



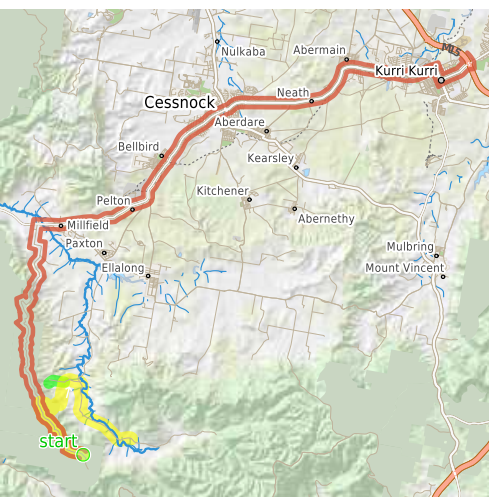
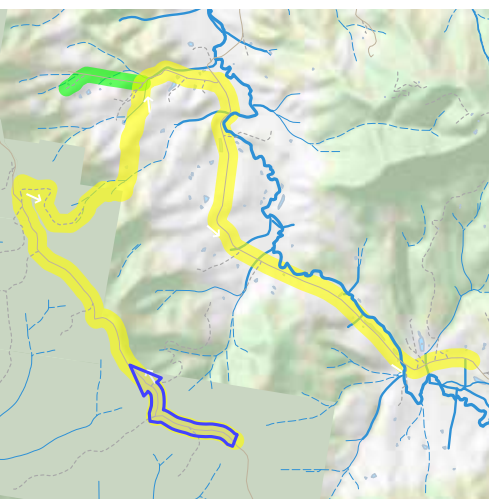
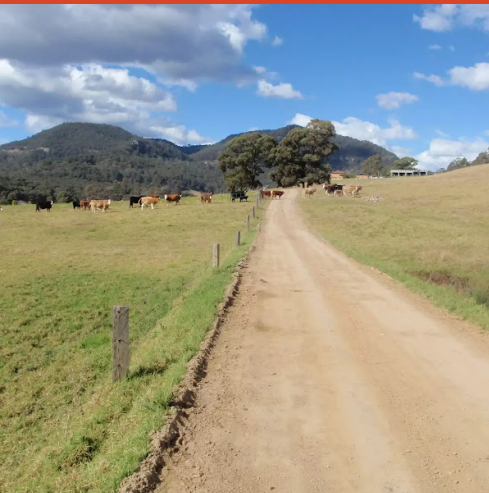
# Great North Walk: Flat Rock to Congewai Valley East Track Head

 4 h 45 min to 5 h

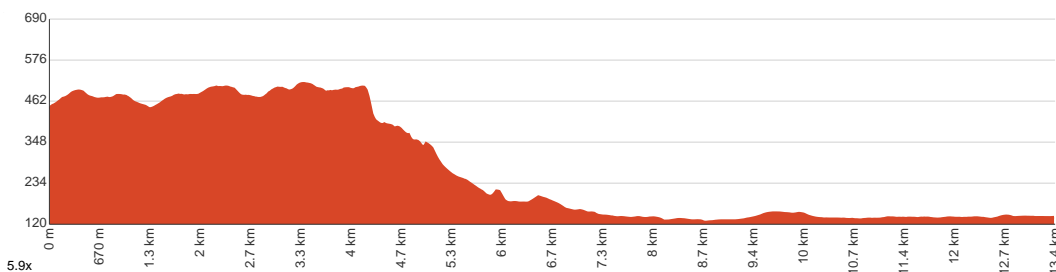
  
13.3 km  
One way

  
↑ 275 m  
↓ 575 m

  
Hard track



Starting from the grand views of Flat Rock Lookout high on the range, you will walk down into the Congewai Valley below. On the first section of this walk, you will explore a little used dirt road to the Congewai Communication Tower. From here you follow a series of tracks that wind down, steeply in places, through the tall open forest with a scattering of grass trees to the bottom of the range. Now the walk guides you through open farmland before following Congewai Road along main valley to the trackhead near Brown Muir Farm. Let us begin by acknowledging the Traditional Custodians of the land on which we travel today, and pay our respects to their Elders past and present.



