



# Cascades Track (from Davidson)

(Guringai Country)

 1 h 15 min to 2 h 30 min

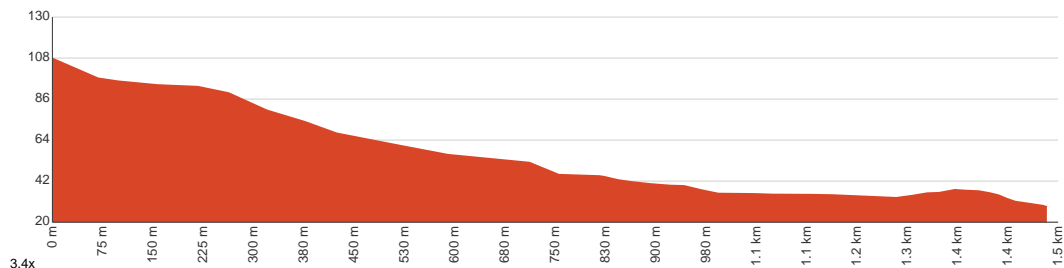
  
3 km  
Return

  
↑ 88 m  
↓ 88 m

  
Moderate track



This pleasant return walk starts in Davidson and follows the Cascades Track along the management trails as it winds down into the valley. In the main valley, the walk comes to the Cascades just upstream of the Frenchs and Middle Harbour Creeks junction. The Cascades are surrounded by rock platforms, which make the perfect vantage points to stop and enjoy a picnic lunch. 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.



<b>Class 3 of 6</b> Formed track, with some branches and other obstacles	
<b>Quality of track</b>	Clear and well formed track or trail (2/6)
<b>Gradient</b>	Short steep hills (3/6)
<b>Signage</b>	Directional signs along the way (3/6)
<b>Infrastructure</b>	Limited facilities, not all cliffs are fenced (3/6)
<b>Experience Required</b>	No experience required (1/6)
<b>Weather</b>	Weather generally has little impact on safety (1/6)

**Getting to the start:** From Forest Way

- Turn on to Glen Street then drive for 370 m
- At roundabout, take exit 1 onto Pringle Avenue and drive for another 220 m
- At roundabout, take exit 3 onto Blackbutts Road and drive for another 1.3 km
- Keep left onto Kambora Avenue and drive for another 145 m
- At roundabout, take exit 2 onto Kambora Avenue and drive for another 190 m
- At roundabout, take exit 2 onto Kambora Avenue and drive for another 400 m
- Turn right onto Borgnis Street and drive for another 70 m
- Turn left onto Stone Parade and drive for another 285 m

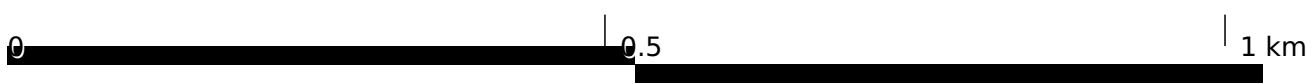
**Before you start any journey ensure you;**

