

Sphinx to Mt Kuring-gai

4 hrs 45 mins

Hard track

10.7 km One way

▲ 673m



This walk starts at the Sphinx War Memorial and follows some well maintained and popular walking tracks down to Cowan Creek. Enjoy the water views as you head through Bobbin Head and Apple Tree Bay. The walk continues through the National Park and up the hill to Mt Kuring-gai. There are plenty of great spots to stop and rest, including a cafe, kiosk and picnic area at Bobbin Head.

213m

Ku-ring-gai Chase National Park

Sphinx Memorial

Private Shirley spent one and a half years carving this monument whilst a patient of the Lady Davidson Convalescent Hospital. William Shirley was in hospital, being treated after serving in WW1. Shirley died in 1929, leaving this memorial to fallen A.I.F. comrades. "To my glorious comrades of the A.I.F by the late W. Shirley No 5756 Pte. 13th Battalion Died 27th August 1928" [More info.](#)

Empire Marina - Galley Foods cafe

Empire Marina, in Ku-Ring-Gai Chase National Park, provides facilities and services for people on boats and on foot. The marina is home to "Galley Foods" kiosk and restaurant. The kiosk provides a variety of food priced between \$4-\$16, and is open from 8:30am to 5pm seven days. The restaurant requires reservations, and is open for lunch Thurs-Mon, breakfast on the weekend, and in dinner on Fridays and Saturdays in summer. Phone 9457 0477 [More info.](#)

Bobbin Head

Bobbin Head is a historic recreation area which is still popular today, suiting the needs of many people. At the center of the Bobbin Head area is the old "Bobbin Inn", built in the 1930s - it is now the park information center and cafe. The area is popular with picnickers, boaters, walkers, canoeists, family groups and people who like to fish. Bobbin Head is roughly divided into three sections (north, south and east). Southern Bobbin Head is a popular picnic area for families and large groups. The area is surrounded by a car park and dotted with picnic tables, electric BBQs, shelters and a large playground. There are toilets nearby, and 'The Station' is a sheltered accessible area with BBQ and tables that can be booked NPWS. The northern Bobbin Head (Orchard Park) area is a more formal picnic area. There is a large picnic shelter, surrounded by 14 smaller octagonal shelters, each of these divided into 4 walled-off compartments, ideal for small groups. The eastern side of Bobbin head is dominated by the Empire Marina and public wharf. The marina is home to a nice restaurant and public toilets.

Bobbin Inn Cafe

At the centre of Bobbin Head picnic area, in the old 'Bobbin Inn' building, is a cafe offering inside and outdoor dining, and a range of foods and drinks. Food includes fish and chips, wraps, focaccia, sandwiches and snack foods. Tea, coffee and cold drinks are also on offer. Opening hours are 9 - 4pm Mon to Fri (closed Tuesdays) & 9 - 5pm weekends. For more information, phone the cafe on 9457 7170. The NPWS Bobbin Head Information Centre is open 7 days a week (closed Christmas Day) 10 - 4pm (closed 12 - 12:30pm lunch). Ramp access available via on the southwestern corner of the building. Ramp access to the information centre through the cafe.

Before You walk

Bushwalking is fun and a wonderful way to enjoy our natural places. Sometimes things go bad, with a bit of planning you can increase your chance of having an enjoyable and safer walk. Before setting off on your walk check

- 1) Weather Forecast ([BOM Metropolitan District](#))
- 2) Fire Dangers ([Greater Sydney Region](#))
- 3) Park Alerts ([Ku-ring-gai Chase National Park, Berowra Valley National Park](#))
- 4) Research the walk to check your party has the skills, fitness and equipment required
- 5) Agree to stay as a group and not leave anyone to walk solo

Think before you TREK

The 'Think before you TREK' program developed by NSW Police & NPWS promotes the benefits of planning ahead for your bushwalking trip by using an easy to remember acronym:

- T** Take adequate supplies of food, water, navigation and first aid equipment.
- R** Register your planned route and tell friends and family when you expect to return.
- E** Emergency beacon (PLB's) should be carried on walks with significant gaps in mobile coverage (check terrain profile).
- K** Keep to your planned route and follow the map and walking trails.

