





# The Cascades Track (St Ives to Davidson)

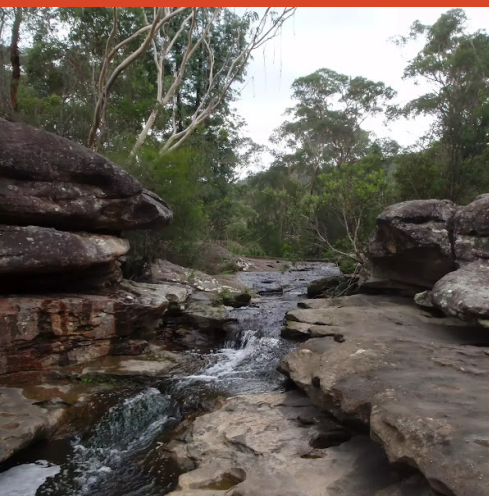
(Darug Country)

 1 h 15 min to 1 h 30 min

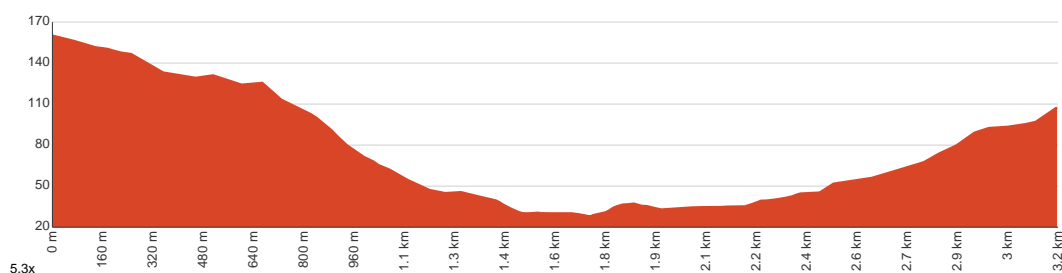
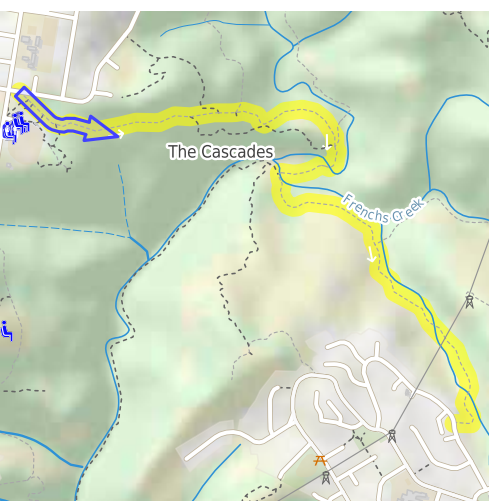
  
3.2 km  
One way

  
↑ 88 m  
↓ 141 m

  
Moderate track



This walk explores a section of Garigal National Park from St Ives following service trails through the forest and into the valley. The cascades, from which this track derives its name, are at the junction of Middle Harbour and Frenchs creeks. After taking time to explore the rock platform, this walk continues along service trail to Stone Pde, Davidson. Let us begin by acknowledging the Darug people, Traditional Custodians of the land on which we travel today, and pay our respects to their Elders past and present.

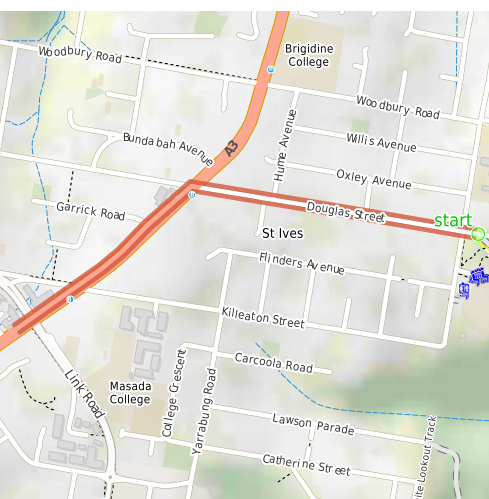


**Class 3 of 6**  
Formed track, with some branches and other obstacles

Quality of track	Clear and well formed track or trail (2/6)
Gradient	Short steep hills (3/6)
Signage	Directional signs along the way (3/6)
Infrastructure	Limited facilities, not all cliffs are fenced (3/6)
Experience Required	No experience required (1/6)
Weather	Weather generally has little impact on safety (1/6)

