



Natural Bridge Walk

(Guringai Country)

40 min to 45 min

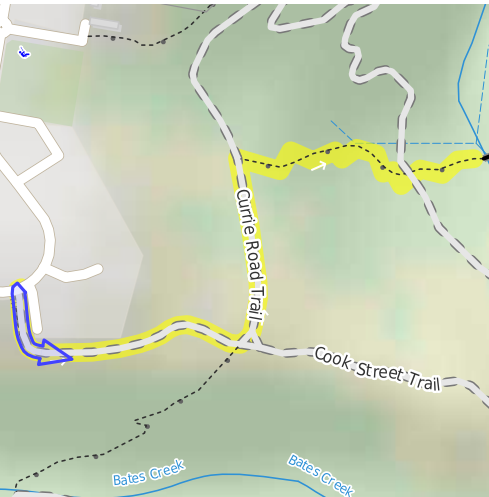
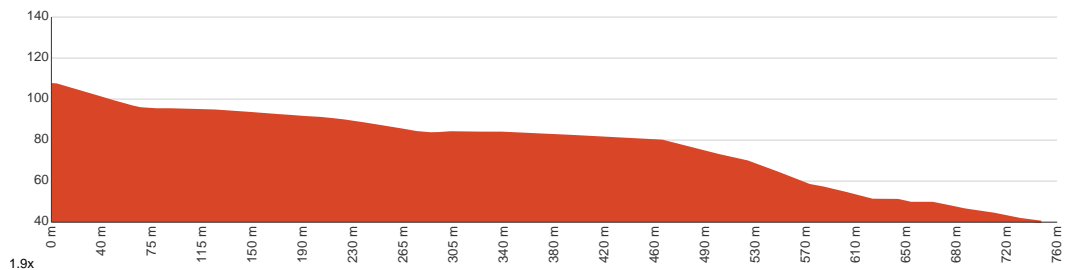
1.5 km
Return

↑ 69 m
↓ 69 m

3
Moderate track

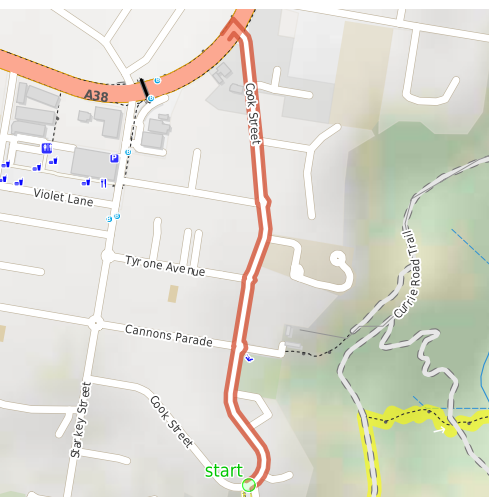


Starting at Cook Street in Forestville, this walk follows service trails and bush tracks through Garigal National Park, to the Natural Bridge. The walk uses the arch as a natural bridge to cross the creek. The rock formation is the main highlight of this walk, though the wild flower displays in the warmer months can be quite spectacular as well. 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	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	No experience required (1/6)
Weather	Weather generally has little impact on safety (1/6)

Getting to the start: From Warringah Road, A38



- Turn on to Cook Street then drive for 325 m
- At roundabout, take exit 1 onto Cook Street and drive for another 150 m
- At roundabout, take exit 1 onto Cook Street and drive for another 125 m
- At roundabout, take exit 2 onto Cook Street and drive for another 295 m