Topo Maps

The maps provided on wildwalks are helpful, but there are times where you may need maps covering a broader area. Maps that cover this walk include;

1:25 000 Map Series:91304S HORNSBY

1:40 000 Map Series:CMA Ku-ring-gai Chase National Park Tourist Map

1:100 000 Map Series:9130 SYDNEY

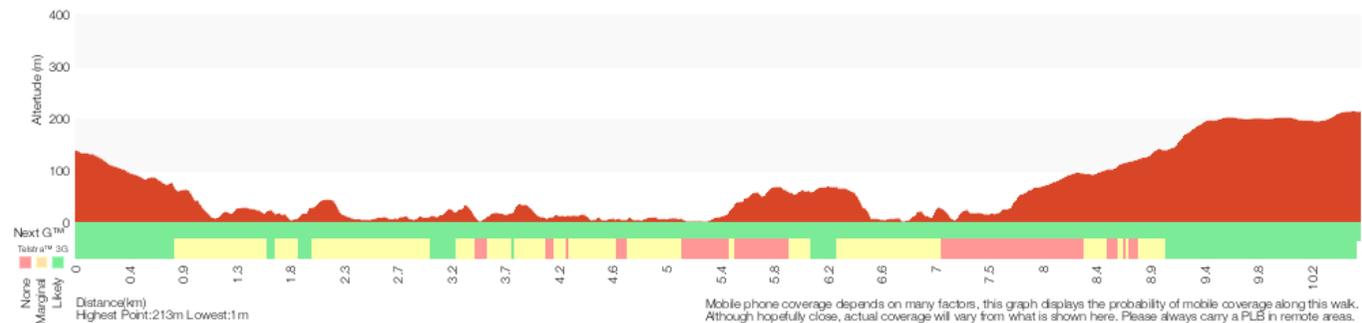
Grade

This walk has been graded using the AS 2156.1-2001. The overall grade of the walk is determined by the highest classification along the whole track.



Grade 4/6
Hard track

Length	10.7 km One way
Time	4 hrs 45 mins
Quality of track	Formed track, with some branches and other obstacles (3/6)
Signs	Directional signs along the way (3/6)
Experience Required	Some bushwalking experience recommended (3/6)
Weather	Storms may impact on navigation and safety (3/6)
Infrastructure	Limited facilities, not all cliffs are fenced (3/6)



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 walk 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 Sphinx Memorial (gps: -33.6887, 151.1558) by car or bus. Car: A park entry fee is required for driving into the park.

You can get back from Mt Kuring-gai Railway Station (gps: -33.6538, 151.1367) by car, train or bus. Car: There is free parking available.

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

0 | Sphinx Memorial

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0 | Sphinx Memorial

(60 m 1 mins) From the 'Sphinx Memorial', this walk follows the asphalt footpath, behind the picnic tables gently downhill for about 50m to a T-intersection with the 'Sphinx Fire Trail'.

0.06 | Int of Sphinx Memorial Track and Sphinx service tr

(10 m) Turn right: From the intersection, this walk follows the 'Sphinx Fire Trail' sign gently downhill along the wide trail, keeping the valley to your left for just over 10m to an intersection marked with a 'Sphinx Walking Track' sign (on your left).

0.07 | Int of Sphinx walking Track and management trail

(1.1 km 25 mins) Veer left: From the intersection, this walk follows the 'Sphinx Walking Track' sign fairly steeply down the series of timber steps. This walk follows the rocky track and timber steps for 300m to flatten out and pass between two tall eucalyptus, then just shy of 150m later this walk comes to a shallow sandstone overhang (on your right). The mostly flat track continues along the side of the valley for about 30m to then head down a series of and carved stone and timber steps for 50m to cross a usually small creek on a sandstone rock platform. From here the track leads gently downhill along the side of the valley among the grass trees for almost 200m to cross a smaller often dry creek on a sandstone rock platform. Here the track gently undulates along the side of the hill crossing a few pleasant rock platforms for 130m to pass under the high tension power lines. Now the track begins to zig-zags quite steeply in places, for almost 250m, down a series of timber and stone steps to a T-intersection in a flat ferny forest. Here there is a 'Sphinx Track - Nth. Turramurra' sign pointing back up the rocky track.

