



Seal Rocks

1.5km **1.5hours** **Moderate**

Coastal forests, wild beaches, a remote lighthouse and views stretching forever.

This walk starts from the Kinca Road car park in Seal Rocks village. It follows the narrow access road under a forest canopy to the lighthouse cottages for beautiful views.

Although the walk there is easy, keep some energy for the short steep path up to the lighthouse itself. Here you can walk across the highest part of the headland for the best views: the coast northwards from Sugarloaf Point plus southwards across the wild expanse of Lighthouse Beach. Here is where all the insta-famous photos are taken.

If you have more time, take your inner explorer further: head down onto Lighthouse Beach or discover more wilderness on Treachery Headland walk and Submarine Beach walk.

Safety tip: Always check the NPWS Alerts page before departing for this walk. www.nationalparks.nsw.gov.au/alerts/alerts-list

Bicentennial Walk

4km **2hours** **Moderate**

One of Forster's best walks, this centrally located walk will surprise you with the variety of coastal landscapes and beautiful views.

This nature walk starts at the Forster Ocean Baths and continues through to Second Head with two ocean view lookouts.

Take the stairs to Peppy Beach, then continue along the foreshore past the rock pool formation called The Tanks which is a popular swimming spot for families.

Continue along the cliff top to Bennetts Head Lookout, a great vantage point to spot dolphins and whales. Further down Rotary Walk brings you onto One Mile Beach sand dune, it's another great spot for photos.

If you have more time, continue your walk along One Mile Beach to Palm Grove Park for lunch or a coffee.



Five Islands and Saltwater Headland

3.1km **1.5hours** **Easy**

This coastal walk follows part of the Saltwater National Park coastline that's rich in Aboriginal history with great spots for swimming, fishing, surfing and paddling.

Setting out from Saltwater picnic area, the Five Islands Track meanders through coastal heath and paperbark swamp before crossing Saltwater Gully. The diverse habitats include rainforest, mangroves, salt flats and undeveloped wetlands dominated by sedges and rushes.

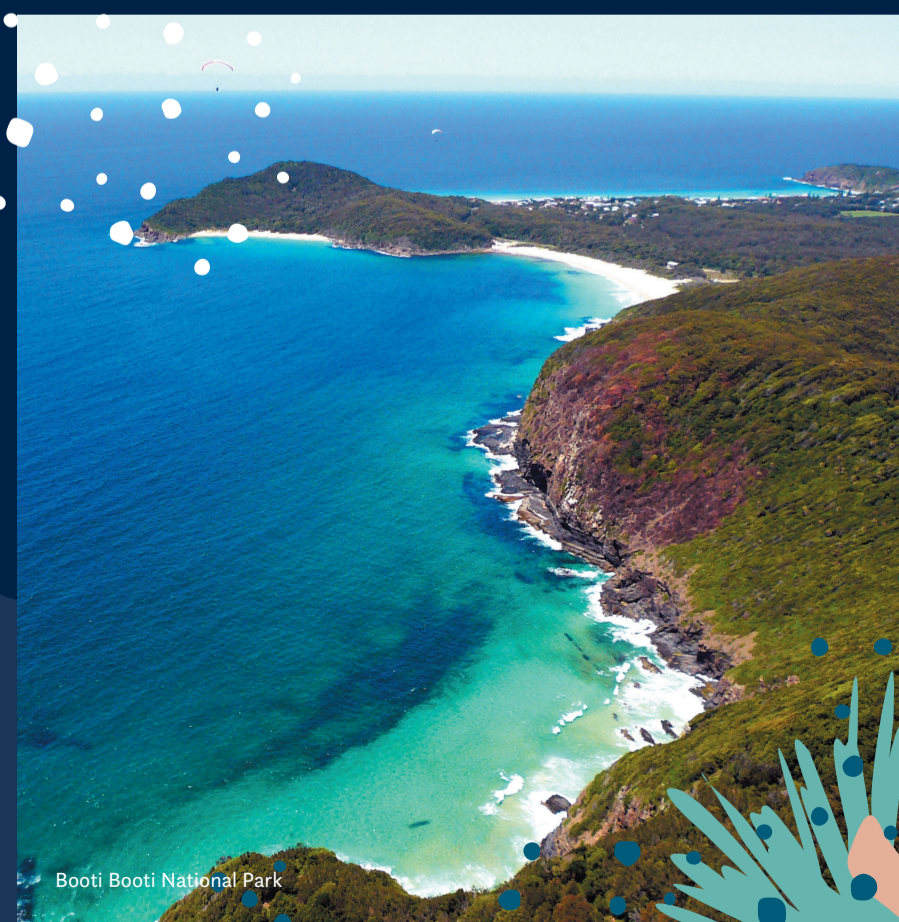
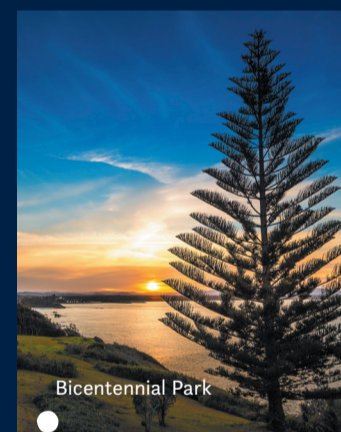
Aboriginal heritage is plentiful at Saltwater National Park, and along this walk you'll see traces of their heritage in the form of scarred trees, middens and fish traps.

