



The Cambourne Loop

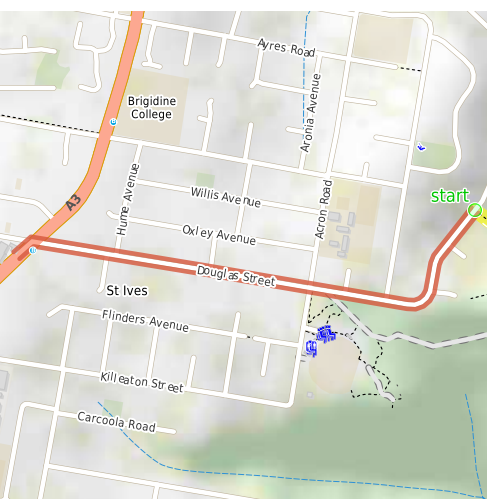
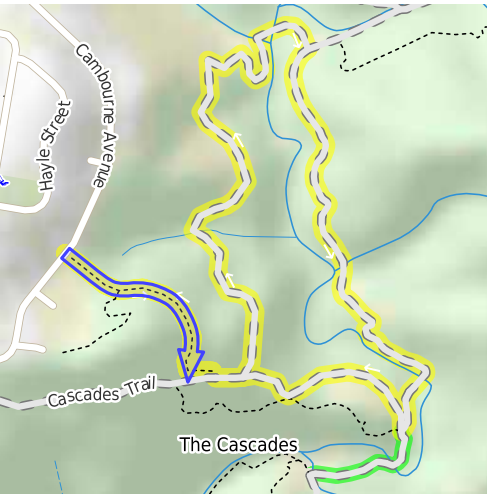
(Guringai Country)

1 h 45 min to 2 h

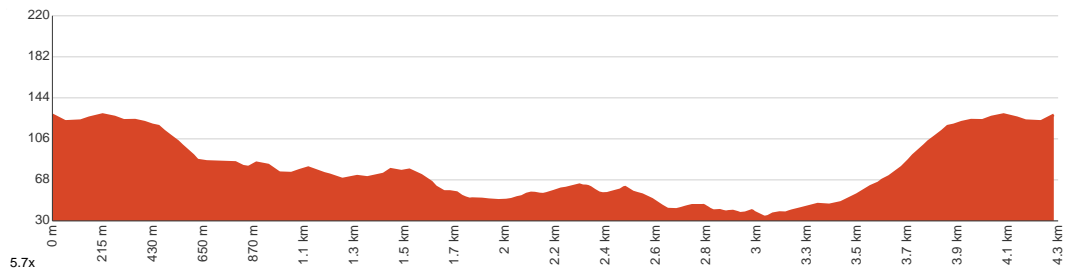
4.3 km
Circuit

↑ 159 m
↓ 159 m

3
Moderate track



This pleasant walk starts in the outskirts of St Ives and follows several tracks to explore a section of the Garigal National Park. The walk follows the Upper Cambourne Track down into Garigal National Park, then the Lower Cambourne Track into the valley, and the Bare Creek Track, through the forest. The walk then follows the Cascades Track to climb out of the valley. There is an optional side trip to the Cascades. Let us begin by acknowledging the Guringai 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	Formed track, with some branches and other obstacles (3/6)
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	Some bushwalking experience recommended (3/6)
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 1.4 km

