



# The Senses Track

(Darramuragal Country)

10 min to 30 min  
20 min to 45 min

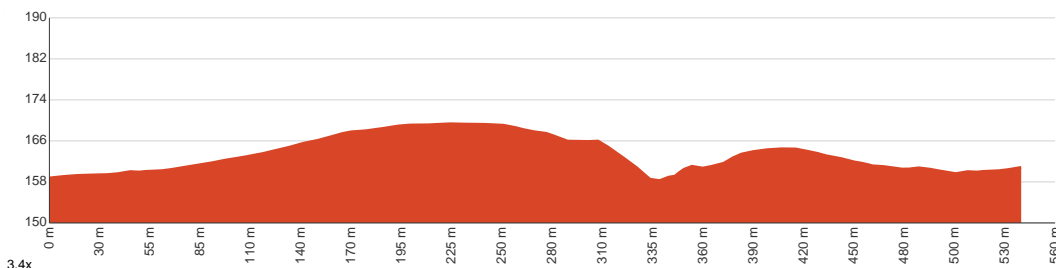
540 m  
Circuit

↑ 19 m  
↓ 17 m

2  
Easy track



Inside the Ku-ring-gai Wildflower Garden, St Ives, the Senses Track begins opposite the signposted Visitor Centre and car park. This walk is a fantastic introduction to wildflowers and plants of the local area. The asphalt footpath loops around with a series of informative signposts as well as lots of plaques with specific plant identification. There are a series of seats scattered along the main route and the inner track as well as the toilet at the start. A great introduction to the park as a whole. The visitor centre sells snacks, there are also good picnic and BBQ facilities allowing you to stay longer and enjoy the natural surroundings. Let us begin by acknowledging the Darramuragal people, Traditional Custodians of the land on which we travel today, and pay our respects to their Elders past and present.



Class 2 of 6 Clear and well formed track or trail	
Quality of track	Smooth and hardened path (1/6)
Gradient	Gentle hills with occasional steps (2/6)
Signage	Clearly signposted (1/6)
Infrastructure	Generally useful facilities (such as fenced cliffs and seats) (1/6)
Experience Required	No experience required (1/6)
Weather	Weather generally has little impact on safety (1/6)

## Naturally Accessible

**Slope summary:** Some people using wheelchairs may need assistance. The majority of this route is less steep than 1:10. At the 115m point (on the main route) the path is ~12.5% (~1:8) uphill for about 30m. At the 370m point (on the main route, past the intersection with the lookout) the path is ~12.4% (~1:8) downhill for about 50m. The optional side trip to the lookout is steeper than the main route and leads down to the lookout.

**Surface summary:** The main route is a smooth 1.2m wide asphalt footpath. There is a small series of root damaged sections, about 3cm high that can be negotiated at slower speeds.

**Getting to the start:** From Mona Vale Road, A3, St Ives.

- Turn on to Richmond Avenue then drive for 110 m
- Turn slight right and drive for another 120 m
- Turn left onto Solander Trail and drive for another 60 m

