



# The Bare Creek Track

(Guringai Country)

3 h to 3 h 15 min

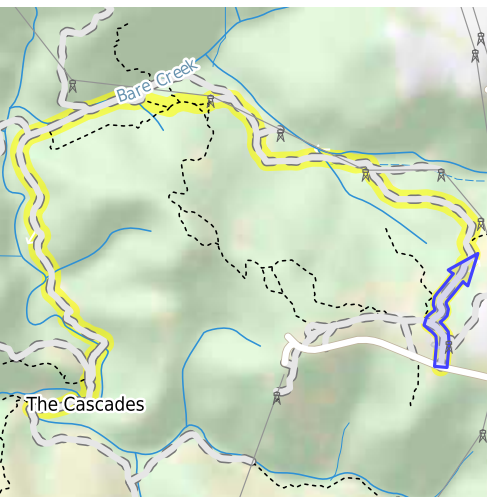
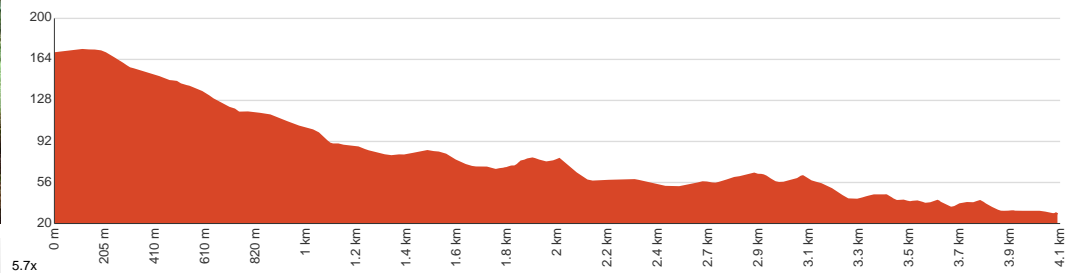
8.1 km  
Return

↑ 253 m  
↓ 253 m

3  
Moderate track



This pleasant return walk starts from the outskirts of Belrose and follows the management trails through Garigal National Park to the bottom of the valley and along Bare Creek to the cascades. The cascades are a good place for a break before returning along the same route. 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.



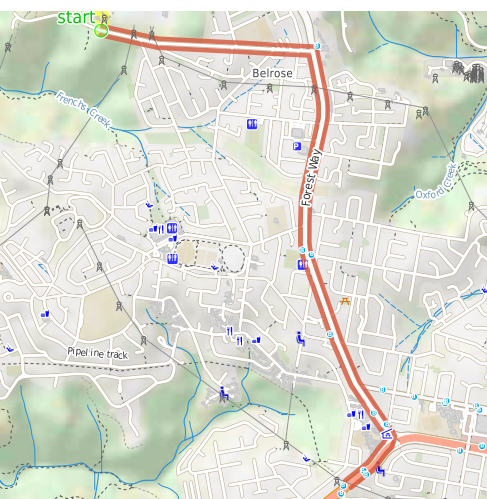
## Class 3 of 6

Formed track, with some branches and other obstacles

Quality of track	Clear and well formed track or trail (2/6)
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 Warringah Road, A38

- Turn on to Warringah Road, A38 then drive for 250 m
- Keep left onto Warringah Road and drive for another 2.8 km
- Turn left onto Ralston Avenue and drive for another 255 m
- At roundabout, take exit 2 onto Ralston Avenue and drive for another 1.2 km



