

Wallarah Pennisula

Wallarah Penisula, also referred to as the Swansea Pennisula, is surrounded by water and includes the Wallarah National Park. The Wallarah Pennisula stretches from Lake Macquarie in the west to the ocean in the east, from Swansea and Caves Beach in the north to Catherine Hill Bay and Lake Munmorah in the south. Within the Wallarah National Park, there are plenty of things to do, including walking, fishing, swimming and surfing. The coastal views are spectacular, and this is also a good whale watching spot. The Wallarah National Park co-operates with its park neighbours, including Stockland Wallarah Peninsula Pty Ltd, on a wide range of issues relating to the management of the Wallarah Peninsula through a joint management agreement.

Stuart Chalmers Park

Named after a cancer victim, Stuart Chalmers Park is a well established park close to Caves Beach. Stuart Chalmers Park has toilets, car parking, water, sheltered electric barbeques and picnic tables. The park has easy access to Caves Beach, the cafe Acquablu and the Caves Beach SLSC.

Caves Beach SLSC

The Swansea-Caves Beach Surf Life Saving Club, south of Newcastle, was founded in 1929. The SLSC looks after Caves Beach, which runs from this southern end of the beach, for 300m to the northern Swansea (Hams) Beach. A road runs the length of the beach, with car parking along much of it. Though Caves Beach faces the south-east, it is afforded a moderate degree of wave protection by reefs in the centre and north and Spoon Rocks to the south-east. More info.

Caves Beach Lookout

The Cave Beach Lookout, on the southern headland of Caves Beach, is easily accessible via wheelchair from the car park nearby. The lookout offers excellent views over the caves of Caves Beach and also to the north and south. There are is a large stone viewing platform on which to sit and enjoy the views.

Spoon Rocks Beach

Spoon Rocks Beach, south of Caves Beach is a sheltered sandy beach. Spoon Rocks breakwater forms the southern end of the beach and has allowed sedimentation of sand to occur and created this attractive beach. The beach is 300m long, faces north-east and is good for swimming. The Spoon Rocks Beach is worth the walk in to it

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 ejoyable and safer walk. Before setting off on your walk check

- 1) Weather Forecast (**BOM Hunter District**)
- 2) Fire Dangers (Greater Hunter, unknown)
- 3) Park Alerts ()
- 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:

Take adequate supplies of food, water, navigation and first aid equipment.

Register your planned route and tell friends and family when you expect to return.

Emergency beacon (PLB's) should be carried on walks with significant gaps in mobile coverage (check terrain profile).

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:

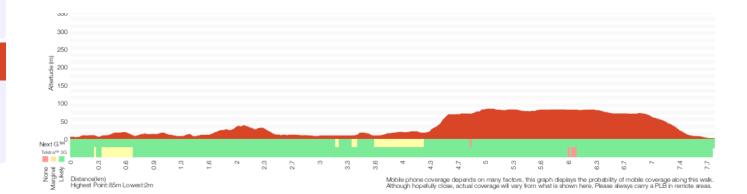
1:25 000 Map Series:92314S CATHERINE HILL BAY, 92314N SWANSEA

1:100 000 Map Series:9231 LAKE MACQUARIE

Grade

This walk has been graded using the AS 2156.1-2001. The overall grade of the walk is dertermined by the highest classification along the whole track.

4	Grade 4/6 Hard track				
Length	7.8 km One way				
Time	2 hrs 45 mins				
Quality of track	Formed track, with some branches and other obstacles (3/6)				
Signs	Minimal directional signs (4/6)				
Experience Required	Some bushwalking experience recommended (3/6)				
Weather	Weather generally has little impact on safety (1/6)				
Infrastructure	Limited facilities (such as cliffs not fenced, significant creeks not bridged) (4/6)				



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 walks 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 Cafe Acquablu on Caves Beach (gps: -33.1102, 151.6463) by car or bus. Car: There is free parking available.