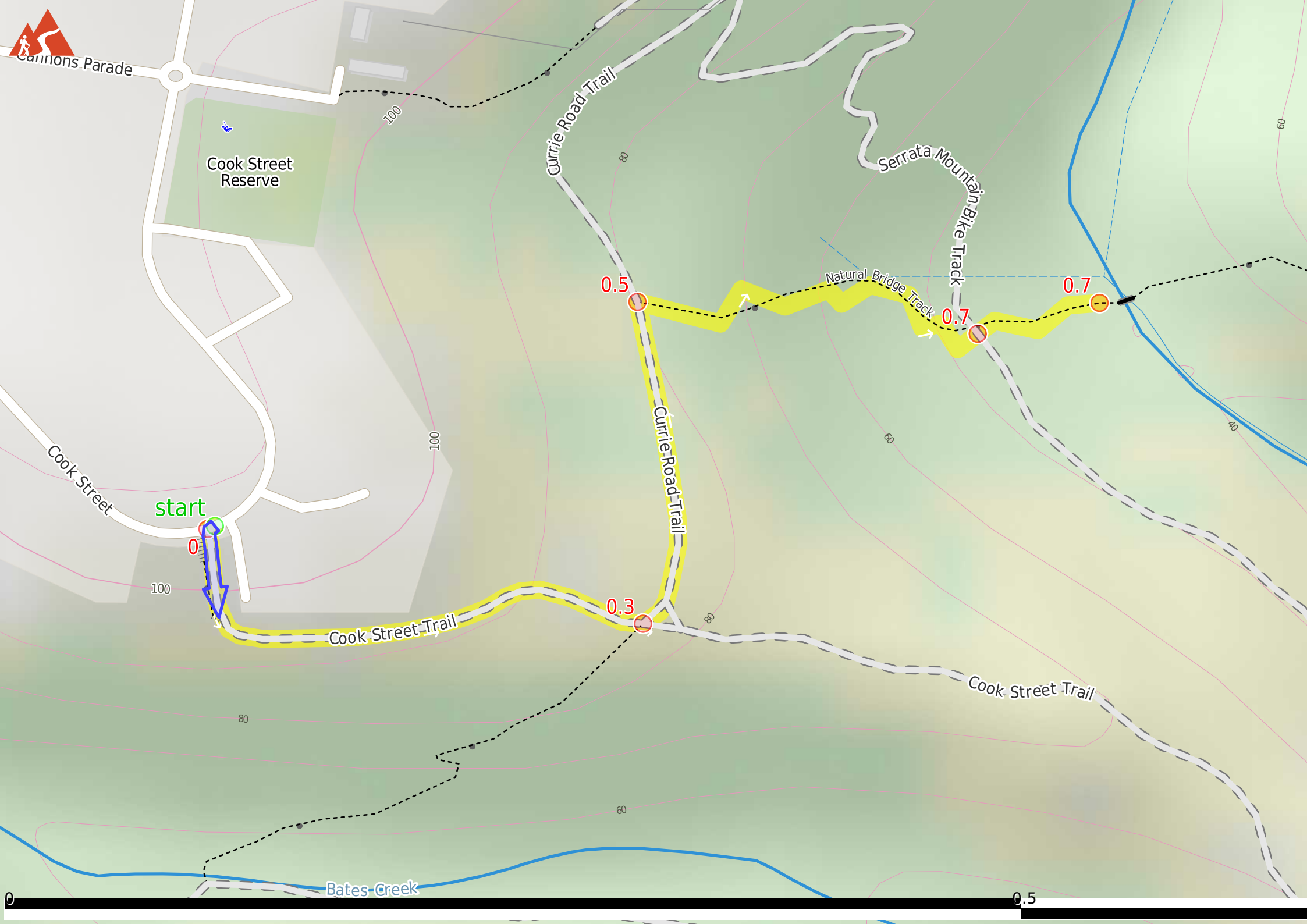
Before you start any journey ensure you;

- 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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Cannons Parade

