

## 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



Getting started: From the tennis courts car park, the walk follows the service trail away from the courts. The trail passes through the metal gate and down the long hill, passing through another gate and arriving at the signposted intersection with the Step Track.
From the intersection, the walk follows the management trail down the long hill to the bottom of the valley, where it comes to the intersection with the Great North Walk trail.
From the intersection, the walk follows the 'The Great North Walk' sign gently downhill along the management trail, directly away from the face of the 'STEP Track' map/sign. Keeping the river to your left, the trail leads downhill for about 80m to come to a Y-intersection, where there is a 'Lane Cove Valley' map/sign and a 'Lane Cove River Park' sign pointing back along the trail. From the Intersection the track follows the lower branching serverice trail accross the river before climbing a small but steep bank. Immediately upon reaching the top of this small climb the track comes to an intersection of the Pennant Hills Park service trail.
From the intersection the track follows the North Epping arrow along the along the service trail heading away from the Lane Cove River and along the valley floor. During this section of the track there are several small asphalted creek crossings as the track winds all the way through the valley until reaching the Whale Rock. (near the intersection of the Boundary Road service trail). left).

Find the car park at the start.

Find the toilet at the start. , female.

Find the Bradley Reserve at the start.


Then pass the water tap ( 20 m on your left).


After another 25 m to find the car park.


After another 450 m pass the car park ( 265 m on your right).


After another 30 m pass the sign (on your left).



Then cross the ford (about 25 m long)
(1)

After another 25 m pass the sign (on your right)

Then cross the ford


After another 6 m continue straight.

After another 20 m pass the sign ( 9 m on your right).

After another 140 m cross the ford (about 25 m long)
After another 9 m cross the ford


After another 210 m cross the ford (about 30 m long)

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After another 25 m cross the ford.After another 45 m cross the ford (about 35 m long)After another 90 m pass the "Ron Payne Park"
( 130 m on your left).Then cross the ford


This is a large boulder that looks eerily like a whale, complete with eye socket. It is a good place to break and climb around the Rock.

