



Cabbage Tree Trail

(Darkinjung & Guringai Country)

 50 min to 1 h

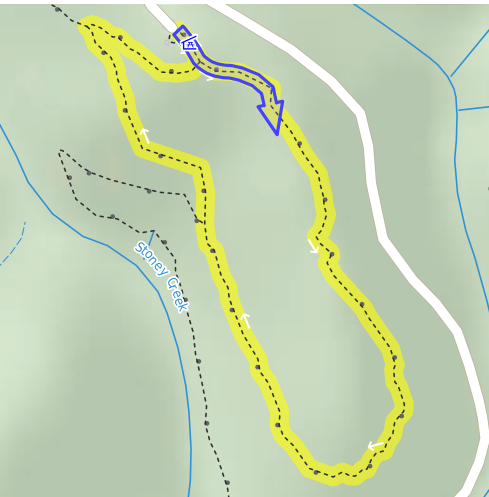
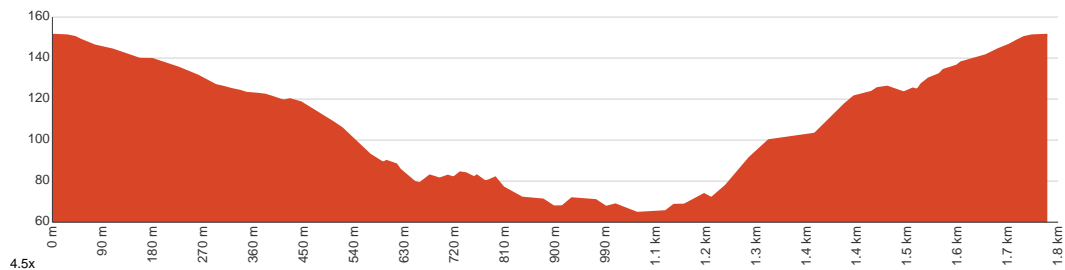

1.8 km
Circuit


↑ 109 m
↓ 109 m


Moderate track

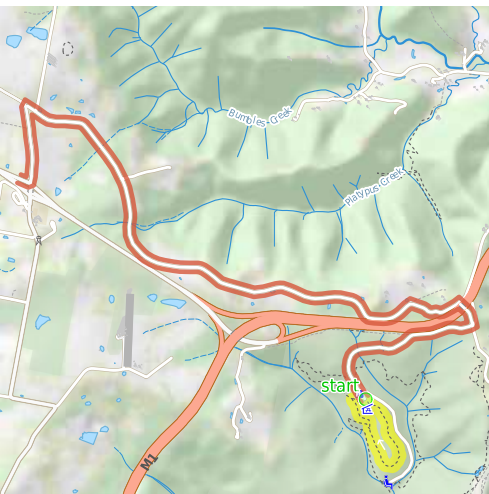


A beautiful walk from the Banksia picnic area. This walk starts in the dry eucalypt forest, typical of the hilltops in the area, and descends to areas of lush forest, filled with cabbage tree palms and ferns. Some interesting boulder outcrops and the great variety of vegetation just add to the scenery on this excellent walk. 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 Wisemans Ferry Road Offramp



- Turn on to then drive for 700 m
- Turn right onto Dog Trap Road and drive for another 5 km
- Turn right onto Mangrove Road and drive for another 240 m
- Turn right onto Strickland Forest Road and drive for another 1.4 km
- Keep right and drive for another 205 m

