KIAMA WALKS

MINNAMURRA | BOMBO | JAMBEROO | GERRINGONG | GERROA



"Yulunga" Welcome to Dharawal Country We proudly acknowledge the Wodi Wodi people of the Dharawal Nation as the Traditional Custodians of 'Kiarama' or Kiama, as it is currently known. We pay our respects to all Elders past, present, and emerging and recognise their deep and ongoing

connection to this land, water, and community.

OVERVIEW OF WALKS IN THIS GUIDE

	Kiama Walks & Trails	Length	Time	Grade	Conditions
)	Saddleback Mountain and Hoddles Track	8km return	3 hrs	Hard	Steep, loose underfoot, can be slippery.
	Kiama Coast Walk N	8.5km one-way	3 hrs	Medium	Loose surfaces, steep sections, limited signage.
	Kiama Coast Walk M	6km one-way	1.5 hrs	Medium	Loose surfaces, limited signage.
	Kiama Coast Walk S	6km one-way	2 hrs	Medium	Rough, steep, exposed cliffs. No shelter or services.
	Minnamurra Rainforest Lyrebird Loop	1.6km loop	0.5 - 1 hr	Medium	Partly wheelchair accessible. Suspended path.
	Minnamurra Rainforest Falls Walk	4.2km loop	1 - 2 hrs	Hard	Elevated walkway & paved track, steep in sections.
	Barren Grounds Nature Reserve	2 - 19km return	0.5 - 8 hrs	Varies	Signposted tracks of varying lengths and difficulty
	Illawarra Fly Treetop Walk	1.5km return	1 hr	Easy	Paved path and steel elevated walkway.
	Carrington Falls: Loop Walk	600m loop	30-45 mins	Medium	Formed track, stairs, well signposted. Family friendly.
	Carrington Falls: Northern Walks	100m - 3.8km return	0.5 - 2 hrs	Varies	Formed track, steep in sections, signposted.
	Spring Creek Wetlands	1.5km return	30 mins	Easy	Flat terrain, formed paths.
	Bonaira Native Gardens	600m one-way	30 mins	Easy	Flat terrain, formed paths. Family friendly.
	Boneyard	2.7km one-way	1 hr	Medium	Undulating walk following the coastline. Steep in parts.
	The Bombo Headland Walk	2km return	1 hr	Medium	Exposed, rocky terrain, loose underfoot, unfenced cliffs.
	Black Head and Gerroa	8.3km return	3 hrs	Medium	Road, path and rockshelf. No designated path.
	Sand Track, Seven Mile Beach Nth	3km one-way	2.5 - 3.5 hrs	Hard	Flat terrain, loose underfoot, well-maintained track.
	Sand Track, Seven Mile Beach Sth	2km one-way	1.5 - 2.5 hrs	Hard	Flat terrain, loose underfoot, well-maintained track.
	Kiama Historic Walks	1.4 - 2.5km one-way	45 min- 1.5 hrs	Easy	Flat to undulating terrain on paved footpath.

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The Kiama area has so much to see and do, much of which can be explored on foot. Whether you're traversing our elevated

Restaurant or café

SADDI FRACK MOUNTAIN & HODDI ES TRACK

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Hoddles Track was named after surveyor. Robert Hoddle, who forged a route from the Southern Highlands to Kiama Harbour back in the 1830s.

The track begins as a fire trail near the western lookout where it takes a steep descent. From here. follow green route markers as the track rises again towards the escarpment and into a rainforest ending at Mount Noorinan.

You have the opportunity to enter the track midway by parking your car at the corner of Foxground and Hoddles Rd. Walk along the road, past farmland and up the steep incline until you reach the T-junction of the track.



Time 3 hr

Distance 8km return

Grade 4 - Hard

Conditions

Steep & eroded in places, loose underfoot, can be slippery. Mix of bush, rainforest and farmland with extraordinary rock formations.

How to get there

A 10-minute drive from central Kiama, head towards Saddleback Mountain Rd and park at the summit. Look for sians directing you to the western lookout, where you can access Hoddles Track and begin your adventure.

Accessibility

This walk is for experienced bushwalkers only. However the two viewing platforms at Saddleback Mountain lookout are wheelchair and pram accessible.



Make sure you don't venture off the track or disturb the historic drystone walls.



Saddleback Mountain Lookout is a photographer's dream, with exceptional 360 degree views from both viewing platforms. See all the way to Cronulla, Jervis Bay, Mt Noorinan and Piaeon House Mountain.