**Getting to the start:** From Mona Vale Road, A3

- Turn on to Douglas Street then drive for 800 m



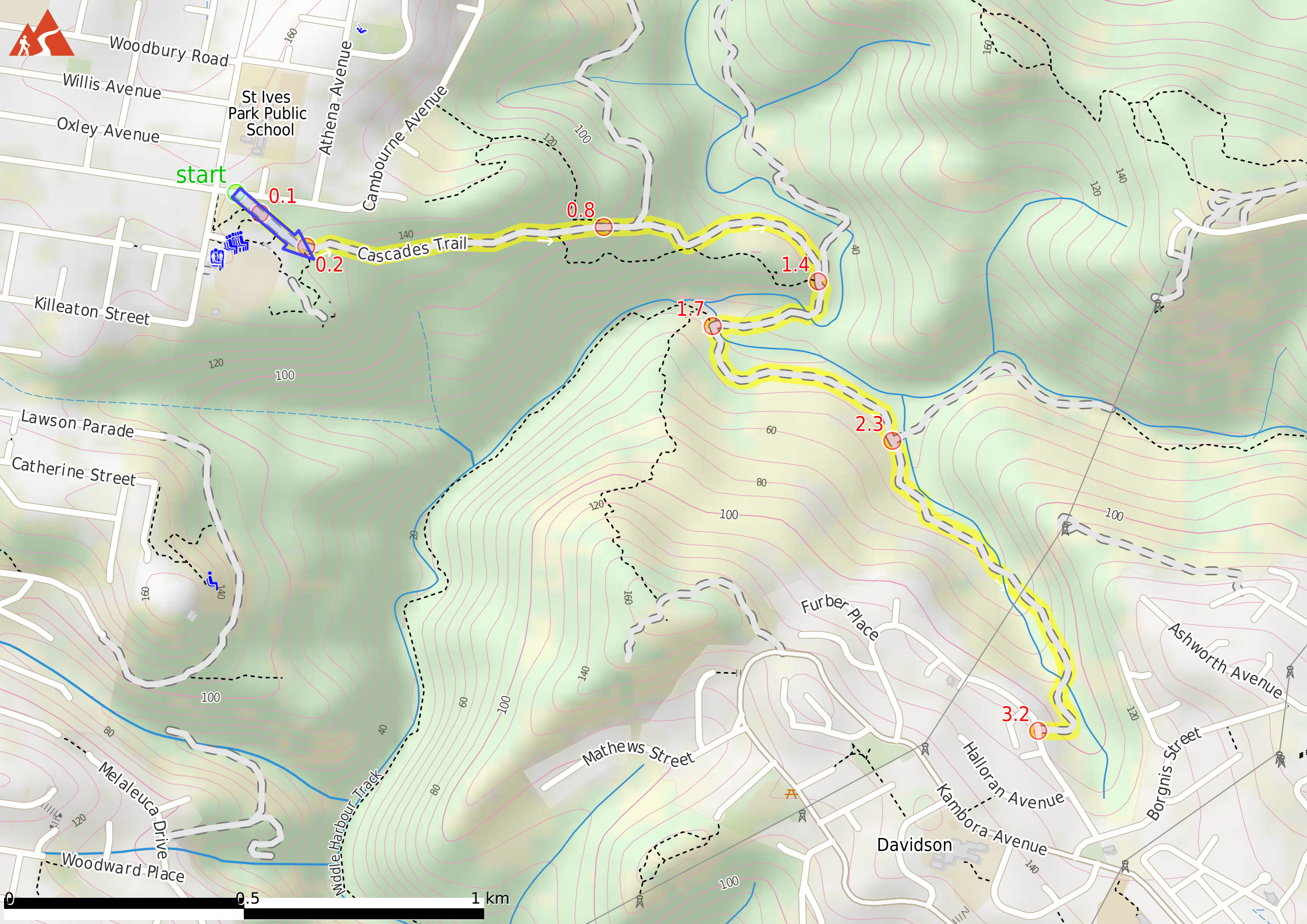
## Before you start any journey ensure you;