Returning to your start point, take the Headland Walking Track, a short stroll to the whale watching platform. Here are expansive views over Saltwater Beach, Kappinhat Creek and Pacific Ocean. This is undeveloped coastal paradise.

Safety tip: Always check the NPWS Alerts page before departing for this walk. www.nationalparks.nsw.gov.au/alerts/alerts-list

Barrington Coast™

barringtoncoast.com.au
1800 802 692
@barringtoncoast #barringtoncoast



Barrington Coast™

As crystal clear water tumbles from the rugged peaks, it breathes life into our land; for this is the Barrington Coast - A place where the leaves touch the waters, from the mountains to the sea.



Barrington Coast is the destination brand of MidCoast Council



Legend

- Sealed road
- Unsealed road
- Unsealed track
- Featured walking track
- Walking track
- Rivers and streams
- Toilet; Picnic
- Campground; Lookout
- Historic; Lighthouse
- Boat ramp; BBQ
- Playground; Caravan park

Barrington Coast™

Coastal walks



Ideas to blaze your own trail

barringtoncoast.com.au

Gloucester Tops Circuit

Rated as one of the top five walks near Sydney, this is actually three separate walks you can do individually or join them together for this awesome circuit loop.

Set out from Gloucester Falls picnic area along Gloucester Falls walking track, stopping at Andrew Laurie Lookout for views across deep gorges and nearby peaks.

Further on you'll find the viewing platform at Gloucester Falls overlooking a series of cascades, upstream and downstream. Follow the River track through sub-alpine woodland, snow gums and hidden wetland.

Join the Antarctic Beech Forest walking track, featuring cool temperate rainforest with the canopy of Antarctic beech towering above the tree ferns and mossy forest floor. The short walk option has a small pretty cascade and the long walk option rewards you with a truly stunning cascade at the bottom of a lush gully. Here is where Instagram glory can be found!

8km
3hours
Moderate

Safety tip:

Always check the NPWS Alerts page before departing for this walk.

www.nationalparks.nsw.gov.au/alerts/alerts-list



Cattai Wetlands

Take a self-guided walk through valuable coastal wetlands including the Lookout Loop and Forest Loop.