You can get back from Murrays Beach Jetty (gps: -33.1137, 151.614) by car or bus. Car: There is free parking available.

Find up to date and more information inlcuding; travel directions, weather, park closures and walker feedback at http://wild.tl/wpw

0 | Wallarah Pennisula

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0 | Cafe Acquablu on Caves Beach

(90 m 2 mins) From Cafe Acquablu, this walk leaves the concrete footpath and enters Caves Beach, turning to the right. This walk then follows the sandy beach, keeping the ocean on your left, and after about 80m, crosses a small creek and comes to the bottom of timber steps.

0.09 | Bottom of timber steps on Caves Beach

(160 m 3 mins) Continue straight: From the bottom of the timber steps on Caves Beach, this walk follows the steps up, leaving the beach behind. This walk continues for about 50m up the concrete and timber steps, until coming to a four-way intersection (with uphill concrete steps directly ahead).

Turn left: From the intersection, this walk follows the footpath gently uphill, while keeping the downhill concrete steps and beach on your left. This walk continues for about 60m until coming to a three-way intersection with a concrete footpath on the right.

Veer left: From the intersection, this walk follows the footpath gently

downhill, while keeping the ocean on your left. This walk continues for about 50m, undulating gently through coastal vegetation and crossing over a timber footbridge, until coming to the circular concrete structure of Caves Beach Lookout.

0.25 | Caves Beach Lookout

The Cave Beach Lookout, on the southern headland of Caves Beach, is easily accessible via wheelchair from the car park nearby. The lookout offers excellent views over the caves of Caves Beach and also to the north and south. There are is a large stone viewing platform on which to sit and enjoy the views.

0.25 | Caves Beach Lookout

(910 m 17 mins) Turn sharp right: From Caves Beach Lookout, this walk follows the gravel and grass track gently uphill, while keeping the ocean on your left. This walk continues, undulating gently through coastal vegetation for about 300m, until coming to Caves Beach Road.

Turn left: From the intersection, this walk follows the track beside Caves Beach Road gently downhill, while keeping the ocean on your left. This walk continues for about 110m, to find the track gently uphill and moving away from Caves Beach Road. Then the walk continues for about 100m and passes between a metal posted fence. This walk continues for about 400m, undulating through coastal vegetation with views on the left, until passing over a timber footbridge and coming to a three-way intersection with a concrete footpath on the right.

1.16 | Int of Coastal Walk & Seacliff track

(280 m 5 mins) Veer left: From the intersection, this walk follows the bitumen track gently downhill, while keeping the concrete footpath on your right. This walk continues for about 120m through coastal vegetation with views of Spoon's Rocks on the left, to pass through metal posts and onto a sandy track. Then the walk continues for about 160m, until climbing gently up to the land end of Spoon Rocks Spit.

1.44 | Spoon Rocks Beach

Spoon Rocks Beach, south of Caves Beach is a sheltered sandy beach. Spoon Rocks breakwater forms the southern end of the beach and has allowed sedimentation of sand to occur and created this attractive beach. The beach is 300m long, faces north-east and is good for swimming. The Spoon Rocks Beach is worth the walk in to it.

1.44 | Optional sidetrip to End of Spoon Rocks Spit

(470 m $\bar{8}$ mins) Turn left: From the intersection, this walk follows the rocky Spoon Rocks Spit out to its end, while moving directly away from the main coastline. This walk continues to follow the rocky spit (initially keeping to the Spoon Rocks Beach side of the spit) for about 500m, until coming to the end of Spoon Rocks Spit. This track is rocky and exposed to the ocean. At the end of this side trip, retrace your steps back to the main walk then Continue straight.

1.44 | Spoon Rocks Spit

Spoon Rocks Spit is a wide breakwater extending 500m out into the ocean. This breakwater was originally designed as a coal loading facility to offload coal mined from the nearby Wallarah seam. The rocks were cut from the cliff face below the spit. Over time, the force of the ocean waves have breached the breakwater. Sedimentation from these ocean forces has established a safe and protected swimming and beach area to the north of the spit.

