



Cascades Track from St. Ives

(Guringai Country)

1 h 15 min to 1 h 30 min

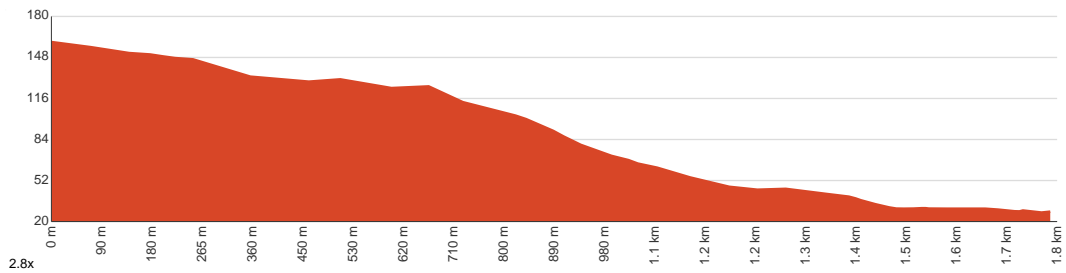
3.5 km
Return

↑ 144 m
↓ 144 m

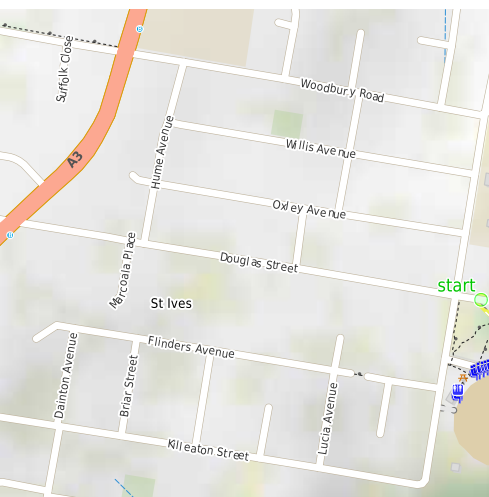
3
Moderate track



This walk explores part of the northern section of Garigal National Park and the upper reaches of Middle Harbour Creek. The walk follows a service trail from Douglas Street, St. Ives, to cross Middle Harbour Creek, then explores a large rock platform with the Cascades. The cascades themselves are not huge, but the rock platform, rock pools, and the cascades combine to form a great place to explore and have a snack before the return journey. Let us begin by acknowledging the 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 | Clear and well formed track or trail (2/6) |
| Gradient | Short steep hills (3/6) |
| Signage | Clearly signposted (1/6) |
| Infrastructure | Limited facilities, not all cliffs are fenced (3/6) |
| Experience Required | No experience required (1/6) |
| Weather | Weather generally has little impact on safety (1/6) |