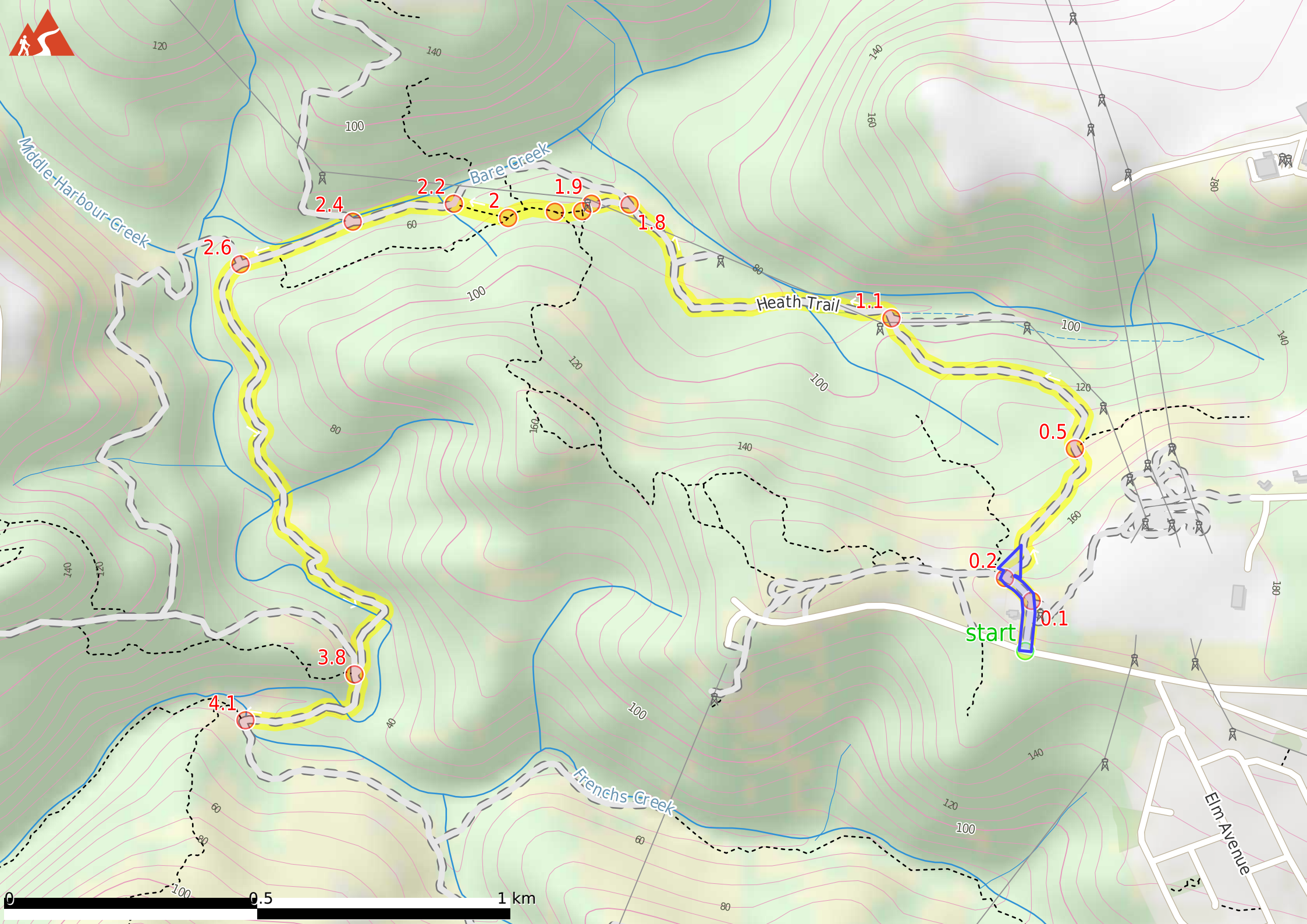
## Before you start any journey ensure you;