Class 4 of 6

Rough track, where fallen trees and other obstacles are likely

Quality of track	Formed track, with some branches and other obstacles (3/6)
Gradient	Very steep (4/6)
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 Main Road Offramp, Loxford.

- Turn on to Main Road then drive for 2 km
- At roundabout, take exit 3 onto Mitchell Avenue, B68 and drive for another 760 m
- At roundabout, take exit 1 onto Northcote Street, B68 and drive for another 1.6 km
- Turn left onto Cessnock Road and drive for another 560 m
- Continue onto Cessnock Road, B68 and drive for another 10.8 km
- Continue onto Wollombi Road and drive for another 360 m
- At roundabout, take exit 2 onto Wollombi Road and drive for another 12.9 km
- Turn left onto Hayes Road and drive for another 2.1 km
- Continue onto MF1 Road and drive for another 5.3 km
- Turn left onto Trig Road and drive for another 1 km
- Turn left onto Trig Road and drive for another 1.9 km
- Turn left onto Trig Road and drive for another 630 m
- Keep left onto Cabans Road and drive for another 4.9 km
- Turn sharp left onto Langans Road and drive for another 960 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.

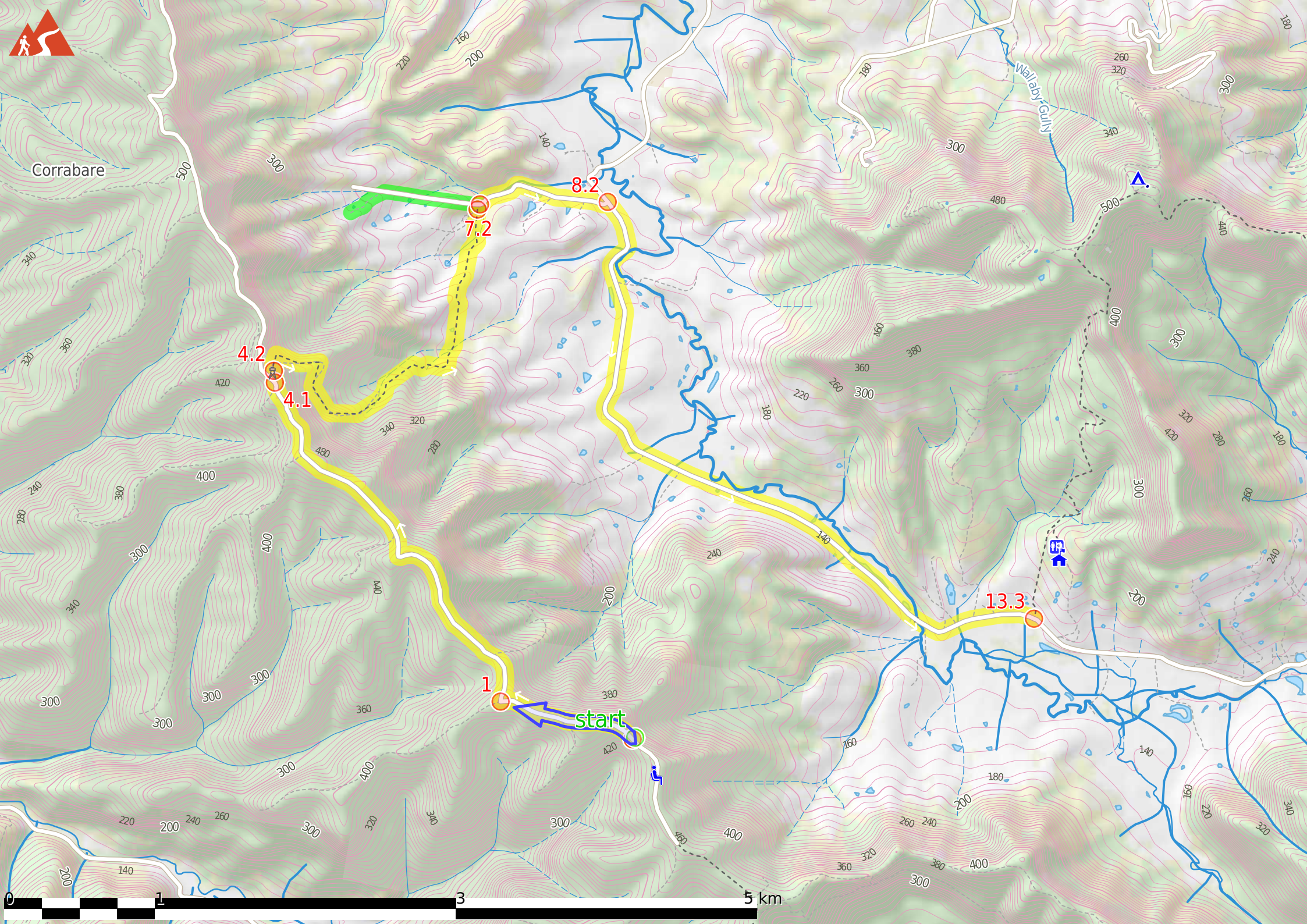
Share  
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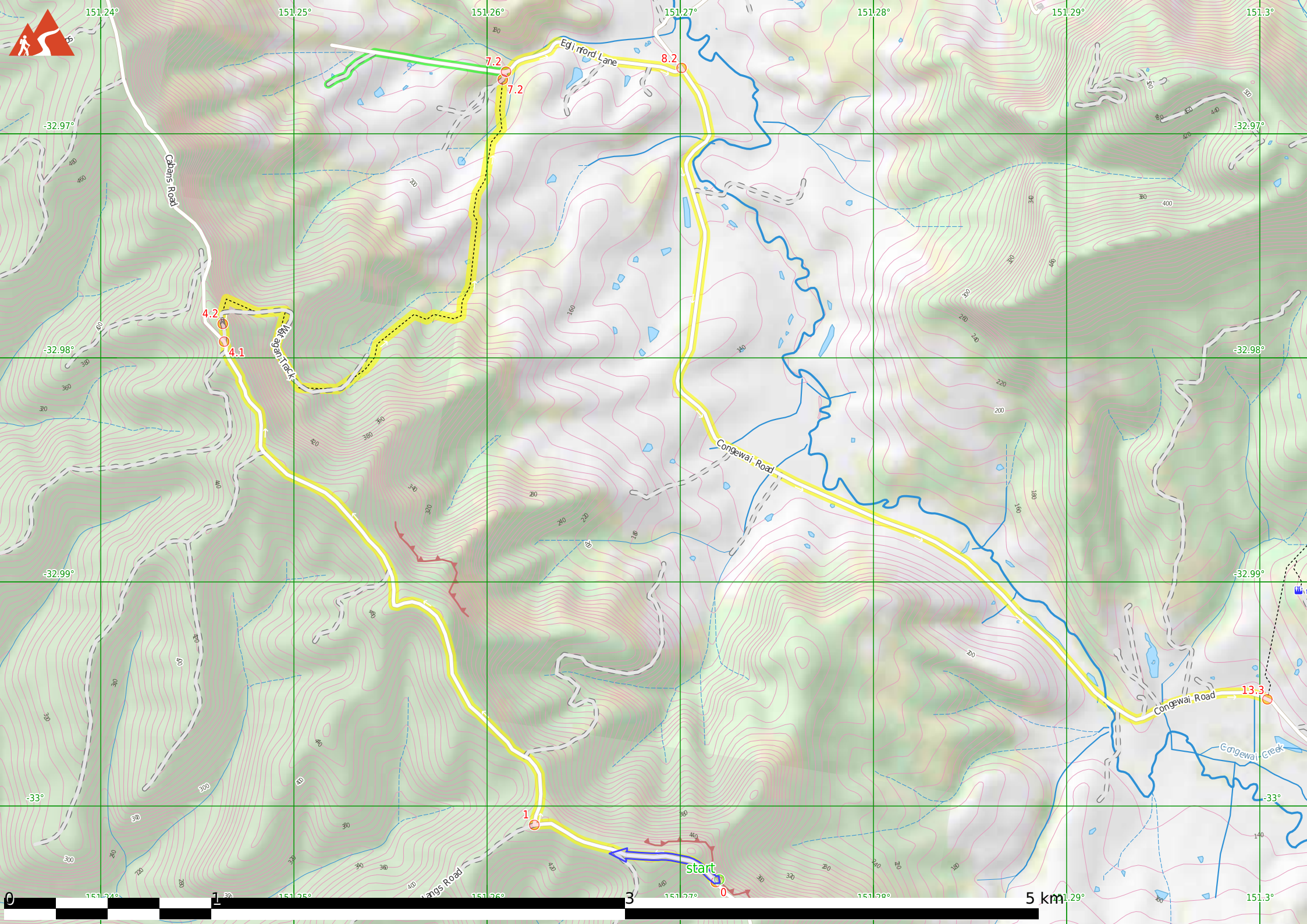




