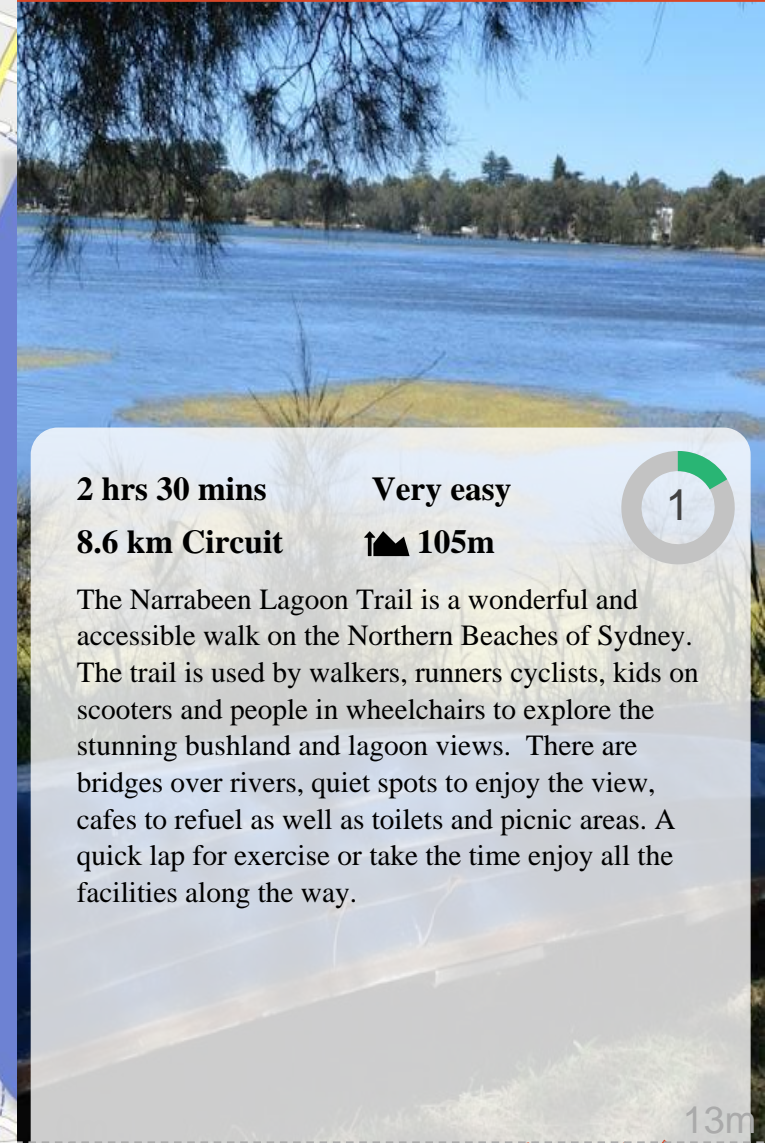




Narrabeen Lagoon Trail (from Middle Creek)



2 hrs 30 mins

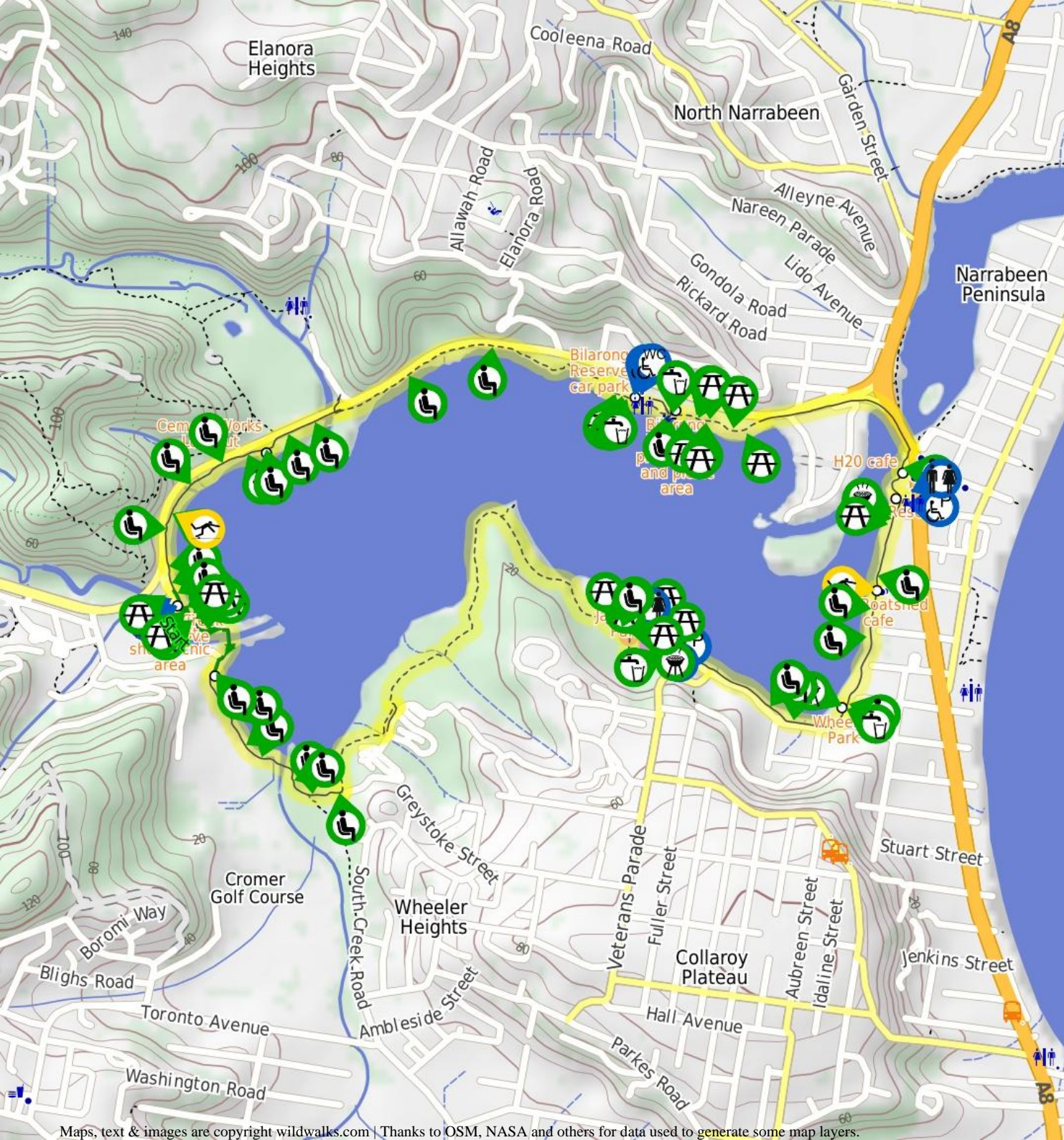
Very easy

8.6 km Circuit

105m

1

The Narrabeen Lagoon Trail is a wonderful and accessible walk on the Northern Beaches of Sydney. The trail is used by walkers, runners cyclists, kids on scooters and people in wheelchairs to explore the stunning bushland and lagoon views. There are bridges over rivers, quiet spots to enjoy the view, cafes to refuel as well as toilets and picnic areas. A quick lap for exercise or take the time enjoy all the facilities along the way.



Middle Creek Reserve

Middle Creek Reserve, is signposted on Wakehurst Parkway, Ingleside at the northwestern edge of Narrabeen Lagoon. The modern picnic area hosts a public toilet and change areas and an accessible toilet. There are a series of picnic tables scattered throughout the picnic area. There are also plenty of bench seats, BBQs and drinking fountain. There is space to park about 50 cars, including two mobility parking bays. Parking is metered at \$6 per hour. There is also a concrete boat ramp

Sport and Rec boat shed picnic area

Beside the Sport and Recreation boat shed is a simple clearing and picnic area on edge of Narrabeen Lagoon. There are large seating platforms in the open grassy area.

