



Rainforest Walk

(Darkinjung & Guringai Country)

 1 h 30 min to 3 h

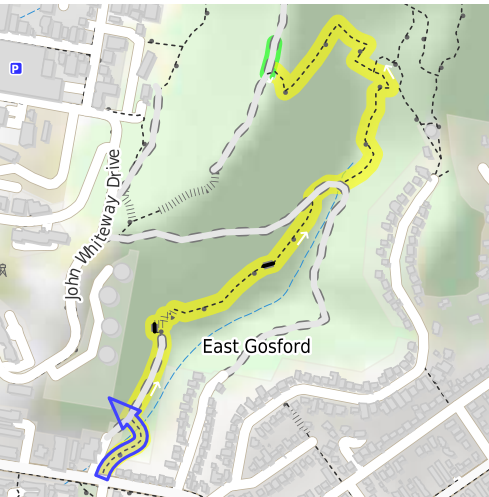
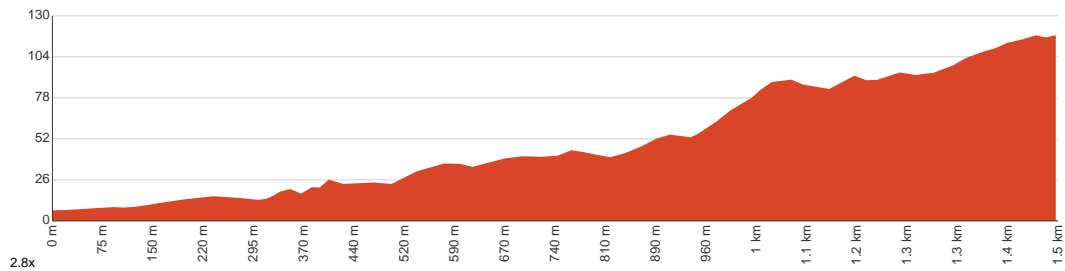

3 km
Return


↑ 171 m
↓ 171 m


Hard track



A great walk through some beautiful pockets of rainforest in the Rumbalara Reserve. Parts of the track are quite steep, although the well-formed track with plenty of steps makes the walking easier. As well as the beautiful rainforest scenery, this walk includes some glimpses into an old quarry at Cappers Gully and an optional side trip to one of the Rumbalara bronze sculptures. Plenty of variety and a beautiful walk. Let us begin by acknowledging the Darkinjung & Guringai people, Traditional Custodians of the land on which we travel today, and pay our respects to their Elders past and present.



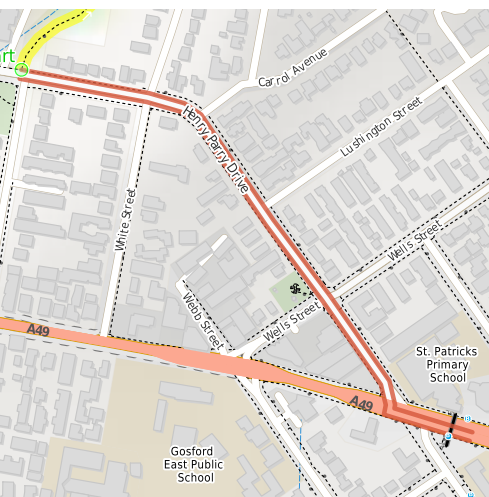
Class 4 of 6

Rough track, where fallen trees and other obstacles are likely

Quality of track	Formed track, with some branches and other obstacles (3/6)
Gradient	Very steep (4/6)
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	Storms may impact on navigation and safety (3/6)