1.12 | Int of Sphinx walking and Warrimoo Tracks

(3.7 km 1 hr 32 mins) Turn left: From the intersection this walk follows the 'Bobbin Head' arrow on the 'Warrimoo Track' sign along the clear track that leads through the mostly flat ferny section, keeping Cowan Creek some distance to your right. After about 100m the track leaves the ferns and passes under a set of high tension power lines where the track undulates along the side of the hill close to Cowan Creek crossing a few small gullies for about 900m to then pass along a long natural sandstone wall. About 150m after this

wall the track leads just below a notable sandstone overhang (up to your left) where the track then starts to head downhill for just over 100m to a fairly open grassy salt marsh. The walk stays just to the left of the salt marsh then leads along the edge of a section of mangroves for 100m where the track bends left and leads along side the creek for another 100m to then cross a creek at a wide rocky gully. This is a pleasant cool spot with the usually small creek flowing over the sandstone rock platform with naturally carved holes. For the next 200m the track undulates gently along the foreshore through the casuarina forest to come to a tall overhang that is on a rock platform right on the edge of Cowan Creek, a pleasant place to rest. This section of track may become covered with water at high tide. From the tall overhang the track continues along the shortening natural rock wall for about 150m to then lead along another section of mangroves for 150m. About 60m past the mangroves the track crosses a short flat timber bridge, then over the next 200m the track crosses a mossy gully and densely forested gully where the rocky track climbs over a rise, past some large smooth bark angophora's then down to another tall and long rock wall and some more pleasant water views. Just 20m past this rock wall the track bends left and leads alongside the edge of the mangroves for 200m, were again the track may be covered with water at high tides. From the end of the mangroves the rocky track climbs for about 200m before continuing along the water side through a casuarina forest as the track gently undulates over some rocky sections passing some pleasant water views for 400m to pass below another fairly large sandstone cave/overhang (up the hill to your left). Over the next 250m the track leads through a grassy section beside the creek before crossing a shallow gully over a scattering of sandstone blocks. Over the next 300m the mostly flat track leads through a tall wooded forest filled with ferns and crossing a few middens to come to an three-way intersection, just before the marina, marked with a 'Warrimoo Ave & Sphinx Memorial' sign pointing back along the track.

4.83 | Int of Warrimoo and Bobbin Head Tracks

(170 m 3 mins) Continue straight: From the intersection, this walk follows the 'Bobbin Head Picnic Area' sign along the mostly flat track following the foreshore, keeping the water and boats to your right. After about 30m this walk follows a fence and handrail behind a dry dock for 40m. Here the track narrows a bit to head between the rock face and buildings for 100m to turn right at a 'Warrimoo Track' sign and a yellow painted walker (on the ground). Here the walk heads through the hallway, past the public toilets to the water front of Empire Marina, beside the 'Kiosk' (on your right).

5 | Empire Marina - Galley Foods cafe

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5 | Empire Marina

(420 m 8 mins) Turn left: From beside the Kiosk at Empire Marina, this walk follows the concrete path keeping the water just to your right. After about 20m this walk follows the 'Bobbin Head Picnic Area' sign along the elevated path past a series of information signs about the local heritage, beside the car park for 150m to leave the marina through the lockable gate. This gate is locked outside of 'park operating hours', that is 8pm to 6am during daylight savings periods, and 5.30pm to 6am at other times of the year. Here the walk passes a sign pointing back to the 'Warrimoo Track' and continues along the waterside then through the car park for another 60m to find another sign pointing back to 'Warrimoo Track', next to the 'Pay Here' station.

Veer left: From the intersection, this walk follows the driveway out of the car park a short distance to the intersection with Bobbin Head Road, just beside the bridge. Here there is a toilet block (ahead and on the left), a shelter and phone both (just to your left).

Turn right: From the intersection, this walk follows the footpath beside the road over the wide bridge, crossing Cowan Creek. On the far side of the bridge, this walk continues beside the road along side 'Orchard Park' to pass a side road (on the left). Just 60m later along the main road (Ku-ring-gai Chase Road) this walk comes to the end of a small set of car parks just beside the 'Bobbin Inn' building (on your left), home to cafe and 'information centre'.