Jamison Park

Jamison Park is a large picnic area on the southern shoreline of Narrabeen Lagoon, at the end of The Esplanade, Narrabeen. The picnic area has a large paid parking area, including two mobility parking bays and is home to the 'Narrabeen Lakes Sailing Club'. There is a boat ramp, picnic tables, BBQ's, drinking fountain, public and accessible toilets. A pleasant area to enjoy the lagoon.

Wheeler Park

Wheeler Park is an open picnic area and playground between Lakeside Rd and Narrabeen Lagoon. There is a drinking fountain and bench seat beside the footpath. A great fenced and shaded children's playground as well as rubbish bins. Behind the playground is a sheltered BBQ and sheltered picnic tables (as well as some other unsheltered picnic tables) beside the open grassy area.

The Boatshed cafe

The Boatshed Cafe is a pleasant waterfront cafe & bar. There is a sheltered outside seating area and an upstairs indoor section. Lift access to the inside area is via the road side of the building, where there are also accessible toilets. theboatshedcafe.com.au. Beside the cafe is 'Pro-Kayaks' where you can hire kayaks and paddle boats. www.prokayaks.com.au. The upper story of the same building (11 Narrabeen St, Narrabeen) is 'Limani', a seafood restaurant if you want to get even more fancy. limani.com.au

Before You walk

Bushwalking is fun and a wonderful way to enjoy our natural places. Sometimes things go bad, with a bit of planning you can increase your chance of having an enjoyable and safer walk. Before setting off on your walk check

- 1) Weather Forecast ([BOM Metropolitan District](#))
- 2) Fire Dangers ([Greater Sydney Region, unknown](#))
- 3) Park Alerts ()
- 4) Research the walk to check your party has the skills, fitness and equipment required
- 5) Agree to stay as a group and not leave anyone to walk solo

Think before you TREK

The 'Think before you TREK' program developed by NSW Police & NPWS promotes the benefits of planning ahead for your bushwalking trip by using an easy to remember acronym:

- T** Take adequate supplies of food, water, navigation and first aid equipment.
- R** Register your planned route and tell friends and family when you expect to return.
- E** Emergency beacon (PLB's) should be carried on walks with significant gaps in mobile coverage (check terrain profile).
- K** Keep to your planned route and follow the map and walking trails.

Topo Maps

The maps provided on wildwalks are helpful, but there are times where you may need maps covering a broader area. Maps that cover this walk include;

1:25 000 Map Series:91301S MONA VALE

1:100 000 Map Series:9130 SYDNEY

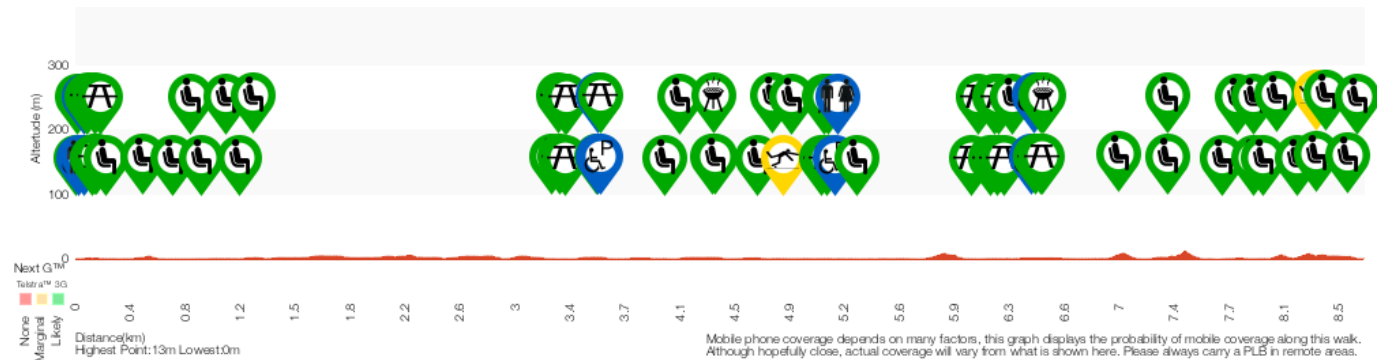
Grade

This walk has been graded using the AS 2156.1-2001. The overall grade of the walk is determined by the highest classification along the whole track.



Grade 1/6
Very easy

Length	8.6 km Circuit
Time	2 hrs 30 mins
Quality of track	Smooth and hardened path (1/6)
Signs	Clearly signposted (1/6)
Experience Required	No experience required (1/6)
Weather	Weather generally has little impact on safety (1/6)
Infrastructure	Generally useful facilities (such as fenced cliffs and seats) (1/6)



Are you ready to have fun?

Please ensure you and your group are well prepared and equipped for all possible hazards and delays. Check park closures, weather information and Fire Danger Rating before setting out. Optional side trips and alternate routes noted are not included in this walk's overall grade, length or time estimate. Please allow extra time for resting and exploring areas of interest. The authors, staff and owners of wildwalks take care in preparing this information but will not accept responsibility for any inconvenience, loss or injury you may experience. Please take care, have fun - Happy Walking.

Getting there Traveling by car is the only practical way to get to Middle Creek Reserve boat ramp (gps: -33.7169, 151.2699). Car: Parking fees apply in the area.

This is a circuit walk, so you will finish back at the start.

Find up to date and more information including; travel directions, weather, park closures and walker feedback at <http://wild.tl/nltmc>

0 | Middle Creek Reserve

Middle Creek Reserve, is signposted on Wakehurst Parkway, Ingleside at the northwestern edge of Narrabeen Lagoon. The modern picnic area hosts a public toilet and change areas and an accessible toilet. There are a series of picnic tables scattered throughout the picnic area. There are also plenty of bench seats, BBQs and drinking fountain. There is space to park about 50 cars, including two mobility parking bays. Parking is metered at \$6 per hour. There is also a concrete boat ramp

0 | Middle Creek Reserve boat ramp

(460 m 7 mins) From the Middle Creek Reserve boat ramp, this walk follows the concrete path along the edge of Middle Creek Reserve keeping the lagoon to the left. This walk meanders through the picnic area with a couple of sheltered picnic tables, a toilet block and car parking. At the southern end of the picnic area just before Middle Creek the path bends left past the sheltered tables to a seat (on the right) and a 'The Jim Somerville Bridge' sign on a rock (on the left) just before a bridge. The seat continues the the Jim Somerville Bridge ramp then after about 60m the bridge turns right and flattens out for 70m to cross the creek and after 70m then leads gently downhill for about 50m, passing a fenced off abseiling area. At the end of the bridge this walk continues on a concrete path for another 60m to come to a grassy clearing (on the left) with two seats just before the boat shed for the Sport and Recreation Center.

0.46 | Sport and Rec boat shed picnic area

Beside the Sport and Recreation boat shed is a simple clearing and picnic area on edge of Narrabeen Lagoon. There are large seating platforms in the open grassy area.

0.46 | Sport and Recreation boat shed

(750 m 12 mins) Continue straight: From the Sport and Recreation boat shed clearing, this walk follows the concrete path past the boat shed and archery range keeping the lagoon to the left. This walk then follows the concrete path for about 110m to pass the 'Caution you are next to an active golf course' sign (on the right) just before the start of the fibreglass boardwalk. After about 50m this path continues along a small bridge with handrails for 25m, then follows the concrete path to come to a seat (on the left). From this seat this walk continues along the footpath for about 190m past a seat (on the left) to come to another seat (on the left). From the seat this walk continues along the concrete path gently uphill for about 35m to the start of fence and fibreglass bridge with handrails. This walk zig zags on the bridge for about 70m, offering beautiful views across the lagoon. This walk then heads gently downhill for about 20m to come to a concrete path and end of handrails where the path flattens out and comes to another seat (on the left). From here this walk follows the concrete path for about 190m past a seat (on the left) to

come to another seat (on the left) just before the intersection beside James Wheeler Place, marked by a 'South Creek Reserve' sign (on the left).

