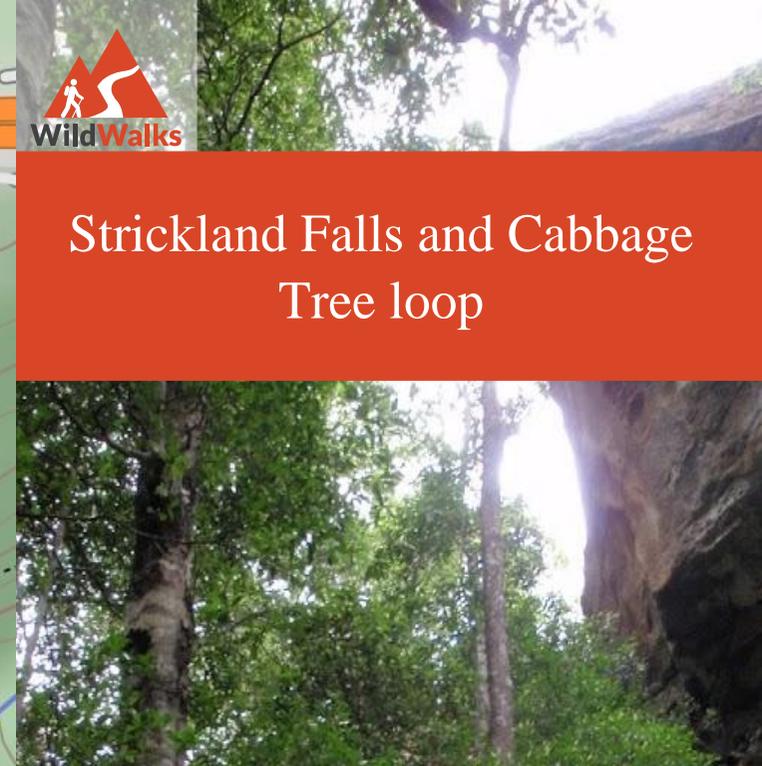
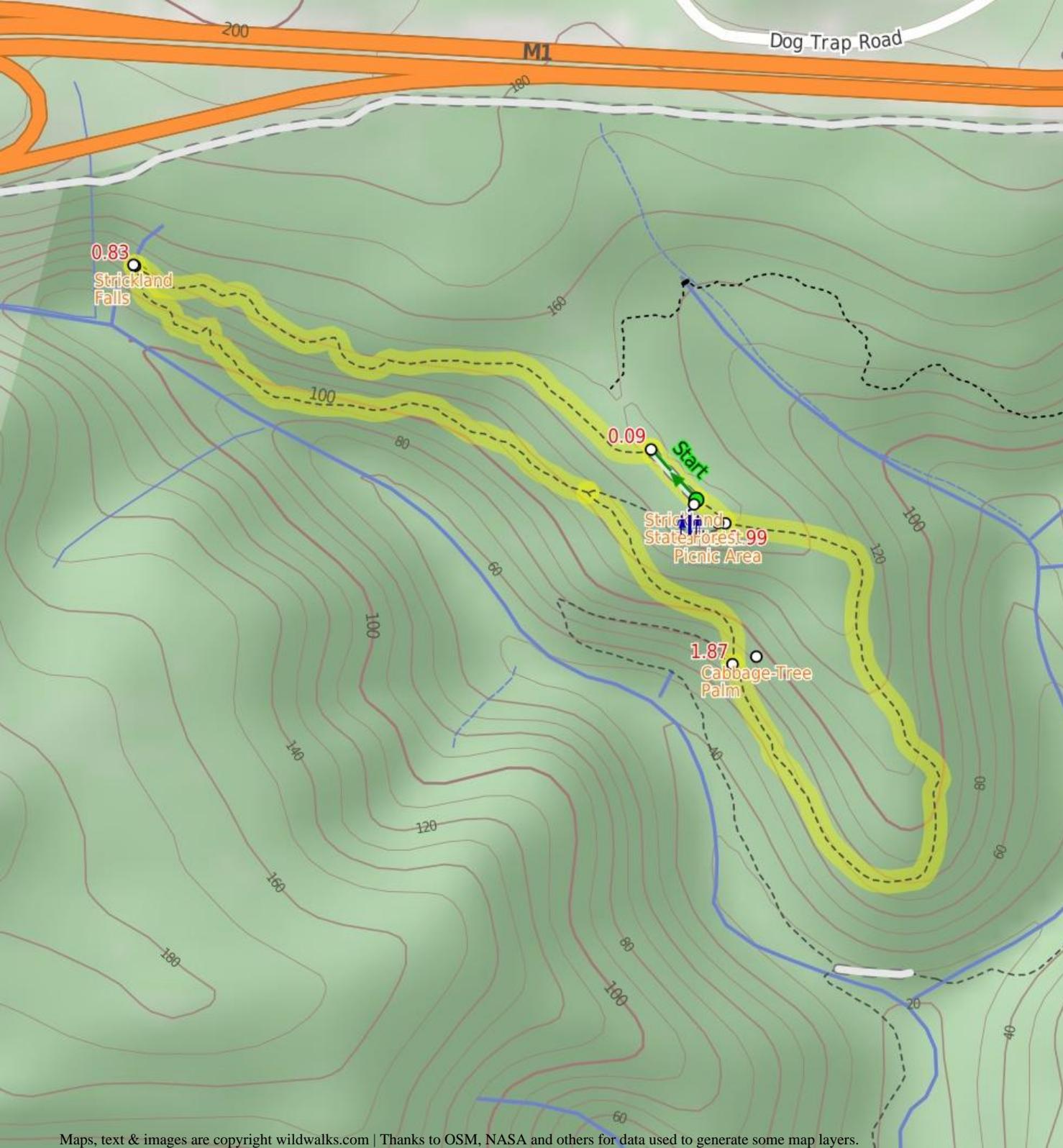




