



# Mt Kuring-gai to Calna Creek

 3 h 15 min to 4 h

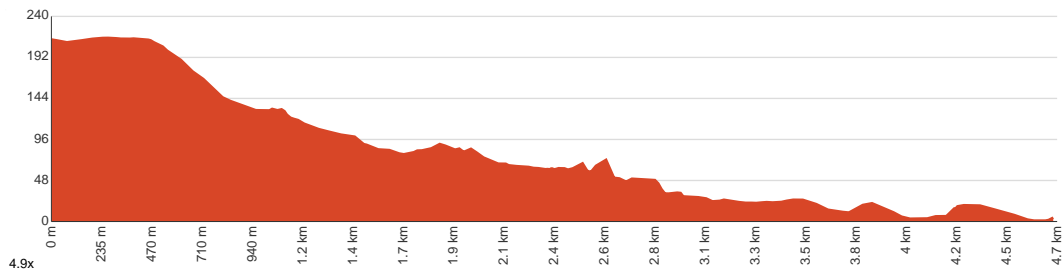
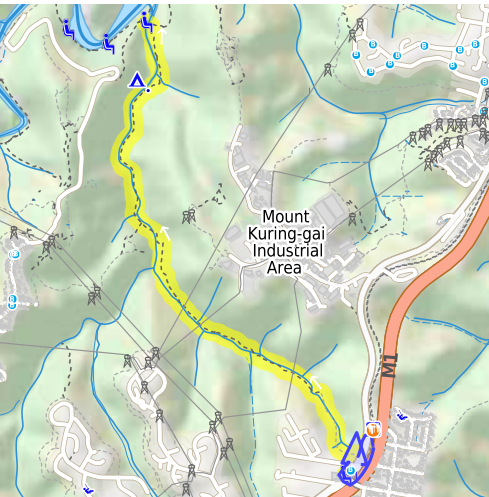
  
9.4 km  
Return

  
↑ 390 m  
↓ 390 m

  
Hard track



From the ridge above Berowra Creek, this walk goes steeply down into the valley following Calna Creek. The narrow bush track section is quite beautiful with plenty of small creek crossings and sandstone overhangs. The grasslands section, just before coming to the junction of Calna and Berowra Creeks, is also very pretty. Let us begin by acknowledging the Traditional Custodians of the land on which we travel today, and pay our respects to their Elders past and present.



Class 4 of 6 Rough track, where fallen trees and other obstacles are likely	
Quality of track	Rough track, where fallen trees and other obstacles are likely (4/6)
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)

## Before you start any journey ensure you;

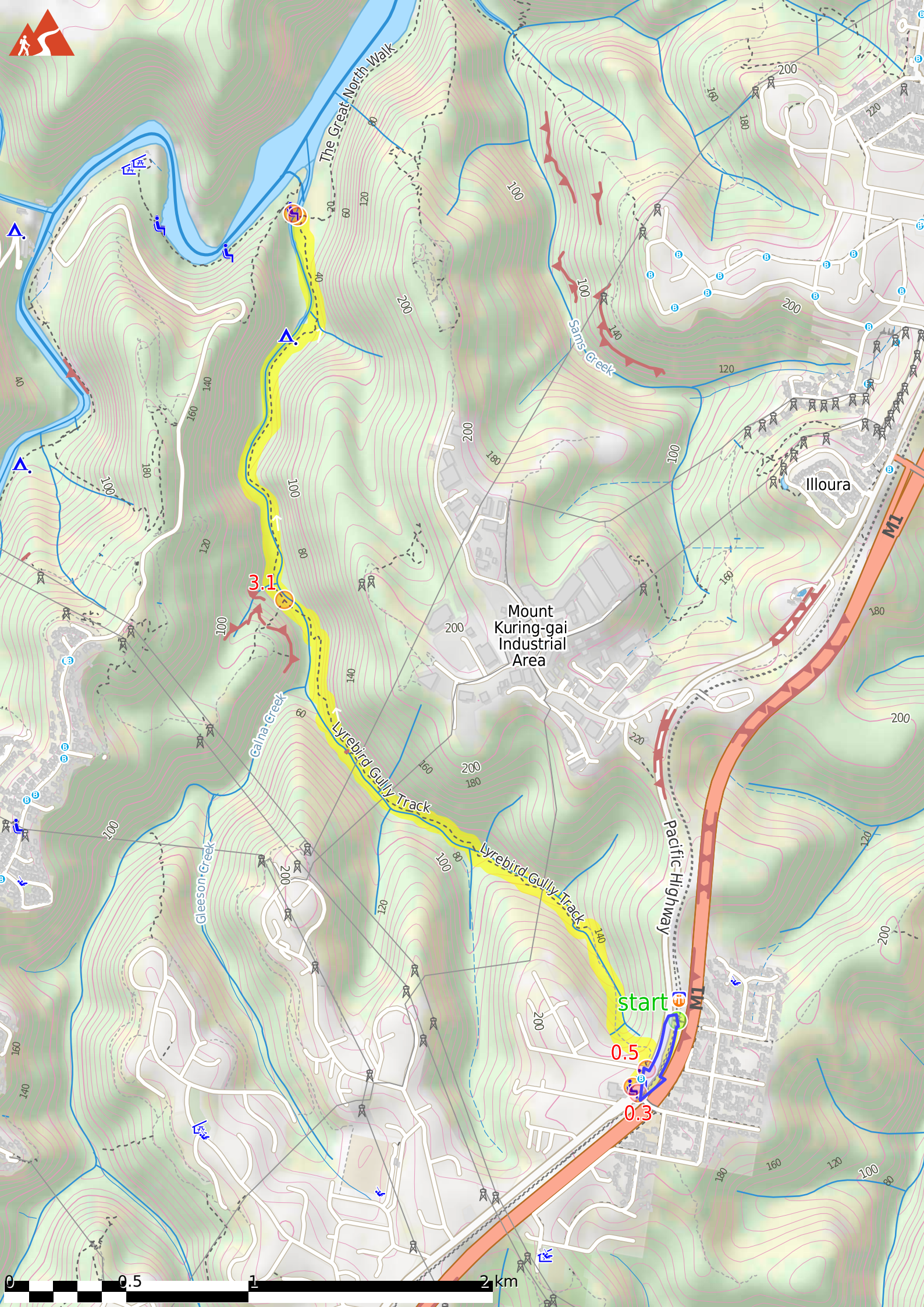
- Tell someone you trust where you are going and what to do if you are late returning
- Have adequate equipment, supplies, skills & knowledge to undertake this journey safely
- Consider weather forecasts, park/track closures & fire dangers
- Can respond to emergencies & call for help at any point
- Are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