5.42 | Bobbin Head

Bobbin Head is a historic recreation area which is still popular today, suiting the needs of many people. At the center of the Bobbin Head area is the old "Bobbin Inn", built in the 1930s - it is now the park information center and cafe. The area is popular with picnickers, boaters, walkers, canoeists, family groups and people who like to fish. Bobbin Head is roughly divided into three sections (north, south and east). Southern Bobbin Head is a popular picnic area for families and large groups. The area is surrounded by a car park and dotted with picnic tables, electric BBQs, shelters and a large playground. There are toilets nearby, and 'The Station' is a sheltered accessible area with BBQ and tables that can be booked NPWS. The northern Bobbin Head (Orchard Park) area is a more formal picnic area. There is a large picnic shelter, surrounded by 14 smaller octagonal shelters, each of these divided into 4 walled-off compartments, ideal for small groups. The eastern side of Bobbin head is dominated by the Empire Marina and public wharf. The marina is home to a nice restaurant and public toilets.

5.42 | Bobbin Inn Cafe

At the centre of Bobbin Head picnic area, in the old 'Bobbin Inn' building, is a cafe offering inside and outdoor dining, and a range of foods and drinks. Food includes fish and chips, wraps, focaccia, sandwiches and snack foods. Tea, coffee and cold drinks are also on offer. Opening hours are 9 - 4pm Mon to Fri (closed Tuesdays) & 9 - 5pm weekends. For more information, phone the cafe on 9457 7170. The NPWS Bobbin Head Information Centre is open 7 days a week (closed Christmas Day) 10 - 4pm (closed 12 - 12:30pm lunch). Ramp access available via on the southwestern corner of the building. Ramp access to the information centre through the cafe.

5.42 | Bobbin Inn Cafe

(160 m 4 mins) Continue straight: From the 'Bobbin Inn' cafe, this walk heads to the front of the building to the 'Information Centre' main entrance. From here this walk follows the 'Birrawana Loop Track' alongside the road a few meters to find a metal 'Welcome to the Cockle Creek Lookout Track' sign and map. Now the walk follows the track behind the safety barrier (keeping the road to your right) for about 70m to cross a small culverted creek and pass a few old a couple of picnic tables in a shaded and mossy gully. This walk continues for another 30m behind the safety barrier to come to the bottom of the signposted 'Birrawana Track' steps.

5.57 | Int of Birrawana track and Ku-Ring-Gai Chase Road

(300 m 7 mins) Veer left: From beside Ku-Ring-Gai Chase Road, this walk heads down a few steps to cross a small flat concrete bridge, to then follow the 'Birrawana Track' sign up the timber steps. This walk leads quite steeply up the track as it zig-zags up a series of timber and rock steps for just over 300m to find the top of small rocky ridge. Here the walk leads down a series of timber steps for about 50m to cross a moist gully that is home to a disused telegraph pole. Now this walk follows the clear rocky track leads uphill for just shy of 200m to come to a faint intersection at the top of the ridge (where the lookout track is on your right).

5.87 | Optional sidetrip to Cockle Creek Lookout

(110 m 3 mins) Turn right: From the intersection, this walk follows the rocky track, east along the top of the ridgeline towards the rocky outcrop. After about 50m this walk passes through a gap between two large rock outcrops, then around another rock to wind gently down the hill for just shy of 50m to come to an unfenced rock ledge overlooking Cockle Creek. At the end of this side trip, retrace your steps back to the main walk then Turn right.

5.87 | Cockle Creek Lookout

Cockle Creek Lookout is an informal lookout with no facilities, on the Birrawanna track in Ku-Ring-Gai Chase National Park. The lookout provides Glimpses of Cockle and Cowan Creeks. The area is surrounded by some beautiful gum trees and rock boulders, making it a nice place to sit and reflect on the surroundings.

5.87 | Int of Birrawana and Cockle Creek Lookout tracks

(370 m 9 mins) Continue straight: From the intersection, this walk heads north gently down hill for a few meters to follow an NPWS arrow post along the clear track. After just shy of 100m this track bends left to then gently undulate along the side of the hill (with the road down to your right) for about 300m. Here the track mostly flattens out and contours around the side of the hill for about 150m to then lead up a very gently hill to a signposted three way intersection. The intersection is beside a small clearing behind the regional office (on your right) and is marked with a 'Cockle Creek Lookout' and 'Bobbin Head' sign pointing back along the track.

6.24 | NPWS North Sydney Regional Office

The NPWS North Sydney Regional Office is a lovely stone building on Bobbin Head Road at one of the trackheads for Birrawanna loop track. There is a car park and an open grassy area. On the opposite side of the road is the Apple Tree Flat Picnic Area with a few picnic tables. Other than this, there are no public facilities.