Getting to the start: From Mona Vale Road, A3

- Turn on to Douglas Street then drive for 790 m

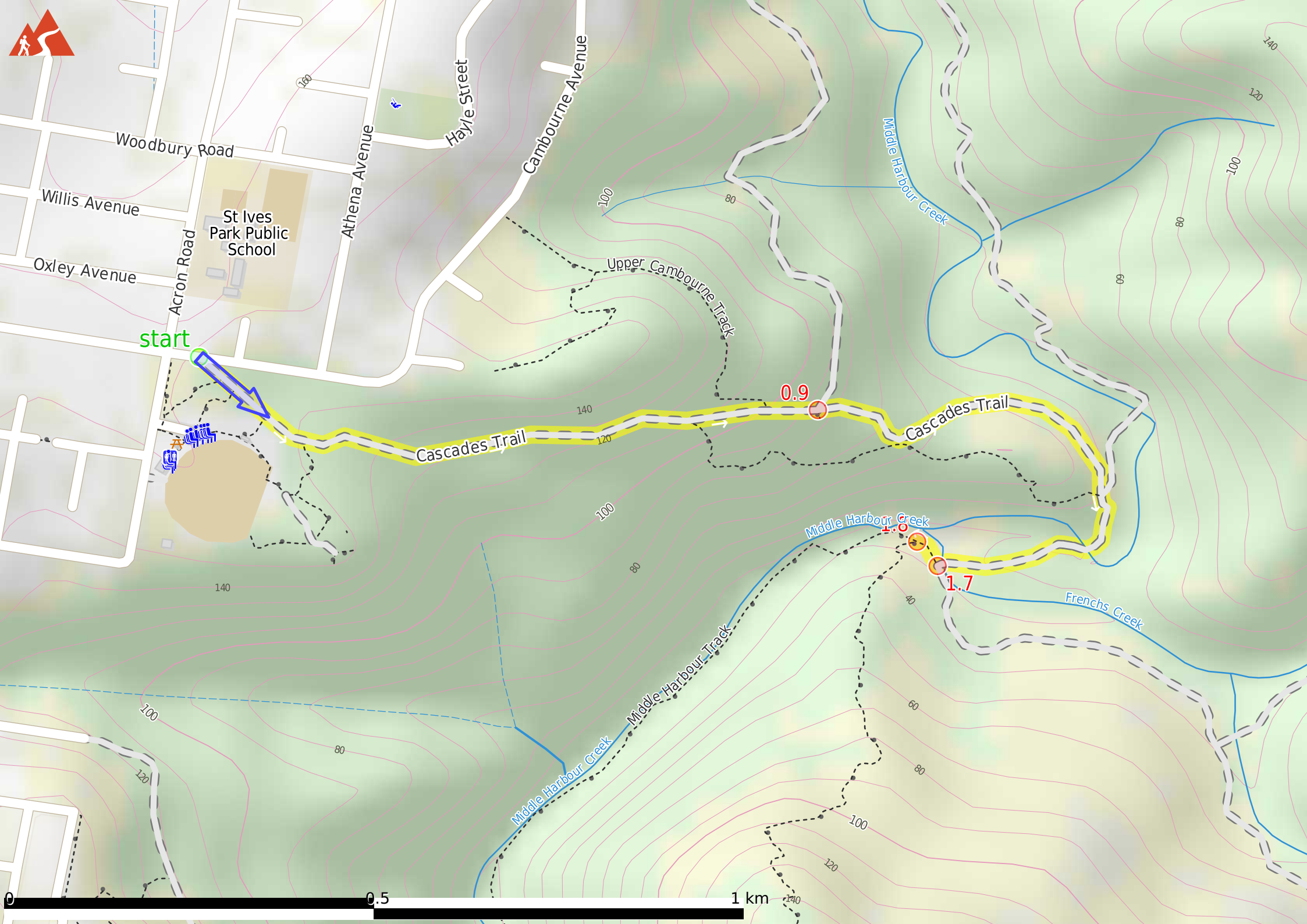
Before you start any journey ensure you;