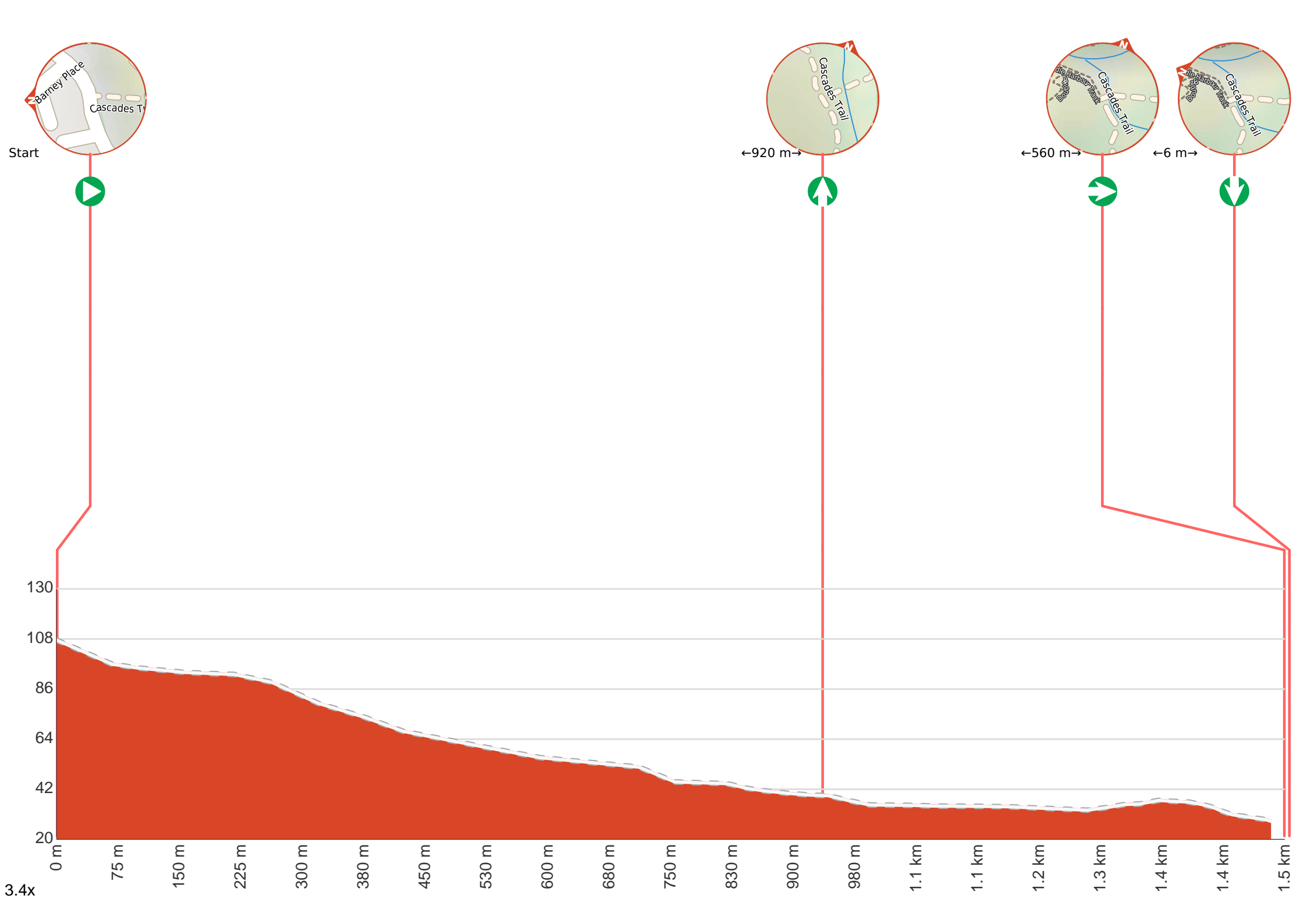
- Tell someone you trust where you are going and what to do if you are late returning
- Have adequate equipment, supplies, skills & knowledge to undertake this journey safely
- Consider weather forecasts, park/track closures & fire dangers
- Can respond to emergencies & call for help at any point
- Are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

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

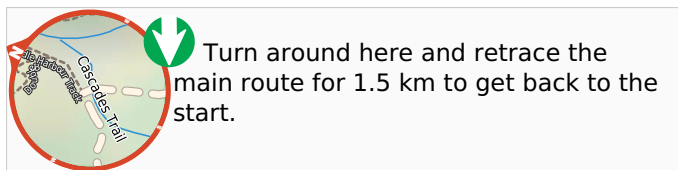
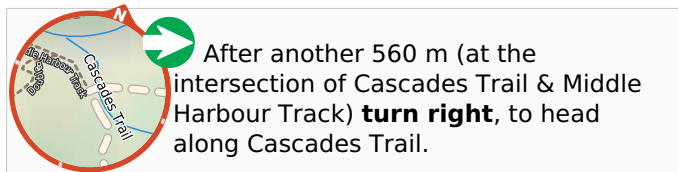
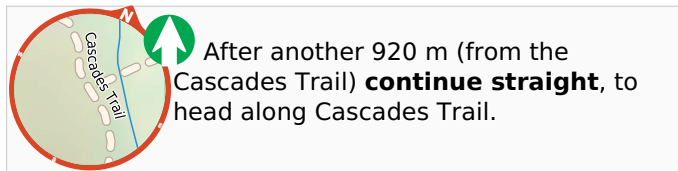
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**Getting started:** From the intersection, the walk passes through the metal gate marked with the Cascades Track sign, and follows the (initially) asphalted service trail. The service trail winds down into the valley, steeply at times, until it comes to the signposted intersection with the French's Creek Track.



### "The Cascades".



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.