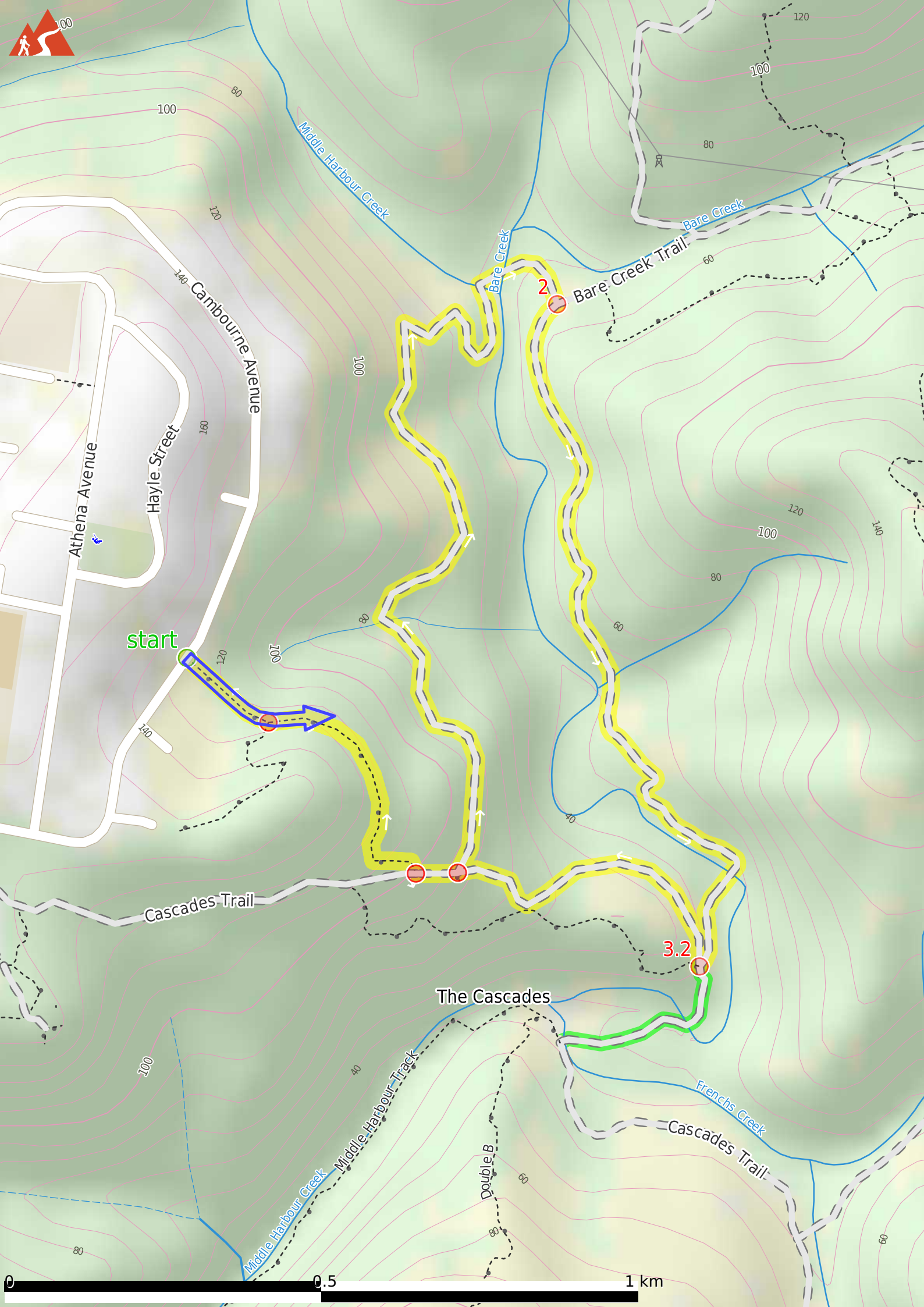
Before you start any journey ensure you;

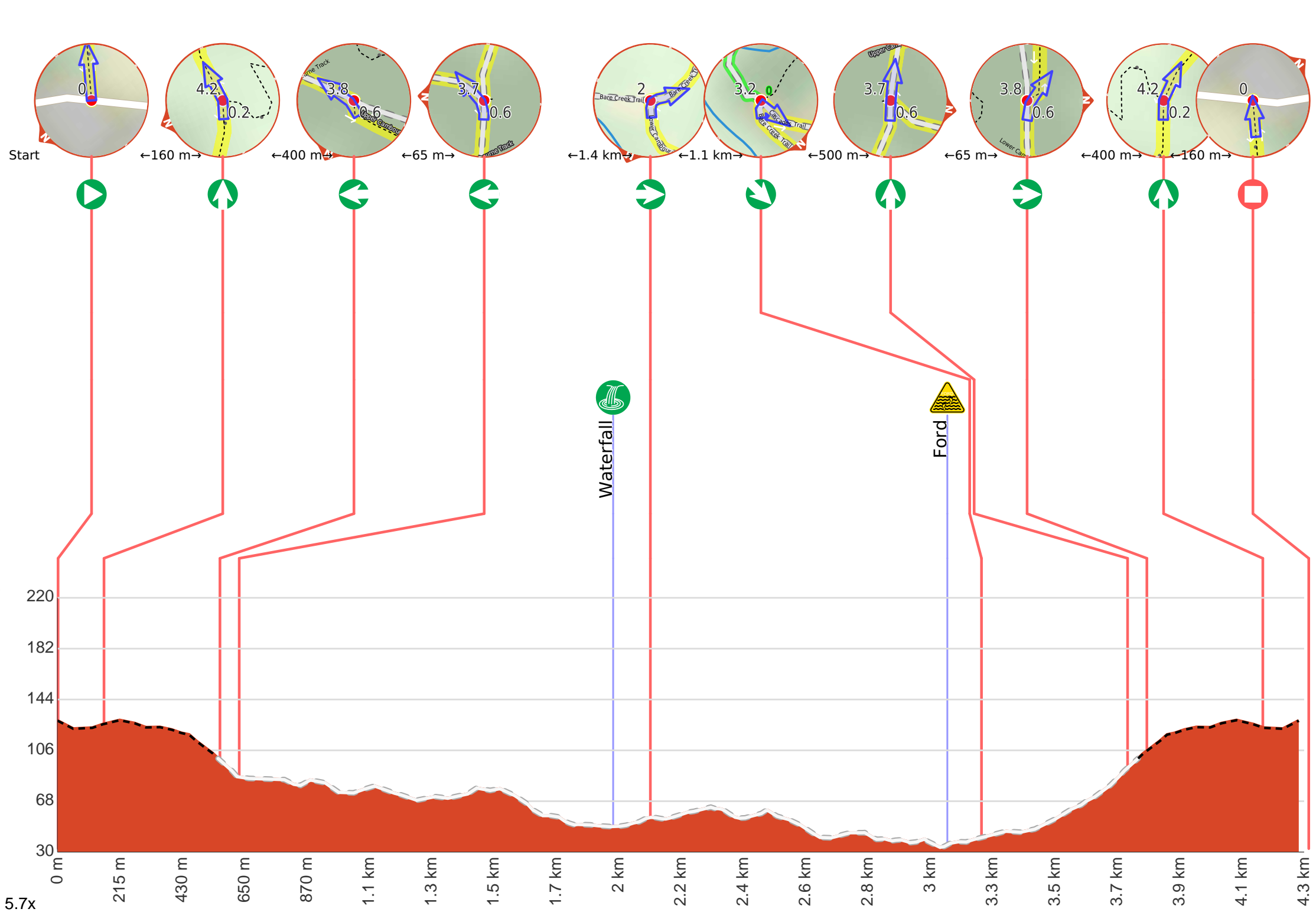
- Tell someone you trust where you are going and what to do if you are late returning
- Have adequate equipment, supplies, skills & knowledge to undertake this journey safely
- Consider weather forecasts, park/track closures & fire dangers
- Can respond to emergencies & call for help at any point
- Are 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/ij/C7QWRE)
[ij/C7QWRE](https://bushwalk.com/ij/C7QWRE)