Key to symbols

Entry fee

Train station

Dogs on leash

Steep in parts

Lookout

Picnic area

BBQ Area

Wheechair access

Information centre

Eco tips

Local tips

Toilets





KIAMA COAST WALK



Minnamurra River to Kiama Blowhole

Begin your walk from the northern point at Minnamurra Train Station, where you head south to James Oates Reserve and the picturesque Minnamurra River mouth. The track continues south taking in Jones Beach, photogenic Cathedral Rocks, Boneyard and the surreal landscape of Bombo Headland, finishing up at Blowhole Point.

Time 3 hrs

Distance 8 5km Grade 3 - Medium

Conditions

Time 15 hrs

Conditions

Mix of payed.

grass and beach

walking. Steep

in parts. Limited sianaae.

Distance 6km Grade 3 - Medium

Mix of payed & loose surfaces. Steep sections. Limited signage.



From May to November, stop in at the Minnamurra whale watching platform.

■ 計 (I) 开 (I) 注 (I) MID SECTION

Kiama Blowhole to Loves Bay

Start at the Visitor Information Centre. This section takes you through a series of waterfront reserves - Storm Bay, Surf Beach, Kendalls Beach, Easts Beach and Loves Bay laced together by headlands. The Little Blowhole is a great feature found midway along this section.



Stop in and explore Bonaira Native Gardens (walk 9).

日宵排八位 **SOUTH SECTION**

Loves Bay to Gerringong

Aboriginal Dreaming poles welcome you to Wodi-Wodi and Dharawal land where you can step away from urbanisation. Follow this zig-zag of coastal pastures south from Kiama Heights to Werri Beach, taking in the endless ocean views of an area once dominated by a rainforest known as the 'long brush'.

Time 2 hrs

Distance 6km

Grade 3 - Medium

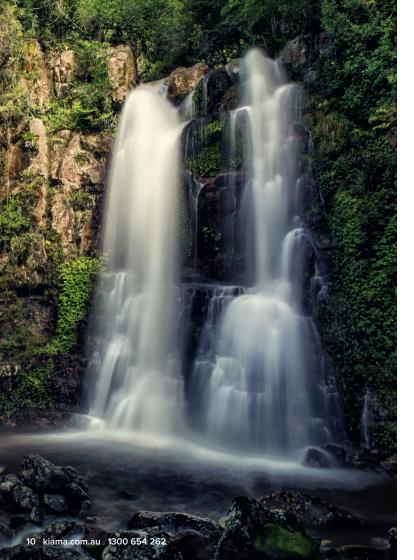
Conditions

Rough, steep. Exposed cliffs. No shelter or services.



Check ahead to ensure Werri Beach Lagoon crossing is open, call 1300 654 26





MINNAMURRA **RAINFOREST WALKS**

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This lush forest adventure takes you through a network of elevated walkways and bridges as you experience the beauty of a rare remnant of subtropical and warm temperate rainforest.

Begin your walk at the Minnamurra Rainforest Centre. From there, signposts lead you to the Lyrebird Loop Walk, with the first 500m of this trail suitable for assisted wheelchair access. You'll meander peacefully between tall trees and across trickling streams to a suspension bridge over Minnamurra Rivulet. From here you can complete the loop back to the centre for an easy 45 mins - 1 hour stroll, or continue on to the Falls Walk.

The payed Falls Walk can be challenging, yet offers the reward of insta-worthy views over the rainforest canopy and gorge carved by Minnamurra Rivulet. This walk is 2.6km return, with some steep sections as you work your way up to the viewing platforms for mesmerising views of the two-tier Minnamurra Falls.

Enjoy the downhill return journey, with rest stops at the many well-positioned viewing seats.



Listen out for the superb lyrebird, famous for its incredible ability to mimic anything from its immediate surroundings including local birds, cameras and even people.



BUDDEROO NATIONAL PARK

Time

30 min - 2 hrs

Distance

1.6km Lyrebird Loop 4.2km full circuit

Grade

3/4 - Medium/Hard

Conditions

Suspended path. Partly wheelchair accessible. Steep in sections.

How to get there

Head west 15 min through the town of Jamberoo, turn left at Jamberoo Mountain Rd, then right at Minnamurra Falls Rd.