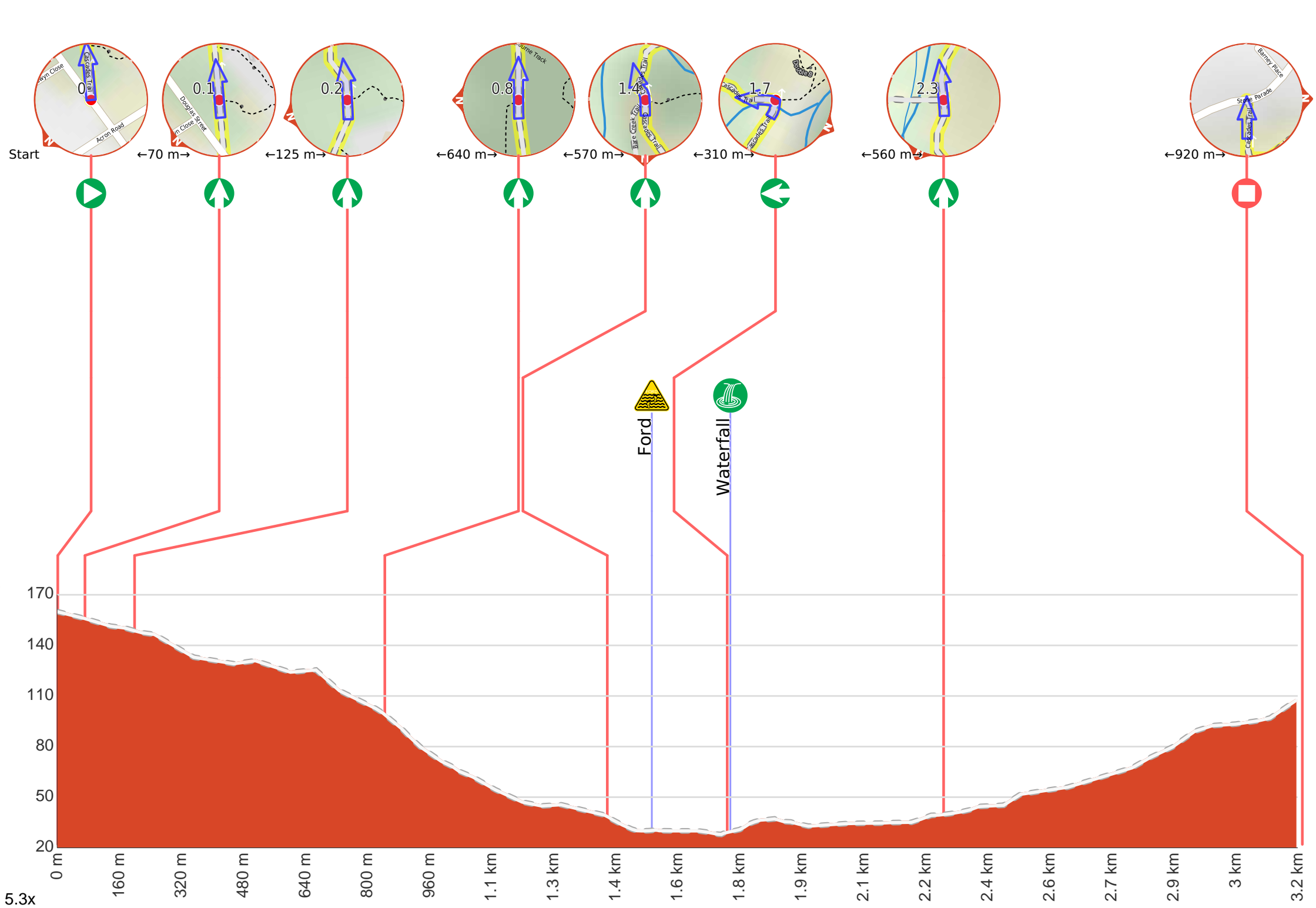
- Tell someone you trust where you are going and what to do if you are late returning
- Have adequate equipment, supplies, skills & knowledge to undertake this journey safely
- Consider weather forecasts, park/track closures & fire dangers
- Can respond to emergencies & call for help at any point
- Are healthy and fit enough for this journey

If not, change plans and stay safe. It is okay to delay and ask people for help.

Share  
[Bushwalk.com](https://bushwalk.com/i/2JJNLZ)  
[i/2JJNLZ](https://bushwalk.com/i/2JJNLZ)





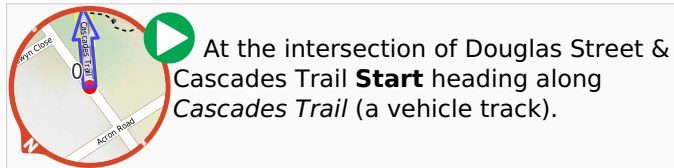




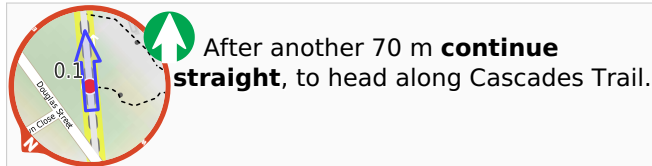
**Getting started:** From Douglas Street, this walk follows the management trail through the National Park gate marked with 'The Cascades Track' sign. The walk heads down the hill briefly until coming to a four-way intersection with a bush track (heading towards the large soccer oval to the right).