1.21 | James Wheeler Place Intersection

(440 m 7 mins) Turn left: From the intersection beside James Wheeler Place, this walk follows the 'Jamieson Park 2.3km' arrow gently downhill along the wide gravel track initially keeping James Wheeler Place to your right. This walk continues past a 'Cyclists slow down' sign (on the left) and a 'Wildlife Protection Area' sign (on the right) and follows the gravel track for about 90m to come to an intersection with a short informal track to the water (on the left). This walk then continues along the wide track for another 110m past a series of signs (on the left) remembering each war before coming to a Y-intersection marked by a sign (on the right). This walk then veers left, following the 'Jamieson Park 2.1km' arrow along the track for the next 80m past more signs in the series (on the left) remembering each war before crossing a 40m long fibreglass 'RSL War Veterans Footbridge' with timber handrails. At the end of the footbridge this walk comes to an intersection with a faint informal steep rough track to the right just below the Dardanelles coffee shop.

Continue straight: From the intersection, this walk follows the 'Jamieson Park 2km' arrow along the gravel track keeping the road and village a short distance to the right. This walk continues for about 50m past the continuing series of information signs (on the left) remembering each war before crossing to a 15m long fibreglass bridge with timber handrailing and then continues along the gravel track for about 40m past more information signs (on the left) . This walk then heads gently uphill to a 3-way intersection marked by a 'RSL War Veterans North' signpost (on the right).

1.64 | RSL War Veterans access intersection

(1.6 km 28 mins) Turn left: From the intersection, this walk follows the 'Jamieson Park 1.9km' arrow gently downhill, directly away from the buildings. After just a few meters this walk leads past the war information sign '14', then leads past another 15 signs in the same series over the next 220m (all on the left). About 60m after the last of these signs (no. '29'), the track leads up a short moderately steep hill then continues through the dense forest for another 130m to cross a wide timber bridge. The walk continues along the wide track for another 300m when it leads up the the lagoons edge. About 150m along the edge of the lagoon the walks passes a 'Pipeclay Point' arrow post where the track soon bends right to lead away from the lagoon into the forest. After another 400m the track leads back close to the lagoon for a short distance then back into the denser forest for another 150m to then cross a flat fibreglass bridge. About 60m past this bridge the track comes to a Y-intersection on edge of a clearing, the walk turns right leading past the metal bench seat to find the 'Jamieson Park Trail Entry' post. The walking continues along the wide gravel track for 30m, to pass the 'Jamieson Park' to then come to a 3-way intersection (with a concrete track and picnic area on the left).

3.29 | Alternate Route Northern end of Jamison Park to In

(260 m 4 mins) Turn sharp left: From the intersection, this walk heads along the concrete footpath heading towards the lagoon. After about 20m the path leads past a nearby picnic table (on the right), (and past the other picnic facilities) as the path then bends right and leads beside the lagoon for about 80m to come to, then cross a small creek on a narrow (1.07m wide) timber footbridge with metal handrails (1.02m high). On the other side of the bridge this walk leads past a picnic table to come beside the boat ramp at the end of Jamison Park car park.

Turn right: From just beside the boat ramp at the end of Jamison Park car park, this walk follows the footpath gently uphill towards the sailing club. After about 20m this walk passes a picnic table, BBQ, as well at the accessible and public toilets (in the 'Narrabeen Lakes sailing Club' building).

The walk continues along the footpath for just over 100m, as it leads behind the club building, past another picnic table, to come to a T-intersection beside the 'Water Refill Jamison Park' station. Now Turn left to rejoin the main walk

3.29 | Northern end of Jamison Park

(230 m 4 mins) Veer right: From the intersection, this walk heads directly away from the clearing and lagoon along the wide gravel trail, past the 'Warning - Vehicles on track at any time' sign, to then lead between the timber fences. This trail may become boggy after prolonged rain. After about 150m this trail leads over a culverted creek (with timber handrails), where the trail continues for another 100m through the lovely dense forest to come to a 3-way intersection with a concrete path, beside the 'Water Refill Jamison Park' station.

3.53 | Jamison Park

Jamison Park is a large picnic area on the southern shoreline of Narrabeen Lagoon, at the end of The Esplanade, Narrabeen. The picnic area has a large paid parking area, including two mobility parking bays and is home to the 'Narrabeen Lakes Sailing Club'. There is a boat ramp, picnic tables, BBQ's, drinking fountain, public and accessible toilets. A pleasant area to enjoy the lagoon.

3.53 | Int behind Jamison Park

(760 m 13 mins) Continue straight: From the intersection (beside the 'Water Refill Jamison Park' station), this walk heads along the wide concrete footpath 30m towards the road, to pass the large 'Narrabeen Lagoon Trail' sign then cross 'The Esplanade' at the main entrance to Jamison Park.

Continue straight: From the entrance to 'Jamison Park', this walk follow the footpath out of the park keeping 'The Esplanade' to the right. The path leads between the lagoon and the road for about 130m to pass the end of 'Nioka Rd'. The walk continues beside the lagoon for another 250m to find a green timber bench seat, then just 100m later to find another metal and timber seat. The walk continues along the footpath for 70m to pass a roundabout, then past some houses to turn left onto the footpath beside 'Lakeside Rd'. The walk continues beside 'Lakeside Rd' for about 70m to come to the 'water refill' station beside the playground at Wheeler Park.

4.28 | Wheeler Park

Wheeler Park is an open picnic area and playground between Lakeside Rd and Narrabeen Lagoon. There is a drinking fountain and bench seat beside the footpath. A great fenced and shaded children's playground as well as rubbish bins. Behind the playground is a sheltered BBQ and sheltered picnic tables (as well as some other unsheltered picnic tables) beside the open grassy area.

4.28 | Wheeler Park

(470 m 7 mins) Continue straight: From the 'water refill' station beside the playground at Wheeler Park (Lakeside Rd Narrabeen), this walk follows the footpath, past the garbage bins and seat, initially keeping the road to the right. After about 25m this walk leads past the large 'Narrabeen Lagoon Trail' sign to continue for just shy of 100m past the scout hall to head between the timber bollards (1.2m wide and 1m high). The walk continues along the footpath for another 50m to pass the end of 'Devitt St', then continues for another 120m to come to a seat (on the left) at the end of 'Roberston St'. From here this walk continues straight, following the 'Berry Reserve 500m' arrow along the footpath for 90m to pass another bench seat (on the left) and continues for another 80m to come to the 'Pro-kayaks' and the 'The Boatshed' cafe (on the right), beside the lagoon.

4.75 | The Boatshed cafe

The Boatshed Cafe is a pleasant waterfront cafe & bar. There is a sheltered outside seating area and an upstairs indoor section. Lift access to the inside area is via the road side of the building, where there are also accessible toilets. theboatshedcafe.com.au. Beside the cafe is 'Pro-Kayaks' where you can hire kayaks and paddle boats. www.prokayaks.com.au. The upper story of the same building (11 Narrabeen St, Narrabeen) is 'Limani', a seafood restaurant if you want to get even more fancy. limani.com.au

4.75 | Coffee and Kayaks

(370 m 6 mins) Continue straight: From beside the cafe, this walk heads along the concrete footpath keeping the lagoon to the left (being mindful of the unguarded drop from the path into the lagoon). After about 40m the path leads past the end of 'Narrabeen St' and past the seat (on the left) then continues for just shy of 200m beside the lagoon, through the casuarina grove, to find a picnic table (on the left). About 45m further along this path this walk passes a BBQ shelter then continues for another 70m through the open park (beside the car park) to come to the 'Narrabeen Lagoon Trail - Berry Reserve' signposted intersection (beside the exercise equipment).