1.44 | Int of Coastal Walk & Spoon Rocks Track

(340 m 7 mins) Turn right: From the intersection, this walk follows the track gently uphill, while leaving Spoon Rocks Spit and the ocean on your left.

This walk continues for about 400m (ignoring side tracks) through coastal vegetation and becoming moderately steep uphill, until coming to a three-way intersection with a bridged track and 'Wallarah Peninsula Coastal Walk' sign on the left.

1.78 | Int of Coastal Walk AND Quarries Track

(990 m 21 mins) Turn left: From the intersection, this walk crosses a footbridge and follows the moderately steep uphill track, while passing the 'Wallarah Peninsula Coastal Walk' sign on your left. This walk continues for about 140m, then climbs up timber steps to a viewing spot over Spoon Rocks Spit. Then the walk continues for about 20m, to a three-way intersection. This walk turns left, following the arrow marker on a timber post. Then this walk continues for about 400m, as the track undulates gently downhill with views and a metal fence on your left, to pass through a timber fenced opening. The walk then continues moderately steeply downhill, initially with a timber fence on your right for about 80m to find blank information signs at Split Rocks Headland. The walk continues gently downhill for about 300m, with a short section of timber boardwalk and views of Pinney's Beach, until coming to a timber viewing platform and Pinney's Lookout.

2.78 | Pinneys Lookout

Pinney's Lookout overlooks the northern side of Pinney's Beach on the Wallarah Peninsula. From this timber platform, the whole of Pinney's Beach can be seen, including Pinney's Headland to the south. Some of the timber on this lookout was missing when visited, so take care.

2.78 | Pinneys Viewpoint

(180 m 3 mins) Continue straight: From Pinney's Viewpoint, this walk follows the track gently downhill, while keeping Pinney's Beach on your left. This walk continues for about 70m, including one section of timber boardwalk, until coming to a T-intersection with a narrow management trail and blank sign on the right.

Turn left: From the intersection, this walk follows Pinneys Trail gently downhill, while keeping the track with a blank sign on your left. This walk continues for about 100m through coastal vegetation, until crossing Pinney's Creek via a timber footbridge and coming to a three-way intersection, with Pinney's Beach on the left.

2.96 | Pinneys Beach

Pinney's Beach is a good beach for fishing, surfing and swimming. This beach is accessible on foot, via the coastal walk. This beach is not patrolled and rock platforms can be dangerous, even when the seas appear calm. Personal fishing is permitted off all the coast in Wallarah National Park, although a licence is needed. A midden (dated to about 1200 years old), with about 20 stone artefacts, was discovered here in the 1960s, but unfortunately 4WD vehicles have caused erosion to this site. More info.

2.96 | Int of Coastal Walk AND Pinneys Beach

(320 m 5 mins) Turn right: From the intersection, this walk follows the trail gently uphill, while leaving the bridge and creek on your right. This walk continues for about 160m, passing around a locked gate. Then this walk continues through coastal bush for about 150m, until coming to a three-way intersection, with a 'Coastal Walk' sign.

3.28 | Optional sidetrip to Int of Coastal Track & Pinney

(850 m 17 mins) Turn left: From the intersection, this walk follows the 'Coastal Walk' sign gently uphill. This walk continues moderately steeply uphill for about 400m, and comes to a three-way intersection. Then this walk tends left, following an arrow marker on a timber post, and after about 40m, comes to a three-way intersection. This walk tends left, following an arrow marker on a timber post, for about 80m, coming to a three-way intersection

with the gently downhill Shark Bay trail on the right.

Continue straight: From the intersection, this walk follows the trail gently downhill to the left, while keeping the gently downhill Sharks Bay trail on your right. This walk continues, undulating gently for about 110m, until coming to a three-way intersection, with a arrow marker on the left.

