



# Strickland Falls and Cabbage Tree Loop

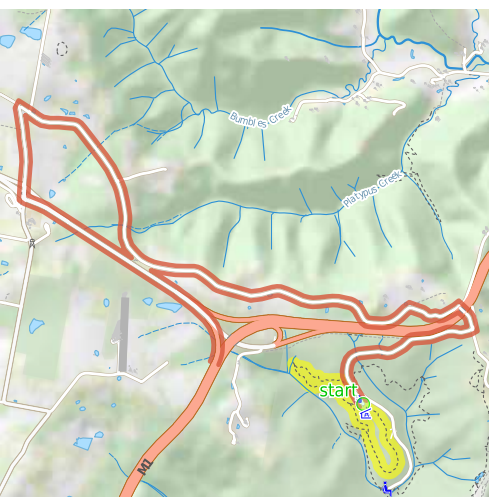
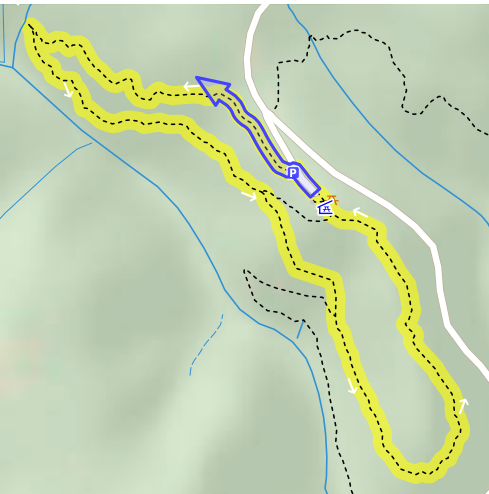
(Darkinjung & Guringai Country)

 1 h 30 min to 3 h

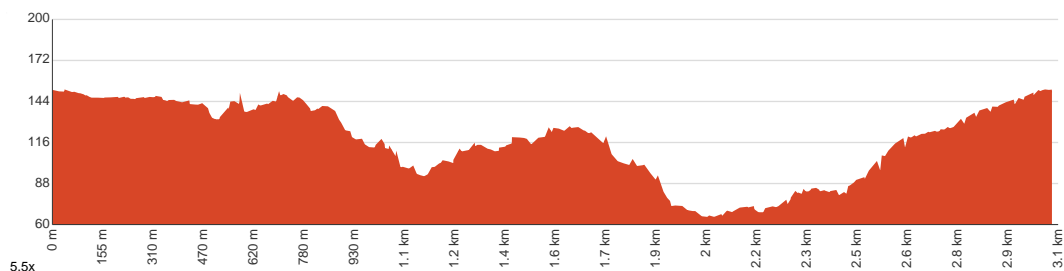
  
3.1 km  
Circuit

  
↑ 199 m  
↓ 199 m

  
Moderate track



This excellent loop walk combines the Strickland Falls and Cabbage Tree Loop walks. The walk starts in the dry eucalypt forest around the Banksia Picnic Area and soon descends into lush green rainforest remnants, filled with ferns and cabbage tree palms. The walk includes some great scenery along the base of the cliff line and around the falls, although the falls themselves are often just a trickle. A great way to see some of the beautiful scenery of the Strickland State Forest. Let us begin by acknowledging the Darkinjung & 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	Storms may impact on navigation and safety (3/6)

**Getting to the start:** From Peats Ridge Road Offramp, Somersby.

- Turn on to Wisemans Ferry Road Offramp then drive for 190 m
- Keep right onto Wisemans Ferry Road Offramp and drive for another 30 m
- Turn right onto Wisemans Ferry Road and drive for another 800 m
- Turn right onto Dog Trap Road and drive for another 5 km
- Turn right onto Mangrove Road and drive for another 240 m
- Turn right onto Strickland Forest Road and drive for another 1.4 km
- Keep right and drive for another 205 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/j/8PJFFK)  
[/j/8PJFFK](https://bushwalk.com/j/8PJFFK)