Cook Street Reserve

start

0

Cook Street Trail

0.5

0.3

Currie Road Trail

Natural Bridge Track

0.7

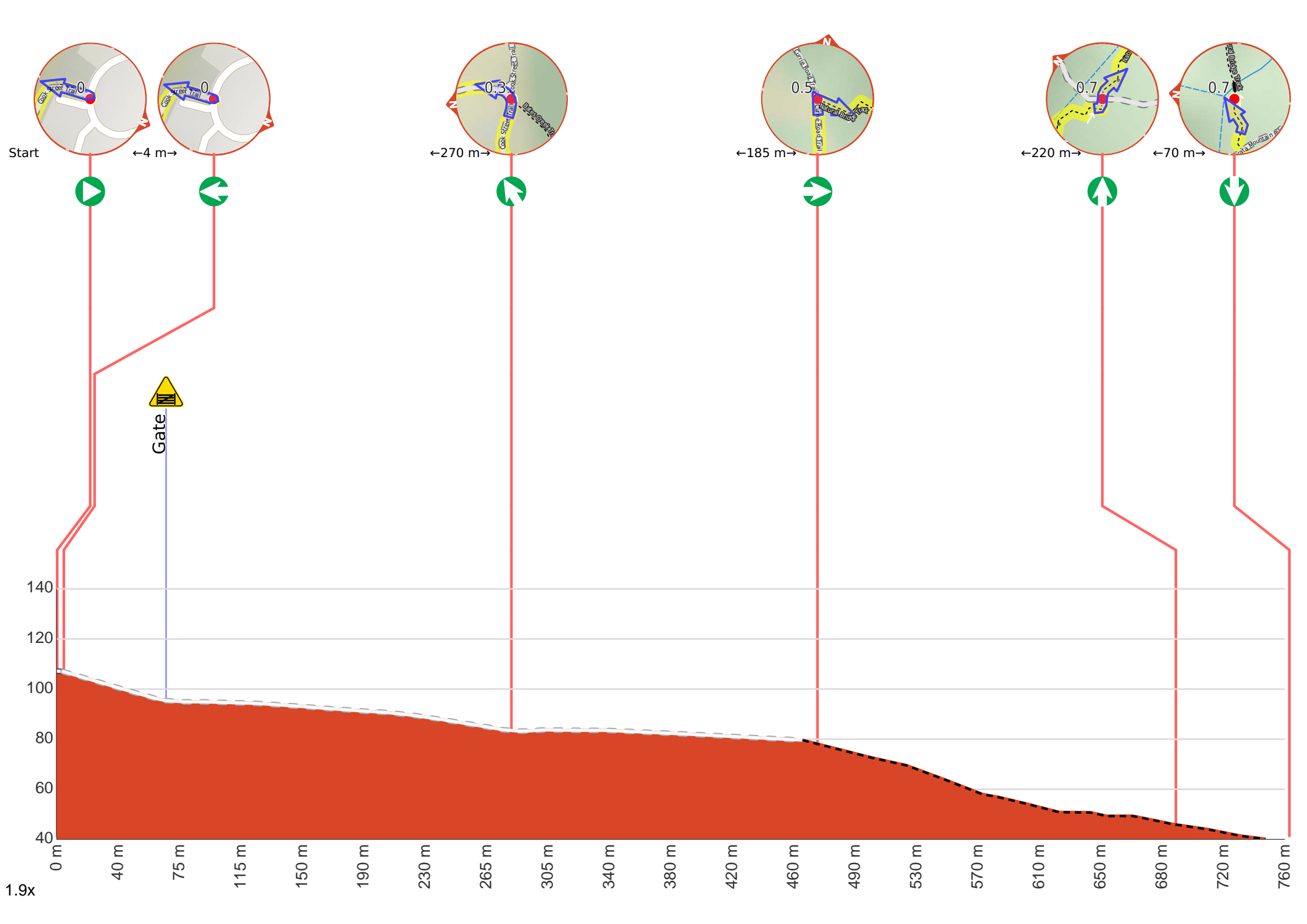
Serrata Mountain Bike Track

0.7

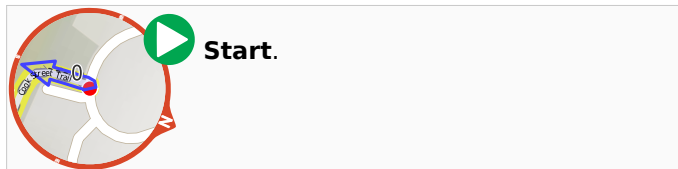
Cook Street Trail

Bates Creek

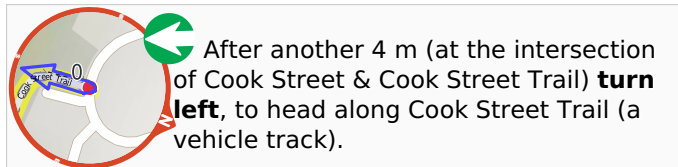
0.5



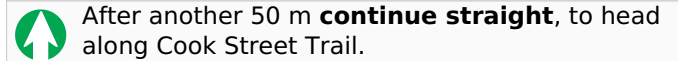
Getting started: From the bend in Cook St, Forestville, this walk follows the management trail, between the green transformer box and number 75, as it heads down the hill and around the gate (alternatively use the stairs on the other side of the power box). The management trail soon turns left to head behind the village - after a gentle uphill, the track then turns right and heads downhill to a four-way intersection with a large tree in the centre.



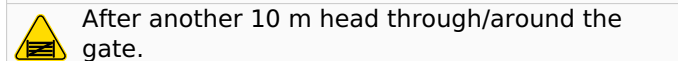
Start.



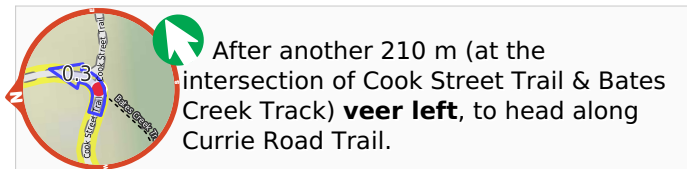
After another 4 m (at the intersection of Cook Street & Cook Street Trail) **turn left**, to head along Cook Street Trail (a vehicle track).



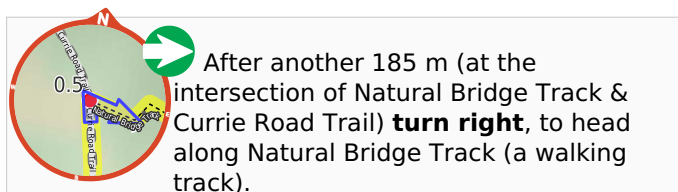
After another 50 m **continue straight**, to head along Cook Street Trail.



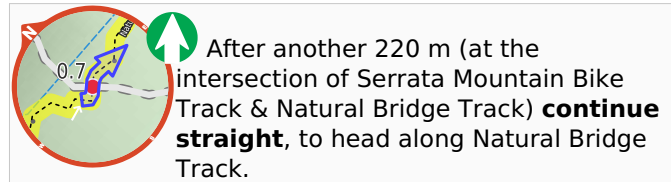
