





# The Cascades & Ridge Circuit

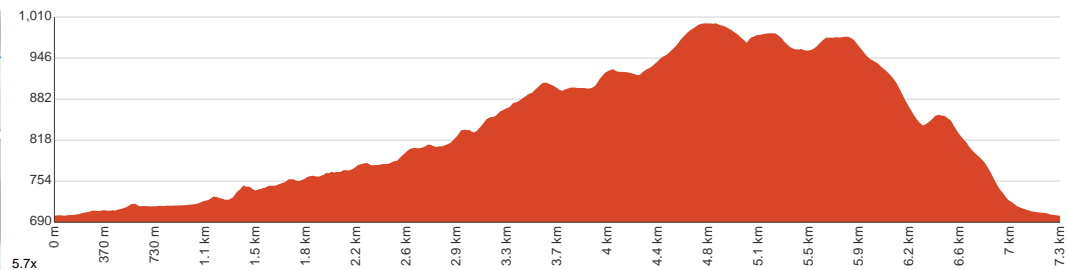
 2 h 45 min to 4 h

  
7.3 km  
Circuit

  
↑ 410 m  
↓ 410 m

  
Moderate track

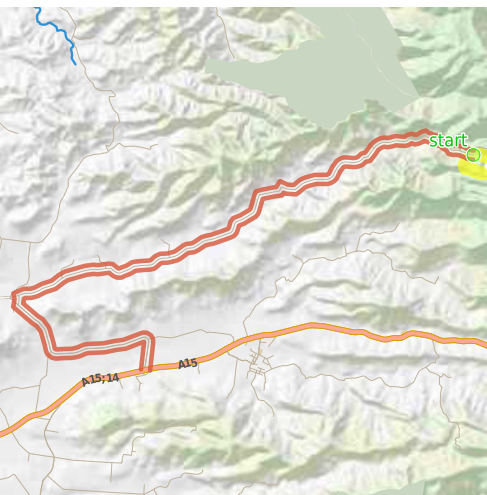
Starting from the Manna Gum camping area, Goomburra, this walk takes you on a circuit in the woodlands of Main Range National Park, exploring the foreshores of Dalrymple Creek and a ridge along the way. You'll be hiking through a dense forest that has great scenery, with half the walk near water. Take your time and listen to the burbling sound of water as you make your way through. A reasonable level of fitness is recommended due to the steepness of certain parts of the track. Keep an eye out for snakes and cover your legs to be safe. Hiking poles may come in handy on steep descents. 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 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	Clearly signposted (2/6)
Infrastructure	Generally useful facilities (such as fenced cliffs and seats) (2/6)
Experience Required	No experience required (2/6)
Weather	Storms may impact on navigation and safety (3/6)

**Getting to the start:** From Cunningham Highway, A15

- Turn on to Goomburra Road, 14 then drive for 9.3 km
- Turn right onto Frees Road and drive for another 480 m
- Turn right onto Inverramsay Road and drive for another 24.7 km
- Keep right onto Forestry Reserve Road and drive for another 760 m



