



Ironbark and Flannel Flower Circuit

(Darkinjung & Guringai Country)

50 min to 1 h

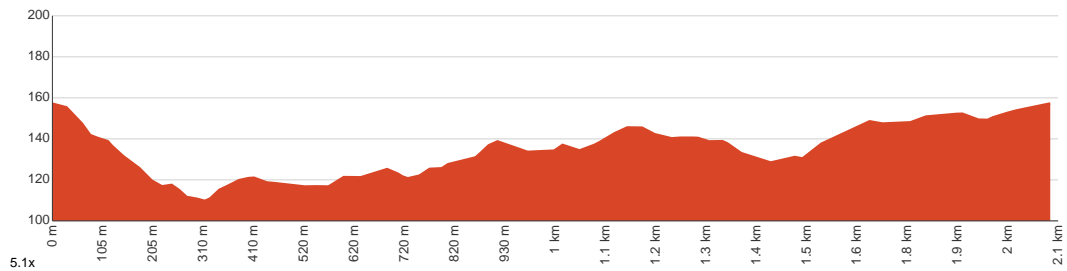
2 km
Circuit

↑ 87 m
↓ 87 m

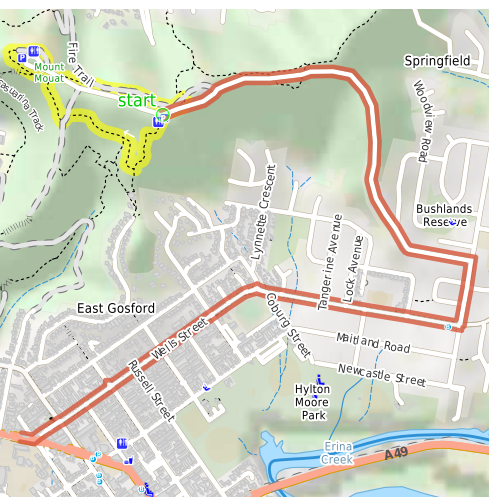
3
Moderate track



A great circuit walk, covering two of the popular walking tracks and some of the great sights in the upper section of the Rumbalara Reserve. You will enjoy some really nice forest walking and fantastic views across various parts of Gosford and the surrounding areas. Note that the entrance gate on Dolly Ave, for the upper section of Rumbalara, is locked at 8pm each evening. 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 3 of 6 Formed track, with some branches and other obstacles	
Quality of track	Formed track, with some branches and other obstacles (3/6)
Gradient	Short steep hills (3/6)
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	Weather generally has little impact on safety (1/6)



Getting to the start: From York Street, A49

- Turn on to Wells Street then drive for 360 m
- At roundabout, take exit 2 onto Wells Street and drive for another 700 m
- At roundabout, take exit 2 onto Wells Street and drive for another 810 m
- At roundabout, take exit 1 onto Springfield Road and drive for another 260 m
- Turn left onto Dolly Avenue and drive for another 345 m
- Continue onto Dolly Avenue and drive for another 1.4 km

