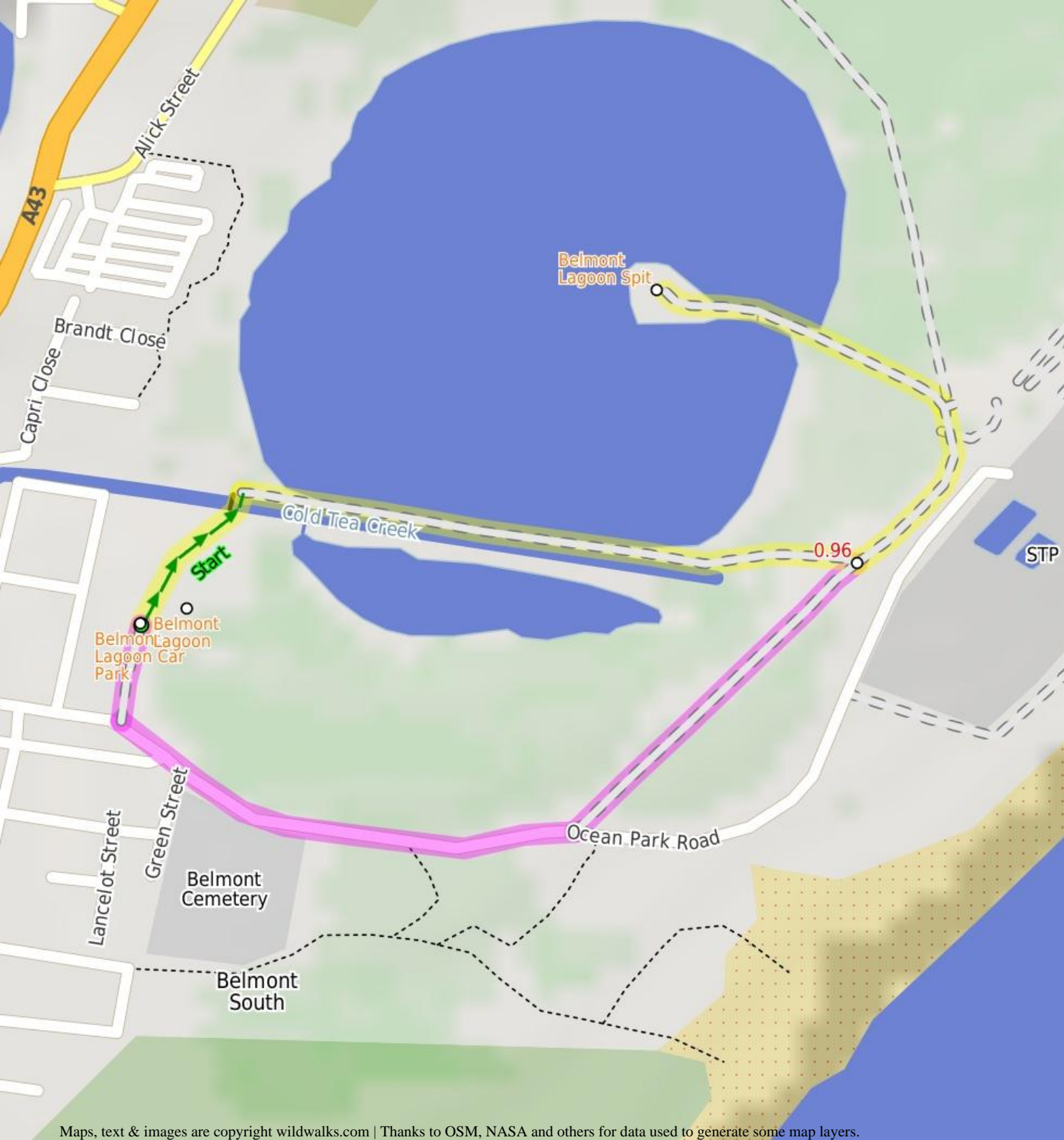


Belmont Lagoon Spit Walk



1 Hr

Moderate track

3

3.2 km Return

10m

The Belmont Lagoon Spit walk in Belmont is a quiet relaxing walk surrounded by water. This walk is best completed in the early morning or late afternoon, when the bird life is most active. You may see Black Swans, Spoon Bills and if you are lucky, the migratory Bar Tailed Godwit. This walk is close to Redhead Beach and could happily be combined with a dip or a beach stroll. The Belmont Lagoon is a sanctuary for wildlife in the area.