6.24 | Birrawana Loop Int (behind the Regional Office)

(50 m 1 mins) Veer right: From the intersection, the walk head gently uphill across the grassy clearing, veering left a little to head across the car park and come the the driveway entrance of the sandstone National Parks Regional Office building.

6.29 | Apple Tree Flat Picnic Area

Apple Tree Flat Picnic Area is opposite the NPWS North Sydney Regional office on Bobbin Head Rd, in Ku-Ring-Gai Chase national park. The small picnic area should not be confused with the more popular Apple Tree Bay Picnic Area and boat ramp further down the hill. The picnic area provides three bench platforms for sitting and dining. There is also a small, open grassy area and some large trees providing shade.

6.29 | National Parks Regional Office

(40 m 1 mins) Veer right: From the the NPWS Regional office, this walk heads out of the car park and crosses Ku-Ring-Gai Chase Road, veering right to find a small clearing on the other side. From the clearing, the walk heads down some stone steps to almost immediately come to an intercession marked with an 'Apple Tree Flat' sign just beside the picnic area.

6.33 | Optional sidetrip to Apple Tree Flat Lookout

(70 m 2 mins) Continue straight: From the intersection, this walk heads behind the 'Apple Tree Flat' sign to follow the flat gravel path, past the picnic tables. After about 30m this walk heads down a few stone steps then just 30m later the path comes to a to the fenced Lookout and views over Cowan Creek. At the end of this side trip, retrace your steps back to the main walk then Turn right.

6.33 | Apple Tree Flat Lookout

Apple Tree Flat Lookout is a small fenced lookout high up the hill overlooking Apple Tree Bay and Cowan creek. The view is filtered through the tall gum trees. Being perched on a rock platform, the views are great. The lookout is not far from Bobbin Head Rd, near the NPWS North Sydney Regional Office, in Ku-Ring-Gai Chase National Park.

6.33 | Apple Tree Flat Picnic Area

(230 m 7 mins) Turn left : From the intersection, this walk follows the 'Apple Tree Bay' sign downhill along the clear track. The track soon bends left then after 30m veers right at a faint intersection to follow the 'HH' AND NPWS arrow post further downhill. The track the winds down the side of a gully for about 200m to pass through a sharp left hand hair pin bend. Here the walk continues downhill for just over 30m to an intersection with the sealed Apple Tree Bay road where a 'Regional Office' sign points back up the hill.

6.56 | Int of Apple Tree Bay Road and Harbour to Hawkesbu

(170 m 3 mins) Turn left: From the intersection at the bottom of the signposted 'Regional Office' track, this walk follows the sealed road gently downhill keeping the water and main valley to your right. After about 30m the road leads past a footpath (to a small gated marina, on your right) to continue down the road for 150m to the Apple Tree Bay car park. Just across from the entrance this walk comes to a Kiosk and 'Welcome to Apple Tree Bay' sign.

6.73 | Apple Tree Bay

Apple Tree Bay, in Ku-Ring-Gai Chase national park, has a popular boat ramp for accessing Cowan creek and plenty of parking. The area has kiosk, electric BBQ's, picnic benches, toilets, drinking water, garbage facilities, and shade provided by trees. If you are after a quiet spot, head to the western end (away from the boat ramp, past the BBQ's), just beyond the car park, to a lovely clearing by the water. The area is closed between sunset and sunrise. The kiosk/cafe is open on weekend and services hot and cold drinks, ice creams and some hot food.

6.73 | Apple Tree Bay

(940 m 26 mins) Turn right: From the kiosk, this walk heads across the eastern end of the car park, keeping the water to your right for just shy of 100m to pass the top of the boat ramp and find the sheltered 'Information' sign. Here the walk crosses Apple Tree Creek on the timber bridge to find a small clearing and picnic area where this walk turns right following the 'Berowra Track' sign. The walk soon leaves the metal fence and follows the rocky track and stone steps for about 100m where the track then mostly flattens out for another 100m to cross a small rock gully and grove of sassafras. The track then crosses another gully and continues along the shore for just over 200m leaving the Apple Tree Bay where the track veers left over a small rise using some timber steps. From here this walk continues along the shoreline in a similar manor for 300m to come to a constructed stone wall and series of disused stone steps (on your left). This is the site of the historic Woodnatts Boatshed that was built in 1910. The rusting water tank and a few other relics remain. Here the walk continues along the clear track along the shoreline for another 40m to the intersection at the bottom of the signposted 'Mt Ku-ring-gai Track' (on your left).