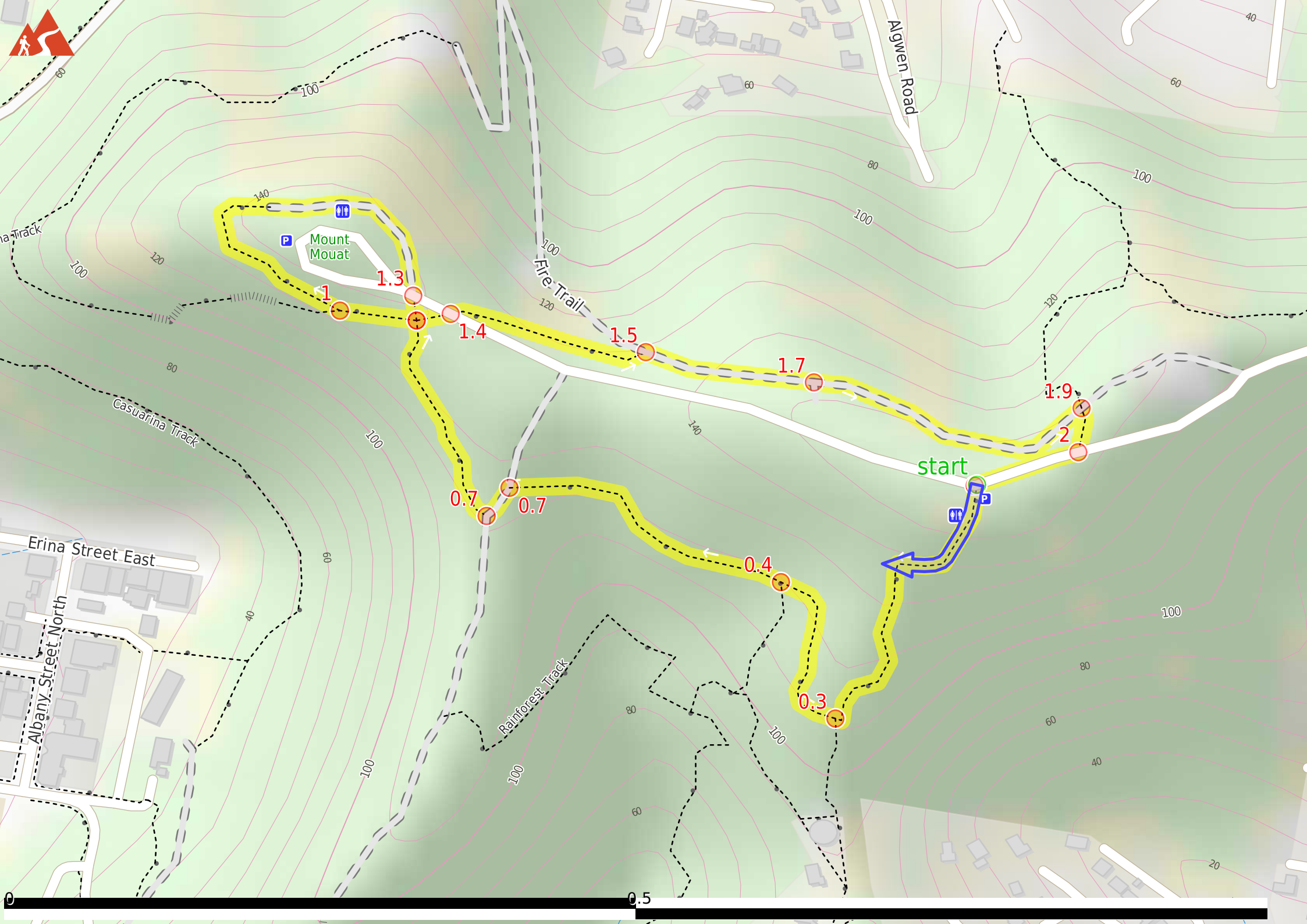
Before you start any journey ensure you;

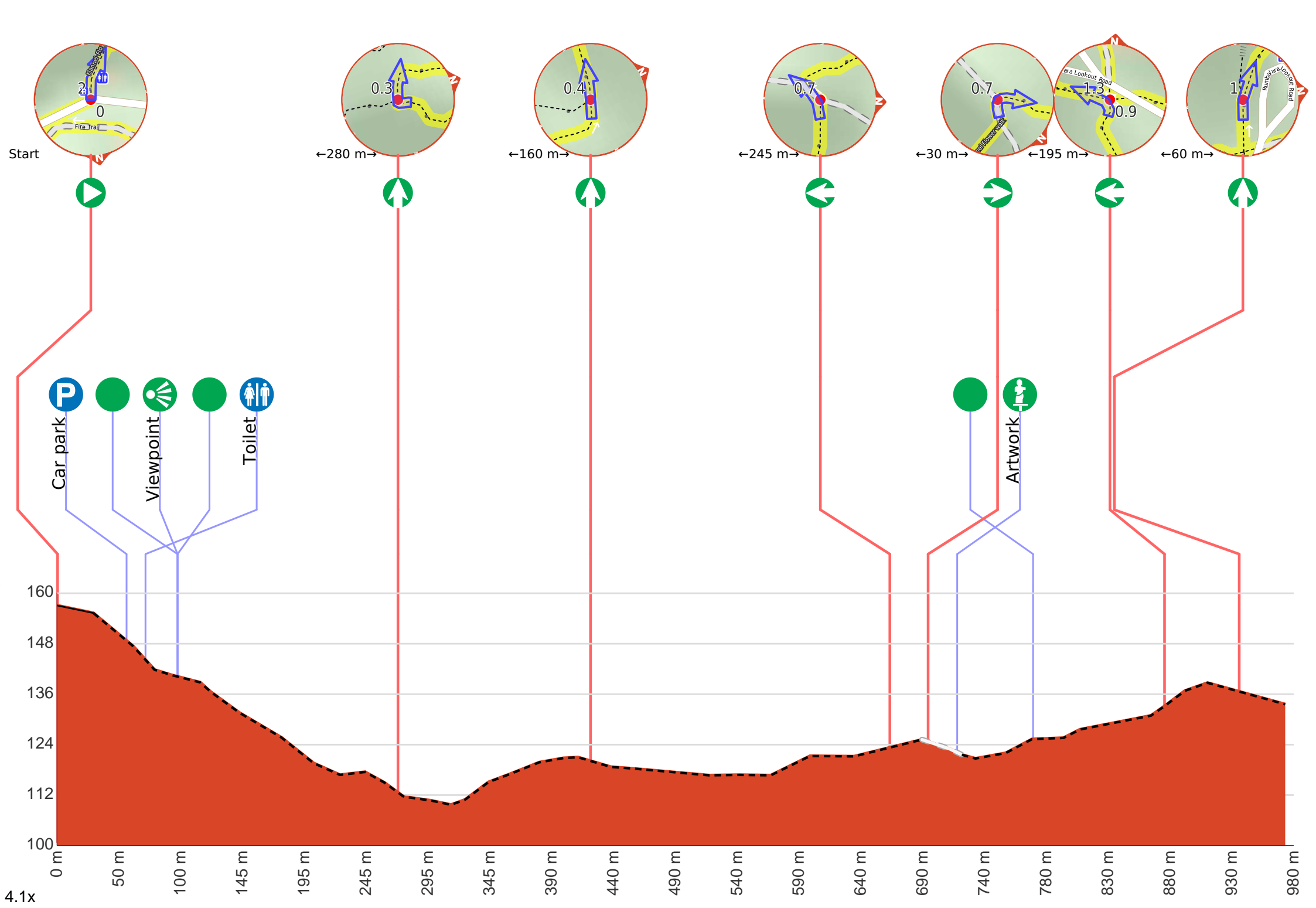
- Tell someone you trust where you are going and what to do if you are late returning
- Have adequate equipment, supplies, skills & knowledge to undertake this journey safely
- Consider weather forecasts, park/track closures & fire dangers
- Can respond to emergencies & call for help at any point
- Are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