5.12 | Berry Reserve

Berry Reserve is a waterside open grassy picnic area found at 1417 Pittwater Rd Narrabeen. Public toilets, picnic tables, 2hr car parking, short basketball court, exercise area, garbage bins, and sheltered BBQs. There are a wide range of shops within 100m along Pittwater Rd as well as bus stops. warringah.nsw.gov.au Berry Markets are held on the 3rd Sunday of every month. It is a busy time with around 80 stalls offering arts & crafts, home wares & fashion as well as yummy food.

5.12 | Berry Reserve

(120 m 2 mins) Continue straight: From Berry Reserve, this walk follows the Narrabeen Lagoon Trail 'Bilarong Reserve 1.2km' arrow along the footpath (keeping the lagoon to the left.) After about 30m the path leads behind some fenced properties beside the lagoon. Over the next 80m the path leads to another open grassy area and the back of the 'H2O Cafe Restaurant' (on the right).

5.23 | H2O cafe

H2O Cafe Restaurant is a pleasant cafe and function facility at 1431 Pittwater Road, Narrabeen. The cafe sits on the edge of Narrabeen Lagoon, just north of Berry Reserve and offers indoor and outdoor options. h2ocafe.com.au

5.23 | H2O cafe

(90 m 1 mins) Continue straight: From the back of the 'H2O Cafe Restaurant', this walk follows the footpath between timber bollards keeping the water to the left. Over the next 80m this walk passes 4 bench seats as the path bends right and headhill up to a T-intersection with another footpath beside Pittwater Road.

5.33 | South end of Pitwater Rd Bridge

(610 m 10 mins) Turn left: From the intersection, this walk follows the 'Bilarong Reserve 1km' arrow over Pittwater Road Bridge, keeping the road to your right. After about 30m this walk passes the 'No fishing, climbing or jumping' sign and continues over the beautiful lagoon with lovely views, the narrowest section of the footpath here is 1.4m. At the far end of bridge this walk continues along the footpath beside past the large 'Wakehurst Parkway' sign to come to the 'Welcome to Pittwater' sign (near the pedestrian lights). The walk continues along the footpath (keeping Wakehurst Parkway to your right) for 110m to cross 'Wimbledon Avenue', then pass between the timber bollards. Continue along the footpath for another 150m to cross the the other end of 'Wimbledon Avenue'. From this intersection, this walk continues along the main footpath very gently uphill, (still keeping Wakehurst Parkway

to your right) for 90m to come to the end of the concrete path at the signposted entrance to 'Bilarong Reserve'.

5.93 | East end of Bilarong Reserve

(330 m 5 mins) Continue straight: From the 'Bilarong Reserve' sign beside the Wakehurst Parkway, this walk heads along the flat gravel track, towards the distant lagoon and away from the road. After about 170m this walk heads past two picnic tables (one on each side of the track) to then cross a concrete ford with 57cm high timber guiding (2.6m wide). From the ford the track heads gently uphill to pass the exercise area (on the right). Here this walk flattens and continues for another 130m passing a scattering of picnic tables (on both sides of the path), a drinking fountain (on the left), a double BBQ (on the right) to come to Y-intersection beside a picnic area with another drinking fountain and a playground (on the right).

6.26 | Bilarong Reserve playground and picnic area

Bilarong Reserve playground is accessed from Wakehurst Parkway, North Narrabeen. The main Picnic area has twin sheltered BBQs (97cm high, 2.3m wide, 88cm deep) with hot plates (44/44cm). The distance between BBQs is 1.4m. Each of the 4 picnic tables sits on a concrete slab 3x3.2m. Tables are 79cm high, 2m wide and 60cm deep. Seats are 46cm high and 39cm deep. Drinking fountain is 70cm high. The playground has a shaded fenced area with a slide and see-saw and a more open naturally shaded soft fall area with many climbing nets, single pole see-saw and a large sand area. In the centre of the carpark is a scout hall with toilets.

6.26 | Bilarong Reserve playground

(140 m 2 mins) Veer left: From the intersection, this walk follows the arrow post on the lower gravel track (2.5m wide) keeping the lagoon to the left. This walk soon passes a seat (on the right) and continues for about 40m to cross a flat fiber glass bridge (6m long, 2.6m wide, no handrails) over a small creek. This walk heads below the carpark for about 90m to just before the boat ramp where there's a 1.8m high shower (on the left). (Opposite the canoe ramp across the parking lot are accessible public toilets.)

6.41 | Bilarong Reserve car park

Bilarong Reserve car park is located just off Wakehurst Parkway, Narrabeen. There are 2 signposted mobility parking bays, a space for motor bikes and plenty of car parking. Parking fees (\$6hr) apply. There is a boat ramp opposite the scout hall. Also beside the scout hall are accessible public toilets.

6.41 | Bilarong Reserve boat ramp

(180 m 3 mins) Continue straight: From the boat ramp by the Bilarong Reserve car park, this walk follows the gravel track keeping the lagoon to your left. This walk continues for about 100m to soon pass a drinking fountain, a scattering of picnic tables, a seat and a BBQ (all on the left). From here this walk bends right and through the forest for about 20m to lead up to a T-intersection with a road (at the end of car park area). Turn left: From the intersection, this walk heads along the road past the timber bollards keeping the lagoon (through the trees) to the left. This walk continues for about 60m to come to the 'Bilarong Sanctuary' gate (1.3m wide) at the far end of the turning circle.

6.59 | Bilarong Reserve turning circle

(1 km 19 mins) Veer left: From the gate in the fence at the far end of the turning circle at the end of Bilarong Reserve carpark, this walk follows the gravel track away from the road and towards the 'Bilarong Sanctuary' sign. This walk continues along the gravel track past the 'Dogs prohibited' sign through the mixed forest beside the lagoon. After 300m the track comes gently up beside the Wakehurst Parkway (on the right) to a 1.9m wide gap in

the fence, and heads moderately steeply up the gravel track to be behind the safety barrier on Wakehurst Parkway. This track (1.4m wide) continues for about 130m beside the road (behind the safety barrier) along the Wakehurst Parkway, past a rock with 'Wakehurst Parkway' and 'Gateway to Pittwater' signs (on the left) and a seat (on the left) to come to a '80' km/h sign (on the right). From the sign this walk starts to head moderately steeply downhill for about 30m to a flat fibreglass bridge. From here this walk continues for the next 100m, crosses another flat fibreglass bridge and follows the 80m section of timber boardwalk (1.78m wide). This walk continues along the gravel track for the next 70m, across another 12m long flat fibreglass bridge to come to timber lookout with 2 seats (at time of writing the platform was closed of for repair), located by a gorgeous angophora tree. This walk continues gently uphill to then pass a 15m long moderately steep downhill section of gravel track and a flat fibreglass bridge. This walk follows the gravel track for about 140m past a timber fence (on the left) and a facing away 'Welcome to Pittwater' sign (opposite the fence) to come to a Y-intersection at the start of the concrete path.

7.59 | Deep Creek Intersection

(310 m 5 mins) Turn right: From the intersection, this walk follows the main path arrow up a 15m moderately steep (8.4° incline) section of concrete footpath. The walk then leads over a long pedestrian bridge with handrails offering beautiful views along Deep Creek. At the end of the bridge this walk follows the gravel track for about 30m gently downhill to come to a timber lookout (on the left) and 2 seats. This walk now continues along the fibreglass footpath with handrails (handrails stop after 45m) for about 90m to come to another seat (on the left). This walk then leads into a forest and zig-zags a little bit away from the Wakehurst Parkway to come to a handrailed (116cm high) lookout (on the left) with a seat, just by the 'Cement Works' sign (on the left) and a shaded seat (on the right).