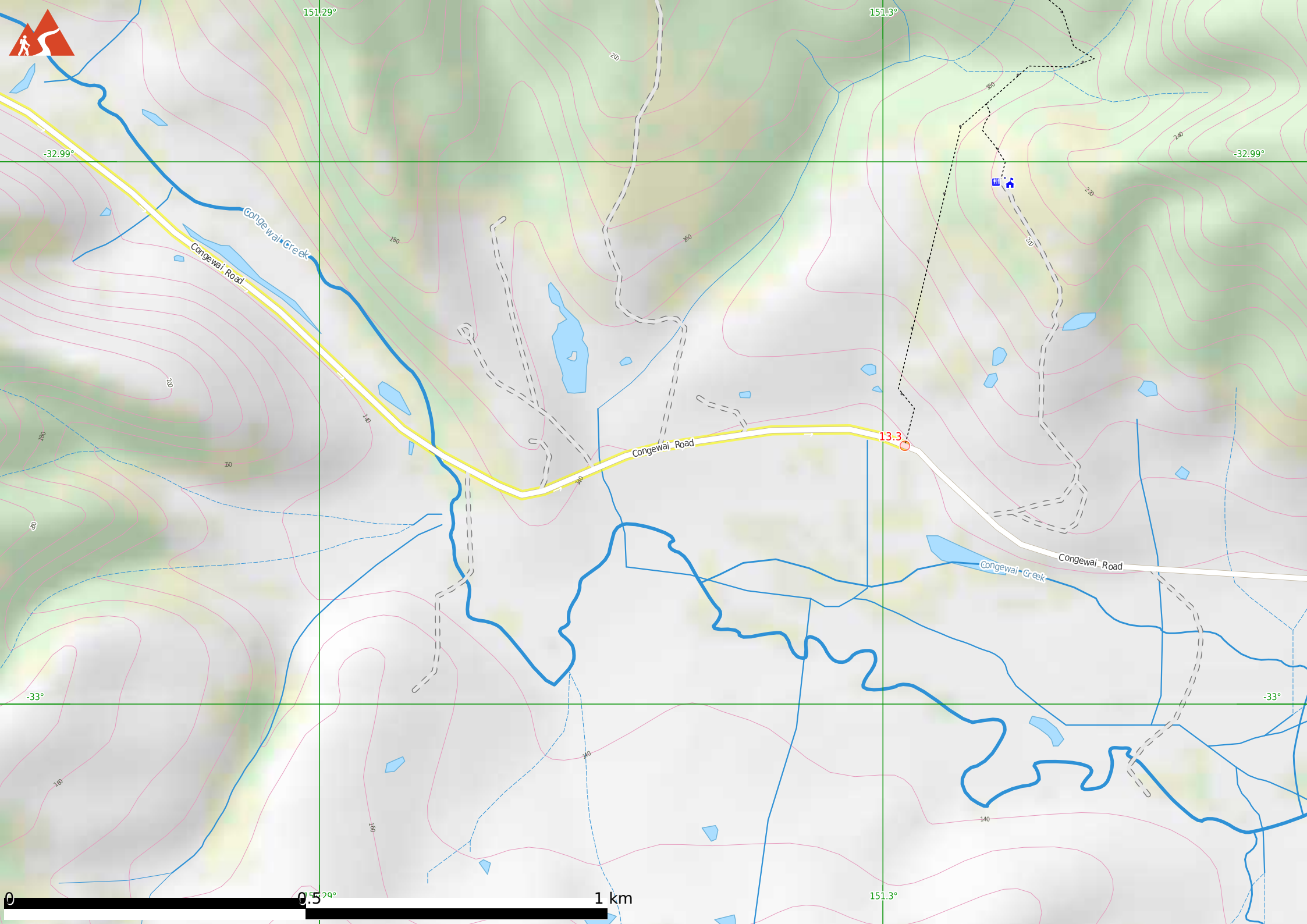
Corrabare

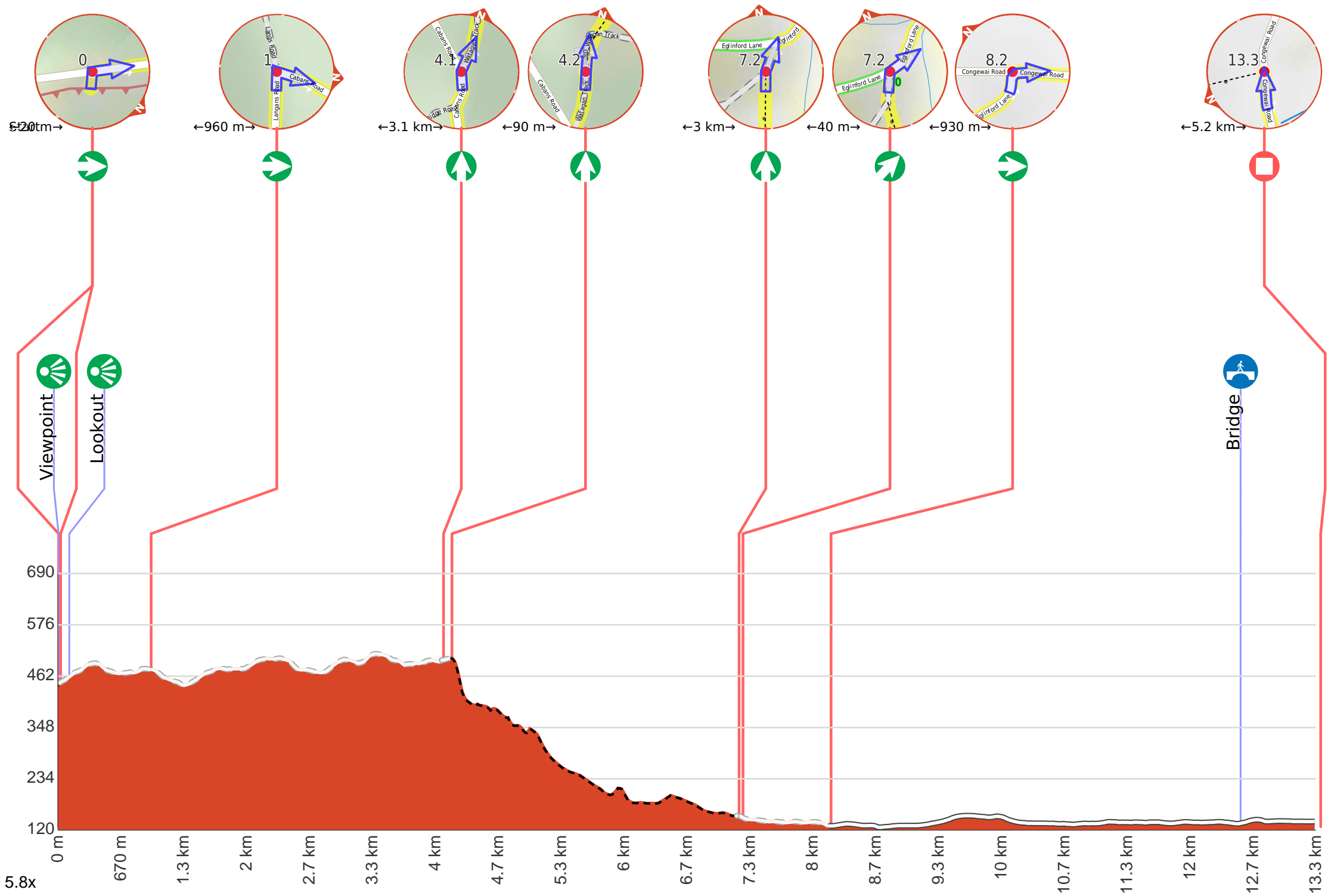




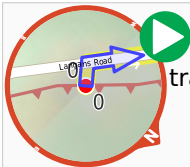








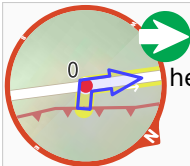
**Getting started:** From 'Flat Rock Lookout', this walk follows the trail north west, initially keeping the lookout on your right. The walk continues, undulating gently for about 800m, to find a three-way intersection with 'Langans Road' (on the left). Here, this walk turns right and continues for about 3km (ignoring many side trails) to find a significant and wide intersection with 'Cedar Ridge Road'.



