

1 h 45 min to 3 h 30 min



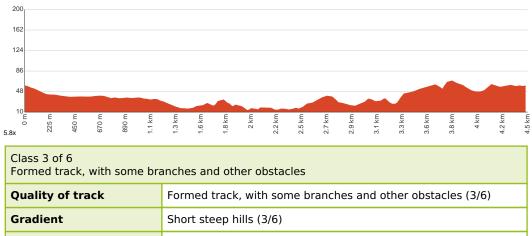
Circuit



Forest Island

Opened in 1886, the Forest Path was once part of a controversial logging site, the first time that logging was stopped in Australia by protest. Now it is a short trail looping around the hill, following the Hacking River. Through a shaded environment of ferns and eucalypts, this walk passes through a very pretty environment that was definitely worth preserving. Let us begin by acknowledging the Dharawal people, Traditional Custodians of the land on which we travel today, and pay our respects to their Elders past and present.

159 m 159 m Moderate track



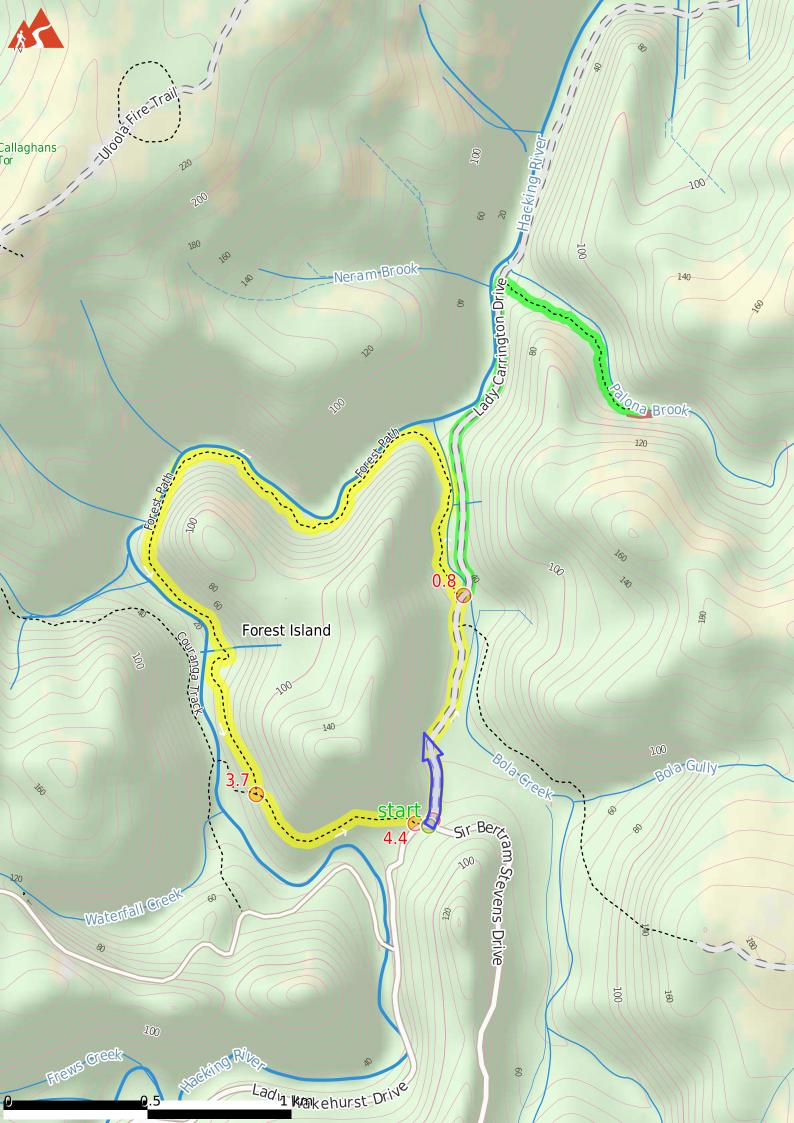
Formed track, with some branches and other obstacles	
Quality of track	Formed track, with some branches and other obstacles (3/6)
Gradient	Short steep hills (3/6)
Signage	Clearly signposted (1/6)
Infrastructure	Limited facilities, not all cliffs are fenced (3/6)
Experience Required	Some bushwalking experience recommended (3/6)
Weather	Weather generally has little impact on safety (1/6)