Opening hours

Daily except Christmas Day 9am - 5pm

Last entry time

Falls Walk 3pm Loop Walk 4pm

Telephone

(02) 4236 0469

Entry Fee

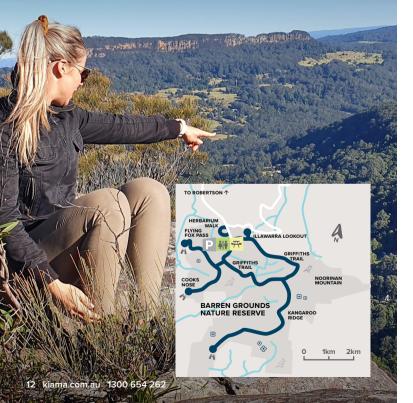
\$12 per car.



Leave only footprints, take only memories – and some good photos! #KiamaNSW.

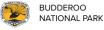
Stretching from Kiama to Robertson on the south-easterly spur of the Illawarra Range, this 2.000ha plateau reserve is a favourite for walkers and hirdwatchers

With around 180 different species of birds. Barren Grounds was declared a special reserve because of the presence of two endangered species, the eastern bristlebird and eastern ground parrot. It is also



BARREN GROUNDS NATURE RESERVE

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Conditions

Formed track, loose underfoot, well marked. Unpredictable weather conditions can be experienced. No mobile coverage. Basic facilities.

How to get there

30 minute drive west of Kiama via Jamberoo Mountain Rd through Jamberoo. Turn onto Jamberoo Mountain Rd. Entrance to the reserve is on the left after Jamberoo Pass.

GRIFFITHS LOOP TRAIL

The main walk in the reserve, this trail takes in the Illawarra Lookout, two tributaries and Saddleback Trig along the way. Wander through a range of vegetation communities from low heathland to a eucalypt forest with an amazing display of ferns and birdlife. Traverse over a natural stone bridge before returning to the picnic area to finish your walk.

Time 2 - 3 hrs

Distance 7.4km loop

Grade 3 - Medium

Conditions Formed path. steep in parts, loose underfoot.

COOKS NOSE LOOKOUT WALK

This track meanders from the picnic area through to open expanses of heathland, which burst with colour in spring when the wildflowers are out. Finish at the edge of the escarpment affording spectacular views over Kangaroo Valley.

FLYING FOX PASS WALK

A scenic track winding through beautiful heath transforming into dense woodland. At the end of this track you will see the remnants of the former cablecar from the 1940s, once used as a pulley system for transporting timber from the valley up to a sawmill iust after World War II.

Time 2.5 - 3 hrs

Distance 8km return

Grade 3 - Medium

Conditions Formed track. steep in parts, best for experienced walkers.

Time 2.5 hrs

Distance 5km return

Grade 2 - Easy

Conditions

Formed path, mostly flat.



Look out for the eastern bristlebird, eastern ground parrot, southern emu-wren, beautiful fantails and tawny and white-eared honeveater. Time 30 min - 1 hr

Distance 2km return

Grade 3 - Medium

Conditions Formed path, mostly flat.

Time 30 min - 1 hr

Distance 2.6km loop

Grade 3 - Medium

Conditions Formed path. mostly flat.

Time 7 - 8 hrs

Distance 19km return

Grade 3 - Medium

Conditions Undulating. loose underfoot, wide firetrail.

ILLAWARRA LOOKOUT WALK

This walk takes you to the eastern escarpment of the Illawarra Plateau where you can view the coastline as far north as Wollongong. You may even spot an echidna waddling across the track.

HERBARIUM LOOP WALK

Starting and finishing 500m from the carpark (as you come in to the reserve), this walk takes you through open heath as well as higher shrubs. Spot up to eight different honeyeater varieties, as well as winter and spring flowering hakeas, tea trees and banksias.

KANGAROO RIDGE WALK

Start your walk clockwise along Griffiths Trail, then take a left turn onto the Kangaroo Ridge Trail. As you progress, you will traverse through wide-open heath, making your way to the edge of the Illawarra Escarpment. From this vantage point you'll be treated to spectacular views that stretch from Berry all the way to Jervis Bay. If you're lucky you may spot a wedge-tailed eagle or white bellied sea eagle.



Visit Barren Grounds in winter and spring to witness a vibrant cloak of wildflowers. The striking yellow heath banksia (B. ericafolia), sweetly scented boronia, and spectacular waratah among others.