Veer left: From the intersection, this walk turns left on the trail and follows the timber arrow marker gently downhill. This walk continues, undulating gently for about 180m, until coming to a timber fence and Pinney's Lookout on the left (just as the trail turns right). At the end of this side trip, retrace your steps back to the main walk then Veer left.

3.28 | Pinney's Headland Lookout

There are magnificent vistas from Pinney's Headland Lookout, particularly to the north. The headland is accessed on foot via the Wallarah Peninsula coastal walk, and the headland itself has a loop walking trail on it. At the southernmost point of this walking loop, there are unfenced rock platforms forming the ocean shoreline - take care. More info.

3.28 | Int of Coastal Walk & Wallarah Walk

(540 m 10 mins) Veer right: From the intersection, this walk follows the unsignposted trail gently downhill towards the creek bed. This walk continues for about 35m, to cross the gravelly creek bed. Then this walk continues gently uphill through native bush for about 180m, until coming to a level three-way intersection, with a trail and timber arrow marker indicating a right turn.

Turn right: From the intersection, this walk follows the timber arrow marker and trail gently uphill. This walk continues, undulating for about 160m, to cross a rocky creek with a 'Wallarah National Park' sign on the right. Then this walk continues gently uphill (ignoring side trails) for about 140m, until coming to a three-way intersection, with a timber arrow sign pointing left.

3.82 | Int of Wallarah Walk & Heath Track

(1.1 km 24 mins) Turn left: From the intersection, this walk follows the timber arrow post north on the gently uphill trail. This walk continues, undulating through open heath vegetation and passing timber arrow markers for about 280m, until coming to a T-intersection, with a timber arrow marker indicating a left turn.

Turn left: From the intersection, this walk follows the trail gently uphill, while following the timber arrow marker. This walk continues, ignoring side trails, and crosses a creek amongst palm trees after about 150m. Then the walk continues moderately steeply uphill on an eroded trail through native bush for about 700m (becoming gentle uphill), until coming to a three-way intersection, with a track on the left and timber steps on the right (passing a 'Wallarah National Park' sign on the right).

4.96 | Int of Wallarah Walk & Ridge Track

(190 m 4 mins) Continue straight: From the intersection, this walk follows the track between large rocks and up the timber steps, while walking directly away from the 'Wallarah National Park' sign. This walk continues for about 35m, passing between metal posts at the top, until coming to the sealed and level road, Scenic Drive (with a 'Points of Interest' sign on the left).

Turn left: From the intersection, this walk follows the road gently uphill, while keeping the 'Points of Interest' sign on your left. This walk continues with overhead power lines on your left for about 160m, until coming to a large disused section of bitumen road at a three-way intersection.

5.14 | Int of Wallarah Walk & Old Pacific Hwy

(440 m 7 mins) Turn left: From the intersection, this walk follows the road west, underneath power lines and towards a three-way intersection with a locked metal gate on the left. This walk continues for about 70m, coming to a three-way intersection with a trail and locked metal gate on the left. This

walk turns left and passes around the locked metal gate. Then this walk continues gently downhill along the sealed old Pacific Hwy (ignoring a trail on the left) for about 400m, until coming to a three-way intersection, with a track on the right.

5.58 | Int of Old Pacific Hwy & Bridge Track

(460 m 7 mins) Turn right: From the intersection, this walk follows the track gently uphill and towards the timber barrier, while leaving the old Pacific Hwy directly behind. This walk continues for about 20m, to pass around the timber barrier. Then this walk crosses the metal bridge (and Pacific Hwy) and after about 100m passes around a timber barrier, until coming to a three-way intersection with a gravel trail.

Veer right: From the intersection, this walk follows the trail west, while keeping the bridge on your right. This walk continues, undulating gently through native bush for about 300m, until coming to a three-way intersection, with a timber arrow marker indicating a right turn.