7.9 | Cement Works Lookout

Cement Works Lookout is a pleasant viewing platform on the northern edge of Narrabeen Lagoon. On display are some remains from the long since removed lime and cement works that were established here by Edward Giles Stone. These works never reached their full potential due to the construction of Wakehurst Parkway. The lookout offers beautiful views across the lagoon and unique seats as a reminder of the works that were done here. There is a 1.2m high railing at the main viewing area.

7.9 | Cement Works Lookout

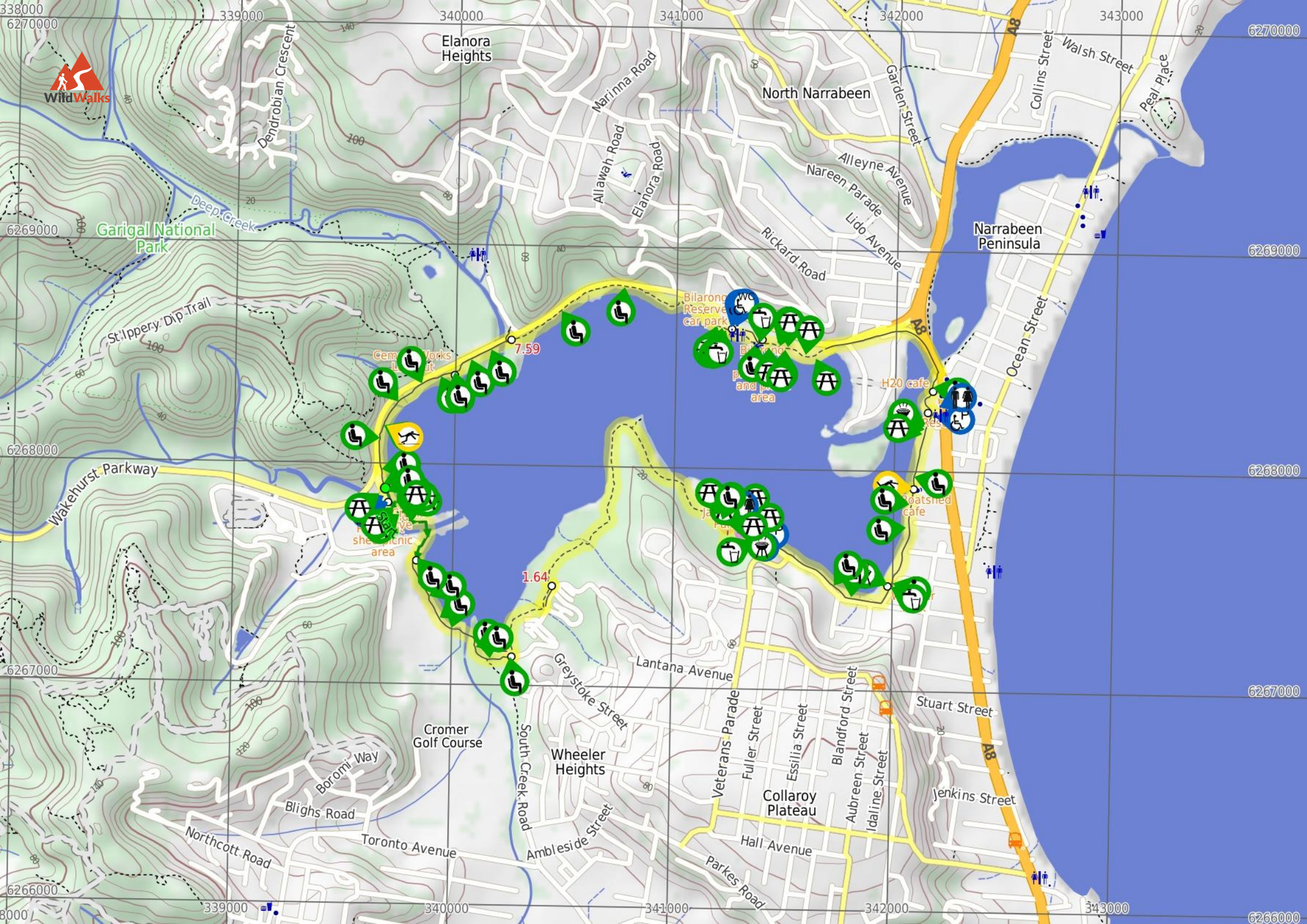
(630 m 12 mins) Continue straight: From the 'Cement Works' Lookout sign, this walk heads gently downhill across a short section of fibreglass boardwalk keeping the lagoon to the left. This walk continues along the wide gravel track for about 60m. After crossing another short section of fibreglass boardwalk gently uphill this walk comes to a seat (on the right) and an unfenced timber viewing platform (on the left) with 4 steps, offering beautiful views across the lagoon. From beside this viewing platform this walk continues straight, along the 15m section of boardwalk with handrails then another 80m of boardwalk to come to another viewing platform (on the left) and a seat (on the right). This walk continues along the fibreglass board for the next 140m as it meanders through the forest to come to the next viewing platform (on the left) and a seat (on the right). From this viewing platform this walk continues along the fibreglass board for the next 120m through the forest to come to yet another viewing platform (on the left) with a trip hazard and a seat (on the right). From the viewing platform this walk continues along the fibreglass board and after about 70m this walk comes closer to the road and to yet another similar viewing platform (on the left) and a seat (on the right). This walk continues along fibreglass board for the next 40m to come across a small handrailed bridge then the end of the fibreglass boardwalk and a start of the gravel track. This walk continues

along the wide gravel track for the next 80m to come to a seat and a timber viewing platform (on the left), marked by a 'Middle Creek Reserve' sign (on the right) and 'The Graham Jones Track' sign on a rock (on the left) at the start of the Middle Creek Reserve.

8.53 | Northern end of Middle Creek Reserve

(90 m 2 mins) Continue straight: From the viewing platform at the Northern end of Middle Creek Reserve, this walk follows the 'South Creek Reserve 1.2km' sign along the concrete footpath along the edge of Middle Creek Reserve parking area. After about 60m this walk passes a seat (on the left) and 15m later a parking pay station (on the left), to come to the boat ramp in the middle of the Middle Creek Reserve parking area (be mindful of a 'Give way' sign when crossing).





Summary navigation sheet for the Narrabeen Lagoon Trail (from Middle Creek)