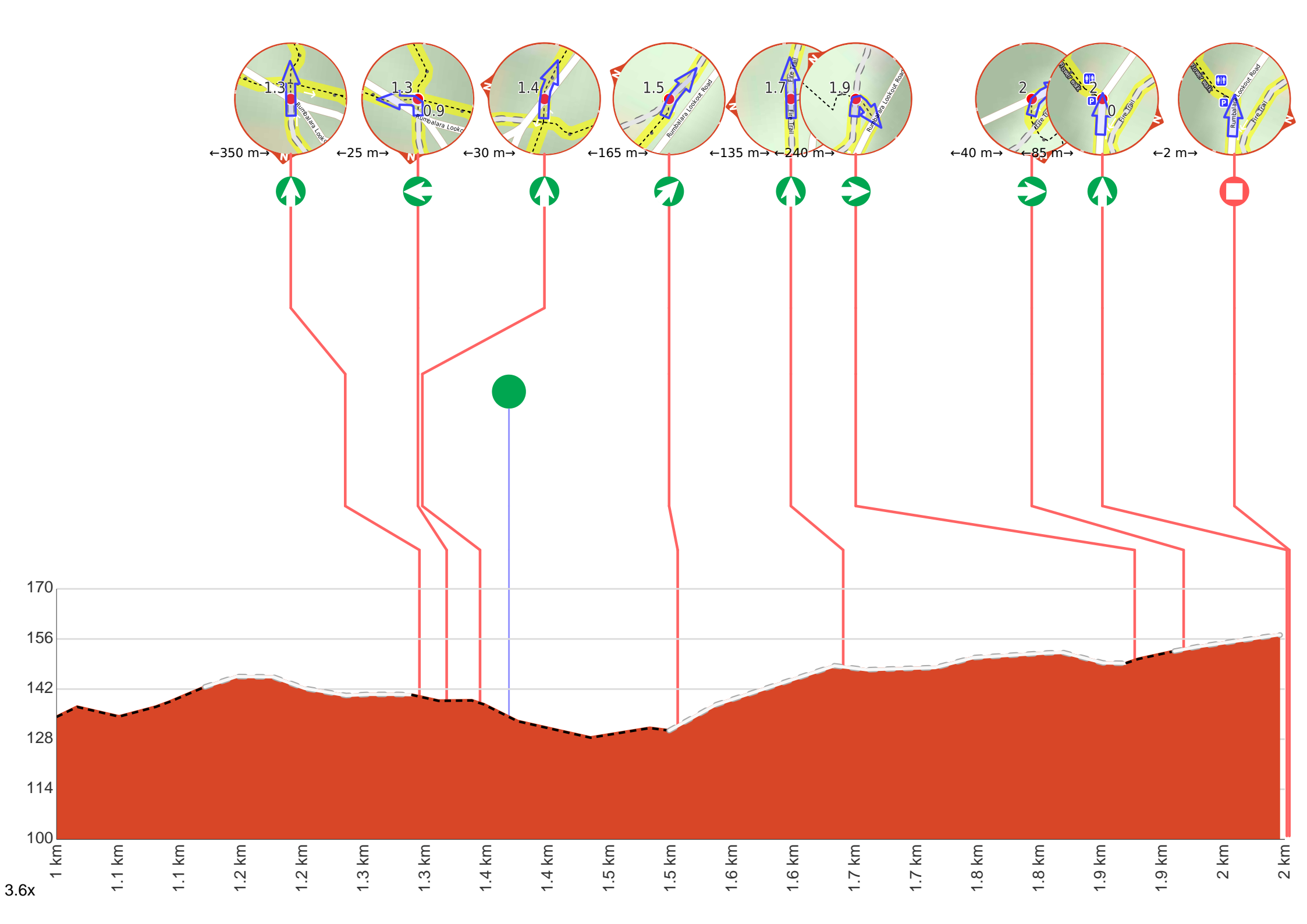
If not, change plans and stay safe. It is okay to delay and ask people for help.

