



# Hell Hole Falls

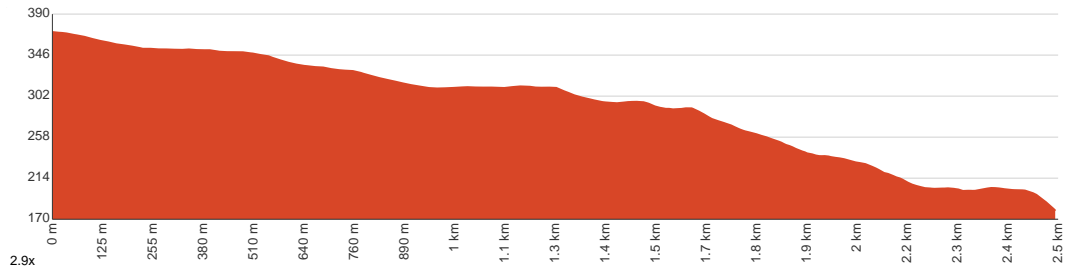
1 h 45 min to 2 h 30 min

5.1 km  
Return

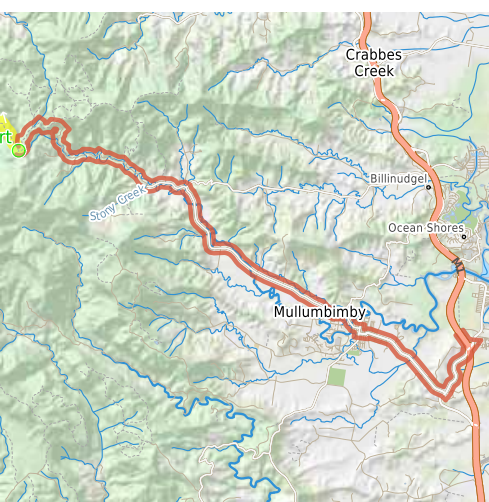
↑ 210 m  
↓ 210 m

2  
Easy track

Starting from Middle Ridge Road, Rowlands Creek, this walk takes you to the amazing swimming holes at Hell Hole Falls, exploring the rainforest of Mount Jerusalem National Park along the way. Expect a peaceful journey through the lands of the Bundjalung and Yugambah People that ends with stunning rock pools that are deep and picturesque. The welcoming waters of Rowlands Creek are a great way to cool off and de-stress. You'll want to get in regardless of the weather as the swimming holes are so tempting and secluded. You'll mostly be in the shade of the rainforest canopy whilst making your way through the woods which will allow you to check out interesting fungi species hidden under exposed roots or fallen logs. Keep in mind that you may need to do some rock scrambling near the pools, yet it's quite fun if you are careful. 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 2 of 6 Clear and well formed track or trail	
<b>Quality of track</b>	Clear and well formed track or trail (2/6)
<b>Gradient</b>	Gentle hills with occasional steps (2/6)
<b>Signage</b>	Clearly signposted (2/6)
<b>Infrastructure</b>	Generally useful facilities (such as fenced cliffs and seats) (2/6)
<b>Experience Required</b>	No experience required (2/6)
<b>Weather</b>	Weather generally has little impact on safety (2/6)