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
0.00	Middle Creek Reserve boat ramp -33.7169,151.2699 (GR Mona Vale, 397679)	3 -2	460 m 7 mins	From the Middle Creek Reserve boat ramp, this walk follows the concrete path along the edge of Middle Creek Reserve keeping the lagoon to the left.
0.46	Sport and Recreation boat shed -33.7198,151.2713 (GR Mona Vale, 398676)	7 -7	750 m 12 mins	Continue straight: From the Sport and Recreation boat shed clearing, this walk follows the concrete path past the boat shed and archery range keeping the lagoon to the left.
1.21	James Wheeler Place Intersection -33.7238,151.276 (GR Mona Vale, 403671)	5 -2	440 m 7 mins	Turn left: From the intersection beside James Wheeler Place, this walk follows the 'Jamieson Park 2.3km' arrow gently downhill along the wide gravel track initially keeping James Wheeler Place to your right.
1.64	RSL War Veterans access intersection -33.7209,151.278 (GR Mona Vale, 405675)	20 -25	1.6 km 28 mins	Turn left: From the intersection, this walk follows the 'Jamieson Park 1.9km' arrow gently downhill, directly away from the buildings.
3.29	Northern end of Jamison Park -33.7185,151.2866 (GR Mona Vale, 412677)	2 -1	260 m 4 mins	Alternate Route Northern end of Jamison Park. Turn sharp left: From the intersection, this walk heads along the concrete footpath heading towards the lagoon.
3.29	Northern end of Jamison Park -33.7185,151.2866 (GR Mona Vale, 412677)	3 -1	230 m 4 mins	Veer right: From the intersection, this walk heads directly away from the clearing and lagoon along the wide gravel trail, past the 'Warning - Vehicles on track at any time' sign, to then lead between the timber fences.
3.53	Int behind Jamison Park -33.7191,151.288 (GR Mona Vale, 414677)	7 -7	760 m 13 mins	Continue straight: From the intersection (beside the 'Water Refill Jamison Park' station), this walk heads along the wide concrete footpath 30m towards the road, to pass the large 'Narrabeen Lagoon Trail' sign then ...
4.28	Wheeler Park -33.721,151.2946 (GR Mona Vale, 420675)	2 -3	470 m 7 mins	Continue straight: From the 'water refill' station beside the playground at Wheeler Park (Lakeside Rd Narrabeen), this walk follows the footpath, past the garbage bins and seat, initially keeping the road to the right.
4.75	Coffee and Kayaks -33.717,151.2957 (GR Mona Vale, 421679)	1 -1	370 m 6 mins	Continue straight: From beside the cafe, this walk heads along the concrete footpath keeping the lagoon to the left (being mindful of the unguarded drop from the path into the lagoon).
5.12	Berry Reserve -33.7138,151.2966 (GR Mona Vale, 422683)	0 -1	120 m 2 mins	Continue straight: From Berry Reserve, this walk follows the Narrabeen Lagoon Trail 'Bilarong Reserve 1.2km' arrow along the footpath (keeping the lagoon to the left.) After about 30m the path leads behind some fenc...
5.23	H2O cafe -33.7129,151.2967 (GR Mona Vale, 422684)	0 0	90 m 1 mins	Continue straight: From the back of the 'H2O Cafe Restaurant', this walk follows the footpath between timber bollards keeping the water to the left.
5.33	South end of Pitwater Rd Bridge -33.7122,151.297 (GR Mona Vale, 422685)	10 -4	610 m 10 mins	Turn left: From the intersection, this walk follows the 'Billarong Reserve 1km' arrow over Pittwater Road Bridge, keeping the road to your right.
5.93	East end of Bilarong Reserve -33.7112,151.2916 (GR Mona Vale, 417686)	1 -6	330 m 5 mins	Continue straight: From the 'Bilarong Reserve' sign beside the Wakehurst Parkway, this walk heads along the flat gravel track, towards the distant lagoon and away from the road.
6.26	Bilarong Reserve playground -33.711,151.2883 (GR Mona Vale, 414686)	1 0	140 m 2 mins	Veer left: From the intersection, this walk follows the arrow post on the lower gravel track (2.5m wide) keeping the lagoon to the left.
6.41	Bilarong Reserve boat ramp -33.7106,151.287 (GR Mona Vale, 413686)	0 0	180 m 3 mins	Continue straight: From the boat ramp by the Bilarong Reserve car park, this walk follows the gravel track keeping the lagoon to your left.
6.59	Billarong Reserve turning circle -33.7098,151.2855 (GR Mona Vale, 411687)	26 -27	1 km 19 mins	Veer left: From the gate in the fence at the far end of the turning circle at the end of Billarong Reserve carpark, this walk follows the gravel track away from the road and towards the 'Bilarong Sanctuary' sign.
7.59	Deep Creek Intersection -33.7109,151.2761 (GR Mona Vale, 403686)	2 -2	310 m 5 mins	Turn right: From the intersection, this walk follows the main path arrow up a 15m moderately steep (8.4° incline) section of concrete footpath.
7.90	Cement Works Lookout -33.7122,151.2733 (GR Mona Vale, 400684)	17 -14	630 m 12 mins	Continue straight: From the 'Cement Works' Lookout sign, this walk heads gently downhill across a short section of fibreglass boardwalk keeping the lagoon to the left.
8.53	Northern end of Middle Creek Reserve -33.7161,151.2697 (GR Mona Vale, 397680)	0 -3	90 m 2 mins	Continue straight: From the viewing platform at the Northern end of Middle Creek Reserve, this walk follows the 'South Creek Reserve 1.2km' sign along the concrete footpath along the edge of Middle Creek Reserve par...



This page is designed to give you a sense of the facilities that help improve access for people with disabilities or mobility restrictions. See tracknotes and map for navigation, point of interest and other information. See the Accessibility Details page for specific information about each facility.

Parking: There are 4 designated accessible parking areas on this walk. They are on average 2140m apart, with a maximum gap of 3480m.

Toilets: There are 2 toilets on this walk. They are 6390m apart.

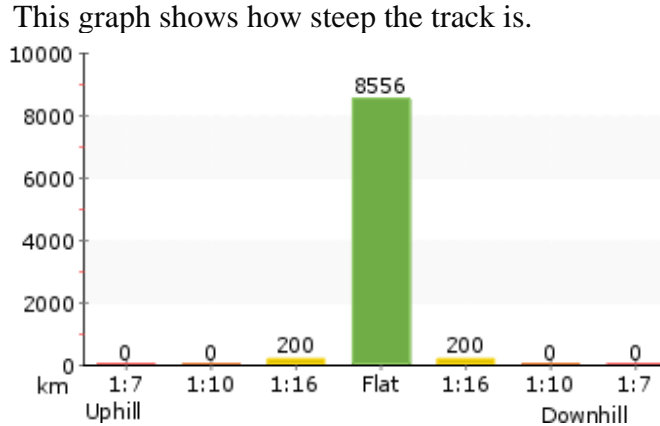
Seats: There are 58 seats on this walk. They are on average 150m apart, with a maximum gap of 1990m.

Surface

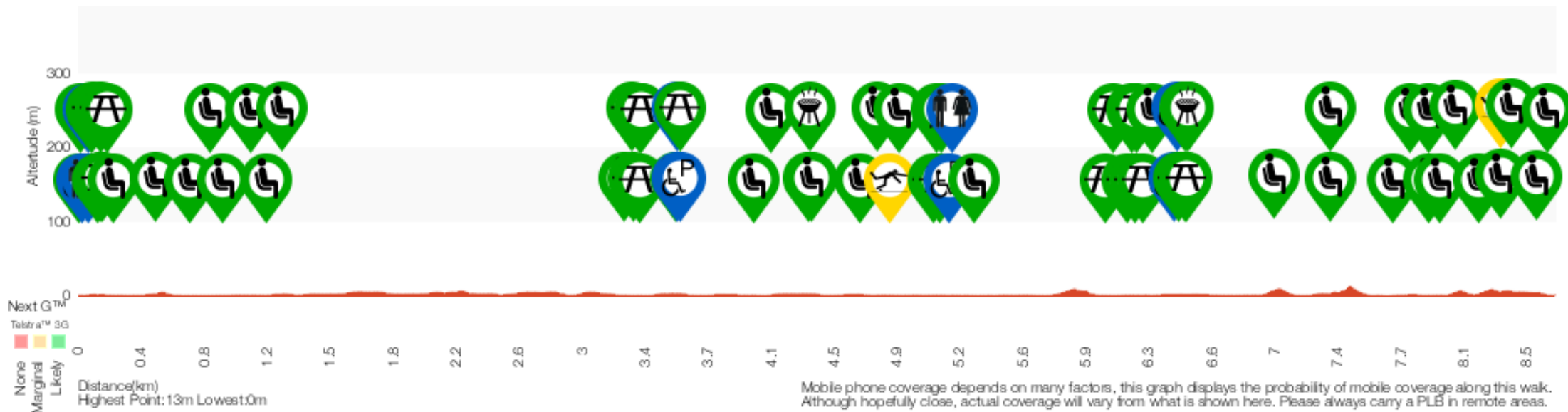
Smooth & hard surface footpath half the way. Just under half the walk is on fairly smooth compacted gravel track, this may become boggy after rain.