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 Belmont Lagoon (Beach St Car Park) (gps: -33.0482, 151.6583) by car or bus. Car: There is free parking available.

This is a return, 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/blsw>

0 | Belmont Lagoon

Belmont Lagoon is situated between the Pacific Ocean and Lake Macquarie in the community of Belmont. This reserve is a sanctuary for five distinct biotic areas - Swamp Forest, Swamp Heath, Reed Swamp, Sedge Land and Open Water. All these different areas interact and are important in allowing natural areas to be ecological sustainable. There is more information on these biotic areas at the Belmont Lagoon car park (off Beach St, Belmont). Human history of the lagoon began with the Awabakal people who occupied the area for perhaps the last 6000 years. The ancient Awabakal legend of The Teardrop of the Moon tells how Belmont Lagoon was formed. During World War II, the Department of Defence dredged Cold Tea Creek to provide an anti-tank barrier and defence line. As part of these modifications, the lagoon was divided into two parts, and it now has a permanent connection to the saline waters of Lake Macquarie, thereby altering its salinity and circulation pattern. For more information, contact Lake Macquarie Visitor Information Centre on (02) 4921 0740. [More info.](#)

0 | Belmont Lagoon Car Park

The Belmont Lagoon car park (access from corner Beach St and Ocean Park Rd, Belmont) is an open grassed car park, with an information sign detailing existing and proposed walking tracks at the lagoon. There is a water tap available about 100m north of the car park (adjacent to the cricket oval). Please respect the private houses that abutt onto the car park. [More info.](#)

0 | Belmont Lagoon (Beach St Car Park)

(960 m 15 mins) From the Belmont Lagoon car park (off Ocean Park Road, Belmont), this walk passes around the locked metal gate and crosses the cricket oval, passing the 'Belmont Lagoon Reserve Map' sign and keeping the houses to your left. This walk continues for about 200m across the oval and then across a footbridge over Cold Tea Creek, to come to a three-way intersection with a track (on the Cold Tea Walkway).

Turn right: From the intersection, this walk follows the trail, initially keeping the footbridge and creek on your right and Belmont Lagoon on your left. This walk continues for about 700m, until coming to a four-way intersection with a large trail, and a faint trail directly ahead.

0.96 | Alternate Route Int of Cold Tea Walkway & Ocean Pa

(1.2 km 19 mins) Turn right: From the intersection, this walk follows the trail south, while keeping the overhead power lines on your right and the ocean on your left. This walk continues along the trail, gently undulating through regrowth bush and wetlands for about 500m, until passing through a large metal gate and coming to a three-way intersection with the sealed Ocean Park Road.

Veer right: From the intersection, this walk follows Ocean Park Road gently uphill, while initially keeping the large metal gate and Ocean Park Trail on your right. This walk continues for about 500m to pass Green Street on your left. Then this walk continues for about 120m, passing William Street and some houses on your left, until coming to a three-way intersection with a trail and 'Belmont Lagoon Reserve' sign on the right (as Ocean Park Road turns left).

Veer right: From the intersection, this walk follows the trail, while keeping the 'Belmont Lagoon Reserve' sign on the right and the houses on the left. This walk continues for about 150m, until coming to a car park with a low metal locked gate, and a 'Belmont Lagoon Reserve Map' sign on the right (with cricket oval beyond).

0.96 | Int of Cold Tea Walkway & Ocean Park Trail

(650 m 10 mins) Turn left: From the intersection, this walk follows the trail, keeping the overhead power lines on your left and the ocean to your right. This walk continues for about 280m until coming to a three-way intersection with a trail on the left and large pile of concrete rubble directly ahead.

Continue straight: From the intersection, this walk follows the trail gently downhill, while keeping the large pile of concrete rubble initially on your right. This walk continues, undulating gently with the lagoon on both sides for about 400m, until coming to the end of the spit and two derelict buildings.

1.61 | Belmont Lagoon Spit

The Belmont Lagoon spit is surrounded by water and bird life. This is a fabulous place to enjoy in the early morning or evening, when bird life is most active. Birds you are likely to see include the Black Swan, Royal Spoonbill, Superb Blue Wren, Variegated Wren, Blackfaced Cuckoo Shrike, Eastern Whip Bird, Welcome Swallow and the international migratory waders, such as the Bar-Tailed Godwit. At the end of the spit, there are two derelict buildings and a burnt-out car. The spit is a good place to see the main biotic areas, including reed swamp, swamp heath, swamp forest, sedge land and open water. [More info.](#)