## Before you start any journey ensure you;

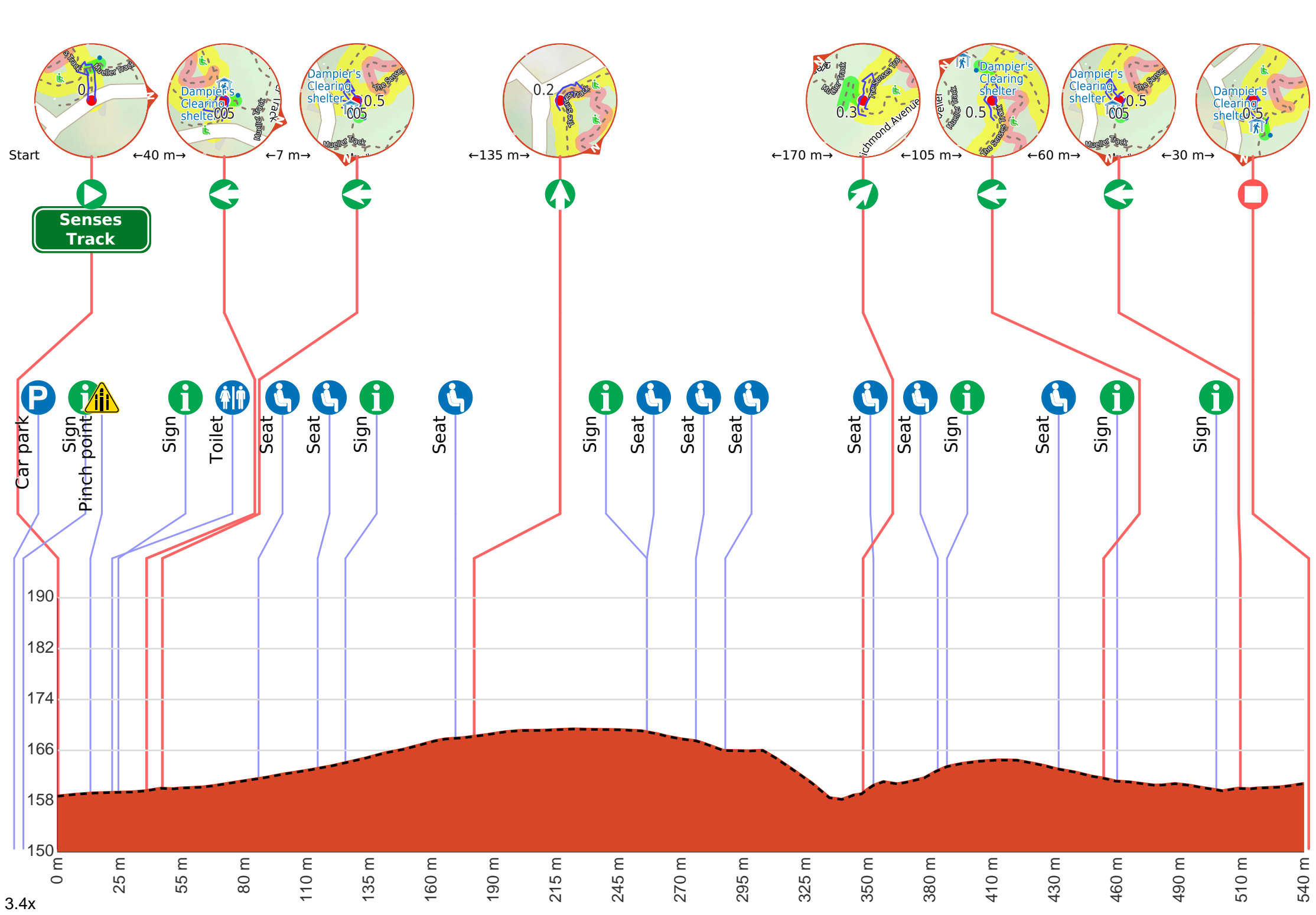
- Tell someone you trust where you are going and what to do if you are late returning
- Have adequate equipment, supplies, skills & knowledge to undertake this journey safely
- Consider weather forecasts, park/track closures & fire dangers
- Can respond to emergencies & call for help at any point
- Are 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  
/j/B54CY4









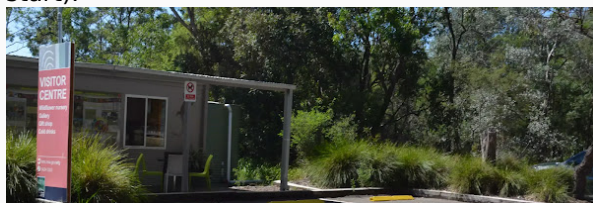
**Getting started:** From the front of the signposted "Visitor Centre", this walk starts by following the "Senses Track" sign along the wide asphalt footpath, directly away from the visitor centre and car park, around the yellow bollard then past the toilet block.



## Senses Track

At the intersection of Solander Trail & The Senses Track by following the "Senses Track" sign **Start** heading along *The Senses Track* (a walking track).