200

180

Dog Trap Road

M1

M1

Strickland Forest Road

0.8

Stoney Creek

0.1

start

1.5

3

Strickland State Forest

Stoney Creek

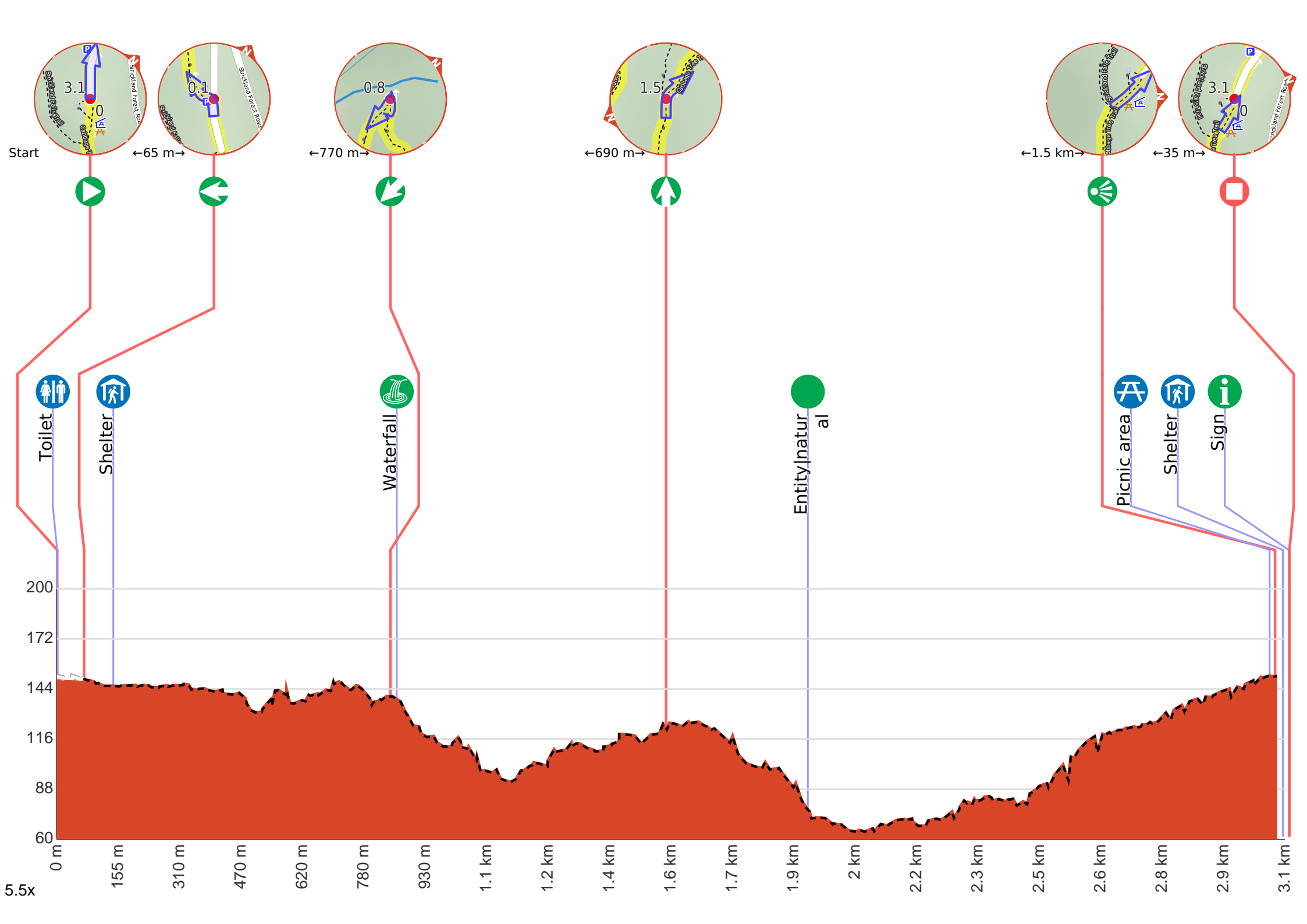
Strickland Forest Road

Arboretum Trail

0

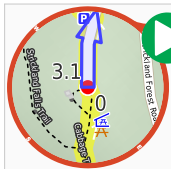
0.5

1 km





**Getting started:** From the car park, the walk follows the road away from the picnic area and soon reaches an intersection with a bush track, signposted 'Strickland Falls', '40 Minute Easy Walk'.



**Start.**



Find the toilet at the start.  
This toilet is wheelchair accessible.



After another 65 m **turn left**, to head along Strickland Falls Trail.



After another 75 m pass the shelter (15 m on your right).



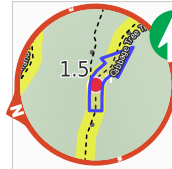
After another 710 m find the "Strickland Falls" (about 15 m ahead).



Strickland Falls are a short walk from the Banksia Picnic Area in the Strickland State Forest, Central Coast, NSW. The falls are often just a trickle, but will be more impressive after good rain. The scenery around the falls is still beautiful with moist rainforest scenery to enjoy.



**Turn sharp left**, to head along Strickland Falls Trail.



After another 690 m (at the intersection of Cabbage Tree Trail & Strickland Falls Trail) **continue straight**, to head along Cabbage Tree Trail.



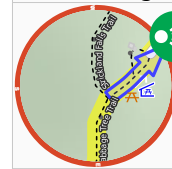
After another 350 m find the "Cabbage-Tree Palm" (25 m on your left).



The Cabbage-Tree Palm (*Livistona australis*) is a tall, slender palm growing up to about 25 m in height and 0.35 m diameter. It is found in moist open forest, often in swampy sites and on margins of rainforests or near the sea. It is widely spread along the New South Wales coast and extends north into Queensland and southwards to eastern Victoria, growing further south than any other native Australian palm.



At the intersection of Cabbage Tree Trail & Soney Creek Trail **continue straight**, to head along Cabbage Tree Trail.



After another 1.2 km come to the "Gosford Lookout" (15 m on your left).



At the intersection of Strickland Falls Trail & Cabbage Tree Trail **continue straight**.



After another 10 m find the "Banksia Picnic Area" (7 m on your left).



This picnic area is in the Strickland State Forest, on the NSW Central Coast. The facilities include picnic tables, pit toilets, BBQ fire places, garbage bins and tank water. A few bush walking tracks start from the picnic area.



After another 20 m **continue straight**.



After another 10 m pass the shelter (10 m on your right).



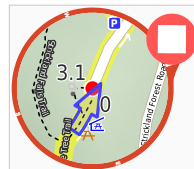
After another 15 m pass the sign (8 m on your left).



About 10 m past the end is "Strickland State Forest".



The Strickland State Forest, managed by State Forests of NSW, is located on the NSW Central Coast, close to the F3. The Strickland State Forest has a wide range of vegetation, including patches of rainforest along the sheltered creeks. The walking tracks take in some beautiful scenery, including a mixture of native forest and the remnants of an old arboretum. 'Strickland is no longer actively harvested and is managed for education and recreation purposes'. The 'Friends of Strickland' undertake projects including the construction of walking tracks. Note: Access into Strickland is during the daytime only with the entrance gate being unlocked between 7am and 5pm (Apr - Oct) and between 7am and 7pm (Nov - Mar)



The end.