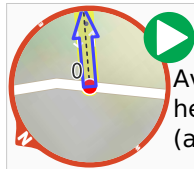




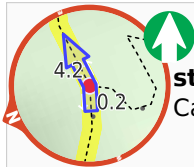


Getting started: From the intersection, the walk follows the 'Upper Cambourne Track' arrow through the metal gate and along the management trail. After crossing the creek, the walk continues up and along to the intersection with the Douglass Street East service trail (at the track marker).

From the intersection, the walk follows the service trail along the side of the hill with the ground sloping up to the right. The trail then zigzags all the way down to the intersection with the Cascades service trail, marked with an 'Upper Cambourne Track' sign.



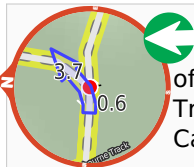
At the intersection of Cambourne Avenue & Upper Cambourne Track **Start** heading along *Upper Cambourne Track* (a walking track).



After another 160 m **continue straight**, to head along Upper Cambourne Track.



After another 400 m (at the intersection of Cascades Trail & Upper Cambourne Track) **turn left**, to head along Cascades Trail (a vehicle track).



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



After another 1.3 km find the "Lower Cambourne waterhole" (25 m on your right).



This unnamed waterhole and cascade is on Middle Harbour Creek, just below its junction with Bare Creek in Garigal National Park. The waterhole accessed by a short track from the Lower Cambourne track. There is a large rock platform, and a waterhole with a small waterfall flowing into it. This can be a great spot to relax and enjoy the local area, if you sit quietly enough you may see a Water Dragon.

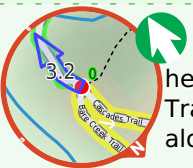


After another 130 m (at the intersection of Bare Creek Trail & Lower Cambourne Track) **turn right**, to head along Bare Creek Trail.



After another 1 km cross the ford (about 15 m long)

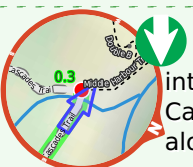
Start of an optional side trip: An optional side trip to The Cascades.



To start this optional side trip veer left here. at the intersection of Cascades Trail & Bare Creek Trail **Start** heading along *Cascades Trail* (a vehicle track).



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



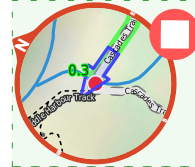
After another 180 m (at the intersection of Middle Harbour Track & Cascades Trail) **turn around**, to head along Cascades Trail.



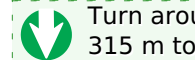
After another 6 m come to "The Cascades".



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.



The end.



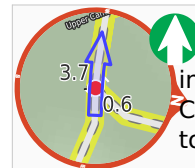
Turn around and retrace your steps back the 315 m to the main route.



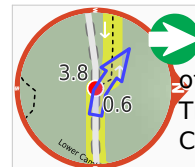
Back at the main route continue straight and follow on from the 3.2 km waypoint.



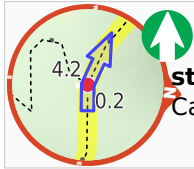
After another 105 m (at the intersection of Cascades Trail & Bare Creek Trail) **turn sharp right**, to head along Cascades Trail.



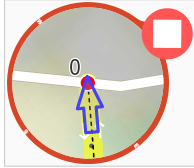
After another 500 m (at the intersection of Cascades Trail & Lower Cambourne Track) **continue straight**, to head along Cascades Trail.



After another 65 m (at the intersection of Cascades Trail & Upper Cambourne Track) **turn right**, to head along Upper Cambourne Track (a walking track).



After another 400 m **continue straight**, to head along Upper Cambourne Track.



After another 160 m come to the end.