# Strickland Falls and Cabbage Tree loop



**1 hr 30 mins**

**Moderate track**



**3 km Circuit**

**↑ 221m**

This excellent loop walk combines the Strickland Falls and Cabbage Tree loop walks. The walk starts in the dry eucalypt forest around the Banksia Picnic Area and soon descends into lush green rainforest remnants, filled with ferns and cabbage tree palms. The walk includes some great scenery along the base of the cliff line and around the falls, although the falls themselves are often just a trickle. A great way to see some of the beautiful scenery of the Strickland State Forest.

63m

153m

Strickland State Forest

### 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** Traveling by car is the only practical way to get to Banksia car park (gps: -33.3733, 151.3225). 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/sfact>

### 0 | Strickland State Forest

The Strickland State Forest, managed by State Forests of NSW, is located on the NSW Central Coast, close to the F3. The Strickland State Forest has a wide range of vegetation, including patches of rainforest along the sheltered creeks. The walking tracks take in some beautiful scenery, including a mixture of native forest and the remnants of an old arboretum. 'Strickland is no longer actively harvested and is managed for education and recreation purposes'. The 'Friends of Strickland' undertake projects including the construction of walking tracks. Note: Access into Strickland is during the daytime only with the entrance gate being unlocked between 7am and 5pm (Apr - Oct) and between 7am and 7pm (Nov - Mar) [More info.](#)

### 0 | Banksia car park

(90 m 2 mins) From the car park, the walk follows the road away from the picnic area and soon reaches an intersection with a bush track, signposted 'Strickland Falls', '40 Minute Easy Walk'.

### 0.09 | Int of Strickland Falls trail and Strickland Rd

(740 m 18 mins) Turn left: From the intersection, this walk follows a bush track away from the road, passing the 'Strickland Falls' signpost, to the left. The track initially passes through quite dry forest. After a while, the walk passes some nice rock overhangs and descends through increasingly moist forest and boulders, to reach the signposted 'Strickland Falls'.

### 0.83 | Strickland Falls

Strickland Falls are a short walk from the Banksia Picnic Area in the Strickland State Forest, Central Coast, NSW. The falls are often just a trickle, but will be more impressive after good rain. The scenery around the falls is still beautiful with moist rainforest scenery to enjoy.

### 0.83 | Strickland Falls

(1 km 33 mins) Turn sharp left: From the waterfall, the walk follows the arrow (carved into the rock) along the bush track, going gently down the hill (not up the steps). The track meanders through some

beautiful scenery with ferns, cabbage palms and boulders. After a while, the walk crosses a gully below some imposing cliffs and continues further before reaching the intersection signposted 'Cabbage Tree Trail'.

Veer right: From the intersection, the walk follows the 'Cabbage Tree Trail' arrow along the bush track, keeping the valley to the right. This section of the walk passes some interesting boulders and continues through forest filled with cabbage palms and ferns, before reaching an intersection, signposted 'Stoney Creek Trail'.

### 1.87 | Cabbage-Tree Palm

The Cabbage-Tree Palm (*Livistona australis*) is a tall, slender palm growing up to about 25 m in height and 0.35 m diameter. It is found in moist open forest, often in swampy sites and on margins of rainforests or near the sea. It is widely spread along the New South Wales coast and extends north into Queensland and southwards to eastern Victoria, growing further south than any other native Australian palm. [More info.](#)

### 1.87 | Int of Cabbage Tree and Stoney Creek trails

(1.1 km 25 mins) Veer left: From the intersection, this walk follows the level bush track, away from the signpost, keeping the valley to the right. As the track climbs, the vegetation becomes much drier. The walk passes through some nice boulders and eventually passes a 'Cabbage Tree Walk Trail' sign, to the left, just before reaching the intersection at the end of the Banksia picnic area.

### 2.99 | Banksia Picnic Area

This picnic area is in the Strickland State Forest, on the NSW Central Coast. The facilities include picnic tables, pit toilets, BBQ fire places, garbage bins and tank water. A few bush walking tracks start from the picnic area.

### 2.99 | Banksia picnic area

(50 m 1 mins) Veer right: From the intersection, this walk goes across the picnic area, and passes around the gate, into the car park (near the end of Strickland Rd in the Strickland State Forest).