7.67 | Int of Mt Kuring-gai and Berowra Tracks

(1.9 km 49 mins) Turn left : From the intersection, this walk follows the 'MT Ku-ring-gai Track' sign up the rock and timber steps and past the small overhang. The track leads fairly steeply up for 80m to then bend sharply right and continue fairly steeply for another 200m to pass a natural rock wall (on your left). Just 20m past this wall the track comes to a small flat area with good views over Cowan Creek. Here the walk continues more gently uphill

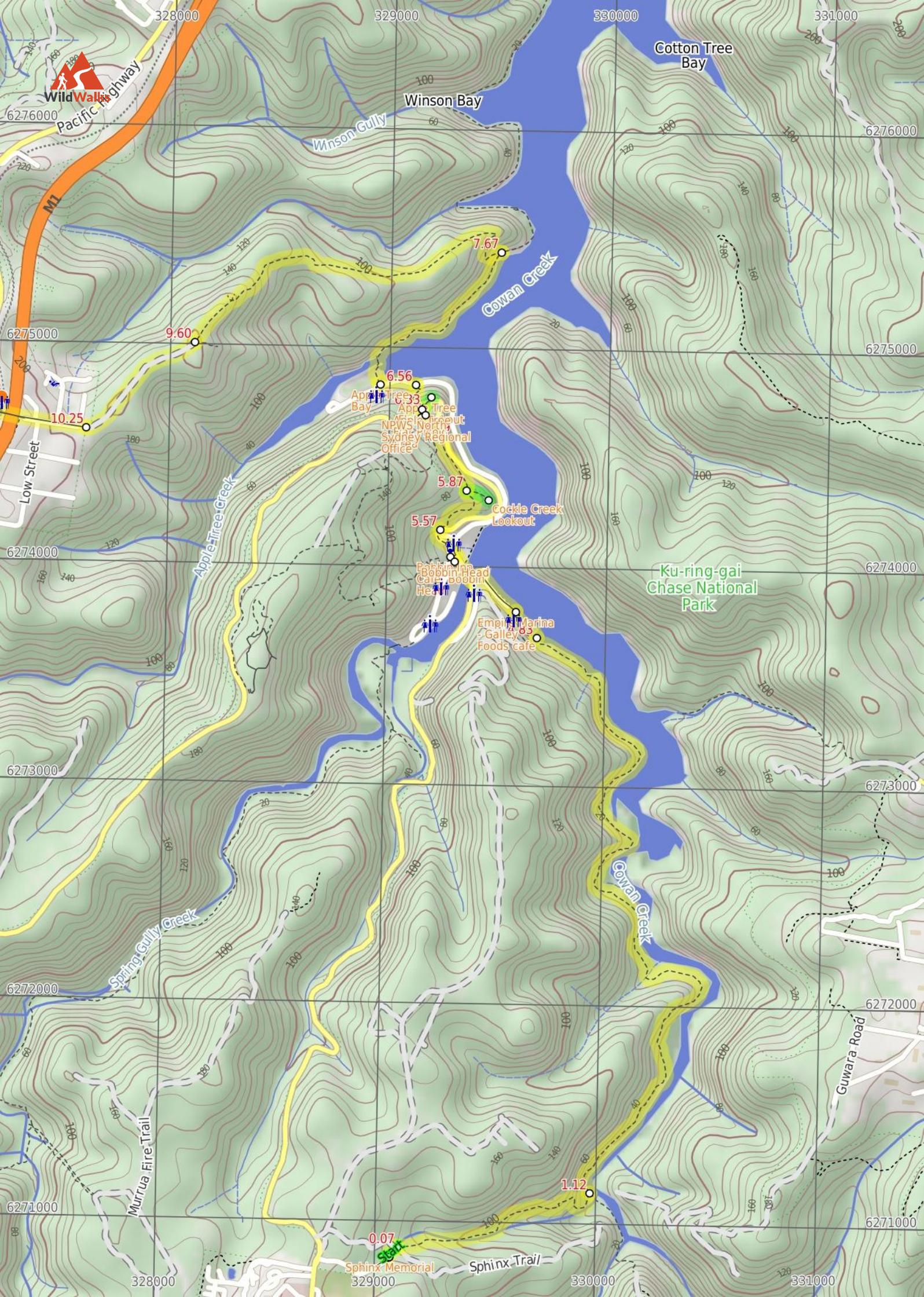
along the rocky ridge line for 300m where the track completely flattens out to pass along the side of a small hill (on your left). Over the next 600m the track leads down across a saddle then up along the ridge to bend right onto an exposed rock platform. From there the sandy track soon bends left again to follow the ridge uphill for 100m to pass a small sandstone overhang then continue up a long set of stone steps where the sandy track mostly flattens out again. Soon the track starts heading up more stone steps for about 400m to pass between a large boulder (on your left) and along rock wall (on your right). At the end of this rock wall the track bends right and leads up the stone steps through the cleft in the rock where the then mostly flat wide sandy track leads gently uphill for 250m to find a three-way intersection marked with a NPWS arrow post.