After another 10 m head through/around the gate.



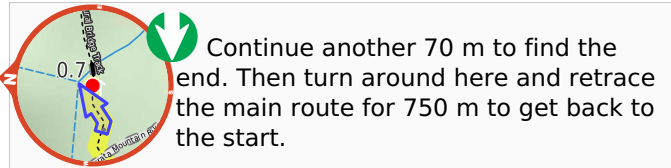
After another 210 m (at the intersection of Cook Street Trail & Bates Creek Track) **veer left**, to head along Currie Road Trail.



After another 185 m (at the intersection of Natural Bridge Track & Currie Road Trail) **turn right**, to head along Natural Bridge Track (a walking track).



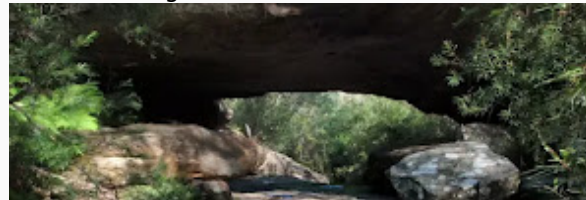
After another 220 m (at the intersection of Serrata Mountain Bike Track & Natural Bridge Track) **continue straight**, to head along Natural Bridge Track.



Continue another 70 m to find the end. Then turn around here and retrace the main route for 750 m to get back to the start.



"Natural Bridge".



The Natural Bridge is a sandstone arch in Garigal National Park. The arch spans an unnamed creek feeding into Bantry Bay. The Natural Bridge track uses this arch to cross the creek, and is not always noticed by walkers as the surrounding vegetation hides the full view of the feature from the track. The arch has formed the eroding forces of water flowing down the creek. The arch provides an interesting natural feature to explore and enjoy.