6.04 | Int of Murrays Trail & Raffertys Track

(780 m 13 mins) Turn right: From the intersection, this walk follows the timber arrow marker north on the gently uphill trail. This walk continues through native bush (ignoring side trails) for about 300m, to come to a three-way intersection with yellow metal safety postss and track on the left. Then this walk turns right, down the moderately steep trail (becoming gently downhill) for about 400m, to find a large green water tank. This walk then continues for about 90m, passing the water tank initially on your left, until crossing Jetty Point Drive and coming to a three-way intersection with a concrete footpath and timber arrow marker indicating a left turn.

6.82 | Int of Murrays Trail & Jetty Point Drive

(790 m 15 mins) Turn left: From the intersection, this walk follows the footpath and timber arrow marker gently downhill, while keeping Jetty Point Drive on your left. This walk continues for about 400m, with views on the right at one stage, then crosses Lake Ridge Lane. Then this walk continues on the footpath, with Jetty Point Drive on your left and amongst new houses, for about 240m, to find Stockland Murrays Beach Reserve. Then this walk crosses the reserve and, after about 110m, comes to a four-way intersection with Jetty Point Drive and a gravel footpath and 'The Lake House Cafe' sign ahead.

7.6 | Optional sidetrip to The Lake House Cafe

(50 m 1 mins) Turn left: From the intersection, this walk follows Jetty Point Drive, keeping the 'The Lake House Cafe' sign on your right. After about 25m, the walk turns right into The Lake House Cafe. At the end of this side trip, retrace your steps back to the main walk then Turn left.

7.6 | The Lake House Cafe (Murrays Beach)

The Lake House Cafe at Murrays Beach offers an award winning dining experience with excellent views out across Murrays Beach and Lake Macquarie. The Lake House Cafe is open 7 days (7am – 4pm) for breakfast and lunch. It is also open for dinner on Fridays and Saturdays from 6pm. The Cafe is open every day, except Christmas Day. The Lake House Cafe is located at 11 Shoreside Row, Caves Beach NSW 2281, Australia. Phone +61 2 4971 1745. More info.

7.6 | Int of Jetty Point Drive & Shoreside Row

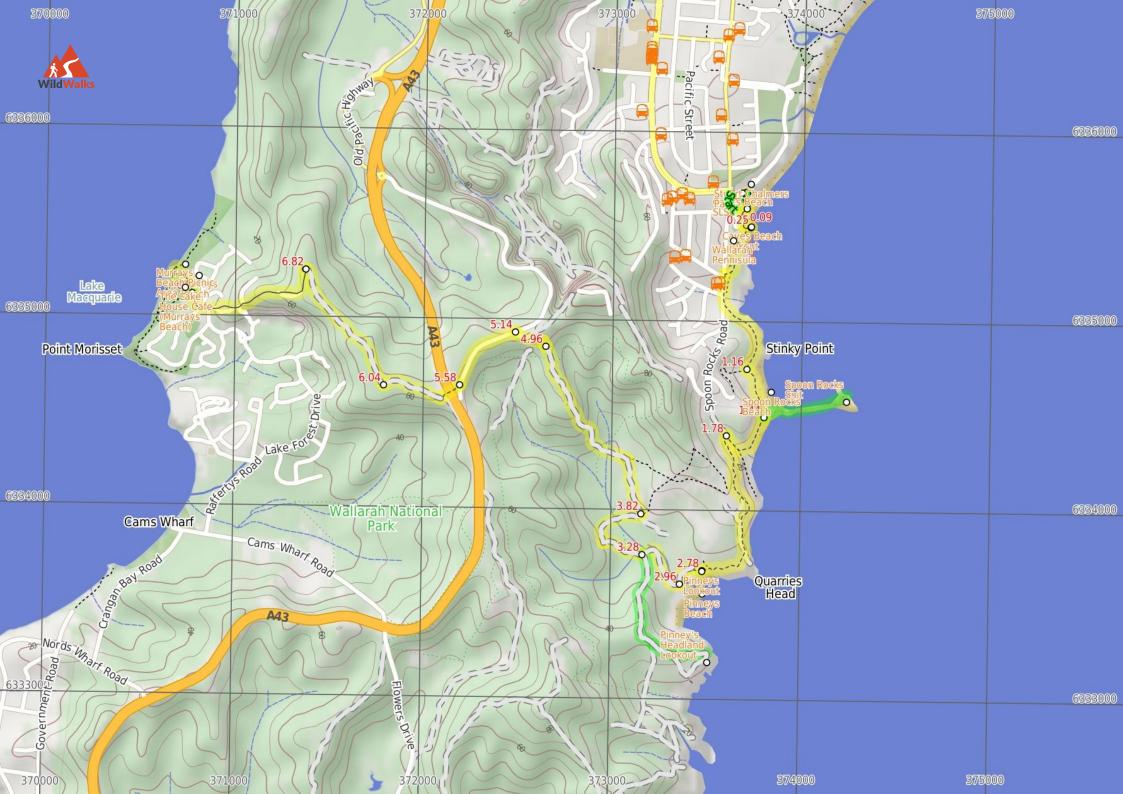
(210 m 3 mins) Continue straight: From the intersection, this walk follows the gravel footpath and 'the Lake House Cafe' sign gently downhill through open native trees and towards Lake Macquarie. This walk continues for about 180m, down timber steps and through open lawn areas with numerous footpaths, keeping the Lake House Cafe on your left, until coming to the public Murrays Beach jetty on Lake Macquarie.