9.6 | Int of Lookout and Mt Kuringai Tracks

(650 m 11 mins) Continue straight: From the intersection, this walk heads away from the face of the face of the NPWS arrow post to head south west over a small rise and along the sandy management trail. The trail passes through open wooded forest for just over 600m to pass a 'Ku-ring-gai Chase National Park - Mt Kuring gai Track' sign as the trail bends right where this walk heads around the green metal National Park gate. Here the walk heads past a few houses to find the intersection of 'Harwood Ave' and 'Young St' (Mt Kuring-gai).

10.25 | Corner of Harwood Avenue and Young Street

(400 m 8 mins) Continue straight: From the corner of Harwood Avenue and Young Street, this walk follows Harwood Ave downhill along the footpath. The footpath then leads up past a 'Seaview St' and across 'Low St' to continue to the end of Harwood Ave to find a footbridge. Here the walk crosses the the F3 freeway using the caged foot bridge to head down the steps into a concrete tunnel. Part way through the tunnel this walk comes to an intersection at the bottom of the steps at Mt Kuring-gai Railway Station. Here there is a sign that points back to 'Mt Ku-ring-gai Walking Track'



WildWalks

Pacific Highway
M1

Low Street

Murrumbidgee Fire Trail

Winson Gully

Apple Tree Creek

Spring Gully Creek

Cowan Creek

Cowan Creek

Apple Tree Bay

Apple Tree Bay

Bobbin Head

Empire Marina

Galley Foods cafe

Cockle Creek Lookout

Ku-ring-gai Chase National Park

Sphinx Memorial

Sphinx Trail

Guwara Road

Cotton Tree Bay

Winson Bay

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Summary navigation sheet for the Sphinx to Mt Kuring-gai



