

# Flat Rock to Congewai Valley East Track Head



**5 hrs**

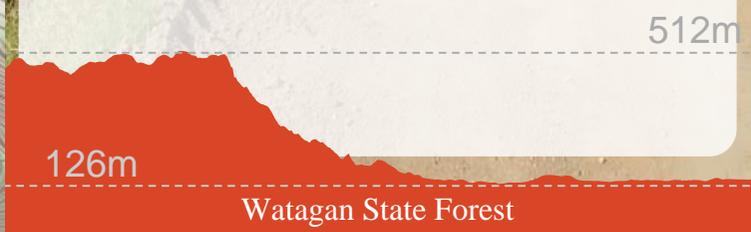
**Hard track**

**13.8 km One way**

**▲ 336m**



Starting from the grand views of Flat Rock Lookout high on the range, you will walk down into the Congewai Valley below. On the first section of this walk, you will explore a little used dirt road to the Congewai Communication Tower. From here you follow a series of tracks that wind down, steeply in places, through the tall open forest with a scattering of grass trees to the bottom of the range. Now the walk guides you through open farmland before following Congewai Road along main valley to the trackhead near Brown Muir Farm.



Watagan State Forest

### 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** Traveling by car is the only practical way to get to Flat Rock Lookout (gps: -33.003, 151.2715). Car: There is free parking available.

Traveling by car is the only practical way to get back from Congewai Valley east trackhead (gps: -32.9952, 151.3005). 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/frtcvet>

#### 0 | Flat Rock Lookout

Flat Rock Lookout is a natural rock platform that offers magnificent views across the Congewai Valley to the east and north. There are, however, no fences or safety railings at the lookout, so walkers will need to exercise extra caution.

#### 0 | Flat Rock Lookout

*(4 km 1 hr 25 mins)* From 'Flat Rock Lookout', this walk follows the trail north west, initially keeping the lookout on your right. The walk continues, undulating gently for about 800m, to find a three-way intersection with 'Langans Road' (on the left). Here, this walk turns right and continues for about 3km (ignoring many side trails) to find a significant and wide intersection with 'Cedar Ridge Road'. The walk veers right to walk along the dirt road for about 40m to find a large 'The Great North Walk' sign pointing back to 'Sydney Cove'.

#### 3.99 | Congewai Communications Tower Management Trail

*(3 km 1 hr 11 mins)* Continue straight: From the intersection, this walk follows the 'Congewai Valley' arrow on the large 'Great North Walk' sign up hill along the trail, following the ridge line for about 100m to the end of the trail, beside the Congewai Communication Tower. This walk now follows the track and GNW arrow marker, keeping the tower and metal fence on your left. Near the end of the fence, this walk follows the GNW arrow right and steeply downhill. Then the walk continues steeply downhill (rocky and eroded in places) for about 900m, to find a level section of track (where the track bends right). The walk then continues undulating moderately steeply (mostly downhill) for about 1.5km, to find an intersection with a GNW arrow post. The walk then continues, gently uphill for about 150m, across the open farm land to a paddock gate (with a fence on your right).

#### 6.97 | Paddock Gate

*(690 m 13 mins)* Continue straight: From here, walk through the paddock gate, this walk follows the trail gently uphill, while following the fence on your right. The walk continues, undulating gently for about 450m, then crosses a small creek. Then the walk continues for about 60m and crosses a stile at a closed gate. The walk then continues for about 200m until coming to an intersection with a sealed road.

#### 7.66 | Optional sidetrip to Lonely Goat Olives

*(930 m 22 mins)* Turn left: From the intersection, this walk heads steeply uphill following the sealed Eglinford La to the west. The road leads steeply uphill for about 180m to the top of the rise, where the road becomes dirt. Over the next 500m, this walk stays on the dirt road as it leads down across a gully beside farmland to head uphill again to the timber fence and signposted entrance to 'Ffynnon Garw' AND 'Lonely Goat Olives'. Turn left here and follow the driveway for almost 300m to find the large workshop building. There is a bell to attract your hosts' attention. The accommodation is over the small rise on the left. At the end of this side trip, retrace your steps back to the main walk then Veer left.

#### 7.66 | Lonely Goat Olives

Lonely Goat Olives is a tranquil country cottage in Congewai Valley, about 900m from the GNW. The cottage has two separate bedrooms, both with en-suites. The bedrooms open on to a veranda with views over the gorgeous valley and the Tuscan style olive groves. The cottage has an outdoor BBQ kitchen and both rooms have a satellite TV, Wi-Fi Internet access, bar fridge, toaster and kettle. Rooms are from \$202 a night including breakfast, meal packs are also available. A two night min. stay is normal, but chat with Keith about mid-week and other options. Your friendly host is also happy to pick you up or drop you off at Watagan Creek Rd for about \$75. Ph 02 4998 1693

#### 7.66 | Int of GNW track & sealed road

*(930 m 16 mins)* Veer right: From the intersection, follows the GNW arrow marker gently downhill along the sealed road. The road becomes unsealed after about 50m as the dirt road then undulates gently through farmland for about 900m to a T-intersection with Congewai Valley Road at the Congewai Valley west trackhead, just past the cattle grate.

#### 8.59 | Congewai Valley west trackhead

*(5.2 km 1 hr 28 mins)* Turn right: From the Congewai Valley west trackhead, this walk follows 'Barraba Trig' sign south along the unsealed road. The walk continues (undulating gently) for about 4.4km (part of the road is sealed), to cross a timber bridge. Here the walk continues through farmland for about 500m, to a signposted intersection, at the Congewai Valley east trackhead, where a sign points back to 'Congewai Valley' and where there is a stile (on the left) (and some wetlands on the right).

