

# Spit to Lindfield



**9 hrs 45 mins**

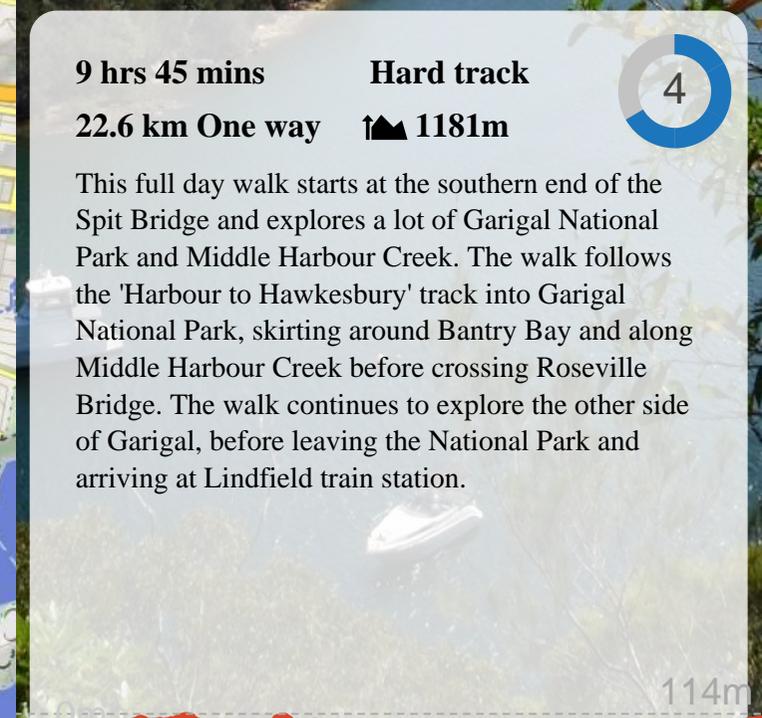
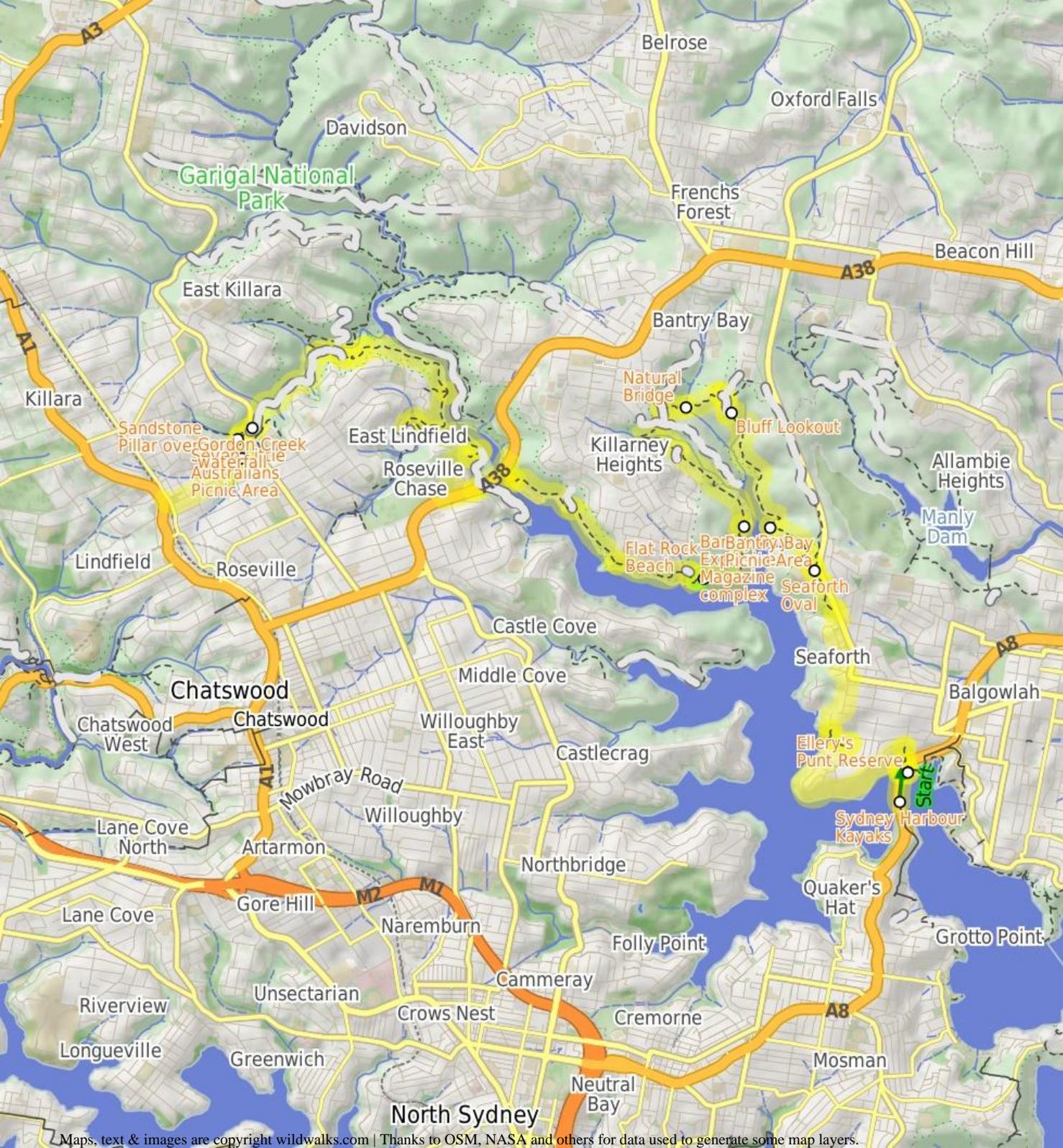
**Hard track**

**22.6 km One way**

**▲ 1181m**



This full day walk starts at the southern end of the Spit Bridge and explores a lot of Garigal National Park and Middle Harbour Creek. The walk follows the 'Harbour to Hawkesbury' track into Garigal National Park, skirting around Bantry Bay and along Middle Harbour Creek before crossing Roseville Bridge. The walk continues to explore the other side of Garigal, before leaving the National Park and arriving at Lindfield train station.



Garigal National Park

## Sydney Harbour Kayaks

Sydney Harbour Kayaks, at the southern end of the Spit Bridge, provide sales and rentals of kayaks. One hour in a single plastic kayak costs \$20, and a double \$40. The enterprise also provides tours of the harbour, catering for individuals through to large groups. For further information and bookings, contact: info@sydneyharbourkayaks.com.au or (02) 99604389 [More info.](#)

## Ellery's Punt Reserve

Ellery's Punt Reserve is a very nice grassed area on the north eastern side of the Spit Bridge. The reserve has road access and parking, and seems to be a popular spot for fishing from the bank. There is also seating and shaded areas.

