

# 80 WALKS BY 80 LEADERS



## Garigal NP: Roseville Bridge to Seaforth Oval

Leader: Tom Heinz

Date: 23<sup>rd</sup> April 2019

Participants: Tom Heinz, Chris Paine, Sandra Bushell, John Hungerford, Julie Rea, Alan Brennan, guest Robert Eddy



### Report:

The walk started at the southern part of Garigal National Park. The walk included several significant Aboriginal sites and historic places, such as the Engravings Track and the Bantry Bay explosive Magazine Complex.

This Middle Harbour area of the park was first reserved for the public in 1923 and there were several additions over the years. After 1976 it became a State Recreation Area and then became Garigal National Park in 1992.

We met at Malga Ave bus stop on Babbage Road then walked across Roseville Bridge down to Davidson Park where the Middle Harbour is tree-lined and green. Up the hill to an easy walk along Flat Rock Track which has just been reopened after a four year closure.

We had morning tea at Flat Rock Beach which had tranquil views down Middle Harbour, then a scramble across the slippery rocks at the base of Flat Rock Falls.

Along Middle Harbour into Bantry Bay, and then to the deteriorating fence line track of the Magazine Complex up to Bates Creek Track which leads to Currie Road Track.

Linking the eastern and western foreshores of Bantry Bay is the Natural Bridge Track where there was a rock scramble to the lunch break at the Bluff Overlook with a magnificent view down Middle Harbour to Sydney.



After lunch we walked past the Austrian Club and the Scout Hall to the Engravings Track where we entered a protected site of Aboriginal rock art. After a brief visit at the rock art, then on to Seaforth Oval to catch the 3:15 bus.

This was a 12k walk and took about five hours at a leisurely pace with perfect fall weather.

The walk was on my 80th birthday so 80 for 80.

I am sure this walk has been used many times over the 80 years of Bush Club walks.

### Walk description:

Start from Roseville Bridge, then Flat Rock Track (whole track is now open) - Magazine Track - Natural Bridge Track - Engravings Track - Seaforth Oval.

Map: Lane Cove and Garigal National Park