Share
Bushwalk.com
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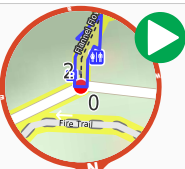








Getting started: From the BBQs, this walk goes across the picnic area, keeping the road to the right. The walk passes the information board, to the left, and follows the paved path toward the nearby toilet block. The walk turns left just before the toilet block and follows the 'Nurrunga Picnic Area' arrow down the paved steps and along the bush track. The walk descends gently for a while with numerous sandstone steps, then meanders around the side of the hill, for some distance. Ignoring a bush track, to the left, and another soon after, to the right, the walk continues for some distance until reaching an intersection with a management trail, with a 'Flannel Flower Track' signpost pointing back to the 'Yaruga Picnic Area'.



Start.

P After 55 m pass the car park (10 m on your left).

After another 40 m find the "Rumbalara Reserve Flora and Fauna" (20 m on your left).



The reserve is home to a wide range of flora and fauna. The vegetation types range from the relatively dry 'Coastal Narrabeen Ironbark Forest' to pockets of 'Coastal Warm Temperate Rainforest'. Commonly seen birds include Kookaburras, Eastern Rosellas and Magpies. Rarer birds such as the Glossy Black Cockatoo and Swift Parrot are sometimes sighted here as well. Sugar Gliders, Brush-tailed possums, Blue-tongued lizards and Tree snakes can be seen in the reserve if you are patient and lucky enough.



Then come to the "Yaruga Lookout" (40 m on your left).



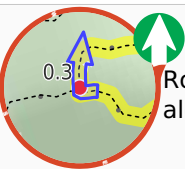
Then find the "Yaruga Picnic Area" (70 m on your left).



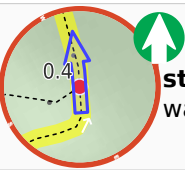
This picnic area is right beside Dolly Ave, within the Rumbalara Reserve, Gosford. The facilities include free electric BBQs, picnic tables, toilets and garbage bins. There are information boards with details of the walking tracks and other features of the reserve. There are a couple of lookout points at the edge of the picnic area with great views out across Gosford and the surrounding areas.



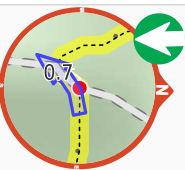
Then pass the toilet (15 m on your right).



After another 210 m (Very Steep Rocky path) **continue straight**, to head along Flannel Flower walk.



After another 160 m **continue straight**, to head along Flannel Flower walk.



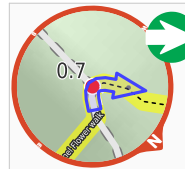
After another 245 m **turn left**.



After another 120 m find the "Flannel Flower" (10 m on your right).



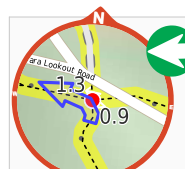
Actinotus helianthi, popularly known as the Sydney flannel flower, is frequently spotted by spring-time bushwalkers in the Sydney region. Generally growing up to 50 cm, the stem, branches and leaves of the plant are a pale grey in colour, covered in downy hair (rather like flannel in texture).