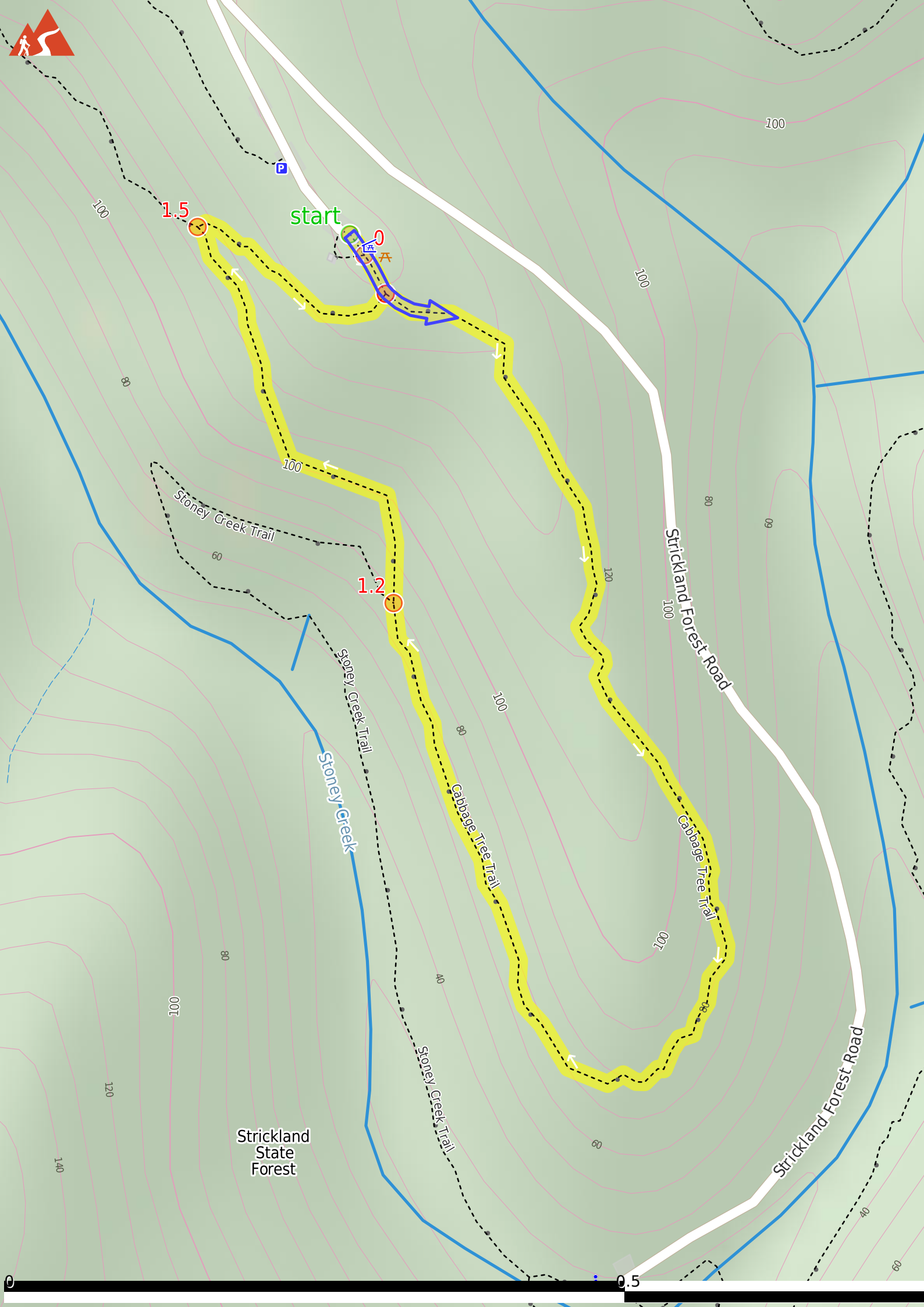
Before you start any journey ensure you;

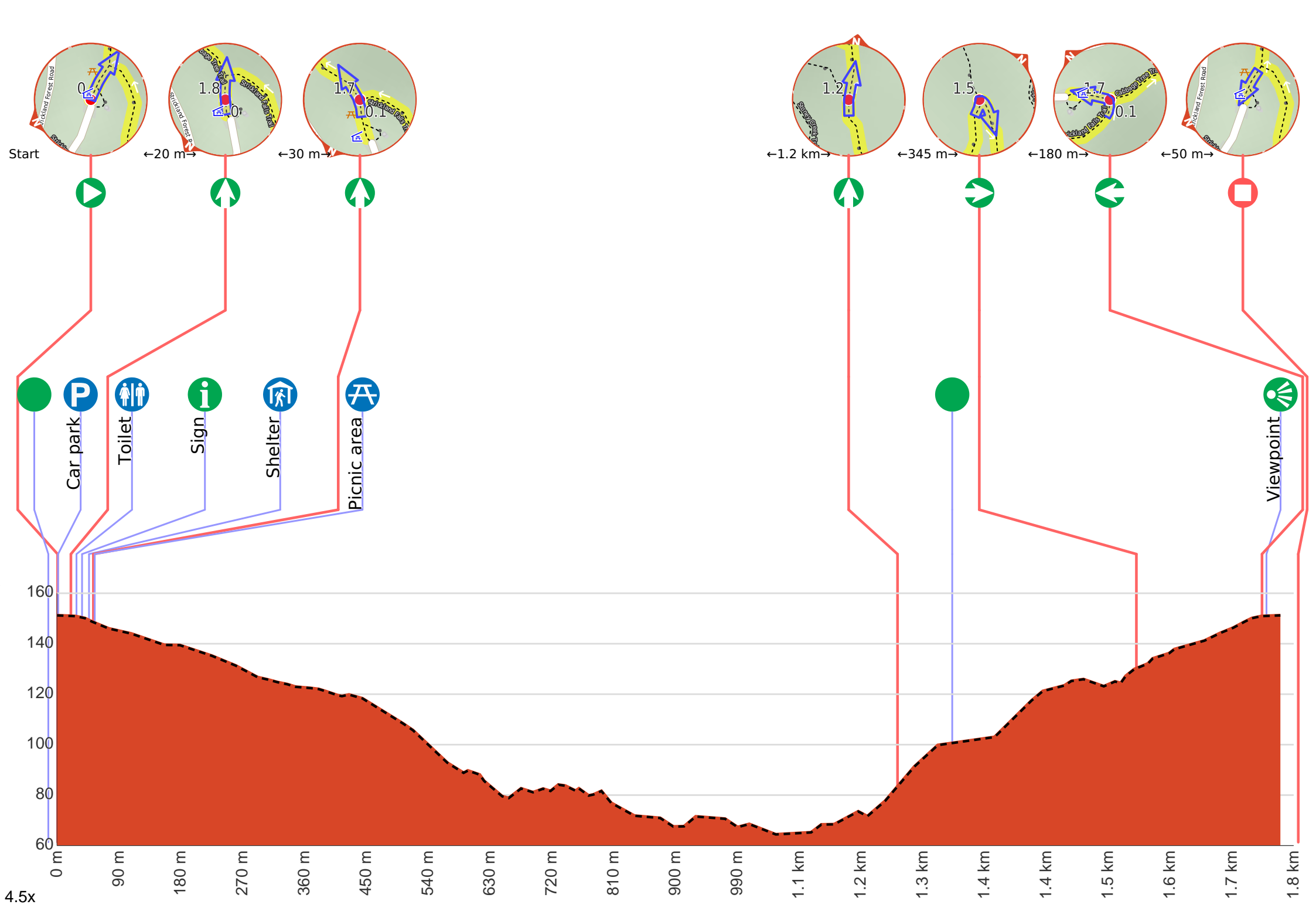
- Tell someone you trust where you are going and what to do if you are late returning
- Have adequate equipment, supplies, skills & knowledge to undertake this journey safely
- Consider weather forecasts, park/track closures & fire dangers
- Can respond to emergencies & call for help at any point
- Are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