## Seaforth Oval

Seaforth Oval is a large playing oval on the Wakehurst Parkway in North Balgowlah. It is managed by Manly Council, who have also recently been upgrading the Timber Getters Track in association with NPWS. There is a distant view of Chatswood from the oval. There are toilets, but they are usually locked. There is a large car park, shelter and sign with information about the Harbour to Hawkesbury walk. [More info.](#)

## Bantry Bay Picnic Area

The area of Bantry Bay has been popular with day visitors since the late 1800s. In the early 1900s, the picnic area was also home to a dance hall (foundations still visible), dining room, picnic ground and overnight accommodation. Today, the picnic area has a picnic table and a number of fireplaces. There is also a public wharf, toilets, open grassy area, shade from trees and a great view across the water. There are no garbage facilities. The picnic area is at the bottom of the Timber Getters Track, below Seaforth Oval, on the eastern shore of Bantry Bay. [More info.](#)

## Bluff Lookout

The Bluff is a large, unfenced rocky hilltop, in Garigal National Park, that provides great views up Middle Harbour. The views extend across the bushland of the National Park, along Bantry Bay, to the city of Sydney (You can even see Centrepont Tower). Apart from the distant views, the bluff is also an interesting rock feature, with a number of caves containing honeycomb rock formations.

## 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 ([Garigal 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:**91303N PARRAMATTA RIVER

**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>	22.6 km One way
<b>Time</b>	9 hrs 45 mins
<b>Quality of track</b>	Formed track, with some branches and other obstacles (3/6)
<b>Signs</b>	Directional signs along the way (3/6)
<b>Experience Required</b>	Some bushwalking experience recommended (3/6)
<b>Weather</b>	Storms may impact on navigation and safety (3/6)
<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 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 Spit Bridge South (gps: -33.8044, 151.2462) by car or bus. Car: There is free parking available.

You can get back from Lindfield Station (gps: -33.7751, 151.1691) 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/stl>

### **0 | Sydney Harbour Kayaks**

Sydney Harbour Kayaks, at the southern end of the Spit Bridge, provide sales and rentals of kayaks. One hour in a single plastic kayak costs \$20, and a double \$40. The enterprise also provides tours of the harbour, catering for individuals through to large groups. For further information and bookings, contact: [info@sydneyharbourkayaks.com.au](mailto:info@sydneyharbourkayaks.com.au) or (02) 99604389 [More info.](#)

### **0 | Spit Bridge South**

*(350 m 6 mins)* From the intersection, this walk heads over the Spit Bridge, with the road to the left of the footpath. The walk crosses the bridge to where it meets the road down to Ellery's Punt Reserve, first on the right.

### **0.35 | Int. Spit Rd and Ellery's Punt Reserve Road**

*(40 m 1 mins)* Veer right: From the intersection, this walk heads downhill away from the main road for approximately 20m to the intersection below the bridge, on the left.

### **0.39 | Int. Ellery's Punt Rd and Avona Cres Trk**

*(60 m 1 mins)* Veer right: From the intersection, this walk heads down the hill towards the water. The walk soon comes to Ellery's Punt Reserve car park on the right. This walk continues past this, down the footpath to the signposted intersection.

### **0.46 | Ellery's Punt Reserve**

Ellery's Punt Reserve is a very nice grassed area on the north eastern side of the Spit Bridge. The reserve has road access and parking, and seems to be a popular spot for fishing from the bank. There is also seating and shaded areas.

### **0.46 | Int. Ellery's Punt Reserve Rd and Manly Scenic Wal**

*(90 m 2 mins)* Turn right: From the 'Manly Scenic Walkway' map and info sign, this walk heads across the grass following the coast line, keeping the water to the left and heading towards the "Ellery's Punt Reserve" sign. From the sign, the walk passes under the Spit Bridge and then up the flight of stairs that come to the end of Battle Boulevard.

### **0.55 | End of Battle Boulevard**

*(140 m 3 mins)* Continue straight: From the end of the cul-de-sac, this walk follows Battle Bvd up the road to the car park just near the intersection with Manly Road.

### **0.69 | Int. Battle Boulevard and Manly Rd**

*(160 m 4 mins)* Turn left: From the car park, the walk crosses to the other side of Battle Boulevard and follows the footpath up the hill for a short

distance, to the signposted Gallipoli Steps. From here, the walk heads up the Gallipoli Steps to the top of the hill, where it flattens out and follows the short path to the intersection with Edgecliff Esplanade.

### **0.85 | Top of the Gallipoli Steps**

*(2 km 44 mins)* Turn sharp left: From the intersection, the walk follows the track marker along the Edgecliff Esplanade, keeping Middle harbour down to the left. At the intersection with Palmerston Place, the walk turns left and heads down the short hill before turning right onto Seaforth Crescent. From here the walk follows Seaforth Crescent all the way around the top of the headland, providing frequent views of middle harbor over and inbetween the houses, until it reaches the 'T' intersection with Princes Promenade. At the intersection, the walk turns left onto Seaforth Crescent, heading down the gentle hill, and almost immediately bending to the right. The walk continues along the road for a little while longer until it comes to the intersection with the narrow road, heading down the hill to the left, just before the Seaforth Scout Hall.

### **2.83 | Int of Sangrado Street and Seaforth Crescent**

*(80 m 2 mins)* Turn left: From the intersection, the walk follows the track marker along the narrow road, heading down the hill with the Seaforth Scout Hall on the right. The walk continues down to the intersection at the top of the concrete steps (heading down the hill to the right).

### **2.91 | Int of Sangrado Street and the Powder Hulk Bay foo**

*(260 m 9 mins)* Turn right: From the intersection, the walk follows the track marker down the concrete steps and along the footpath. The footpath winds down the hill, crossing two small footbridges and comes to the waters edge, where it passes the North Ridge Sailing Club, then continues along for a little while to the intersection at the bottom of a long set of concrete steps.

Turn right: From the intersection, the walk follows the track marker up the concrete steps. The walk follows the steps all the way up the hill to a driveway, which it crosses and continues up the steps on the other side, climbing up to the top of the hill at the intersection with Jenner Street.

### **3.17 | Top of the Jenner Street Steps**

*(1.6 km 30 mins)* Turn left: From the intersection, the walk follows Jenner Street up the hill. The walk turns left into Abernethy Street and continues to the end of the road. From here the walk climbs up a concrete staircase to the end of Harvey Street, which it follows. The walk then turns left into Dalwood Avenue and continues to the end of the road where it comes to the intersection of Clontarf Street. From here, the walk continues straight onto Clontarf Street, and soon turns left onto Callicoma Road, then turns right onto Acacia Road (which becomes Castle Circuit) and continues all the way along to the end of the footpath, where it comes to a small reserve on the right. From here, the walk follows the track marker through the reserve for a little distance to the Wakehurst Parkway, where it turns left and follows the side of the road to a bus stop almost directly opposite the intersection with Armstrong Street.