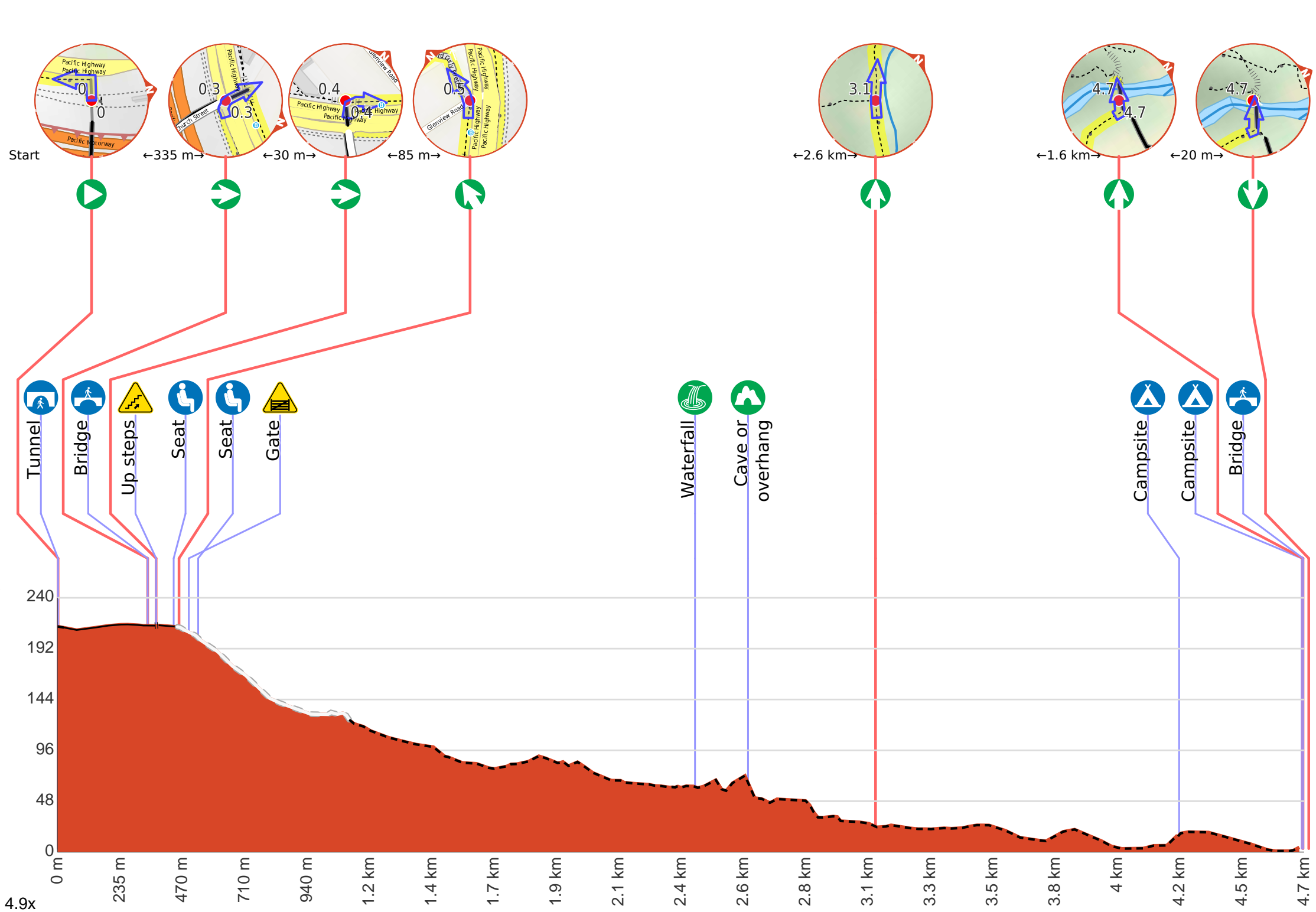
If not, change plans and stay safe. It is okay to delay and ask people for help.