**Getting to the start:** From Pacific Motorway, M1

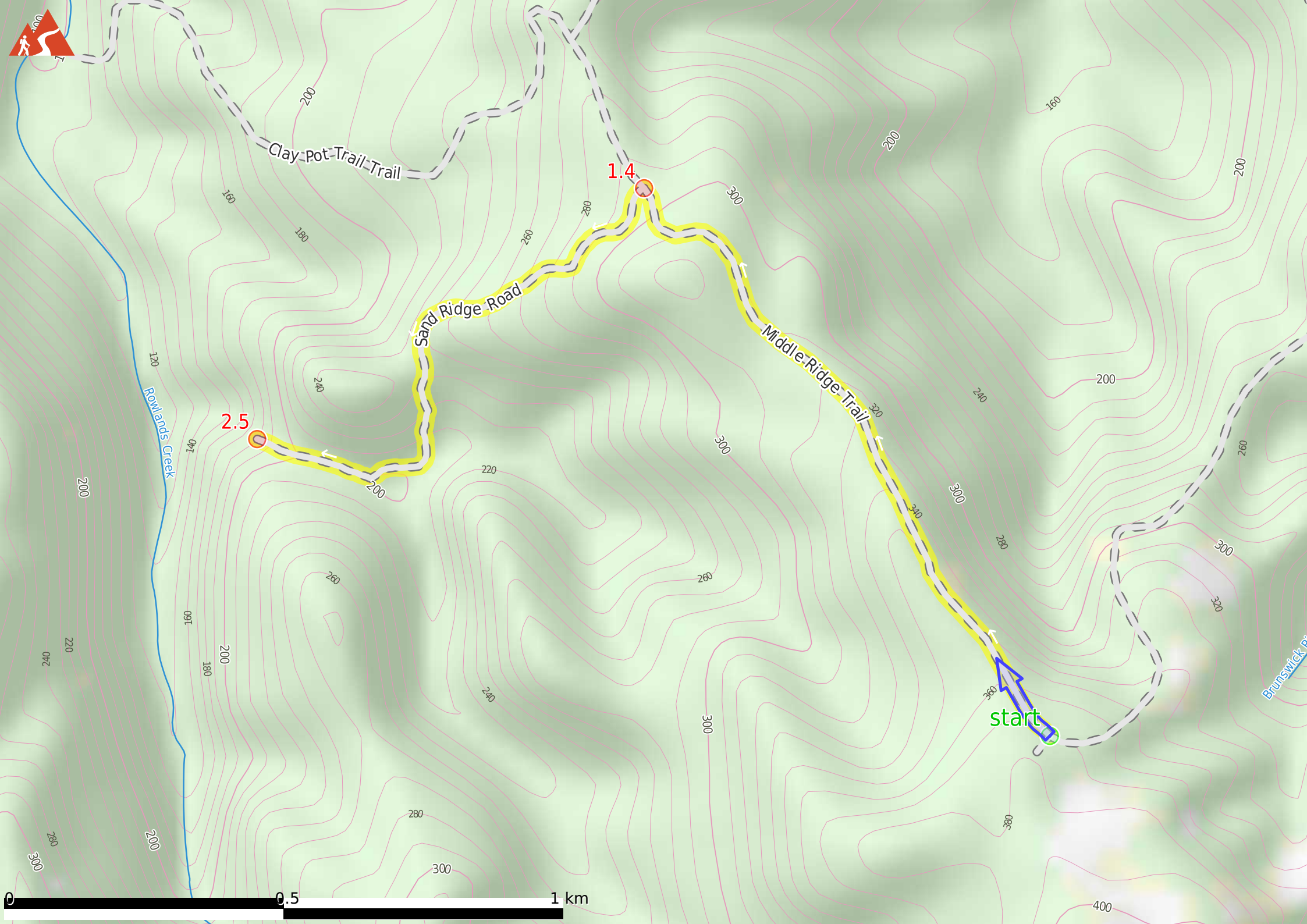
- Turn on to Pacific Motorway Offramp then drive for 285 m
- At roundabout, take exit 3 onto Old Pacific Highway, 40 and drive for another 410 m
- At roundabout, take exit 2 onto Gulgan Road and drive for another 2 km
- Turn right onto Mullumbimby Road and drive for another 3.9 km
- At roundabout, take exit 1 and drive for another 310 m
- Turn right onto Dalley Street and drive for another 190 m
- Turn left onto Tincogan Street and drive for another 680 m
- Turn left onto Main Arm Road and drive for another 8.5 km
- Turn left onto Main Arm Road and drive for another 1.6 km
- Turn right onto Main Arm Road and drive for another 6.8 km
- Turn slight left onto Middle Ridge Road and drive for another 1.2 km
- Turn slight right onto Middle Ridge Trail and drive for another 2 m