### **4.76 | Wakehurst Pkwy Bus stop**

*(530 m 9 mins)* Turn left: From the intersection, this walk follows the track behind the bus stop, heading away from the road and down through the bush. The walk steps over a few fallen trees and passes small rock outcrops, continuing along until passing a track marker and heading up to the end of a long grassy clearing, from which the playground at Seaforth Oval is clearly visible.

Veer left: From the intersection, the walk heads across the long grassy clearing towards the play equipment. Upon reaching the play equipment, the walk then follows the asphalt path, heading up on the right-hand side of the club house to the car park. Here, it turns left, passing the club house and

coming to the information signs on the other side of the car park.

### **5.29 | Seaforth Oval**

Seaforth Oval is a large playing oval on the Wakehurst Parkway in North Balgowlah. It is managed by Manly Council, who have also recently been upgrading the Timber Getters Track in association with NPWS. There is a distant view of Chatswood from the oval. There are toilets, but they are usually locked. There is a large car park, shelter and sign with information about the Harbour to Hawkesbury walk. [More info.](#)

### **5.29 | Seaforth Oval**

*(50 m 1 mins)* Continue straight: From the corner of the car park with the information signs, the walk heads into the bush and down the wooden steps to the bottom, where it flattens out at the signposted intersection with the Engraving Track.

### **5.34 | Int of the Timber Getters and Engraving Tracks**

*(840 m 24 mins)* Veer left: From the intersection, this walk follows the 'Timbergetters Track' sign down the wooden steps and through the bush, winding steadily down a long hill as it drops down several more sets of steps, following the bush track to the signposted intersection with the Old Bullock Track (closed for maintenance at time of writing).

Continue straight: From the intersection (with the signposted 'Old Bullock Track' on the right), this walk heads west down the three wooden steps and along the track, winding through the dense scrub for a while. The walk crosses a small creek at some stepping stones and passes an old telegraph pole with no power lines attached. The track continues in this manner for a little while longer before it comes to the top of a short set of rock steps, where it starts to wind down into the valley using several scattered sets of wooden steps and one long set of rock steps, until coming down to the large picnic area at the bottom.

### **6.18 | Bantry Bay Picnic Area**

The area of Bantry Bay has been popular with day visitors since the late 1800s. In the early 1900s, the picnic area was also home to a dance hall (foundations still visible), dining room, picnic ground and overnight accommodation. Today, the picnic area has a picnic table and a number of fireplaces. There is also a public wharf, toilets, open grassy area, shade from trees and a great view across the water. There are no garbage facilities. The picnic area is at the bottom of the Timber Getters Track, below Seaforth Oval, on the eastern shore of Bantry Bay. [More info.](#)

### **6.18 | Bantry Bay Picnic Area**

*(1.8 km 48 mins)* Turn right: From the picnic area (keeping the water on the left), this walk follows the "Bantry Bay Track" sign along the rocky bush track which undulates along the side of the hill, winding through the bush for a little while. The walk passes by the base of some cliffs and starts to climb up the hill at a rocky outcrop, continuing to wind up the long rocky hill as the track climbs to the top of the valley, eventually winding up some rock steps to a large rock platform. Here, the walk passes some track markers pointing back down the valley to a short bush track, leading to the signposted intersection of the Bluff Track at the lookout.

### **8.01 | Bluff Lookout**

The Bluff is a large, unfenced rocky hilltop, in Garigal National Park, that provides great views up Middle Harbour. The views extend across the bushland of the National Park, along Bantry Bay, to the city of Sydney (You can even see Centrepoint Tower). Apart from the distant views, the bluff is also an interesting rock feature, with a number of caves containing honeycomb rock formations.

### 8.01 | The Bluff Lookout

*(210 m 4 mins)* Turn right: From the intersection, this walk follows the 'Bluff Track' sign along the rocky service trail, heading away from the lookout and through the bush for a little while before coming to the intersection with a defined bush track on the right.

Continue straight: From the intersection, the track follows the service trail (with the bush track on the right), heading north-west through the bush for a little while before coming to the signposted intersection with the Natural Bridge Track.

### 8.21 | Int of Bluff and Natural Bridge Tracks

*(500 m 15 mins)* Continue straight: From the intersection, this walk follows the Natural Bridge Track along the bush track, heading away from the service trails for a short distance before coming to the intersection of the Currie Road Oval bush track at the track marker.

Veer left: From the intersection, this walk follows the track marker along the bush track, heading west through the bush for a short distance to a large rock outcrop. From here, the walk continues along the defined bush track, winding down the long and sometimes steep rocky hill, into the valley. The vegetation gradually gets thicker, until this walk comes down to a wide rock arch crossing a creek - the Natural Bridge.

### 8.71 | Natural Bridge

The Natural Bridge is a sandstone arch in Garigal National Park. The arch spans an unnamed creek feeding into Bantry Bay. The Natural Bridge track uses this arch to cross the creek, and is not always noticed by walkers as the surrounding vegetation hides the full view of the feature from the track. The arch has formed the eroding forces of water flowing down the creek. The arch provides an interesting natural feature to explore and enjoy.

### 8.71 | Natural Bridge

*(250 m 6 mins)* Continue straight: From the bridge, the walk follows the bush track heading west (with downstream to the left) up the hill and away from the creek, steadily winding up a gentle hill. This steepens as the walk climbs up a few sets of wooden steps, continuing up the rock hill to the top, where it comes to the signposted intersection of the Currie Road Track.

### 8.97 | Int of Natural Bridge and Currie Road Tracks

*(180 m 3 mins)* Turn left: From the intersection, this walk follows the H/H walker on the 'Currie Road Track' sign south, along the service trail. The track soon comes to a four-way intersection with a large gum tree in the centre.

### 9.15 | Int of Bates Creek and Currie Rd tracks

*(730 m 13 mins)* Continue straight: From the intersection, this walk follows the bush track, heading through the dense vegetation. After a little while, the track starts to zigzag down the rocky hill and through the bush until it flattens out and crosses Bates Creek. The walk then turns left and continues through the bush, meandering along the flat bush track until coming to the signposted intersection with the Magazine Track.

### 9.88 | Int of Magazine Track and Tipperary Road service t

*(1.1 km 27 mins)* Continue straight: From the intersection, this walk follows the 'Magazine Track' sign along the wide, flat trail which winds around behind some houses (on the right). The track continues along a narrower, rocky bush track which steadily winds down a long hill to the bottom of the valley, where it flattens out just above the water. From here, the walk continues along the bush track, winding up and down along the side of the hill until it follows a track marker up to the magazine buildings' fence line. The track runs parallel to this fence as it heads along to an open, square concrete tank just off to the left of the track, from which the roofs of the

magazine buildings and Middle Harbour Creek are both visible.