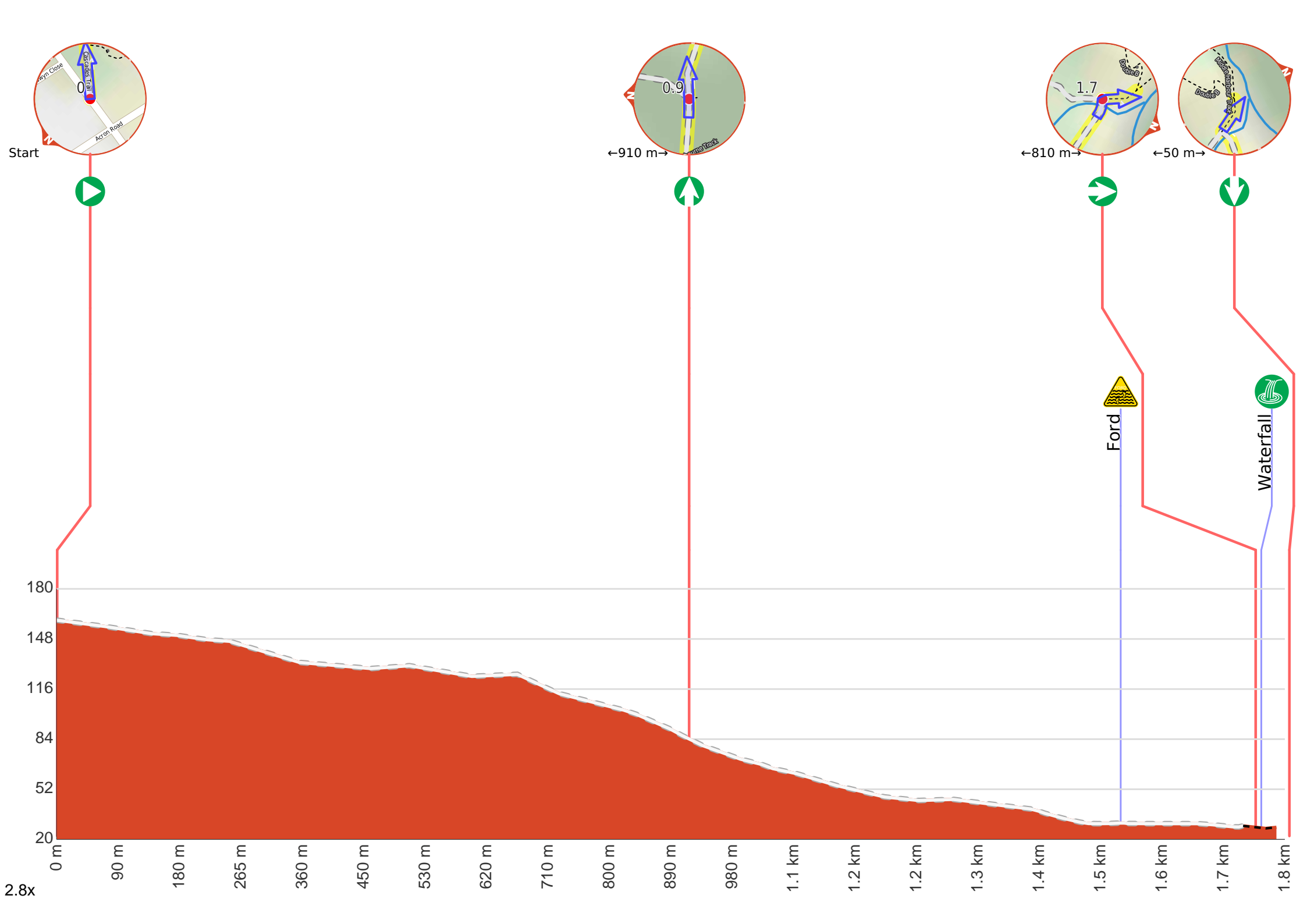
- Tell someone you trust where you are going and what to do if you are late returning
- Have adequate equipment, supplies, skills & knowledge to undertake this journey safely
- Consider weather forecasts, park/track closures & fire dangers
- Can respond to emergencies & call for help at any point
- Are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

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

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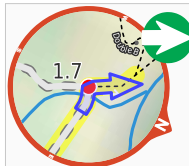


Getting started: From Douglas Street, this walk follows the management trail through the National Park gate marked with 'The Cascades Track' sign. The walk heads down the hill briefly until coming to a four-way intersection with a bush track (heading towards the large soccer oval to the right).

From the intersection, this walk follows the management trail down the hill and through the bush for a little while, coming to an intersection with a bush track on the left.

From the intersection, this walk follows the management trail down the hill, with the ground sloping up to the left. Soon, it comes to a 'Y' intersection with another management trail at the 'Upper Cambourne Track' sign.

From the intersection, this walk follows the service trail opposite the 'Upper Cambourne' sign, heading down the hill for a short distance to the signposted intersection of the Lower Cambourne track.



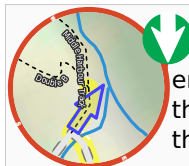
After another 180 m **turn right**.



After another 8 m find the "The Cascades" (on your right).



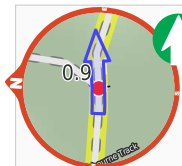
The Cascades are a series of small cascades (little waterfalls) in Garigal National Park. The cascades centre around a large rock platform on Middle Harbour Creek and are found in the northern section of the park, at the intersection of the Middle Harbour and Cascade Tracks. The cascades make a great spot to sit and rest when exploring the area.



Continue another 40 m to find the end. Then turn around here and retrace the main route for 1.8 km to get back to the start.



Start.



After another 910 m **continue straight**.



After another 500 m **continue straight**.



After another 115 m cross the ford (about 15 m long)