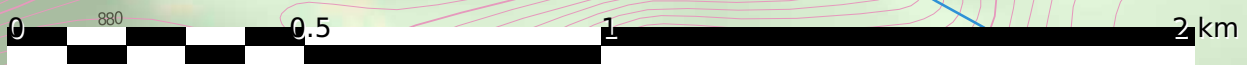
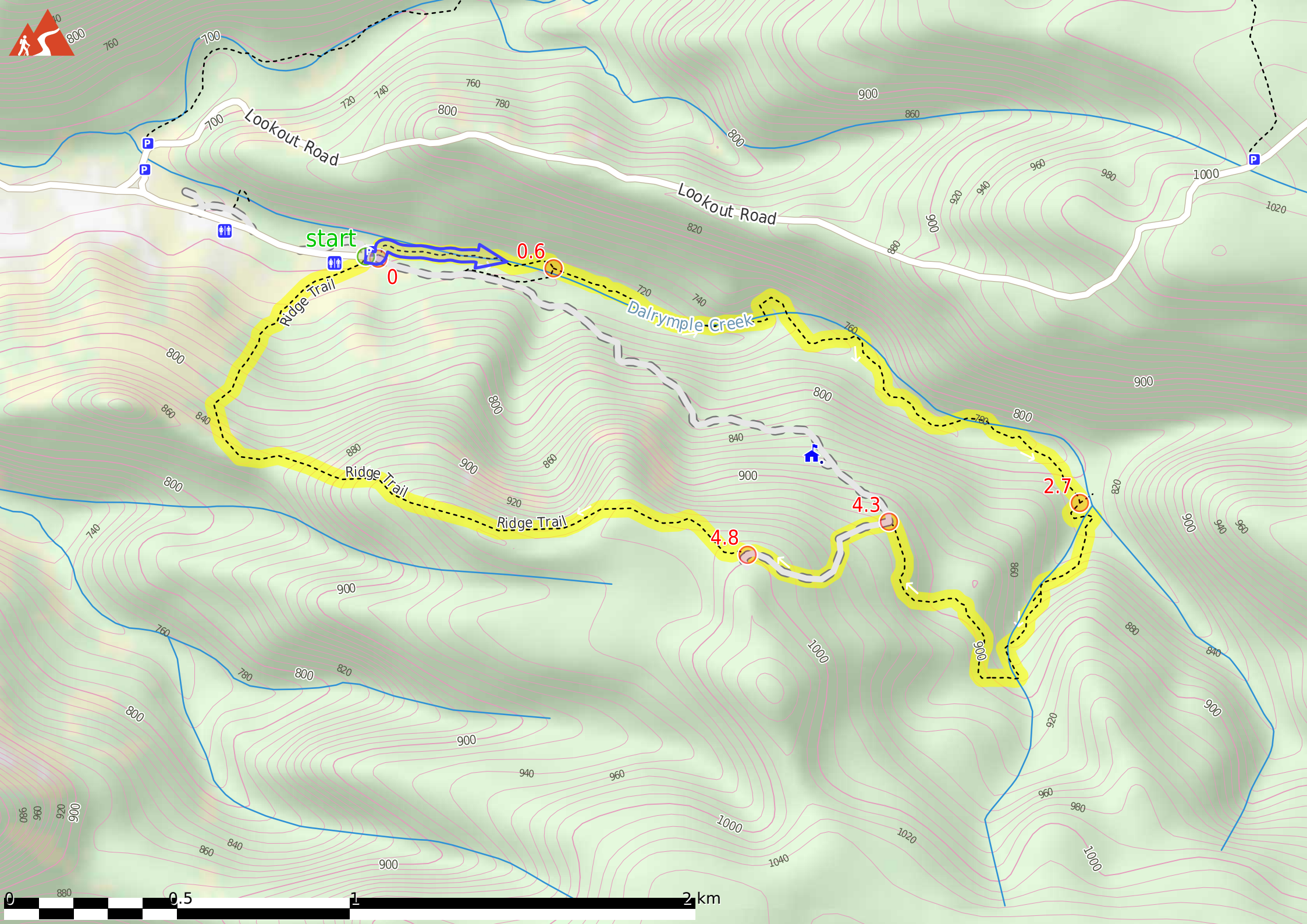
## Before you start any journey ensure you;