7.81 | Murrays Beach Picnic Area

The Murrays Beach Picnic Area on the shores of Lake Macquarie provide a picturesque spot for picnics with family and friends. There are well maintained grasslands amongst open forest with a public jetty, a kiosk, a toilet, water, a children's playground and picnic tables. The kiosk is open 11am till 4pm on weekends, otherwise the Lake House Cafe can be used. Excellent easy walks are available to the north and south along the lake foreshore. More info.

7.81 | Murrays Beach

Murrays Beach is an idyllic residential development. Recently developed with the environment as a core philosophy, the developer, Stockland Murray Beach was awarded the Residential Lifestyle Development of the Year, 2008, by the HIA. Murrays Beach has a vibrant village green, jetty, kiosk, foreshore picnic area, children's playground, barbeque's and bush walking trails. With its magnificent natural setting and tasteful facilities a trip to Murrays Beach is well worth a visit. More info.



Summary navigation sheet for the Wallarah Pennisula Walk

	<u> </u>	summary na	vigation	sneet for the Waliaran Pennisula Walk
km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail) WildWalks
0.00	Cafe Acquablu on Caves Beach -33.1102,151.6463 (GR Swansea, 737357)	1 -2	90 m 2 mins	From Cafe Acquablu, this walk leaves the concrete footpath and enters Caves Beach, turning to the right.
0.09	Bottom of timber steps on Caves Beach -33.111,151.6463 (GR Swansea, 737356)	6 -6	160 m 3 mins	Continue straight: From the bottom of the timber steps on Caves Beach, this walk follows the steps up, leaving the beach behind.
0.25	Caves Beach Lookout -33.1119,151.6466 (GR Swansea, 737355)	27 -22	910 m 17 mins	Turn sharp right: From Caves Beach Lookout, this walk follows the gravel and grass track gently uphill, while keeping the ocean on your left.
1.16	Int of Coastal Walk & Seacliff track -33.1186,151.6463 (GR Swansea, 737347)	6 -10	280 m 5 mins	Veer left: From the intersection, this walk follows the bitumen track gently downhill, while keeping the concrete footpath on your right.
1.44	Int of Coastal Walk & Spoon Rocks Track -33.1209,151.6473 (GR Swansea, 738345)	2 -8	470 m 8 mins	Optional sidetrip to End of Spoon Rocks Spit. Turn left: From the intersection, this walk follows the rocky Spoon Rocks Spit out to its end, while moving directly away from the main coastline.
1.44	Int of Coastal Walk & Spoon Rocks Track -33.1209,151.6473 (GR Swansea, 738345)	20 -3	340 m 7 mins	Turn right: From the intersection, this walk follows the track gently uphill, while leaving Spoon Rocks Spit and the ocean on your left.
1.78	Int of Coastal Walk AND Quarries Track -33.1218,151.6452 (GR Swansea, 736344)	36 -49	990 m 21 mins	Turn left: From the intersection, this walk crosses a footbridge and follows the moderately steep uphill track, while passing the 'Wallarah Peninsula Coastal Walk' sign on your left.