Flat Rock Lookout **Start** (a walking track).



Find the Flat Rock Lookout at the start.



After another 20 m **turn right**, to head along Langans Road.



After another 90 m find the "Flat Rock Lookout" (9 m on your right).



Flat Rock Lookout is a natural rock platform that offers magnificent views across the Congewai Valley to the east and north. There are, however, no fences or safety railings at the lookout, so walkers will need to exercise extra caution.



After another 870 m (at the intersection of Cabans Road & Langans Road) **turn right**, to head along Cabans Road.



After another 370 m **continue straight**, to head along Cabans Road.



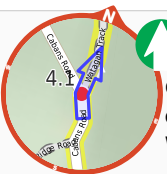
After another 1.3 km (at the intersection of Cabans Road & Turpentine Road) **continue straight**, to head along Cabans Road.



After another 860 m **continue straight**, to head along Cabans Road.



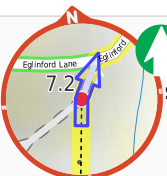
After another 550 m (at the intersection of Cabans Road & Cedar Ridge Road) **continue straight**, to head along Cabans Road.



After another 50 m (at the intersection of Watagan Track & Cabans Road) **continue straight**, to head along Watagan Track (a vehicle track).



After another 90 m **continue straight**.

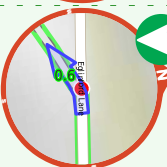


After another 3 km **continue straight**.

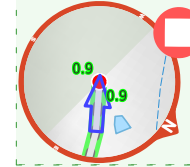
**Start of an optional side trip:** An optional side trip to Lonely Goat Olives.



To start this optional side trip turn left here. **Start** heading along Eglinford Lane.



After another 640 m **turn left**.



After another 280 m come to the end.



About 50 m past the end is "Lonely Goat Olives".



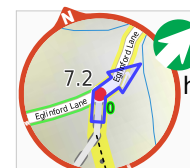
Lonely Goat Olives is a tranquil country cottage in Congewai Valley, about 900m from the GNW. The cottage has two separate bedrooms, both with en-suites. The bedrooms open on to a veranda with views over the gorgeous valley and the Tuscan style olive groves. The cottage has an outdoor BBQ kitchen and both rooms have a satellite TV, Wi-Fi Internet access, bar fridge, toaster and kettle. Rooms are from \$202 a night including breakfast, meal packs are also available. A two night min. stay is normal, but chat with Keith about mid-week and other options. Your friendly host is also happy to pick you up or drop you off at Watagan Creek Rd for about \$75. Ph 02 4998 1693



Turn around and retrace your steps back the 930 m to the main route.



Back at the main route turn sharp right and follow on from the 7.2 km waypoint.



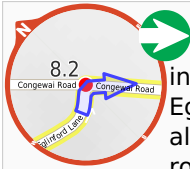
After another 40 m **veer right**, to head along Eglinford Lane.



After another 560 m **continue straight**, to head along Eglinford Lane.



After another 205 m **continue straight**, to head along Eglinford Lane.



After another 165 m (at the intersection of Congewai Road & Eglinford Lane) **turn right**, to head along Congewai Road (a residential road).



After another 690 m **continue straight**, to head along Congewai Road.



After another 1.4 km **continue straight**, to head along Congewai Road.



After another 265 m **continue straight**, to head along Congewai Road.



After another 2 km cross the bridge (about 10 m long)



After another 65 m **continue straight**, to head along Congewai Road.



After another 135 m **continue straight**, to head along Congewai Road.



After another 100 m **continue straight**, to head along Congewai Road.



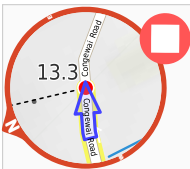
After another 120 m **continue straight**, to head along Congewai Road.



After another 140 m **continue straight**, to head along Congewai Road.



After another 275 m come to "Great North Walk".



The end.