Stepness

Mostly flat with a few moderately steep slopes. This graph shows how steep the track is.



1		Grade 1/6 Very easy	
Length	8.6 km Circuit		
Time	2 hrs 30 mins		
Quality of track	Smooth and hardened path (1/6)		
Signs	Clearly signposted (1/6)		
Experience Required	No experience required (1/6)		
Weather	Weather generally has little impact on safety (1/6)		
Infrastructure	Generally useful facilities (such as fenced cliffs and seats) (1/6)		



Mobile phone coverage depends on many factors, this graph displays the probability of mobile coverage along this walk. Although hopefully close, actual coverage will vary from what is shown here. Please always carry a PLB in remote areas.



1 Picnic Table (0m)
 A timber slat picnic table and bench seats on a concrete platform. The table is 80cm high, 90cm deep and 2.4m wide. The seats are 46cm high, 29cm deep and 2.4m wide (no backrest).



2 Seat (20m)
 A timber slat bench seat, 45cm high and 2m wide with a 46cm high backrest.



3 Parking Accessible (30m)
 There are about 50 car parking bays. Two are marked mobility parking bays at the southern end. The mobility parking area is asphalt, 2.3m wide and 5.3m deep.



4 Toilet Accessible (60m)
 Shared male/female accessible toilet with a shower (faucet at 1m high, bench by the shower 49cm high) and baby change table. Entrance is 98cm wide, hand basin 80cm high, toilet seat 47cm high with a handrail. Toilet is accessible by a concrete ramp leading from the



5 Toilet (60m)
 Male and female toilet blocks and changing rooms. Toilets have 2 hand basins 88cm high, toilet seats 41cm high. Male toilet has 2 urinals 67cm high. No handrails. Change rooms have entrance 84cm wide, a bench (40cm high), a shower (faucet at 1.2m). Toilet



6 Seat (80m)
 A timber slat bench seat, 45cm high and 2m wide with a 46cm high backrest.



7 Potable Water (90m)
 A 88cm high water fountain (working at the time of writing).



8 Picnic Table (90m)
 2 sheltered timber slat picnic tables and bench seats on a concrete platform. The table are 80cm high, 90cm deep and 2.4m wide. The seats are 46cm high, 29cm deep and 2.4m wide (no backrest).



9 Seat (120m)
 2 timber slat bench seats on a concrete slab, 12m away from the path, 45cm high and 2m wide with a 46cm high backrest.



10 Picnic Table (130m)
 A timber slat picnic table and bench seat. The table is 80cm high, 90cm deep and 2.4m wide. The seats are 46cm high, 29cm deep and 2.4m wide (no backrest).



11 Bbq (140m)
 A BBQ on a concrete slab. BBQ is 91cm high, 2.3m wide and 88cm deep. Hot plates are 44/44cm.



12 Picnic Table (140m)
 A timber slat picnic table and bench seat. The table is 80cm high, 90cm deep and 2.4m wide. The seats are 46cm high, 29cm deep and 2.4m wide (no backrest).



13 Picnic Table (140m)
 A timber slat picnic table and bench seats on a concrete platform. The table is 80cm high, 90cm deep and 2.4m wide. The seats are 46cm high, 29cm deep and 2.4m wide (no backrest).



14 Picnic Table (170m)
 2 sheltered timber slat picnic tables and bench seats. The table are 80cm high, 90cm deep and 2.4m wide. The seats are 46cm high, 29cm deep and 2.4m wide (no backrest).



15 Seat (210m)

A timber slat bench seat, 45cm high and 2m wide with a 46cm high backrest.



16 Seat (450m)

2 timber low seats, 50cm high, 1.7m deep, 1.8m wide.



17 Seat (660m)

A timber slat bench seat, 45cm high and 2m wide with a 46cm high backrest.



18 Seat (770m)

A timber slat bench seat, 45cm high and 2m wide with a 46cm high backrest.



19 Seat (850m)

A timber slat bench seat, 45cm high and 2m wide with a 46cm high backrest.



20 Seat (1010m)

A timber slat bench seat, 45cm high and 2m wide with a 46cm high backrest.



21 Seat (1100m)

A timber slat bench seat, 45cm high and 2m wide with a 46cm high backrest.



22 Seat (1200m)

A timber slat bench seat, 45cm high and 2m wide with a 46cm high backrest.



23 Seat (3190m)

A timber slat bench seat, 44cm high, 45cm deep and 2m wide with a 45cm high backrest.



24 Picnic Table (3240m)

2 sheltered timber slat picnic tables and bench seats on a concrete platform. The table are 79cm high, 62cm deep and 3m wide. The seats are 45cm high, 40cm deep and 3m wide (no backrest).



25 Picnic Table (3240m)

A timber slat picnic table and bench seats on a concrete platform 3x4m. The table is 79cm high, 62cm deep and 2m wide. The seats are 45cm high, 40cm deep and 2m wide (no backrest).



26 Picnic Table (3280m)

A timber slat picnic table and bench seats on a concrete platform 3x4m. The table is 79cm high, 62cm deep and 2m wide. The seats are 45cm high, 40cm deep and 2m wide (no backrest).



27 Picnic Table (3280m)

A timber slat picnic table and bench seats on a concrete platform. The table is 79cm high, 62cm deep and 3m wide. The seats are 45cm high, 40cm deep and 3m wide (no backrest).



28 Picnic Table (3290m)

A timber slat picnic table and bench seats on a concrete platform. The table is 79cm high, 62cm deep and 3m wide. The seats are 45cm high, 40cm deep and 3m wide (no backrest).



29 Bbq (3480m)

A BBQ on a concrete slab. BBQ is 91cm high, 2.3m wide and 88cm deep. Hot plates are 44/44cm.



30 Toilet Accessible (3490m)

Shared male/female accessible toilet. Toilet is locked with a MLAK key, doors are heavy.

**31 Toilet (3500m)**

Male and female toilet block. Entrance is 78cm wide with a 7cm step at the door, hand basins 75cm high, toilet seat 42cm high. Male toilet has a urinal with 10cm step. Open 6am – 9pm, otherwise locked. Doors to the toilet are heavy.

**32 Potable Water (3510m)**

A 81cm high water fountain (working at the time of writing).

**33 Picnic Table (3510m)**

A timber slat picnic table and bench seats on a concrete platform. The table is 79cm high, 62cm deep and 3m wide. The seats are 45cm high, 40cm deep and 3m wide (no backrest).

**34 Parking Accessible(3510m)**

There are about 30 car parking bays. Two are marked mobility parking bays in front of the sailing club. The mobility parking area is asphalt, 2.3m wide and 5.3m deep.

**35 Seat (3940m)**

A timber slat bench seat dedicated to Jack Frederick Eaton, 43cm high, 32cm deep and 2m wide with a 50cm high backrest.

**36 Seat (4040m)**

2 timber slat bench seats, 46cm high, 42cm deep and 2m wide with a 47cm high backrest.

**37 Picnic Table (4260m)**

A timber slat picnic table and bench seats on a concrete platform. The table is 84cm high, 86cm deep and 2.4m wide. The seats are 45cm high, 28cm deep and 2.4m wide (no backrest).

**38 Potable Water (4260m)**

A 81cm high water fountain (working at the time of writing).

**39 Bbq (4270m)**

A BBQ on a concrete slab. BBQ is 92cm high, 1.7m wide and 88cm deep. Hot plates are 44/44cm.