Getting to the start: From York Street, A49

- Turn on to Henry Parry Drive then drive for 570 m



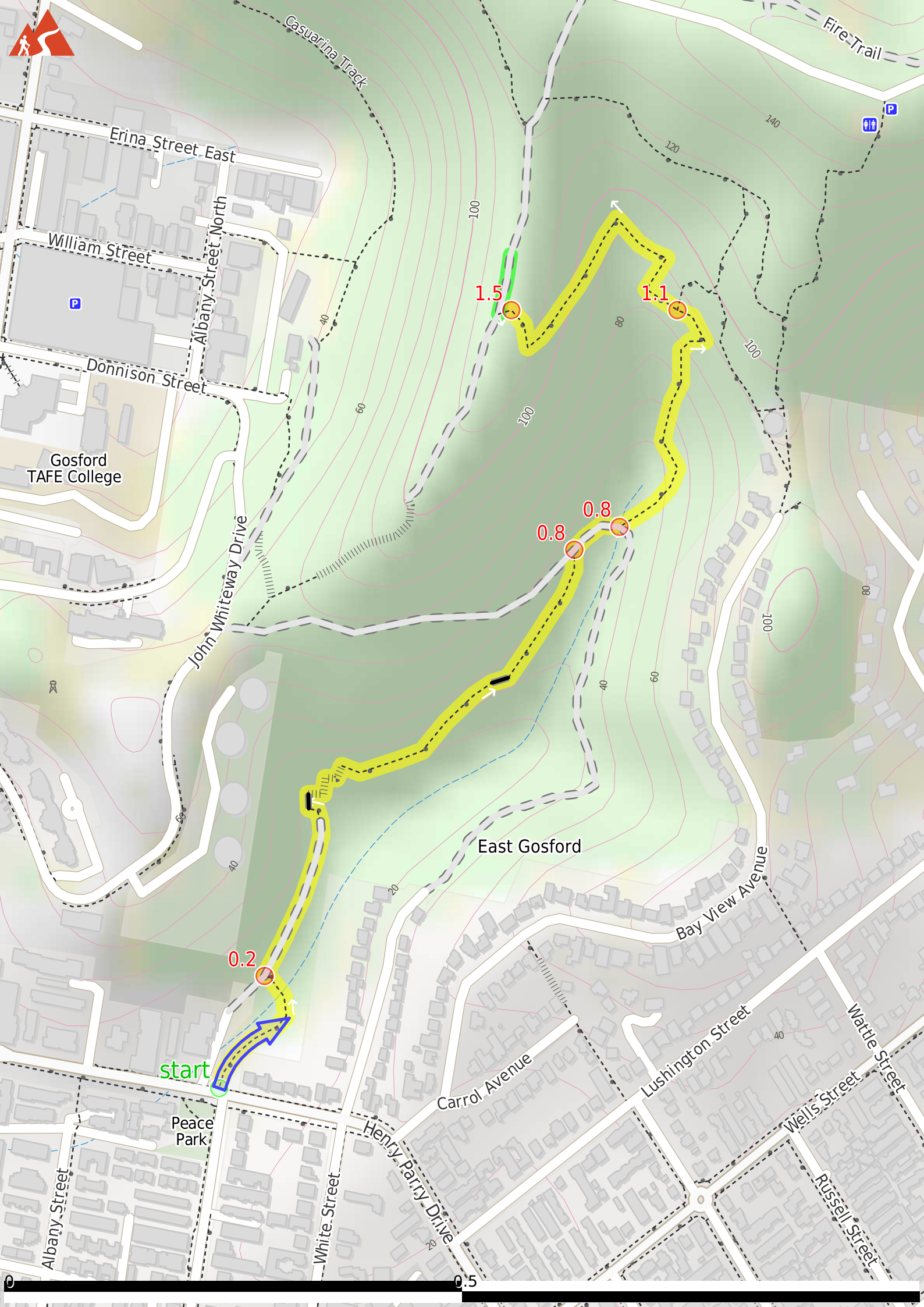
Before you start any journey ensure you;