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
0.00	Sphinx Memorial -33.6887,151.1558 (GR Hornsby, 291708)	0 -6	60 m 1 mins	From the 'Sphinx Memorial', this walk follows the asphalt footpath, behind the picnic tables gently downhill for about 50m to a T-intersection with the 'Sphinx Fire Trail'.
0.06	Int of Sphinx Memorial Track and Sphinx service trail -33.6883,151.1562 (GR Hornsby, 291709)	0 -1	10 m	Turn right: From the intersection, this walk follows the 'Sphinx Fire Trail' sign gently downhill along the wide trail, keeping the valley to your left for just over 10m to an intersection marked with a 'Sphinx Walk...
0.07	Int of Sphinx walking Track and management trail -33.6883,151.1563 (GR Hornsby, 291709)	17 -140	1.1 km 25 mins	Veer left: From the intersection, this walk follows the 'Sphinx Walking Track' sign fairly steeply down the series of timber steps.
1.12	Int of Sphinx walking and Warrimoo Tracks -33.6861,151.1657 (GR Hornsby, 300711)	242 -245	3.7 km 1 hr 32 mins	Turn left: From the intersection this walk follows the 'Bobbin Head' arrow on the 'Warrimoo Track' sign along the clear track that leads through the mostly flat ferny section, keeping Cowan Creek some distance to yo...
4.83	Int of Warrimoo and Bobbin Head Tracks -33.6631,151.1631 (GR Hornsby, 297737)	6 -5	170 m 3 mins	Continue straight: From the intersection, this walk follows the 'Bobbin Head Picnic Area' sign along the mostly flat track following the foreshore, keeping the water and boats to your right.
5.00	Empire Marina -33.6621,151.1621 (GR Hornsby, 296738)	13 -10	420 m 8 mins	Turn left: From beside the Kiosk at Empire Marina, this walk follows the concrete path keeping keeping the water just to your right.
5.42	Bobbin Inn Cafe -33.6597,151.1591 (GR Hornsby, 293741)	30 0	160 m 4 mins	Continue straight: From the 'Bobbin Inn' cafe, this walk heads to the front of the building to the 'Information Centre' main entrance.
5.57	Int of Birrawana track and Ku-Ring-Gai Chase Road -33.6587,151.1584 (GR Hornsby, 292742)	38 -10	300 m 7 mins	Veer left: From beside Ku-Ring-Gai Chase Road, this walk heads down a few steps to cross a small flat concrete bridge, to then follow the 'Birrawanna Track' sign up the timber steps.
5.87	Int of Birrawana and Cockle Creek Lookout tracks -33.6571,151.1597 (GR Hornsby, 294743)	1 -15	110 m 3 mins	Optional sidetrip to Cockle Creek Lookout. Turn right: From the intersection, this walk follows the rocky track, east along the top of the ridgeline towards the rocky outcrop.
5.87	Int of Birrawana and Cockle Creek Lookout tracks -33.6571,151.1597 (GR Hornsby, 294743)	24 -25	370 m 9 mins	Continue straight: From the intersection, this walk heads north gently down hill for a few meters to follow an NPWS arrow post along the clear track.
6.24	Birrawana Loop Int (behind the Regional Office) -33.6543,151.1578 (GR Hornsby, 292746)	2 -2	50 m 1 mins	Veer right: From the intersection, the walk head gently uphill across the grassy clearing, veering left a little to head across the car park and come the the driveway entrance of the sandstone National Parks Regiona...
6.29	National Parks Regional Office -33.654,151.1574 (GR Hornsby, 291747)	0 -3	40 m 1 mins	Veer right: From the the NPWS Regional office, this walk heads out of the car park and crosses Ku-Ring-Gai Chase Road, veering right to find a small clearing on the other side.
6.33	Apple Tree Flat Picnic Area -33.6537,151.1575 (GR Hornsby, 292747)	0 -12	70 m 2 mins	Optional sidetrip to Apple Tree Flat Lookout. Continue straight: From the intersection, this walk heads behind the 'Apple Tree Flat' sign to follow the flat gravel path, past the picnic tables.
6.33	Apple Tree Flat Picnic Area -33.6537,151.1576 (GR Hornsby, 292747)	1 -60	230 m 7 mins	Turn left : From the intersection, this walk follows the 'Apple Tree Bay' sign downhill along the clear track.
6.56	Int of Apple Tree Bay Road and Harbour to Hawkesbury Track -33.6527,151.1572 (GR Hornsby, 291748)	4 -3	170 m 3 mins	Turn left: From the intersection at the bottom of the signposted 'Regional Office' track, this walk follows the sealed road gently downhill keeping the water and main valley to your right.
6.73	Apple Tree Bay -33.6526,151.1554 (GR Hornsby, 290748)	82 -66	940 m 26 mins	Turn right: From the kiosk, this walk heads across the eastern end of the car park, keeping the water to your right for just shy of 100m to pass the top of the boat ramp and find the sheltered 'Information' sign.
7.67	Int of Mt Kuring-gai and Berowra Tracks -33.6472,151.1614 (GR Hornsby, 295754)	190 -13	1.9 km 49 mins	Turn left : From the intersection, this walk follows the 'MT Ku-ring-gai Track' sign up the rock and timber steps and past the small overhang.
9.60	Int of Lookout and Mt Kuringai Tracks -33.6509,151.1463 (GR Hornsby, 281750)	5 -12	650 m 11 mins	Continue straight: From the intersection, this walk heads away from the face of the face of the NPWS arrow post to head south west over a small rise and along the sandy management trail.

Summary navigation sheet for the Sphinx to Mt Kuring-gai



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
10.25	Corner of Harwood Avenue and Young Street -33.6544,151.141 (GR Hornsby, 276746)	19 -1	400 m 8 mins	Continue straight: From the corner of Harwood Avenue and Young Street, this walk follows Harwood Ave downhill along the footpath.