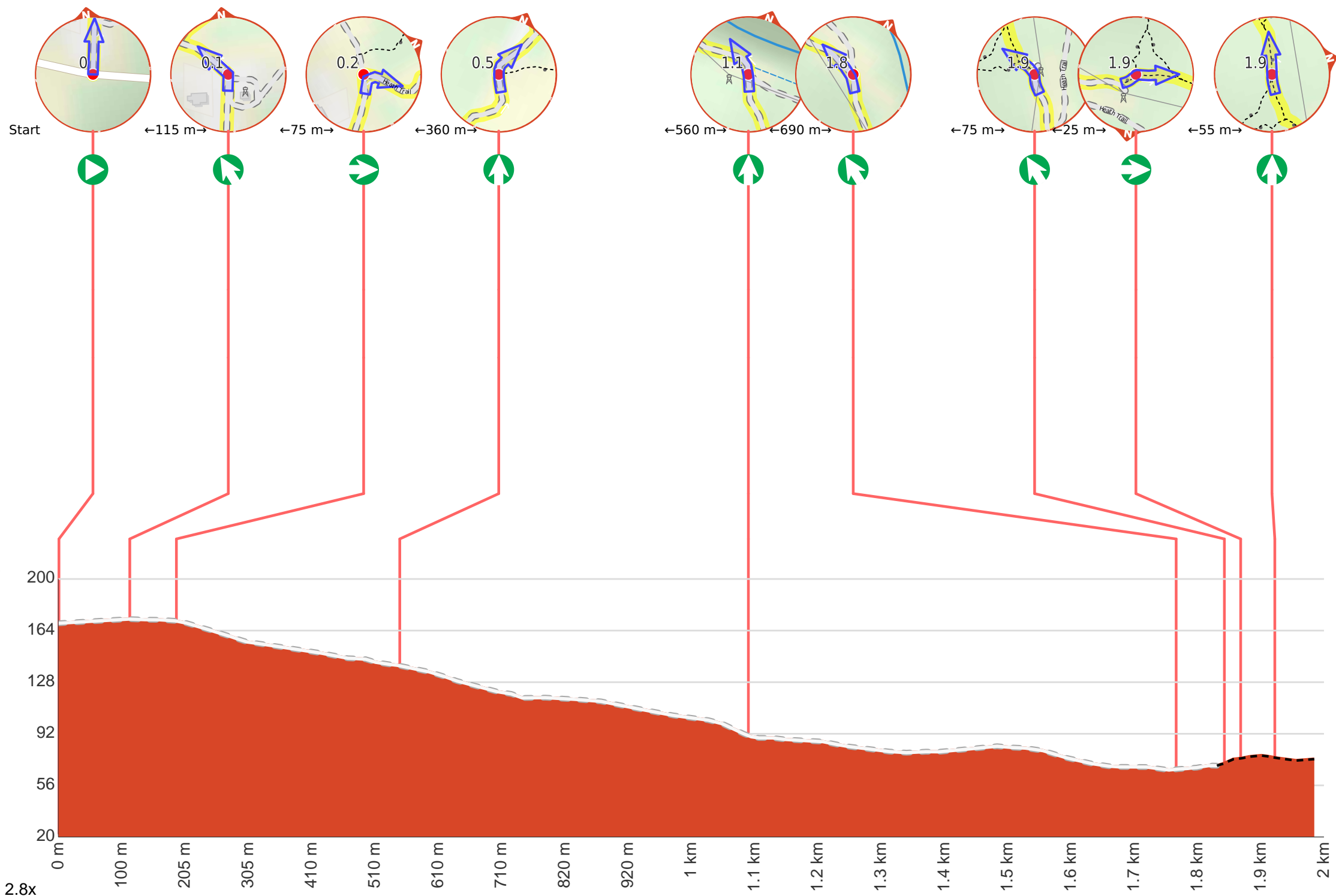
- Tell someone you trust where you are going and what to do if you are late returning
- Have adequate equipment, supplies, skills & knowledge to undertake this journey safely
- Consider weather forecasts, park/track closures & fire dangers
- Can respond to emergencies & call for help at any point
- Are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

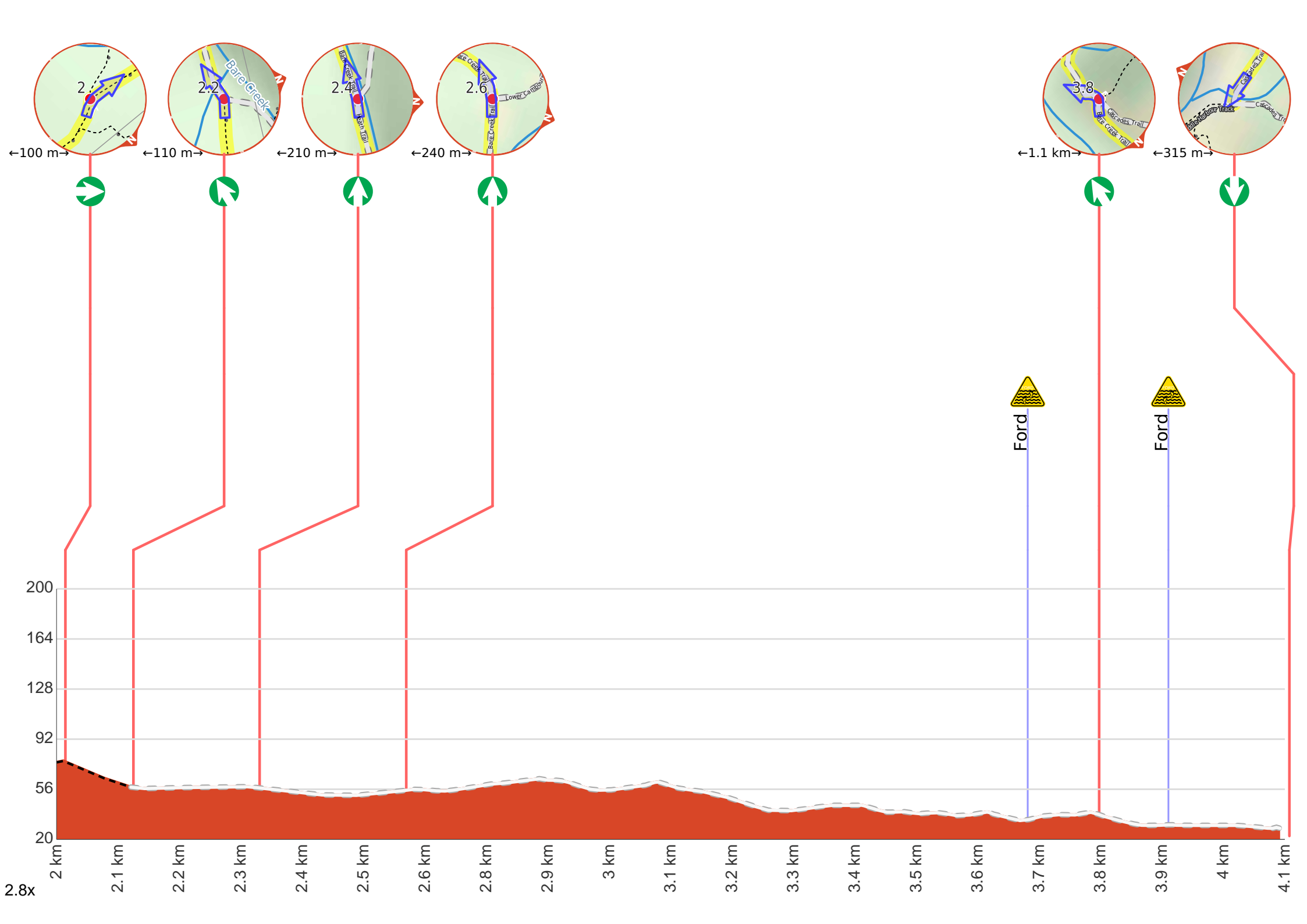
If not, change plans and stay safe. It is okay to delay and ask people for help.