**P** There is a car park (about 20 m back from the start).



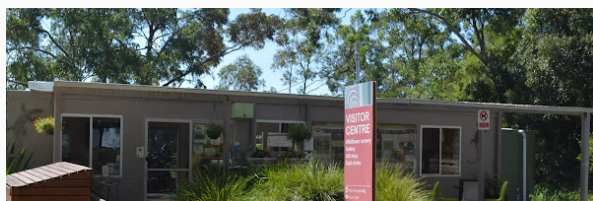
**i** Ku-ring-gai Wildflower Garden Visitor Centre (about 15 m back from the start).

Mo-Su 10:00-16:00

PH 10:00-16:00

Closed on Good Friday

Closed on Christmas Day, Boxing Day and New Year's Day



Find the Pinch Point at the start.



A single metal bollard at the entrance to the path (74cm high). The gap beside the bollard is 2m.



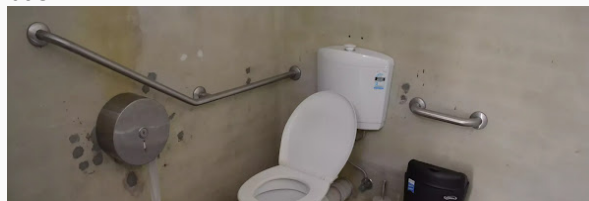
Find the sign at the start.



**Continue straight**, to head along The Senses Track.



After another 8 m pass the toilet (on your right). This toilet is wheelchair accessible. This toilet is male, female and equipped with a hand-washing basin.



**Start of an optional side trip:** An optional very short side trip to Dampier's Clearing. A lovely picnic area with a (bookable) shelter, BBQ, water tap and 2 picnic tables.

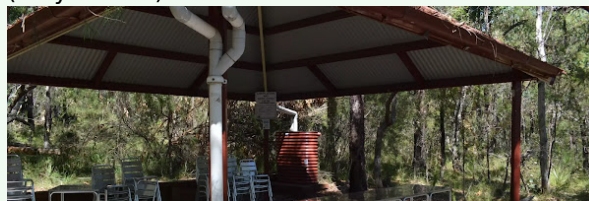


## Dampier's Clearing

To start this optional side trip turn right here, at the intersection of The Senses Track & Mueller Track by following the "Dampier's Clearing" sign **Start** heading along *Mueller Track* (a walking track).



After 15 m pass the "Dampier's Clearing shelter" (on your left).



About 10 m past the end is a picnic table. This picnic table is 2 m long, 80 cm tall and 60 cm wide.



A water tap., 85 cm tall.



"Brian's BBQ". This electric BBQ is 2.07 m long, 90 cm tall and 75 cm wide.



The end.



Turn around and retrace your steps back the 15 m to the main route.



Back at the main route continue straight and follow on from the 40 m waypoint.



Back at the main route continue straight and follow on from the 500 m waypoint.





After another 15 m (at the intersection of Mueller Track & The Senses Track) **turn left**, to head along The Senses Track.



After another 7 m **turn left**, to head along The Senses Track.



After another 40 m find a seat. This wooden seat is 1.8 m long, 60 cm tall, 50 cm wide, has no armrest and has no backrest.



After another 25 m pass a seat (on your left). This wooden seat is 1.8 m long, 60 cm tall, 50 cm wide, has no armrest and has no backrest.



After another 10 m pass the "Scribbles of Life" (on your left).



After another 50 m pass a seat (on your left). This wooden seat is 1.8 m long, 57 cm tall, 44 cm wide, has no armrest and has no backrest.



**Start of an alternate route:** A shorter alternate route via the 'Inner Track', this route is flatter and smoother but also misses the lookout sidetrip.



To take the alternate route veer right here. at the intersection of The Senses Track (Inner Track) & The Senses Track **Start** heading along *The Senses Track (Inner Track)* (a walking track).