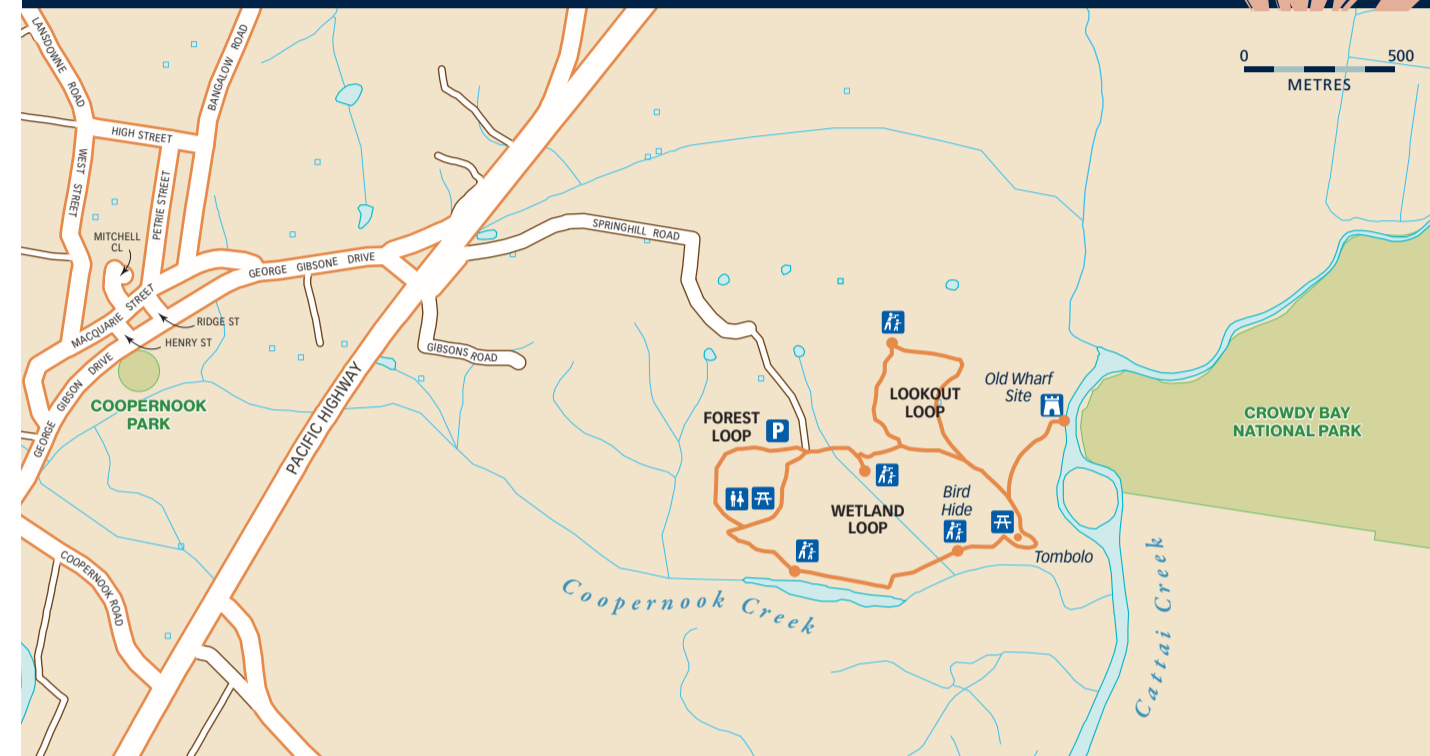
Cattai holds two types of wetlands: a perched fresh water wetland and a brackish tidal wetland. This unique layout provides sanctuary for over 180 species of birds, kangaroos, wallabies and regular spotted goannas.

Since its purchase by Council in 2003, the natural beauty and ecological value of these wetlands has been restored. Visitor facilities include toilets, car parking, boardwalks, viewing platforms, bird hide and interpretive signage.