II I AWARRA FIY TREETOP WALK

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The Treetop Walk is a gentle 1.5km loop track with 500m of elevated steel walkway through the treetops, some 20 - 30m above the forest floor.

This steel walkway features two cantilevered arms and culminates at Knights Tower, a spiral tower that rises to a breathtaking 45m above the ground.

Positioned 710m above sea level, the stunning panoramic views take in everything from the rainforest canopy, coastal towns and out to the Pacific Ocean.

Thrillseeking visitors can also book a Zipline Tour which includes three flights, two suspension bridges and four cloud stations



Time Allow 1 hr

Distance 15km

Grade 2 - Easy

Conditions Undulating path and hinged steel cantilever. Best on a clear day.

How to get there

182 Knights Hill Road. 45 mins drive west from Kiama via Jamberoo Mountain Rd.

Opening hours

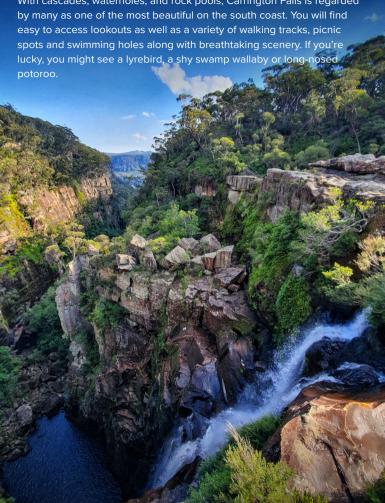
Daily except Christmas Day 10am - 5pm.



Tickets are available from Kiama Visitor Information Centre or online at illawarrafly.com.

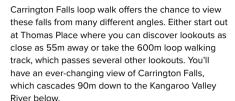


With cascades, waterholes, and rock pools, Carrington Falls is regarded



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CARRINGTON FALLS: LOOP WALK



Alternatively, choose to explore the northern cliffline with a mix of escarpment lookouts and shady rainforest gully tracks (careful, this one can be slippery!).



BUDDEROO NATIONAL PARK

Time 30 - 45 mins

Distance 600m loop

Grade 3 - Medium

Conditions

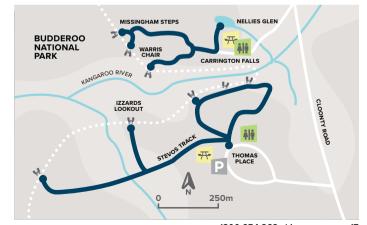
Formed track, stairs. signposted. Family Friendly.

How to get there

Turn off Jamberoo Mountain Rd onto Cloonty Rd. then turn right into Thomas Place.



Visit in spring and summer for an exceptional display of wildflowers including the vibrant Red Wargtah.







CARRINGTON FALLS: NORTHERN WALKS

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NELLIES GLEN

Nellies Glen, found 100m from the carpark, is a natural swimming hole and the perfect spot for a picnic. From here you can venture out and explore a range of nearby walks including Warris Chair or Missingham Lookout tracks.

WARRIS CHAIR WALKING TRACK

This easy walk takes you through woodlands on the western edge of Kangaroo Valley. Feel like you are on top of the world when you reach Warris Chair lookout and sit on the sandstone "chair" to take in the scenic views of the South Coast and down into the valley. Birdlife abounds in the heath in spring, when it erupts in colour and fragrance.

MISSINGHAM LOOKOUT TRACK

The walking track to the Missingham Lookout leads along the western edge of the escarpment and offers picturesque views of Kangaroo Valley, as well as views of the impressive Carrington Falls Gorge.

An option for the experienced walker is to head west down the Missingham Steps to a beautiful mossy glen. Caution: The area can become very slippery and utmost care must be taken.



BUDDEROO NATIONAL PARK

How to get there

Turn off Jamberoo Mountain Rd onto Cloonty Rd, then turn right into Nellies Glen picnic area (unsealed road)

Time 30 mins - 1 hr

Distance 1km return

Grade 2 - Easy

Conditions Formed track.

Time 1.5 - 2 hrs

Distance 3.8km return

Grade 3 - Medium

Conditions Formed track, steep in sections.



Check for closures – Budderoo National Park is always open but may have to close at times due to adverse weather.



Even small changes to an ecosystem can upset the fragile balance. When exploring, please respect the natural environment.

SPRING CREEK WETLANDS

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Time 30 mins

Distance 1.5km return

Grade 2 - Easy

Conditions Flat terrain, formed paths

How to get there Park at the end of Glenbrook Drive, Kiama.