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

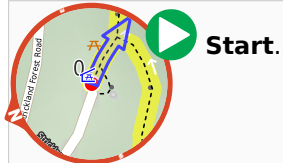
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Getting started: From the car park (near the end of Strickland Rd in the Strickland State Forest), this walk passes around the gate and goes across the picnic area to the track intersection at the opposite end. There is a track signpost ('Strickland Falls Loop Trail') a little to the left.

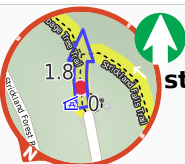


Strickland State Forest (about 15 m back from the start).



The Strickland State Forest, managed by State Forests of NSW, is located on the NSW Central Coast, close to the F3. The Strickland State Forest has a wide range of vegetation, including patches of rainforest along the sheltered creeks. The walking tracks take in some beautiful scenery, including a mixture of native forest and the remnants of an old arboretum. 'Strickland is no longer actively harvested and is managed for education and recreation purposes'. The 'Friends of Strickland' undertake projects including the construction of walking tracks. Note: Access into Strickland is during the daytime only with the entrance gate being unlocked between 7am and 5pm (Apr - Oct) and between 7am and 7pm (Nov - Mar)

P Find the car park at the start.



After another 20 m **continue straight**.



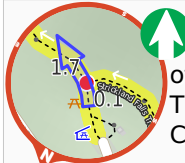
After another 8 m pass the toilet (25 m on your right). This toilet is wheelchair accessible.



After another 8 m pass the sign (10 m on your right).



After another 10 m pass the shelter (10 m on your left).



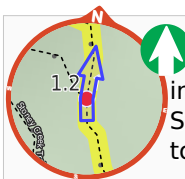
After another 6 m (at the intersection of Strickland Falls Trail & Cabbage Tree Trail) **continue straight**, to head along Cabbage Tree Trail.



Then find the "Banksia Picnic Area" (8 m on your right).



This picnic area is in the Strickland State Forest, on the NSW Central Coast. The facilities include picnic tables, pit toilets, BBQ fire places, garbage bins and tank water. A few bush walking tracks start from the picnic area.



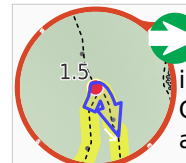
After another 1.2 km (at the intersection of Cabbage Tree Trail & Stoney Creek Trail) **continue straight**, to head along Cabbage Tree Trail.



After another 80 m find the "Cabbage-Tree Palm" (30 m on your right).



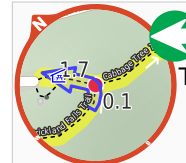
The Cabbage-Tree Palm (*Livistona australis*) is a tall, slender palm growing up to about 25 m in height and 0.35 m diameter. It is found in moist open forest, often in swampy sites and on margins of rainforests or near the sea. It is widely spread along the New South Wales coast and extends north into Queensland and southwards to eastern Victoria, growing further south than any other native Australian palm.



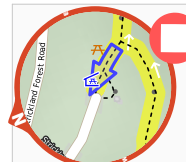
After another 265 m (at the intersection of Strickland Falls Trail & Cabbage Tree Trail) **turn right**, to head along Strickland Falls Trail.



After another 185 m come to the "Gosford Lookout".



At the intersection of Cabbage Tree Trail & Strickland Falls Trail **turn left**.



After another 50 m come to the end.