Make your way along one of the many walking tracks, go bird watching, take a picnic or just relax and enjoy the scenery. Bring your binoculars, this is an easy way to see and appreciate our wildlife.

Open weekdays 8am-3pm; weekends 7am-5pm.

4.2km
1.5hours
Easy



Yacaaba Headland

If you enjoy a challenging walk and scenic views rolled into one, then grab your hiking boots and make your way to Yacaaba Headland walking track.

This lightly challenging walk takes you up the southern-most headland of the Barrington Coast, in the southern reaches of Myall Lakes National Park.

From the south end of Bennetts Beach, the track climbs steeply past stands of smooth barked angophoras, banksias and grass trees.

As the track veers north, take a break and admire the inspiring views up the coastline. On a clear day, the distant blue ridgeline of Barrington Tops is visible.

The track gets rockier and steeper, but along the forested ridge top you'll be treated to coastal views of Seal Rocks and Tomaree Headland.

Out to sea, Cabbage Tree Island, known as John Gould Nature Reserve, protects the only known breeding colony of one of the world's rarest birds: Gould's petrel.

7km
2-3hours
Challenging

Safety tip:

Always check the NPWS Alerts page before departing for this walk.

www.nationalparks.nsw.gov.au/alerts/alerts-list



Booti Booti Hill

A winding forest walk rewarding you with ocean views, a swim at Elizabeth Beach and the cabbage palm shores of Wallis Lake.

Starting at The Ruins Campground you'll first walk onto beautiful Seven Mile Beach. Look for the signposted track, this climbs up the northern side of Booti Hill through twisted eucalypts.

There's a break in the canopy with a scenic view of Seagull Point before entering some refreshingly cooler rainforest.

The track emerges onto the ridge above Lindemans Cove and heads down towards a fork. Go straight ahead for a detour to Elizabeth Beach, it's a terrific opportunity for an ocean dip. Between May and October, you'll spot migrating whales.

After your swim, head back to the main walking track which branches westwards at the fork, crossing the Lakes Way to reach the shores of Wallis Lake. The final 3.5km of the loop follows the shoreline lined with cabbage palms.

7.3km
2.5-3.5hours
Moderate

Safety tip:

Always check the NPWS Alerts page before departing for this walk.

www.nationalparks.nsw.gov.au/alerts/alerts-list

Wingham Brush

This subtropical rainforest remnant is part of the last remaining 10 hectares of floodplain rainforest in New South Wales.

The Wingham Brush walk showcases giant Moreton Bay figs with incredible buttressed roots towering over a gently winding boardwalk. Here is one of the largest permanent breeding populations of the endangered grey-headed flying fox in New South Wales.

Take your time to absorb the sights, sounds and the filtered light through the dense canopy. Scrub turkeys may share the boardwalk with you, and listen for the distinct calls of the green catbird and wompoo fruit-dove.