### 11.03 | Bantry Bay Explosives Magazine complex

The Magazine Buildings were the premier storage facility for merchants' explosives between 1915 and 1974. During this time, the carefully constructed building where crucial for the safe storage of explosives used for building public works such as the Sydney Harbour Bridge, and additionally used by the Australian Navy during World War II. There is currently no public access to the site, and the buildings are best viewed from across the water at Bantry Bay Picnic Area, or anywhere on the other side of Bantry Bay. [More info.](#)

### 11.03 | Back of Magazine Buildings

*(1.1 km 23 mins)* Continue straight: From the open concrete tank, this walk follows the bush track, with the ground sloping up to the right, as it heads down a short rocky hill. The track flattens out and follows the fence line to the end, where it turns left and continues down the rocky hill, along the bush track running parallel to a shorter fence. Soon, the track turns right and leaves the fence line. The walk follows the bush track heading away from the buildings and down the rocky hill, to the waters edge where it continues along the side of the hill, following Middle Harbour Creek for a long while. In time, the track winds around behind a small beach to the intersection of a narrow bush track heading down a short hill on the left.

### 12.08 | Optional sidetrip to Flat Rock Beach

*(30 m 1 mins)* Turn sharp left: From the intersection, this walk follows the narrow bush track heading down the hill to the small beach at the bottom. At the end of this side trip, retrace your steps back to the main walk then Veer left.

### 12.08 | Flat Rock Beach

Flat Rock Beach is a small, south-facing beach on Middle Harbour, in Garigal National Park. The sand is deposited on a rock shelf that pokes through in places, forming interesting sculptures. The beach is frequented by walkers and boaters enjoying their day by the water. The beach can be accessed by a bush track from the end of Killarney Drive, Killarney Heights. Historically, the beach was a popular picnic area and serviced by a ferry in the early 1900's. Today, there are no facilities, but some shade is provided by the trees at the back of the beach.

### 12.08 | Int of Magazine and Flat Rock Beach Tracks

*(190 m 5 mins)* Continue straight: From the intersection, this walk follows the bush track with the ground sloping up to the right, heading up the wooden steps. The track flattens out and turns right, following the track marker through the bush and up the rocky hill, using the spread-out sets of wooden steps. The walk comes to an intersection and a signpost for the 'Magazine Track'.

### 12.26 | Int of Flat Rock and Magazine Tracks

*(1.5 km 39 mins)* Turn left: From the intersection, this walk follows the 'Flat Rock Track' sign along the bush track heading down the side of the hill, with the ground sloping up to the right. The walk winds down the rocky track for a little while, before flattening out as it passes by a small pipeline and then continues along the side of the hill. The track meanders through the bush for a while before coming to the four-way intersection with a bush track (which heads up the rocky hill to the right, and down to a private property at the bottom of the hill on the left).

Continue straight: From the intersection, this walk follows the bush track along the side of the hill, with the ground sloping up to the right. The track meanders through the dense bushland, occasionally catching a nice view over Middle Harbour Creek down to the left, and continues to the intersection of a

rough service trail on the right, which heads uphill.

### 13.81 | Int of Downpatrick Road Servicetrail and Flat Rock

*(690 m 16 mins)* Continue straight: From the intersection, this walk follows the bush track along the side of the hill, with the ground sloping up to the right as it heads through the bush. The walk stays above Middle Harbour Creek for a while before it drops down a steep set of wooden steps to the intersection with the Davidson Park driveway, at a wooden picnic seat.

### 14.49 | Int of Davidson Park driveway and Flat Rock Track

*(70 m 1 mins)* Veer right: From the intersection, this walk follows the flat driveway towards the Roseville Bridge, heading under a pipe bridge and coming to the intersection with the driveway to Davidson Park.

### 14.56 | Int of Davidson Park driveway and Warringah Road o

*(1.8 km 39 mins)* Veer right: From the intersection, this walk follows the road, heading up the hill and crossing under the Roseville Bridge. The road continues up the hill to reach Warringah Road, where the walk turns sharply to the right and continues along the footpath on the right-hand side of Warringah Road. The walk crosses Roseville Bridge and continues for a few meters to find an intersection with a concrete footpath (which goes down the hill to the right, closed at the time of writing).

Continue straight: From the intersection, the walk follows very narrow verge on the side of Warringah Rd up the hill away from Roseville Bridge. After about 270m the walk passes under a road bridge the turns right to follow the on-ramp up the hill to Ormonde Rd. The on-ramp loops around to an intersection with Ormonde Rd, where the walk turns left, following Ormonde Rd away from Warringah Rd. The walk passes The Kingsway, Cardigan Road and Chase Avenue before reaching the end of Ormonde Rd.

### 16.31 | End of Ormonde Road Track

*(150 m 6 mins)* Veer right: From the end of Ormonde Rd, the walk follows the bush track down the gentle hill. The walk becomes quite steep before reaching the intersection with the Two Creeks Track at the bottom of the hill.

### 16.46 | Int of Two Creeks and Ormonde Road tracks

*(880 m 20 mins)* Turn sharp left: From the intersection, this walk follows the bush track with Middle Harbour Creek down on the right, as the track follows the side of the hill through the bush. After some time, the track leaves the creek as it bends to the left and continues along for a while before crossing a wooden bridge to the signposted intersection of the 'Carlyle Road' track.

### 17.34 | Int of Two Creeks and Carlyle Road tracks

*(2 km 43 mins)* Turn right: From the intersection, this walk follows the wide bush track opposite the signposted 'Carlyle Road' track, past the stone chair on the left. The walk follows along the wide bush track for a little while before crossing a short wooden bridge. Further along the bush track, this walk passes another stone chair and heads under a shallow rock overhang, following the side of the hill above Moores Creek for a while until coming down to the water level as the creek meets Middle Harbour Creek. From here, the track bends around to the left and follows Middle Harbour Creek through the bush and along the side of the hill to the signposted intersection of the 'to Wellington Road' track.

Continue straight: From the intersection (at the 'to Wellington Road' sign), this walk follows the Two Creeks bush track (keeping the Middle Harbour Creek down the hill on the right) as it heads through the bush for a while. The track passes a 'Garigal National Park' sign while bending into the Gordon Creek valley, and continues through the trees, keeping the valley down to the right as it heads along to the intersection with the defined bush track on the left.

**19.36 | Eastern end of Two Creeks detour**

(220 m 6 mins) Turn left: From the intersection, this walk follows the bush track heading uphill, steadily climbing up the long gentle hill and up some rock steps. The track then flattens out and continues through the trees for a short distance before turning downhill and winding down the steep rock steps, coming to the intersection with the Two Creeks Track.