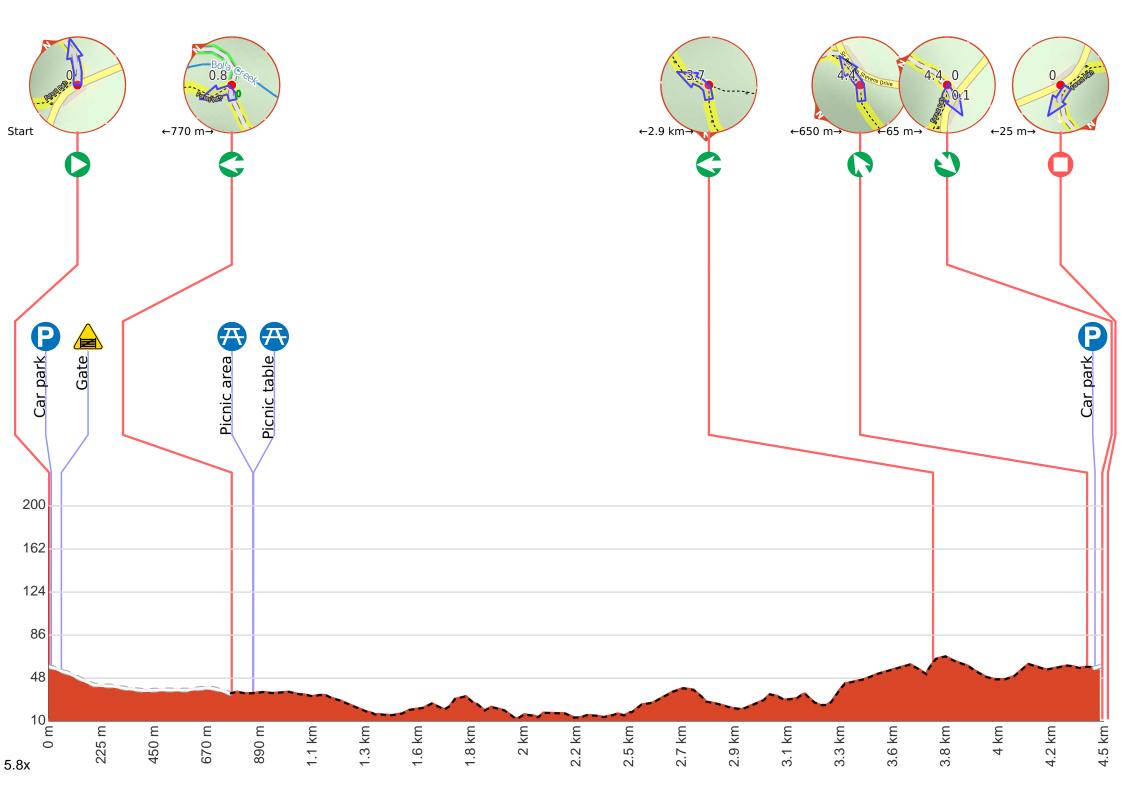
Before you start any journey ensure you;

- 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
- \bullet 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.



Bushwalking is fun but also can be dangerous. All information here is general and your personal and specific situation needs to be considered. You need to be prepared to cope with all kinds of errors and/or omissions. Neither the authors nor publishers accept responsibility or liability for any inconvenience, loss or injury sustained.
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Getting started: From the car park on Sir Bertram Stevens Drive (500m north of the intersection with McKell Ave), this walk heads between the boulders (on the western edge of the car park) then leads downhill to get around to the back of the locked gate (56cm high) and sandstone wall. From here the walk follows the wide dirt Lady Carrington Drive trail downhill past the 'Forest Path' information sign and continues mostly downhill for just over 600m through the forest to come to a three-way intersection signposted with the 'Walumarra Track'.



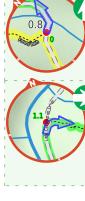
At the intersection of Lady Carrington Drive & Sir Bertram Stevens Drive Start heading along Lady Carrington Drive (a vehicle track).

Find the car park at the start.

After another 15 m (at the intersection of Lady Carrington Drive & Forest Path) continue straight, to head along Lady Carrington Drive. After another 30 m head through/around the gate.

After another 610 m (at the intersection of Lady Carrington Drive & Walumarra Track) continue straight, to head along Lady Carrington Drive.

Start of an optional side trip: An optional side trip to Palona Cave and Waterfall.



To start this optional side trip continue straight here. at the intersection of Forest Path & Lady Carrington Drive Start heading along Lady Carrington Drive (a vehicle track).

After another 1.1 km (at the intersection of Lady Carrington Drive & Palona Cave (Limestone Caves) Track) turn right, to head along Palona Cave (Limestone Caves) Track (a walking track).

After another 50 m find the "Palona Brook Picnic Area" (75 m on your left).



Palona Brook Picnic Area is found on the north side of Palona Brook along side the old Lady Carrington Drive. The picnic area is home to a couple of wooden picnic tables and is next to the steep gully and culvert that Palona Brook flows through. A pleasant spot to rest when visiting the nearby sandstone cove or exploring the old road.

> Continue another 670 m to find Palona Cave at the end.

About 35 m past the end is "Palona Falls".

About 45 m past the end is "Palona Cave".

Palona Cave is off Lady Carrington Drive, north of Bola Picnic Area, in the Royal National Park. Palona Cave is a large limestone overhang with a few cave decorations such as columns and stalactites. Being open to the environment, the cave has some green moss and is not reminiscent of other pristine white limestone caves. The cave is a unique feature for the area and is well worth allowing time to explore.

About 70 m past the end is "Palona Brook Falls".



The waterfalls on Palona Brook are just beyond Palona Cave. The brook is ephemeral (not permanently running), but when it is running, the waterfalls are a cool place to explore on warm days. The waterfall is made of up two main cascades, with a short landing in between. The water falls into a reasonably small rocky pool.



Turn around and retrace your steps back the 1.8 km to the main route.



Back at the main route veer right and follow on from the 770 m waypoint.



After another 105 m (at the intersection of Lady Carrington Drive & Forest Path) turn left, to head along Forest Path (a walking track).

After another 90 m find the "Bola Picnic Area" A (10 m on your left).



Bola Picnic Area, in the Royal National Park, is at the intersection of Lady Carrington Drive and Forest Island Track, beside Bola Creek. You will find a small clearing with a picnic table in a gorgeous rainforest setting, surrounded by tall trees and ferns scattered through the area. There is no car access to the picnic area, making this a lovely guiet area.



Then find the "Picnic Table" (10 m on your right).



A timber slat picnic table and bench seat. The table is 76cm high, 91cm deep and 2.12m wide. The seats are 44cm high, 30cm deep and 2.12m wide (no backrest).

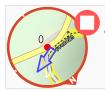
After another 2.9 km **turn left**, to head along Forest Path.



After another 35 m pass the car park (on your right).



After another 30 m (at the intersection of Lady Carrington Drive & Forest Path) **turn sharp right**, to head along Lady Carrington Drive (a vehicle track).



After another 25 m come to the end.