2.78	Pinneys Viewpoint -33.1282,151.6438 (GR Catherine Hill Bay, 735337)	0 -3	180 m 3 mins	Continue straight: From Pinney's Viewpoint, this walk follows the track gently downhill, while keeping Pinney's Beach on your left.
2.96	Int of Coastal Walk AND Pinneys Beach -33.1289,151.6425 (GR Catherine Hill Bay, 734336)	1 0	320 m 5 mins	Turn right: From the intersection, this walk follows the trail gently uphill, while leaving the bridge and creek on your right.
3.28	Int of Coastal Walk & Wallarah Walk -33.1275,151.6404 (GR Catherine Hill Bay, 732338)	34 -21	850 m 17 mins	Optional sidetrip to Int of Coastal Track & Pinneys Lookout. Turn left: From the intersection, this walk follows the 'Coastal Walk' sign gently uphill.
3.28	Int of Coastal Walk & Wallarah Walk -33.1275,151.6404 (GR Catherine Hill Bay, 732338)	15 -8	540 m 10 mins	Veer right: From the intersection, this walk follows the unsignposted trail gently downhill towards the creek bed.
3.82	Int of Wallarah Walk & Heath Track -33.1255,151.6403 (GR Catherine Hill Bay, 732340)	72 -11	1.1 km 24 mins	Turn left: From the intersection, this walk follows the timber arrow post north on the gently uphill trail.
4.96	Int of Wallarah Walk & Ridge Track -33.1175,151.6349 (GR Swansea, 726349)	8 -4	190 m 4 mins	Continue straight: From the intersection, this walk follows the track between large rocks and up the timber steps, while walking directly away from the 'Wallarah National Park' sign.
5.14	Int of Wallarah Walk & Old Pacific Hwy -33.1168,151.6332 (GR Swansea, 725349)	3 -7	440 m 7 mins	Turn left: From the intersection, this walk follows the road west, underneath power lines and towards a three-way intersection with a locked metal gate on the left.
5.58	Int of Old Pacific Hwy & Bridge Track -33.1193,151.63 (GR Swansea, 722346)	5 -1	460 m 7 mins	Turn right: From the intersection, this walk follows the track gently uphill and towards the timber barrier, while leaving the old Pacific Hwy directly behind.
6.04	Int of Murrays Trail & Raffertys Track -33.1193,151.6257 (GR Swansea, 718346)	3 -14	780 m 13 mins	Turn right: From the intersection, this walk follows the timber arrow marker north on the gently uphill trail.
6.82	Int of Murrays Trail & Jetty Point Drive -33.1138,151.6213 (GR Swansea, 714352)	1 -64	790 m 15 mins	Turn left: From the intersection, this walk follows the footpath and timber arrow marker gently downhill, while keeping Jetty Point Drive on your left.

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km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail) WildWalks
7.60	Int of Jetty Point Drive & Shoreside Row -33.1149,151.6149 (GR Swansea, 708351)	0 -2	50 m 1 mins	Optional sidetrip to The Lake House Cafe. Turn left: From the intersection, this walk follows Jetty Point Drive, keeping the 'The Lake House Cafe' sign on your right.
7.60	Int of Jetty Point Drive & Shoreside Row -33.1149,151.6149 (GR Swansea, 708351)	0 -6	210 m 3 mins	Continue straight: From the intersection, this walk follows the gravel footpath and 'the Lake House Cafe' sign gently downhill through open native trees and towards Lake Macquarie.