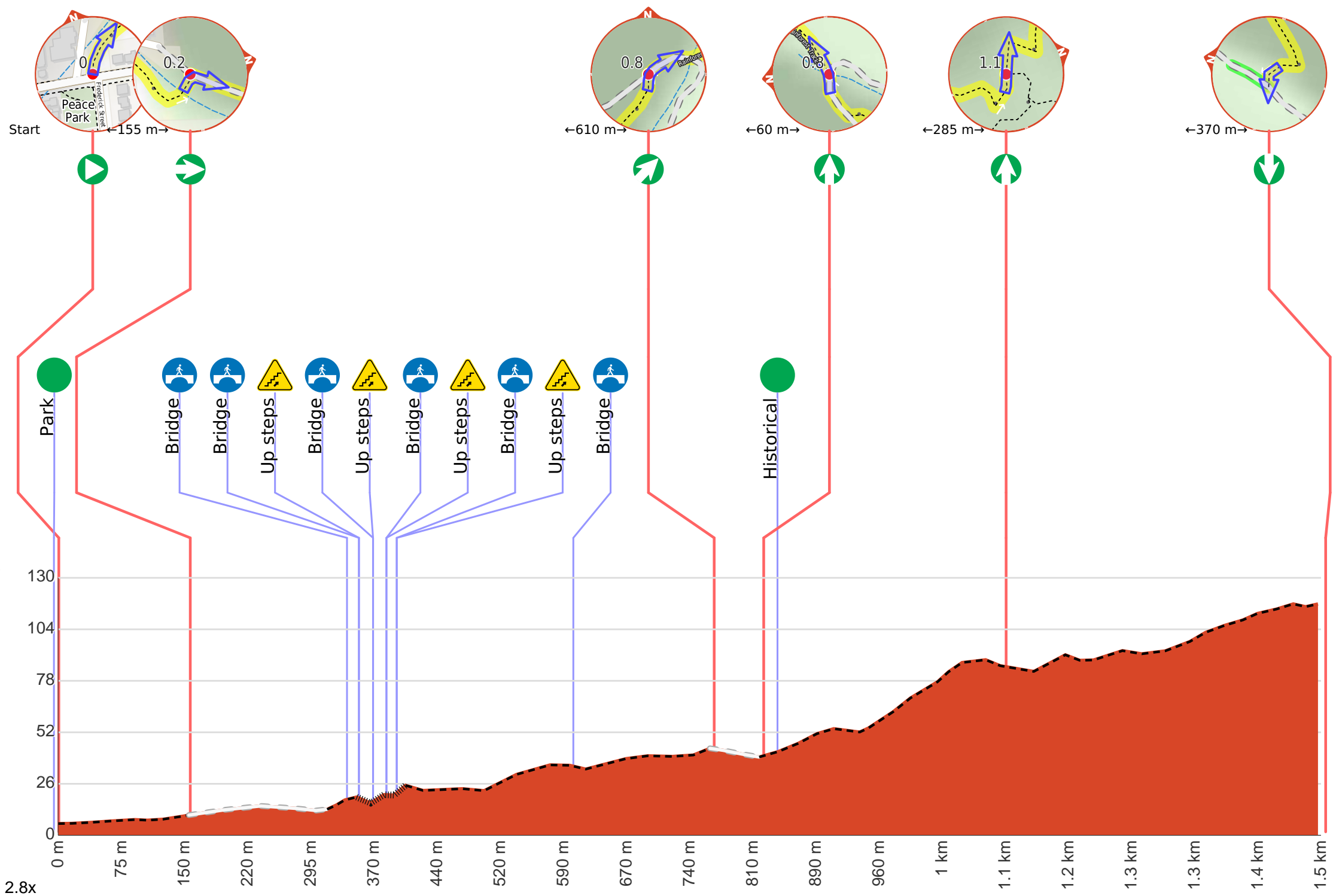
- Tell someone you trust where you are going and what to do if you are late returning
- Have adequate equipment, supplies, skills & knowledge to undertake this journey safely
- Consider weather forecasts, park/track closures & fire dangers
- Can respond to emergencies & call for help at any point
- Are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

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

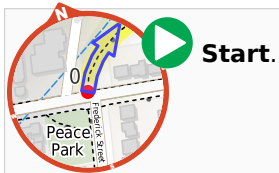
Share
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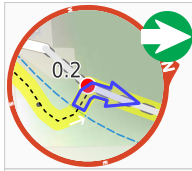


Getting started: From the trackhead at the intersection of Frederick St and Henry Parry Dr, Gosford, this walk follows the 'Cappers Gully' arrow (Rainforest Track sign) along the bush track, away from the road. After a short distance, the walk bends to the left, at a track arrow marker post, crosses a small gully and arrives at an intersection with a management trail near a gate and car park, to the left.



Start.

Peace Park (about 20 m back from the start).



After another 160 m **turn right**.



After another 185 m cross the bridge (about 70 m long)



Then cross the bridge (about 55 m long)



Then head up the steps (about 55 m long)



Then cross the bridge (about 40 m long)



Then head up the steps (about 40 m long)



Then cross the bridge (about 25 m long)



Then head up the steps (about 25 m long)



Then cross the bridge (about 15 m long)



Then head up the steps (about 15 m long)



After another 190 m cross the bridge (about 20 m long)



After another 145 m **veer right**.



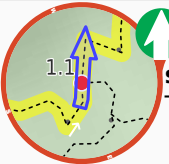
After another 75 m find the "Cappers Gully quarry" (7 m on your right).



This old quarry site is beside Cappers Gully in the Rumbalara Reserve, Gosford. The area is fenced off for safety reasons. The neat, square-cut walls of the quarry make an interesting sight on the walks in the area.



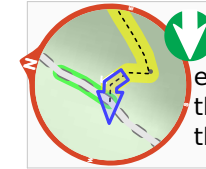
Continue straight, to head along Rainforest Track.



After another 285 m **continue straight**, to head along Rainforest Track.



After another 360 m come to "Statue".



Continue another 15 m to find the end. Then turn around here and retrace the main route for 1.5 km to get back to the start.