**40 Seat (4280m)**

A timber slat bench seat, 41cm high, 33cm deep and 2m wide with a 49cm high backrest.

**41 Seat (4560m)**

3 timber slat bench seats, 43cm high, 41cm deep and 2m wide with a 47cm high backrest.

**42 Seat (4660m)**

A timber slat bench seat, 43cm high, 41cm deep and 2m wide with a 47cm high backrest.

**43 Trip Hazard (4730m)**

The footpath beside the Boastshed Cafe has an unfenced direct 1m drop into the lagoon. There is a white line marking the edge but no change in texture.

**44 Seat (4790m)**

A timber slat bench seat, 43cm high, 41cm deep and 2m wide with a 47cm high backrest.

**45 Picnic Table (4990m)**

A timber slat picnic table and bench seats on a concrete platform. The table is 79cm high, 65cm deep and 2m wide. The seats are 44cm high, 42cm deep and 2m wide (no backrest).

**46 Picnic Table (5010m)**

A timber slat picnic table and bench seats on a concrete platform. The table is 79cm high, 65cm deep and 2m wide. The seats are 44cm high, 42cm deep and 2m wide (no backrest).

**47 Picnic Table (5020m)**

A timber slat picnic table and bench seats on a concrete platform. The table is 79cm high, 65cm deep and 2m wide. The seats are 44cm high, 42cm deep and 2m wide (no backrest).

**48 Bbq (5030m)**

A sheltered BBQ on a concrete slab. BBQ is 92cm high, 1.7m wide and 88cm deep. Hot plates are 44/44cm.

**49 Parking Accessible(5080m)**

There are about 90 car parking bays. Two are marked mobility parking bays. The mobility parking area is asphalt, 2.2m wide and 5.2m deep.

**50 Toilet (5100m)**

Male and female toilet block. Narrowest hall is 100cm wide with a 15cm step at the door, hand basin 95cm high, 4 toilet seats 42cm high. Male toilet has 2 urinals with 10cm step.

**51 Seat (5230m)**

4 timber slat bench seats, 43cm high, 41cm deep and 2m wide with a 47cm high backrest.

**52 Picnic Table (5990m)**

A timber slat picnic table and bench seat. The table is 80cm high, 90cm deep and 2.4m wide. The seats are 46cm high, 29cm deep and 2.4m wide (no backrest). 18m from the footpath.

**53 Picnic Table (6030m)**

A timber slat picnic table and bench seat on a concrete platform 2.9x3.7m. The table is 80cm high, 90cm deep and 2.4m wide. The seats are 46cm high, 29cm deep and 2.4m wide (no backrest). 9m from the footpath (on the right).

**54 Picnic Table (6120m)**

A timber slat picnic table and bench seat on a concrete platform. The table is 80cm high, 90cm deep and 2.4m wide. The seats are 46cm high, 29cm deep and 2.4m wide (no backrest).

**55 Potable Water (6130m)**

A water fountain (working at time of writing) is 79cm high.

**56 Picnic Table (6140m)**

A timber slat picnic table and bench seat on a concrete platform. The table is 80cm high, 90cm deep and 2.4m wide. The seats are 46cm high, 29cm deep and 2.4m wide (no backrest).

**57 Picnic Table (6160m)**

A timber slat picnic table and bench seat on a concrete platform. The table is 80cm high, 90cm deep and 2.4m wide. The seats are 46cm high, 29cm deep and 2.4m wide (no backrest).

**58 Picnic Table (6170m)**

A timber slat picnic table and bench seat on a concrete platform. The table is 80cm high, 90cm deep and 2.4m wide. The seats are 46cm high, 29cm deep and 2.4m wide (no backrest).

**59 Picnic Table (6210m)**

A timber slat picnic table and bench seat on a concrete platform. The table is 80cm high, 90cm deep and 2.4m wide. The seats are 46cm high, 29cm deep and 2.4m wide (no backrest).

**60 Potable Water (6250m)**

A water fountain (working at time of writing).

**61 Seat (6270m)**

A timber slat bench seat, 51cm high, 31cm deep and 1.75m wide with a 51cm high backrest.

**62 Toilet Accessible (6390m)**

Male and female accessible toilet. Entrance male toilets) is 78cm wide (no step), hand basin 80cm high, urinal has a 10cm step, toilet seat 47cm high with a handles, in a 1.5x2.05m room. There is a 42cm high bench.



63 Parking Accessible(6410m)

There are about 80 car parking bays. Two are marked mobility parking bays. The mobility parking area is asphalt, 2.2m wide and 5.2m deep.



64 Picnic Table (6420m)

A timber slat picnic table and bench seat on a concrete slab 3x3.2m. The table is 79cm high, 60cm deep and 2m wide. The seats are 46cm high, 39cm deep and 2m wide (no backrest).



65 Potable Water (6450m)

An 88cm high water fountain.



66 Picnic Table (6450m)

A timber slat picnic table and bench seat on a concrete slab. The table is 80cm high, 90cm deep and 2.4m wide. The seats are 46cm high, 29cm deep and 2.4m wide (no backrest).



67 Seat (6460m)

A timber slat bench seat dedicated to Matthew Lloyd Hammond, 48cm high, 31cm deep and 1.8m wide with a 49cm high backrest. Seat is on a concrete slab and about 20m (across grass) from the path.



68 Picnic Table (6460m)

A timber slat picnic table and bench seat on a concrete slab 3x3.2m. The table is 80cm high, 90cm deep and 2.4m wide. The seats are 46cm high, 29cm deep and 2.4m wide (no backrest).



69 Picnic Table (6470m)

A timber slat picnic table and bench seat on a concrete slab 3x3.2m. The table is 80cm high, 90cm deep and 2.4m wide. The seats are 46cm high, 29cm deep and 2.4m wide (no backrest).



70 Bbq (6470m)

A BBQ on a concrete slab 5x3.5m. BBQ is 95cm high, 2.3m wide and 88cm deep. Hot plates are 44/44cm.



71 Seat (6970m)

A timber slat bench seat, 42cm high, 31cm deep and 2.4m wide with a 49cm high backrest.



72 Seat (7300m)

A timber slat bench seat, 51cm high, 23cm deep and 2.3m wide.



73 Seat (7300m)

A timber slat bench seat, 51cm high, 23cm deep and 2.3m wide.



74 Seat (7670m)

2 timber slat bench seats, 43cm high, 30cm deep and 2.5m wide, with a 34cm high backrest.



75 Seat (7770m)

2 timber slat bench seats, 43cm high, 30cm deep and 2.5m wide, with a 34cm high backrest.



76 Seat (7870m)

A timber slat bench seat, 43cm high, 30cm deep and 2.5m wide, with a 35cm high and 1.73m long backrest.



77 Seat (7870m)

A concrete set of blocks, 51cm high (no backrest), 23cm deep and 2.4m wide.



78 Seat (7940m)

A timber slat bench seat, 43cm high and 2.5m wide with a 35cm high backrest (1.73m long).



79 Seat (8030m)

A timber slat bench seat, 43cm high and 2.5m wide with a 35cm high backrest (1.73m long).



80 Seat (8170m)

A timber slat bench seat, 43cm high and 2.5m wide with a 35cm high backrest (1.73m long).



81 Trip Hazard (8290m)

A 15cm step on a timber viewing platform with no handrails.



82 Seat (8300m)

A timber slat bench seat, 43cm high and 2.5m wide with a 35cm high backrest (1.73m long).



83 Seat (8360m)

A timber slat bench seat, 43cm high and 2.5m wide with a 35cm high backrest (1.73m long).



84 Seat (8500m)

A timber slat bench seat, 43cm high and 2.5m wide with a 35cm high backrest.



85 Seat (8560m)

A timber slat bench seat, 45cm high and 2m wide with a 46cm high backrest.