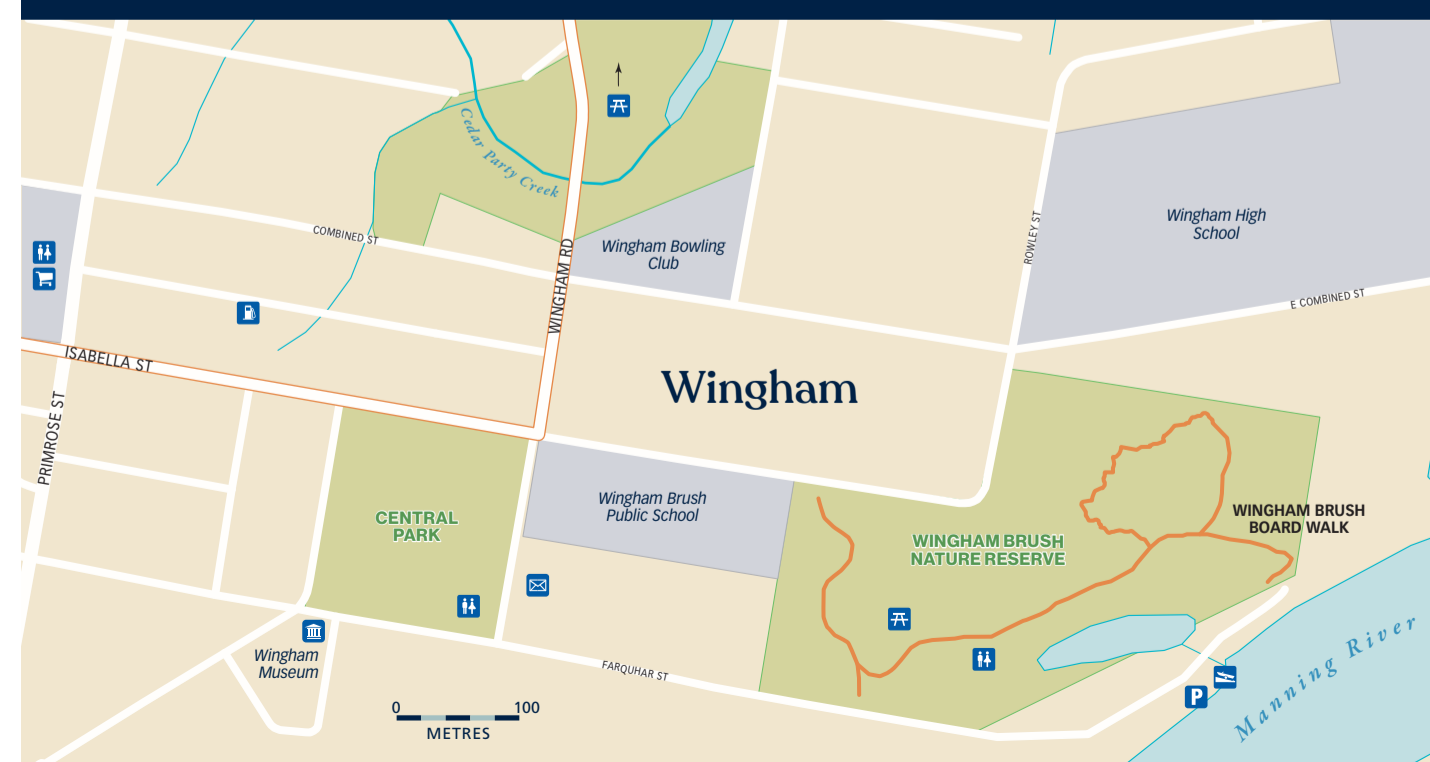
This type of subtropical lowlands rainforest once stretched all the way up the Manning River, so take some time to imagine what this lush region once looked like.

1.9km
45min
Easy

Safety tip:

Always check the NPWS Alerts page before departing for this walk.

www.nationalparks.nsw.gov.au/alerts/alerts-list



Diamond Head

Diamond Head Loop Walk showcases the splendour of Crowdy Bay National Park at the northern boundary of the Barrington Coast.

Starting at Diamond Head Campground, this loop links the Headland Walk and Forest Walk. The walk is packed with highlights making this national park a treasure of our region.

The headland rises dramatically and offers panoramic views across Crowdy Bay, north to Perpendicular Point and south to Crowdy Head. In between are superb sweeps of golden sand and behind you are the majestic Three Brothers mountains.

Passing through heath and forests of paperbark and swamp mahogany, pause to take in the exceptional views at Kylie's Lookout, a quick ocean dip or scan the waters for dolphins and whales.

If you have an extra hour, take the Mermaid Lookout track. This short walk to the lookout passes a series of rocky coves just perfect for a mermaid's afternoon nap.

4.3km
1.5-2.5hours
Moderate

Safety tip:

Always check the NPWS Alerts page before departing for this walk.

www.nationalparks.nsw.gov.au/alerts/alerts-list