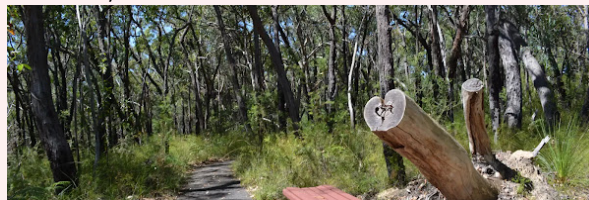
After 70 m pass the "You Are Not Alone!" (on your right).



Then pass a seat (on your left). This wooden seat is 1.8 m long, 56 cm tall, 44 cm wide, has no armrest and has no backrest.



After another 30 m pass a seat (on your left). This wooden seat is 1.8 m long, 56 cm tall, 44 cm wide, has no armrest and has no backrest.



After another 20 m pass the "Skin Protection" (on your right).



Then pass a seat (on your left). This wooden seat is 1.8 m long, 56 cm tall, 44 cm wide, has no armrest and has no backrest.



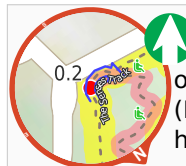
After another 70 m come to the end.



At the end of this alternate route, rejoin the main route.



The alternate route finishes here. Turn right to rejoin the main route at the 450 m waypoint.



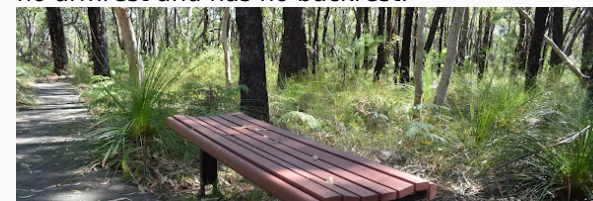
After another 8 m (at the intersection of The Senses Track & The Senses Track (Inner Track)) **continue straight**, to head along The Senses Track.



After another 75 m pass the "They're Our Neighbours Too!" (on your left).



Then pass a seat (on your right). This wooden seat is 1.8 m long, 56 cm tall, 44 cm wide, has no armrest and has no backrest.







After another 20 m pass a seat (on your right). This wooden seat is 1.8 m long, 56 cm tall, 44 cm wide, has no armrest and has no backrest.



After another 15 m pass a seat (on your right). This wooden seat is 1.8 m long, 60 cm tall, 44 cm wide, has no armrest and has no backrest.



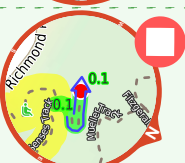
After another 65 m pass a seat (on your right). This wooden seat is 1.8 m long, 45 cm tall, 44 cm wide, has no armrest and has no backrest.



**Start of an optional side trip:** Side trip to the signposted lookout.



To start this optional side trip turn left here. **Start.**



After another 70 m come to the end.



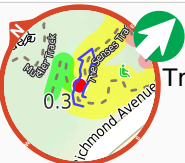
A viewpoint.



Turn around and retrace your steps back the 70 m to the main route.



Back at the main route turn left and follow on from the 350 m waypoint.



**Veer right**, to head along The Senses Track.



After another 30 m pass a seat (on your right). This wooden seat is 1.8 m long, 60 cm tall, 44 cm wide, has no armrest and has no backrest.



Then pass the "Six Hundred Plants and Counting" (on your left).



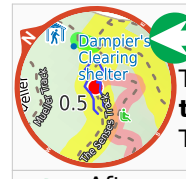
After another 50 m pass a seat (on your right). This wooden seat is 1.8 m long, 60 cm tall, 44 cm wide, has no armrest and has no backrest.



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



The alternate route finishes here. Turn right to rejoin the main route at the 450 m waypoint.



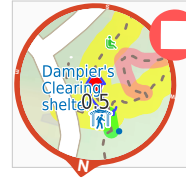
At the intersection of The Senses Track (Inner Track) & The Senses Track **turn left**, to head along The Senses Track.



After another 50 m pass the "Welcome to the Senses Track".



After another 10 m **turn left**, to head along The Senses Track.



After another 30 m come to the end.