Share  
[Bushwalk.com](https://bushwalk.com/ij/HF850Q)  
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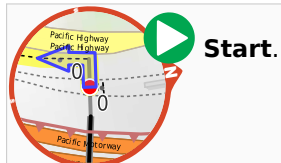





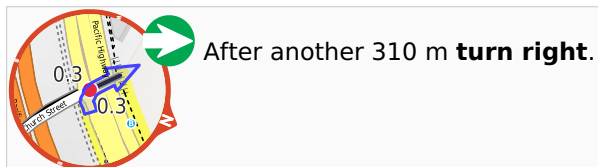





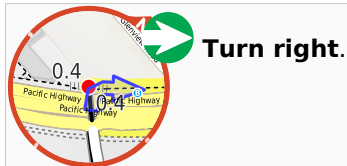
**Getting started:** From the middle of the tunnel at the bottom of the stairs at Mt Kuring-gai railway station, this walk follows the 'To the Great North Walk' sign through the tunnel to the Pacific Hwy. Here the walk turns left and follows the footpath between the highway and train line for about 200m to pass the traffic lights at Glenview Rd. The walk then continues straight up the ramp for another 100m and turns right onto the pedestrian bridge. Here the walk crosses the Pacific Hwy on the footbridge, then follows the concrete ramp as it zigzags back down to the ground. This ramp ends just near the Aldi shopping complex. From the bottom of the footbridge near the Aldi shopping complex, this walk follows the footpath alongside the Pacific Hwy, under the footbridge and away from the shops. Keeping the highway to your right for 100m, this walk then crosses 'Glenview Rd' (at the intersection with the Pacific Hwy) to find the top of 'Lyrebird Gully track', marked with a locked green metal gate.





 Then head through the tunnel (about 25 m long)

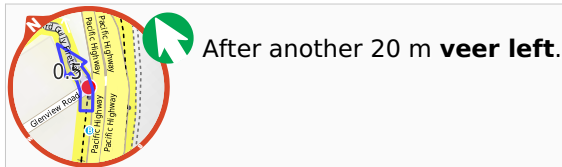


 Then cross the bridge (about 30 m long)





 Then head up the steps (about 15 m long)

 After another 50 m pass a seat (7 m on your left).




 After another 70 m pass a seat (6 m on your right)., has a backrest.

 Then head through/around the gate.

 After another 1.9 km find the "Lyrebird waterfall" (7 m on your left).

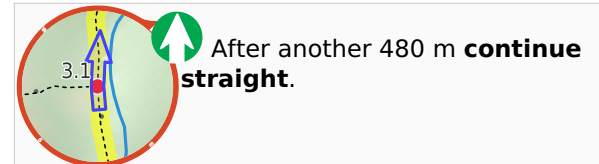



This informally named waterfall is found on Lyrebird Gully creek about 300m upstream of its confluence with Calna Creek. The top of the fall is partially fenced with a timber handrail where the water flows over the solid rock platform, with naturally carved holes, to fall about 8m to the shallow pool and boulders below. The track passes the top of the fall and does not provide a good view of the face of the fall, but it is still a very pleasant spot.

 After another 200 m find the "Lyrebird Caves" (20 m on your right).



The Lyrebird caves are a series of notable sandstone overhangs on the eastern side of Lyrebird Gully. There are 3 main overhangs, with the larger (more northern) one providing significant shelter. The larger cave has a fairly flat base in the centre and provides a pleasant place to rest on a hot or rainy day.



 After another 1.1 km find the "Calna Creek Campsite (south)" (15 m on your right).



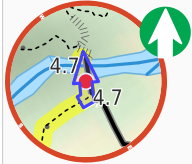
This small signposted campsite sits on a flat grassy clearing in a small casuarina forest which provides plenty of shade. There is a small fireplace set up. This creek-side campsite is a good spot for those wanting to get the most out of a relaxing, overnight camp, just a short stroll to Berowra Creek and the main spine of the Great North Walk. Bring your own water, as the creek water is not suitable for drinking.



After another 460 m find the "Calna Creek Campsite (north)" (on your right).



This is a quaint little campsite, located on the Mt Kuring-gai access track to the Great North Walk, on the banks of Calna Creek. This campsite provides plenty of room for a few tents, and also a fire scar with logs for seating. Carry in your own water as the salty creek water is not suitable for drinking.



After another 5 m **continue straight**.



Then cross the bridge



Continue another 20 m to find the end. Then turn around here and retrace the main route for 4.7 km to get back to the start.



About 10 m past the end is a seat., has no backrest.