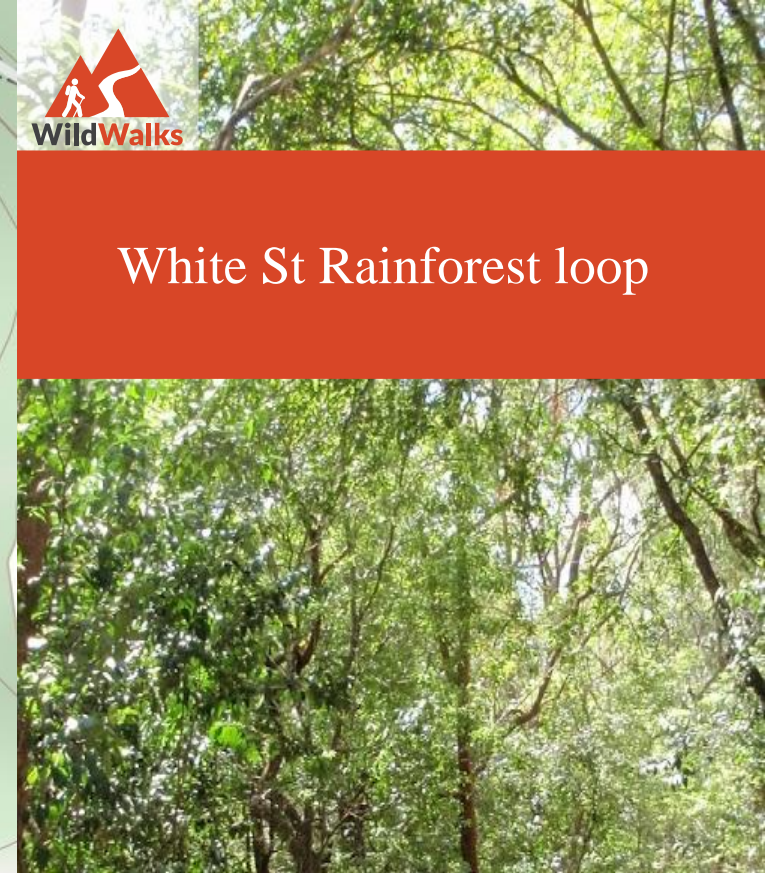


## White St Rainforest loop



**45 mins**

**Moderate track**

3

**1.7 km Circuit**

**↑ 76m**

A very nice loop walk in the lower part of the Rumbalara Reserve, Gosford. The walk includes a section of road but spends most time in very nice forest scenery, including pockets of the beautiful rainforest in the reserve. This walk has substantially fewer steps than some of the other walks in the reserve and is a great way to see some of the beautiful scenery in Rumbalara.

5m

Gosford LGA



### Are you ready to have fun?

Please ensure you and your group are well prepared and equipped for all possible hazards and delays. Check park closures, weather information and Fire Danger Rating before setting out. Optional side trips and alternate routes noted are not included in this walks overall grade, length or time estimate. Please allow extra time for resting and exploring areas of interest. The authors, staff and owners of wildwalks take care in preparing this information but will not accept responsibility for any inconvenience, loss or injury you may experience. Please take care, have fun - Happy Walking.

**Getting there** You can get to End of White St (gps: -33.432, 151.3491) by car or bus. Car: There is free parking available.

This is a circuit, so you will finish back at the start.

Find up to date and more information including; travel directions, weather, park closures and walker feedback at <http://wild.tl/wsrl>

### 0 | End of White St

*(490 m 11 mins)* From the end of White St, this walk passes the 'Rumbalara Reserve' signpost, goes around the gate, and follows the 'Cappers Gully' arrow along the management trail. The trail meanders along the hillside for some time. At one point, there are some long thin stone slabs forming a retaining wall, on the right. The trail eventually reaches an intersection, signposted 'Cappers Gully'.

### 0.49 | Rumbalara Reserve Flora and Fauna

The reserve is home to a wide range of flora and fauna. The vegetation types range from the relatively dry 'Coastal Narrabeen Ironbark Forest' to pockets of 'Coastal Warm Temperate Rainforest'. Commonly seen birds include Kookaburras, Eastern Rosellas and Magpies. Rarer birds such as the Glossy Black Cockatoo and Swift Parrot are sometimes sighted here as well. Sugar Gliders, Brush-tailed possums, Blue-tongued lizards and Tree snakes can be seen in the reserve if you are patient and lucky enough.

### 0.49 | Northern int of White St firetrail and Rainforest

*(50 m 1 mins)* Veer left: From the intersection, this walk follows the management trail gently up the hill, leaving the 'Cappers Gully' signpost behind on the right. After a very short distance, the walk arrives at an intersection, signposted 'Interpretive Centre', beside a fenced area.

### 0.53 | Cappers Gully quarry

This old quarry site is beside Cappers Gully in the Rumbalara Reserve, Gosford. The area is fenced off for safety reasons. The neat, square-cut walls of the quarry make an interesting sight on the walks in the area.

### 0.53 | Southern int of White St firetrail and Rainforest

*(400 m 9 mins)* Turn left: From the intersection, this walk follows the 'Henry Parry Drive' arrow (Rainforest Track) down the steps and along the bush track. The track immediately bends to the right,

passing a couple of old picnic tables, to the left. The track then enters a forest filled with a jumble of vines and ferns, meandering for a while before crossing a small metal bridge, and continuing until reaching an intersection at the top of a metal staircase, signposted 'Rainforest Track'.

### 0.94 | Top of staircase on Rainforest walk

*(220 m 5 mins)* Turn left: From the intersection, this walk follows the 'Henry Parry Drive' arrow down the metal staircase, arriving at the end of a management trail at the bottom of the stairs.

Continue straight: From the bottom of the metal staircase, this walk follows the management trail away from the stairs. The trail soon bends to the right and continues for a short distance before passing a plaque marking the handing over of Cappers Gully Reserve, set in a stone, to the left. The trail continues a little further to an intersection just before the gate at the back of the 2GO radio station car park. The intersection is marked with a pair of track arrows on a wooden post.

### 1.16 | Back gate of 2GO car park

*(160 m 3 mins)* Turn left: From the intersection, this walk follows the bush track, immediately crossing the small gully, leaving the nearby gate and car park behind on the right. The track soon bends to the right, at a track marker post, and continues, keeping the houses to the left, until reaching the trackhead at the intersection of Frederick St and Henry Parry Dr, Gosford, marked with a track information board and a 'Rainforest Track' signpost pointing back to 'Cappers Gully'.

### 1.32 | Henry Parry Dr trackhead

*(370 m 8 mins)* Turn left: From the trackhead at the intersection of Frederick St and Henry Parry Dr, Gosford, this walk follows Henry Parry Dr up the hill, leaving the information board behind on the left. The walk turns left into White St and continues to the 'Rumbalara Reserve' signpost beside the gate at the end of the street.