**19.58 | Western end of Two Creeks detour**

(100 m 2 mins) Turn sharp left: From the intersection, this walk follows the bush track, keeping the valley down to the right, as the track continues along the side of the hill for a short while before winding down a steep set of rock steps, coming to the end of a service trail at the bottom.

**19.68 | End of Gordon Creek service trail**

(280 m 7 mins) Veer right: From the bottom of the steps, this walk follows the service trail (with the ground sloping up to the left) as it continues through the bush for a short while, before coming to a pipe bridge, which extends across the valley on the right.

Continue straight: From the pipeline, this walk follows the service trail, with the pipeline on the right and the ground sloping up to the left. The trail heads through the bush and along the side of the hill to the signposted intersection with wooden steps on the right.

**19.96 | Int of Gordon Creek Crossing track and servicetra**

(1.2 km 25 mins) Continue straight: From the intersection, this walk follows the Two Creeks Track, with the ground sloping up to the left as it heads through the bush. The walk crosses a short wooden bridge after a little while and continues along the side of the hill until coming to an intersection with some rock steps (down to a bush track) on the right.

**21.16 | Int of tunnel track and Gordon Creek servicetra**

(50 m 2 mins) Veer right: From the intersection, this walk winds down the bush track and steps through the dense bush. Soon, the track opens up to a large rock platform, next to the tunnel under Eastern Arterial Road.

**21.21 | Gordon Creek waterfall**

This waterfall (not officially named) cascades off the top of a rock platform, soon after passing under Eastern Arterial Rd. It is difficult to view the full waterfall, but it still can be a great sight, watching the water on its journey over the rock platform and cascading off the edge.

**21.21 | Gordon Creek waterfall**

(170 m 3 mins) Continue straight: From the rock platform, this walk passes under Eastern Arterial Rd using the foot path on the left of the tunnel (track not safe to use if covered with water). The first half of the tunnel has sandstone walls. Past the tunnel, the walk turns left then follows the defined bush track, keeping the creek to the right. Soon, this track come to an intersection just before a foot bridge.

**21.38 | Foot Bridge Intersection**

(40 m 1 mins) Turn right: From the intersection, this walk crosses the foot bridge, veering right and heading up the stone steps. The track then veers to the left, passing a small picnic area, then comes to a well-signposted intersection, with 'Slade Ave carpark' track on the right.

**21.42 | Seven Little Australians Picnic Area**

This small picnic area is in the middle of the Seven Little Australian Park reserve, at the intersection of Two Creeks Track and Slade Ave track. The picnic area has three picnic tables and some shade, provided by the surrounding trees. The picnic area is bordered with sandstone blocks, dating from prior to WW1.

**21.42 | Picnic area intersection**

(220 m 5 mins) Continue straight: From the intersection, this walk follows the 'Tryon Road' sign. The track passes through a coachwood forest, with some tall pine trees scattered throughout. The track keeps the wide valley on the left and soon climbs up to a large sandstone overhang, supported by stone pillars.

**21.64 | Sandstone Pillar overhang**

This sandstone overhang is of particular note, due to the stone pillar supports that appear to be reinforcing it. Prior to WW1, members of the army built these pillars and surrounding tracks as part of their training. It appears that this was added to during the depression, with further sandstone masonry work. Their efforts have resulted in a Lara Croft reminiscent ruin - OK, maybe a bit of an exaggeration, but the cave is a highlight of the tracks in the area.