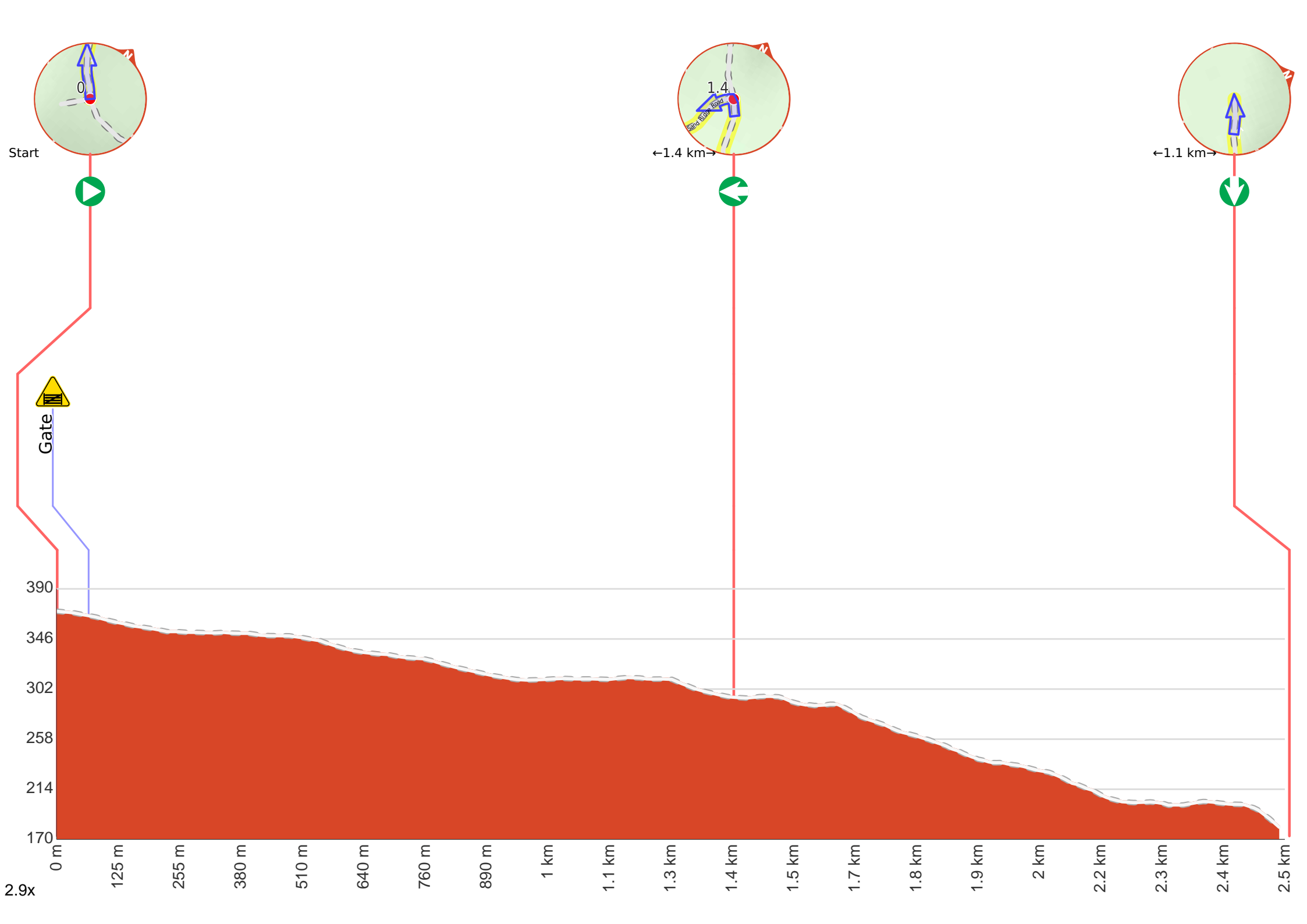
**Before you start any journey ensure you;**

- 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.

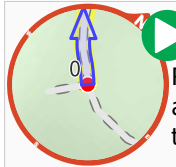
Share  
Bushwalk.com  
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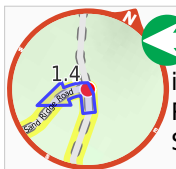
**Getting started:** From Middle Ridge Road (1.03km southwest of intersection with Main Arm and Manns roads), head towards the metal gate with a green signpost behind it. Head over/around the gate and join the Middle Ridge Trail. 1.4 kilometres into the walk, take a sharp left turn and join the Sand Ridge Road to continue along the Hell Hole Falls Track.



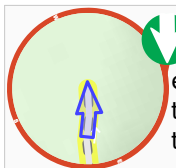
At the intersection of Middle Ridge Road & Middle Ridge Trail **Start** heading along *Middle Ridge Trail* (a vehicle track).



After 65 m head through/around the gate.



After another 1.3 km (at the intersection of Middle Ridge Trail & Sand Ridge Road) **turn left**, to head along Sand Ridge Road.



Continue another 1.1 km to find the end. Then turn around here and retrace the main route for 2.5 km to get back to the start.