Extend your walk

By using the Princes Hwy underpass at the entrance to Riddell St and join the Kiama Coast Walk towards Bombo Headland. These wetlands offer the ultimate bird watching experience and are located only a few minutes from the centre of Kiama. Walk along the banks of Spring Creek to the lagoon through a variety of rehabilitated wetlands or enjoy the birdlife from a constructed bird hide. Before it was cleared for farmland, Spring Creek Wetlands was covered in a variety of different plant communities. Local species have now been planted to help re-establish the original vegetation.

Get a close-up look at many water birds including cormorants, moorhens, coots, swans and an array of other local species. Or spot a local camp of flying foxes at rest before they embark on their nightly food seeking adventure.



Did you know another great haven for birds and bird watching is Jerrara Wetlands? This reserve is the site of Kiama's disused dam, and provides an easy walk along a dirt road and mown paths. With picnic tables and public toilets, it provides convenient amenities for visitors. You can access the car park from Mount Brandon Road, where this 3.5km loop trail begins.



BONAIRA NATIVE GARDENS

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A hidden sanctuary in the middle of suburbia, you can explore this picturesque and peaceful oasis by foot or on bike. An accessible path winds through the forest floor with plaques to identify a variety plant species.

Picnic amongst the striking Illawarra flame trees, giant stinging tree, cabbage tree palms and giant ferns. There is ample shade, picnic tables and room for games.



This is a great spot for families with kids learning to ride bikes and scooters.



BYO drink bottle and utilise the free water filling station on Allambie Crescent.

Time 30 mins

Distance 600m one-way

Grade 2 - Easy

Conditions Flat terrain, formed paths. Family friendly.

How to get there

Via the carpark at Bonaira Playing field on Girrawheen Ave, Kiama.

Facilities

The nearest public toilets are found at Kendalls Beach Holiday Park.



BONEYARD

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Time 1 hr

Distance 2.7km one-way

Grade 3 - Medium

Conditions

Undulating walk following the coastline. Steep in parts.

How to get there

Park at the Minnamurra Boat Ramp located at James Oates Reserve off Charles Avenue, Minnamurra. This coastal track explores the area from Minnamurra River, past Cathedral Rocks to Boneyard's pebbly cove. From Minnamurra boat ramp, follow the grass track up to the top of the headland. From the top be sure to look back towards Stack (Rangoon) Island and Mystics Beach for insta-worthy photo opportunities.

If the season is right (May-Nov) visit the whale watching platform a little further along. Follow the path to the southern side of the headland and Jones Beach, then the sand or paved path to the play equipment on North Kiama Drive, and along residential Cliff Drive. Take in views of Cathedral Rocks en route as you make your way down the boardwalk to Boneyard.



Enjoy a picnic and a snorkel before either continuing your walk to Kiama (along the Kiama Coast Walk) or return to Minnamurra Boat Ramp.





BOMBO HEADLAND

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Time 1 hr return

Distance 2km return

Grade 3 - Medium

Conditions Exposed, rocky terrain, loose underfoot, unfenced cliffs

How to get there Park at North Bombo Beach on Panama St. Alternate access to the north of Boneyard via Cliff Dr Kiama Downs.

Dogs Bombo Headland features a dog agility park and the centre section of Bombo Beach is a dog off-leash area. A short walk to another world, or at least that's what it feels like as you walk among the clusters of hexagonal basalt columns, an internationally recognised geological phenomena, and a legacy of blue metal guarrying in the 1880s and 1900s.

Start out from the carpark at the north end of Bombo Beach and follow the path hugging the coast. This southern side of the headland has been extensively quarried and provides for a very interesting walk. Be sure to look to the south for a view of Kiama and the iconic lighthouse.

Return via the same track, or take the staircase and head south to return to the carpark via the grass trail.



A popular spot for photographers and sunrise "instameets". Search the #igbombo hashtag for information.



BLACK HEAD & GERROA

b

Time 3 hrs

Distance 8.3km return

Grade 3 - Medium

Conditions

Road, path and rockshelf. No designated path.

How to get there

Take Crooked River Rd onto Riverleigh Ave, taking a sharp right turn onto Park Rd near Emery Reserve. Gerroa This adventure across tidal rock platforms starts on the Crooked River foreshore near Emery Reserve, skirts the Gerroa Headland and explores secluded beaches. It is best done at low tide.

