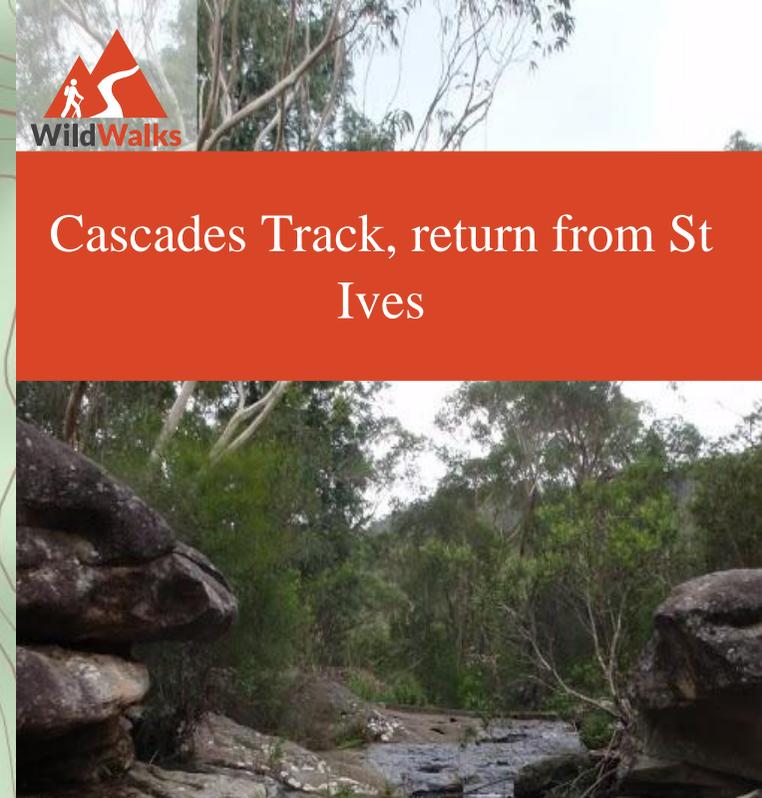
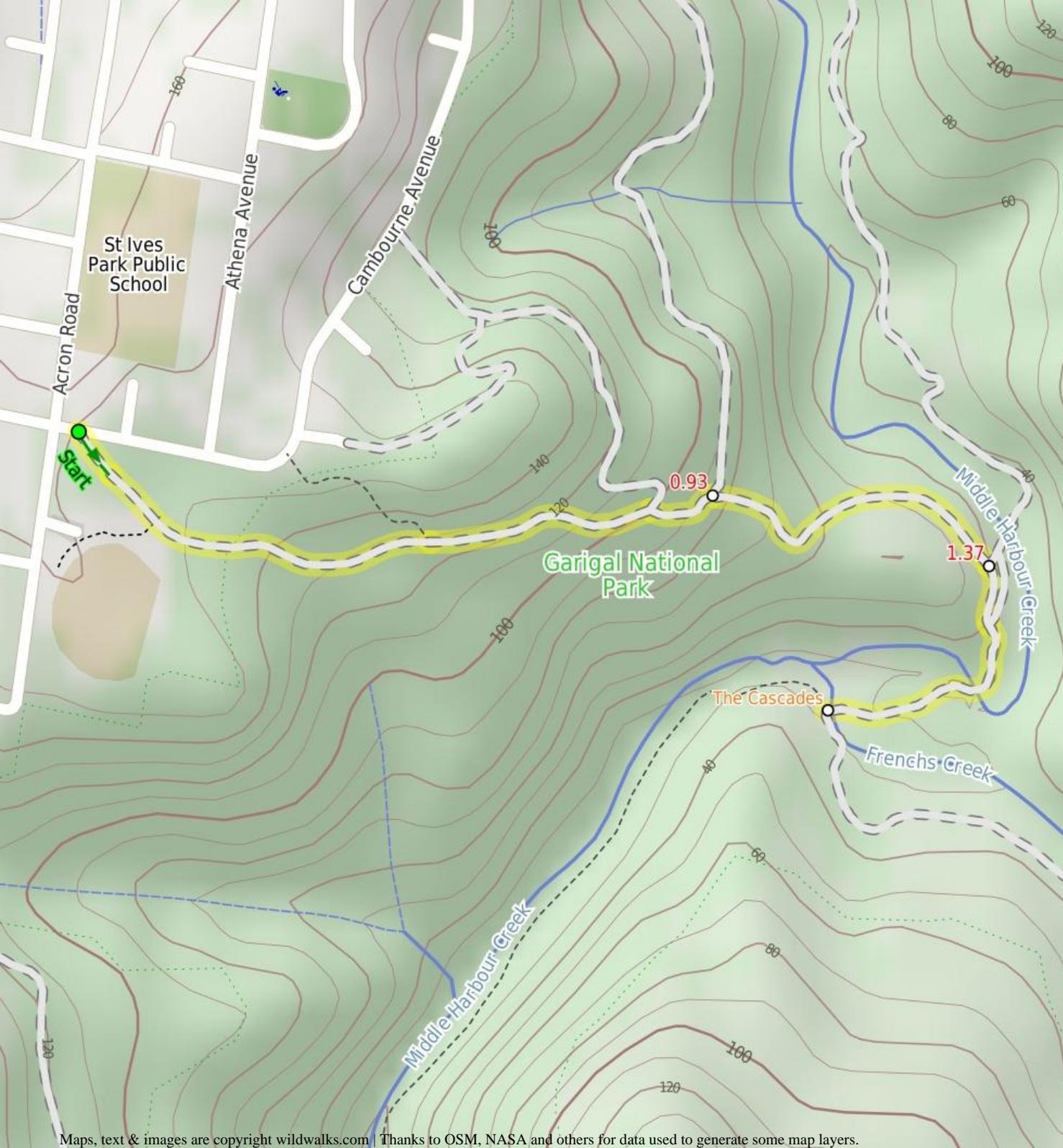


Cascades Track, return from St Ives



1 hr 30 mins

Moderate track

3.5 km Return

▲ 171m

3

This walk explores part of the northern section of Garigal National Park and the upper reaches of Middle Harbour Creek. The walk follows a service trail from Douglas Street, St Ives, to cross Middle Harbour Creek, then explores a large rock platform with the Cascades. The cascades themselves are not huge, but the rock platform, rock pools, and the cascades combine to form a great place to explore and have a snack before the return journey.

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

This is a return, so you will finish back at the start.

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

0 | Int of Douglas Street and Cascades service trail

(930 m 19 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.

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

(440 m 9 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.

1.37 | Int of Cascades service trail and link track

(370 m 7 mins) 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.

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.