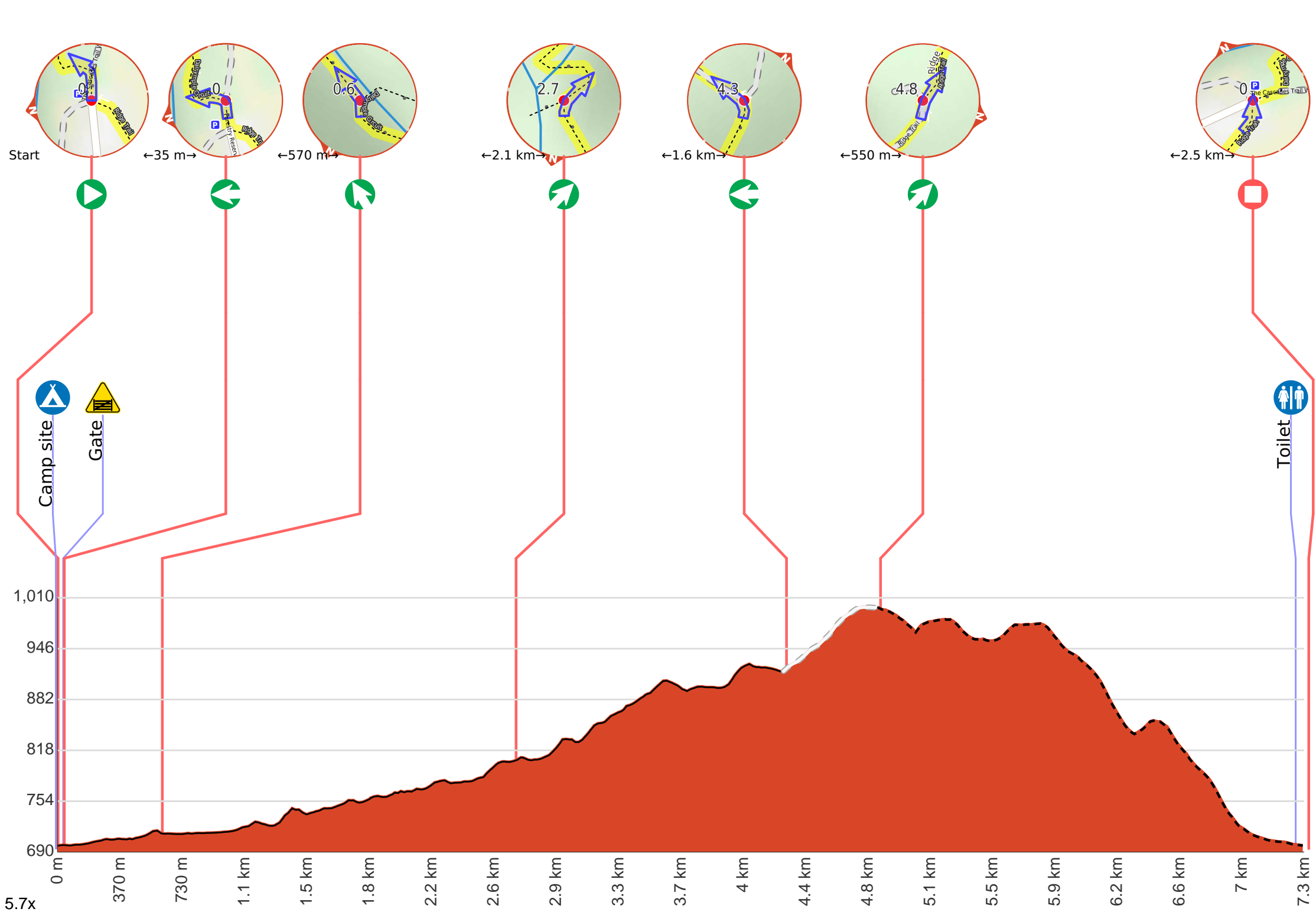
- Tell someone you trust where you are going and what to do if you are late returning
- Have adequate equipment, supplies, skills & knowledge to undertake this journey safely
- Consider weather forecasts, park/track closures & fire dangers
- Can respond to emergencies & call for help at any point
- Are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

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

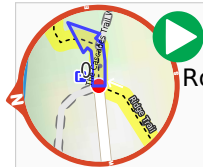
Share  
[Bushwalk.com](https://bushwalk.com/j/A9FIN9)  
[/j/A9FIN9](https://bushwalk.com/j/A9FIN9)







**Getting started:** From the Manna Gum campground (at the end of Forestry Reserve Road), head eastward along The Cascades Trail Walking Track and head/around over the gate. Shortly after, turn left at the 3-way intersection and join the Dalrymple Circuit Track to continue along The Cascades & Ridge Circuit(clockwise). This is the recommended direction of travel.



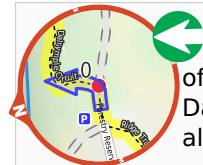
At the intersection of Forestry Reserve Road & Ridge Trail **Start** (a footpath).



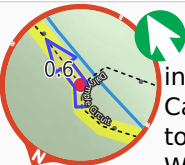
Manna Gum camping area Main Range NP (about 15 m back from the start).



Find the gate at the start.



After another 7 m (at the intersection of The Cascades Trail Walking Track & Dalrymple Circuit) **turn left**, to head along Dalrymple Circuit.



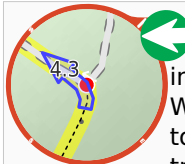
After another 570 m (at the intersection of Dalrymple Circuit & The Cascades Trail Walking Track) **veer left**, to head along The Cascades Trail Walking Track.



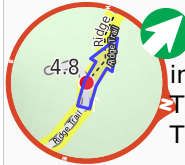
After another 2.1 km (at the intersection of The Cascades Trail Walking Track & Scenic Rim Track) **veer right**, to head along The Cascades Trail Walking Track.



After another 440 m (at the intersection of Cascade Falls & The Cascades Trail Walking Track) **continue straight**, to head along The Cascades Trail Walking Track.



After another 1.1 km (at the intersection of The Cascades Trail Walking Track & Ridge Trail) **turn left**, to head along Ridge Trail (a vehicle track).



After another 550 m (at the intersection of Ridge Trail & Scenic Rim Track) **veer right**, to head along Ridge Trail (a walking track).



After another 2.4 km pass the toilet (40 m on your left).



After another 75 m come to the end.