Begin by crossing the footbridge if the tide permits, or take Burke Pde toward the headland until you reach the boat ramp. Follow the shoreline around Black Head towards Shelly (or Little) Beach, exploring the rocks and rock pools for fossils, sea anemones, crabs and starfish. At low tide you can explore all the way around to Walkers Beach.



If high tide prevents your return, you can take a detour along the northern border of Gerringong Golf Club (behind Walkers Beach) which leads to a shared foot/bike path back to Gerroa.



Intertidal zones provide habitat for all sorts of marine critters big and small.

The transition zone between beach and upland can be host to an array of beach grasses, plants and animals that only thrive in those narrow habitats.

SAND TRACK WALK (NORTH & SOUTH), SEVEN MILE BEACH



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These two walks pass through an ancient and untouched forest nestled beside the stunning sands of Seven Mile Beach. Both walks start from the Beach Road picnic area, a wheelchair accessible zone with BBQs, picnic tables and a beach viewing platform.

Otherwise known as the Waterline Track, the Sand Track (north) heads north towards the smaller Gerroa picnic area through dune blackbutt and bangalay forests. Return the same way or via Seven Mile Beach.

The Sand Track (south), or Linksand Track, begins from the opposite end of the Beach Road picnic area and runs parallel to the beach through a tall blackbutt forest. After about 2kms the track emerges onto a secluded stretch of Seven Mile Beach. From here, retrace your steps or continue the circuit back to the picnic area via the beach.

Time/Distance

North Track 2.5 - 3.5 hrs, 3km one-way South Track 1.5 - 2.5 hrs, 2km one-way

Grade 4 - Hard

Conditions Flat terrain, loose underfoot, some obstacles, wellmaintained track.

How to get there

Heading south on Crooked River Rd, turn left at Beach Rd and park at the Beach Road Picnic Area.

Opening hours

Beach Road Picnic Area is open year-round 6am - 6pm 7 days and until 8pm in Summer.



Keep your eyes out for wallabies and gliders found in this area, as well as abundant bird species, such as thornbills, wrens, honeyeaters and the brown cuckoo dove.



KIAMA HISTORIC WALKS

Download the 'Kiama Library Tours' app or collect a Herritage Walks flyer from the Kiama Visitor Information Centre to explore Kiama's Historic Walks.

Immerse yourself in the historically significant points of interest in the Kiama region. Discover the history of some of our beautiful old buildings, both past and present, through words, photos and oral histories.

Listen to people sharing their memories of living and working in our municipality. Learn about Kiama's World War I history. Take a tour devoted to legendary writer Charmian Clift, or explore landscape artists Lloyd Rees' significant South Coast works in Gerringong and surrounds.

Time 45 mins - 1.5 hrs

Distance 1.4 - 2.5km one-way

Grade 2 - Easy

Conditions Flat to undulating terrain on paved footpath.

How to get there Park at the Kiama Visitor Information Centre, Blowhole Point Rd. Kiama.

Map

Download the Kiama Library Tours app or grab a Heritage Walks flyer from Kiama Visitor Centre.



Norfolk pines (Araucaria heterophylla) and fig trees (Ficus macrophylla) can be seen around town. The fig tree located in front of the Kiama Library is over 150 years old.





DISCOVER HOW GREAT THE GREAT OUTDOORS CAN BE

- The walk distances and times publicised in this guide are approximate and may vary. Know your limits and turn back if necessary.
- Each walk is graded using the Australian Walking Track Grading System but they
 are generally accessible and achievable for all levels of fitness and expertise.
- Walk safely. Take care around the ocean and cliff tops. Check the weather forecast and ocean tides before you leave home.
- Be well prepared by taking adequate water, food and clothing/weather protection.
- Walk softly. All native plants and animals are protected; please only take memories away with you.
- · Fires are not permitted on any of the walks.
- · Unless otherwise signposted, leave your pets at home.
- · Camping is only permitted in designated camping areas.



Taxi Service Illawarra Taxi Network 02 4254 2111



Public Transport transportnsw.info



Water refill stations can be found at the following locations.

- Outside the Kiama Visitor Information Centre Blowhole Point Reserve
- Outside the Old Fire Station Terralona Street, Kiama
- Ricketts Reserve Burke Parade, Gerroa
- Outside Gerringong Surf Club Pacific Avenue, Gerringong

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Published by Destination Kiama / Kiama Municipal Council

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