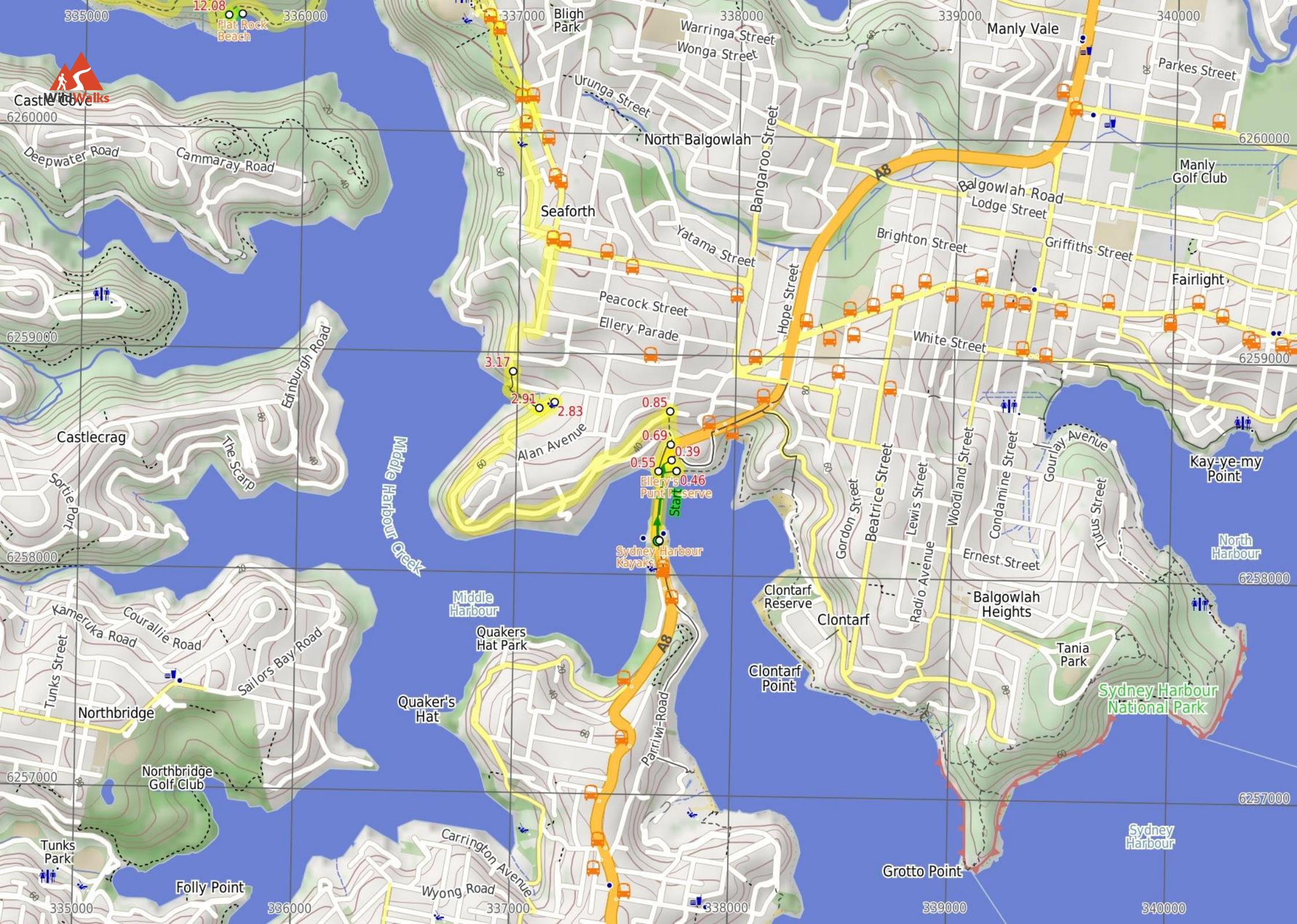
**21.64 | Sandstone Pillar overhang**

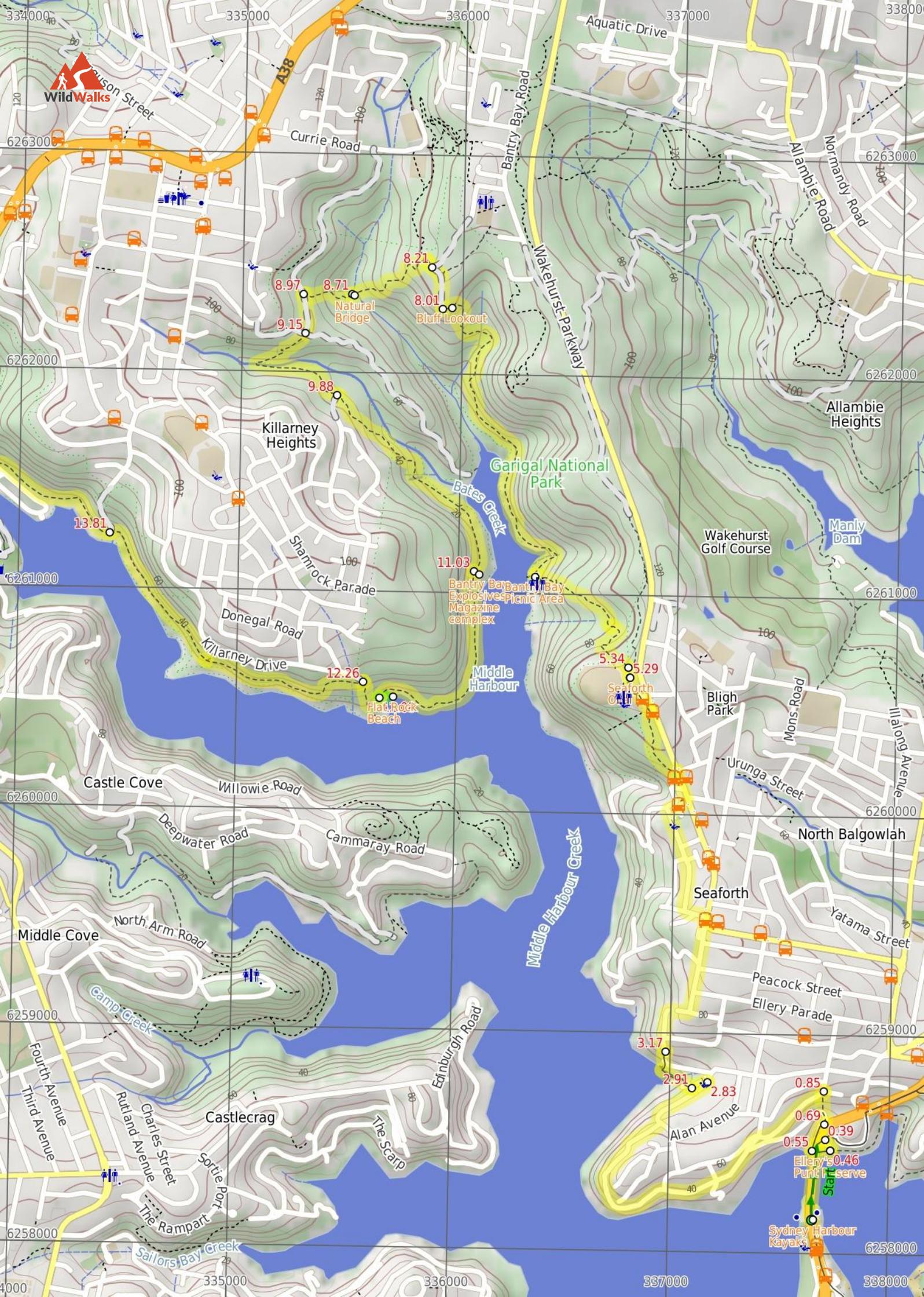
(210 m 4 mins) Continue straight: From the sandstone overhang, this walk heads up the stairs, keeping the wide valley to the left. The bush soon thins out as the track approaches some houses and a brick wall at the end of laneway. The track follows the laneway to Slade Ave, just north of Tryon Rd.