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.

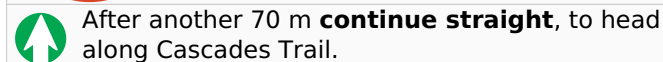
From the intersection, this walk follows the management trail down the hill, with the ground sloping up to the left. Soon, it comes to a 'Y' intersection with another management trail at the 'Upper Cambourne Track' sign.



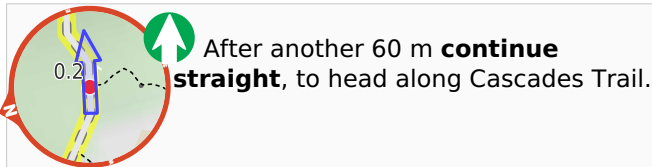
At the intersection of Douglas Street & Cascades Trail **Start** heading along *Cascades Trail* (a vehicle track).



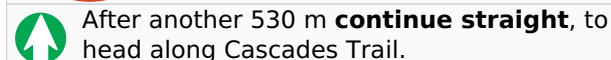
After another 70 m **continue straight**, to head along Cascades Trail.



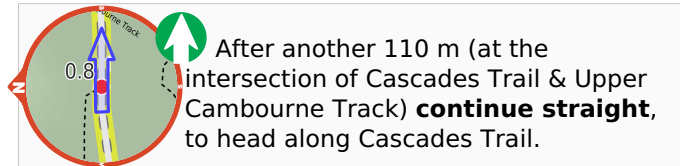
After another 70 m **continue straight**, to head along Cascades Trail.



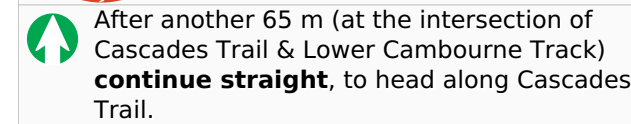
After another 60 m **continue straight**, to head along Cascades Trail.



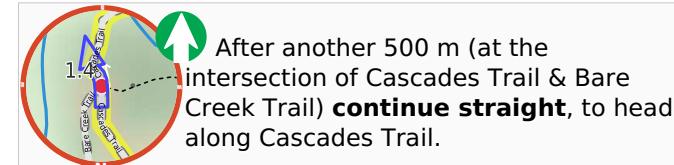
After another 530 m **continue straight**, to head along Cascades Trail.



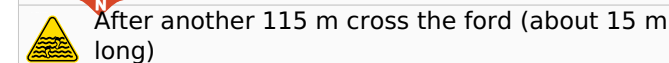
After another 110 m (at the intersection of Cascades Trail & Upper Cambourne Track) **continue straight**, to head along Cascades Trail.



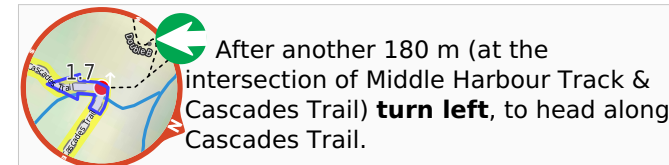
After another 65 m (at the intersection of Cascades Trail & Lower Cambourne Track) **continue straight**, to head along Cascades Trail.



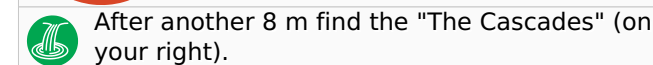
After another 500 m (at the intersection of Cascades Trail & Bare Creek Trail) **continue straight**, to head along Cascades Trail.



After another 115 m cross the ford (about 15 m long)



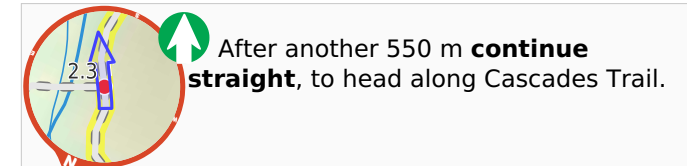
After another 180 m (at the intersection of Middle Harbour Track & Cascades Trail) **turn left**, to head along Cascades Trail.



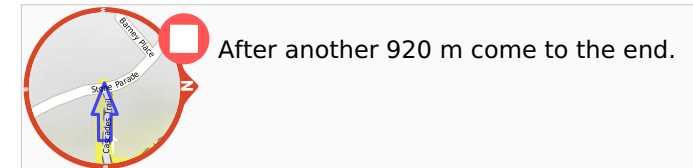
After another 8 m find the "The Cascades" (on your right).



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.



After another 550 m **continue straight**, to head along Cascades Trail.



After another 920 m come to the end.