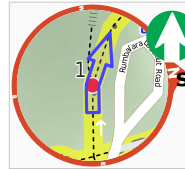
Turn right.



After another 25 m pass the "Statue" (140 m on your left).



After another 170 m **turn left**.



After another 60 m **continue straight**.



After another 160 m pass the "Statue" (9 m on your left).



After another 50 m come to the "Nurrunga Point" (30 m on your left).

Then find the "Sculptures in Rumbalara" (10 m on your left).



There are four bronze figurative sculptures in the Rumbalara Reserve that were 'commissioned in the series "Salute to Famous Australians", which includes Captain Charles Sturt, Edward Eyre, and Sir Charles Kingsford Smith.' Matthew Flinders is the fourth in the series. They were 'commissioned by Sara Lee Kitchens (Australia) Pty Ltd and Gosford City Council for the State Bicentennial Celebrations 1987.'. Smith and Flinders are the most easily reached, at the Nurrunga picnic area.

Then pass the "Statue" (15 m on your left).



After another 105 m pass the toilet (8 m on your right).



After another 85 m **continue straight**.



After another 25 m **turn left**.

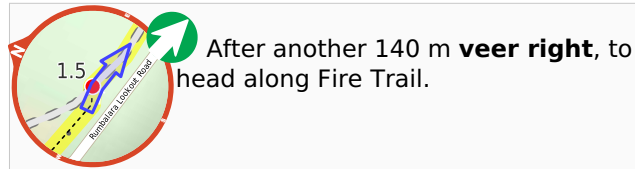


After another 30 m **continue straight**.

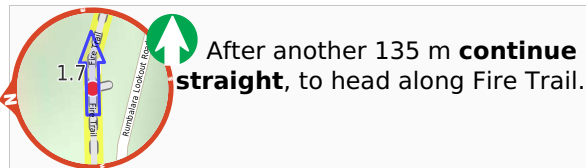
After another 25 m find the "Rumbalara Reserve" (7 m on your right).



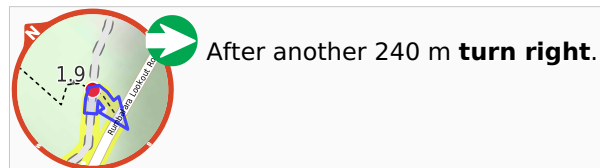
Rumbalara Reserve lies just to the east of the Gosford CBD and is part of Gosford's Coastal Open Space System (COSS). There is an extensive set of well marked walking tracks within the reserve. Yaruga Picnic Area has free electric BBQs while both Yaruga and Nurrunga picnic areas have toilets, picnic tables, nearby lookouts and proximity to walking tracks. The picnic areas are accessed via Dolly Ave, Springfield, with the gate being locked at 8pm each evening. The Rumbalara Environmental Education Centre, at the end of Donnison St, Gosford, is one of several good access points to the walking tracks in the lower section of the reserve.



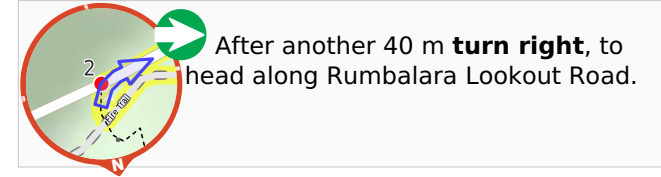
After another 140 m **veer right**, to head along Fire Trail.



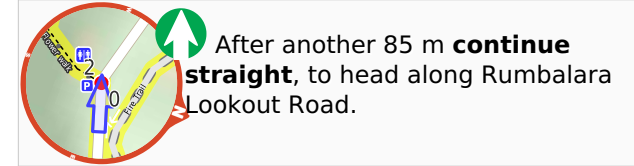
After another 135 m **continue straight**, to head along Fire Trail.



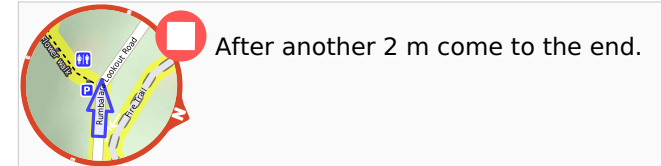
After another 240 m **turn right**.



After another 40 m **turn right**, to head along Rumbalara Lookout Road.



After another 85 m **continue straight**, to head along Rumbalara Lookout Road.



After another 2 m come to the end.