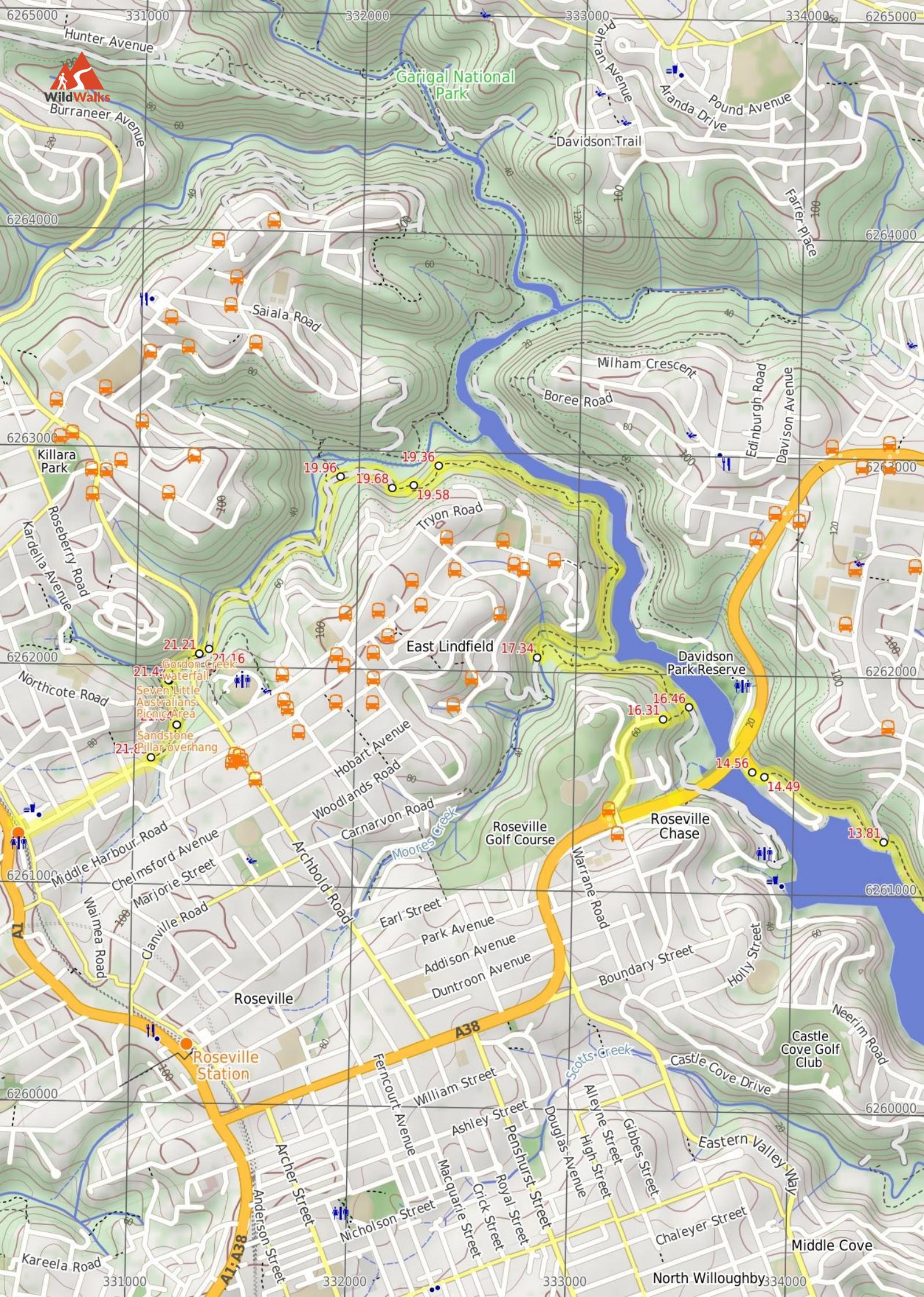
**21.85 | Slade Ave (Just north of Tryon Rd)**

(790 m 14 mins) Turn left: From the intersection, the walk follows Slade Ave to the nearby 'T' intersection with Tryon Road. The walk turns right and follows Tryon Rd. At the 'T' intersection with Nelson Road, the walk turns left and immediately right, continuing along Tryon Road, crossing Lindfield Ave and arriving at Lindfield Station.









## Summary navigation sheet for the Spit to Lindfield



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
Start	Spit Bridge South -33.8044,151.2462 (GR Parramatta River, 377582)	11 -2	350 m 6 mins	From the intersection, this walk heads over the Spit Bridge, with the road to the left of the footpath.
0.35	Int. Spit Rd and Ellery's Punt Reserve Road -33.8012,151.2464 (GR Parramatta River, 377585)	2 0	40 m 1 mins	Veer right: From the intersection, this walk heads downhill away from the main road for approximately 20m to the intersection below the bridge, on the left.
0.39	Int. Ellery's Punt Rd and Avona Cres Trk -33.801,151.2468 (GR Parramatta River, 377585)	0 -7	60 m 1 mins	Veer right: From the intersection, this walk heads down the hill towards the water.
0.46	Int. Ellery's Punt Reserve Rd and Manly Scenic Walkway -33.8015,151.2471 (GR Parramatta River, 377585)	3 0	90 m 2 mins	Turn right: From the 'Manly Scenic Walkway' map and info sign, this walk heads across the grass following the coast line, keeping the water to the left and heading towards the "Ellery's Punt Reserve" sign.
0.55	End of Battle Boulevard -33.8015,151.2462 (GR Parramatta River, 377585)	8 0	140 m 3 mins	Continue straight: From the end of the cul-de-sac, this walk follows Battle Bvd up the road to the car park just near the intersection with Manly Road.
0.69	Int. Battle Boulevard and Manly Rd -33.8004,151.2468 (GR Parramatta River, 377586)	40 0	160 m 4 mins	Turn left: From the car park, the walk crosses to the other side of Battle Boulevard and follows the footpath up the hill for a short distance, to the signposted Gallipoli Steps.
0.85	Top of the Gallipoli Steps -33.799,151.2468 (GR Parramatta River, 377587)	82 -99	2 km 44 mins	Turn sharp left: From the intersection, the walk follows the track marker along the Edgecliff Esplanade, keeping Middle harbour down to the left.
2.83	Int of Sangrado Street and Seaforth Crescent -33.7987,151.241 (GR Parramatta River, 372588)	0 -4	80 m 2 mins	Turn left: From the intersection, the walk follows the track marker along the narrow road, heading down the hill with the Seaforth Scout Hall on the right.
2.91	Int of Sangrado Street and the Powder Hulk Bay footpath -33.7989,151.2403 (GR Parramatta River, 371587)	35 -31	260 m 9 mins	Turn right: From the intersection, the walk follows the track marker down the concrete steps and along the footpath.
3.17	Top of the Jenner Street Steps -33.7974,151.239 (GR Parramatta River, 370589)	78 -25	1.6 km 30 mins	Turn left: From the intersection, the walk follows Jenner Street up the hill.
4.76	Wakehurst Pkwy Bus stop -33.7858,151.2395 (GR Parramatta River, 370602)	23 -4	530 m 9 mins	Turn left: From the intersection, this walk follows the track behind the bus stop, heading away from the road and down through the bush.
5.29	Seaforth Oval -33.782,151.2372 (GR Parramatta River, 368606)	0 -2	50 m 1 mins	Continue straight: From the corner of the car park with the information signs, the walk heads into the bush and down the wooden steps to the bottom, where it flattens out at the signposted intersection with the Engr...
5.34	Int of the Timber Getters and Engraving Tracks -33.7815,151.2372 (GR Parramatta River, 368607)	9 -109	840 m 24 mins	Veer left: From the intersection, this walk follows the 'Timbergetters Track' sign down the wooden steps and through the bush, winding steadily down a long hill as it drops down several more sets of steps, following...
6.18	Bantry Bay Picnic Area -33.7777,151.2326 (GR Parramatta River, 364611)	166 -77	1.8 km 48 mins	Turn right: From the picnic area (keeping the water on the left), this walk follows the "Bantry Bay Track" sign along the rocky bush track which undulates along the side of the hill, winding through the bush for a l...
8.01	The Bluff Lookout -33.7667,151.2281 (GR Parramatta River, 359623)	11 0	210 m 4 mins	Turn right: From the intersection, this walk follows the 'Bluff Track' sign along the rocky service trail, heading away from the lookout and through the bush for a little while before coming to the intersection with...
8.21	Int of Bluff and Natural Bridge Tracks -33.765,151.2275 (GR Parramatta River, 359625)	1 -71	500 m 15 mins	Continue straight: From the intersection, this walk follows the Natural Bridge Track along the bush track, heading away from the service trails for a short distance before coming to the intersection of the Currie Ro...
8.71	Natural Bridge -33.7661,151.2236 (GR Parramatta River, 355624)	39 0	250 m 6 mins	Continue straight: From the bridge, the walk follows the bush track heading west (with downstream to the left) up the hill and away from the creek, steadily winding up a gentle hill.
8.97	Int of Natural Bridge and Currie Road Tracks -33.7661,151.2212 (GR Parramatta River, 353624)	5 -1	180 m 3 mins	Turn left: From the intersection, this walk follows the H/H walker on the 'Currie Road Track' sign south, along the service trail.