Share  
[Bushwalk.com](https://bushwalk.com/j/VF9QMM)  
[/j/VF9QMM](https://bushwalk.com/j/VF9QMM)



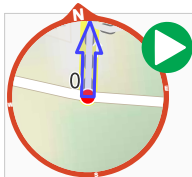




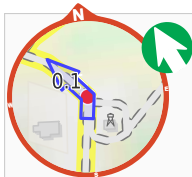




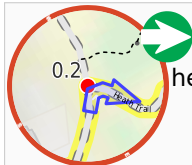
**Getting started:** From the intersection (on Ralston Ave, approximately 260 metres west of the intersection with Elm Ave), this walk follows the management trail past the large repeater tower(right) and house (left). The trail then bends to the left and continues through the bush to the signposted intersection with the 'Heath Trail' (to the right).



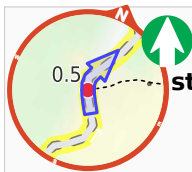
**Start.**



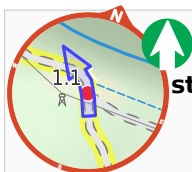
After another 115 m **veer left**.



After another 75 m **turn right**, to head along Heath Trail.



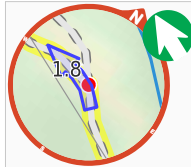
After another 360 m **continue straight**, to head along Heath Trail.



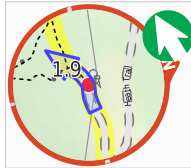
After another 560 m **continue straight**, to head along Heath Trail.



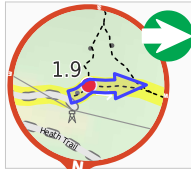
After another 520 m **continue straight**, to head along Heath Trail.



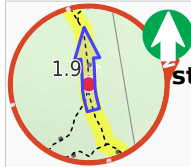
After another 165 m **veer left**.



After another 75 m **veer left**.



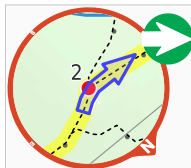
After another 25 m **turn right**.



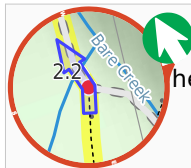
After another 55 m **continue straight**.



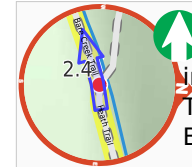
After another 55 m **continue straight**.



After another 45 m **turn right**.



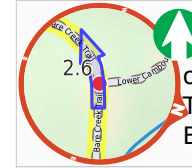
After another 110 m **veer left**, to head along Heath Trail.



After another 210 m (at the intersection of Heath Trail & Bare Creek Trail) **continue straight**, to head along Bare Creek Trail.



After another 165 m **continue straight**, to head along Bare Creek Trail.



After another 75 m (at the intersection of Lower Cambourne Track & Bare Creek Trail) **continue straight**, to head along Bare Creek Trail.



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



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



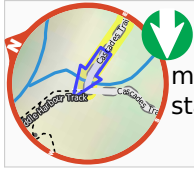
After another 115 m cross the ford (about 15 m long)



After another 185 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.



Turn around here and retrace the main route for 4.1 km to get back to the start.