## Summary navigation sheet for the Spit to Lindfield



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
9.15	Int of Bates Creek and Currie Rd tracks -33.7677,151.2213 (GR Parramatta River, 353622)	5 -35	730 m 13 mins	Continue straight: From the intersection, this walk follows the bush track, heading through the dense vegetation.
9.88	Int of Magazine Track and Tipperary Road service trail -33.7703,151.2229 (GR Parramatta River, 354619)	45 -79	1.1 km 27 mins	Continue straight: From the intersection, this walk follows the 'Magazine Track' sign along the wide, flat trail which winds around behind some houses (on the right).
11.03	Back of Magazine Buildings -33.7776,151.2296 (GR Parramatta River, 361611)	44 -53	1.1 km 23 mins	Continue straight: From the open concrete tank, this walk follows the bush track, with the ground sloping up to the right, as it heads down a short rocky hill.
12.08	Int of Magazine and Flat Rock Beach Tracks -33.7828,151.2249 (GR Parramatta River, 357605)	0 -6	30 m 1 mins	Optional sidetrip to Flat Rock Beach. Turn sharp left: From the intersection, this walk follows the narrow bush track heading down the hill to the small beach at the bottom.
12.08	Int of Magazine and Flat Rock Beach Tracks -33.7828,151.2249 (GR Parramatta River, 357605)	36 0	190 m 5 mins	Continue straight: From the intersection, this walk follows the bush track with the ground sloping up to the right, heading up the wooden steps.
12.26	Int of Flat Rock and Magazine Tracks -33.7821,151.2241 (GR Parramatta River, 356606)	86 -116	1.5 km 39 mins	Turn left: From the intersection, this walk follows the 'Flat Rock Track' sign along the bush track heading down the side of the hill, with the ground sloping up to the right.
13.81	Int of Downpatrick Road Servicetrail and Flat Rock Track -33.776,151.2117 (GR Parramatta River, 344612)	32 -41	690 m 16 mins	Continue straight: From the intersection, this walk follows the bush track along the side of the hill, with the ground sloping up to the right as it heads through the bush.
14.49	Int of Davidson Park driveway and Flat Rock Track -33.7733,151.2059 (GR Parramatta River, 339615)	1 -2	70 m 1 mins	Veer right: From the intersection, this walk follows the flat driveway towards the Roseville Bridge, heading under a pipe bridge and coming to the intersection with the driveway to Davidson Park.
14.56	Int of Davidson Park driveway and Warringah Road on-ramp -33.7731,151.2053 (GR Parramatta River, 338616)	107 -69	1.8 km 39 mins	Veer right: From the intersection, this walk follows the road, heading up the hill and crossing under the Roseville Bridge.
16.31	End of Ormonde Road Track -33.7709,151.2009 (GR Parramatta River, 334618)	1 -34	150 m 6 mins	Veer right: From the end of Ormonde Rd, the walk follows the bush track down the gentle hill.
16.46	Int of Two Creeks and Ormonde Road tracks -33.7704,151.2022 (GR Parramatta River, 335619)	46 -46	880 m 20 mins	Turn sharp left: From the intersection, this walk follows the bush track with Middle Harbour Creek down on the right, as the track follows the side of the hill through the bush.
17.34	Int of Two Creeks and Carlyle Road tracks -33.7683,151.1947 (GR Parramatta River, 328621)	106 -72	2 km 43 mins	Turn right: From the intersection, this walk follows the wide bush track opposite the signposted 'Carlyle Road' track, past the stone chair on the left.
19.36	Eastern end of Two Creeks detour -33.7604,151.1899 (GR Parramatta River, 324629)	11 -20	220 m 6 mins	Turn left: From the intersection, this walk follows the bush track heading uphill, steadily climbing up the long gentle hill and up some rock steps.
19.58	Western end of Two Creeks detour -33.7612,151.1887 (GR Parramatta River, 322628)	0 -10	100 m 2 mins	Turn sharp left: From the intersection, this walk follows the bush track, keeping the valley down to the right, as the track continues along the side of the hill for a short while before winding down a steep set of ...
19.68	End of Gordon Creek service trail -33.7613,151.1876 (GR Parramatta River, 322628)	14 -18	280 m 7 mins	Veer right: From the bottom of the steps, this walk follows the service trail (with the ground sloping up to the left) as it continues through the bush for a short while, before coming to a pipe bridge, which extend...
19.96	Int of Gordon Creek Crossing track and servicetrail -33.7608,151.1851 (GR Parramatta River, 319629)	68 -36	1.2 km 25 mins	Continue straight: From the intersection, this walk follows the Two Creeks Track, with the ground sloping up to the left as it heads through the bush.
21.16	Int of tunnel track and Gordon Creek servicetrail -33.768,151.1786 (GR Parramatta River, 313621)	0 -8	50 m 2 mins	Veer right: From the intersection, this walk winds down the bush track and steps through the dense bush.

## Summary navigation sheet for the Spit to Lindfield



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21.21	Gordon Creek waterfall -33.7682,151.1781 (GR Parramatta River, 313621)	2 -5	170 m 3 mins	Continue straight: From the rock platform, this walk passes under Eastern Arterial Rd using the foot path on the left of the tunnel (track not safe to use if covered with water).
21.38	Foot Bridge Intersection -33.769,151.1768 (GR Parramatta River, 312620)	2 -1	40 m 1 mins	Turn right: From the intersection, this walk crosses the foot bridge, veering right and heading up the stone steps.
21.42	Picnic area intersection -33.7693,151.1767 (GR Parramatta River, 312619)	17 0	220 m 5 mins	Continue straight: From the intersection, this walk follows the 'Tryon Road' sign.
21.64	Sandstone Pillar overhang -33.7711,151.177 (GR Parramatta River, 312617)	10 -3	210 m 4 mins	Continue straight: From the sandstone overhang, this walk heads up the stairs, keeping the wide valley to the left.
21.85	Slade Ave (Just north of Tryon Rd) -33.7724,151.1758 (GR Parramatta River, 311616)	35 -2	790 m 14 mins	Turn left: From the intersection, the walk follows Slade Ave to the nearby 'T' intersection with Tryon Road.