



St John's
Cartophiles

Cowan Station to Jerusalem Bay and Return, Saturday 17th March, 2012

The next day walk for the Cartophiles bushwalking club follows the Great North Walk from Cowan Station to Jerusalem Bay on Cowan Creek. The scenery at Jerusalem Bay is worthy of a postcard and is one of the most iconic views along the Great North Walk..

This delightful walk crosses the Newcastle Freeway via a concrete walkway, then descends a rocky path to a wide track which gently slopes down to the bay. The 2.5 km descent is mostly very gentle and this walk is suitable for kids.

We'll have lunch on the knoll overlooking Jerusalem Bay and then make our way back to station.

We'll meet in the car park at Cowan Station at 10.30am on Saturday 17th March. The walk will take 1-1½ hours each way.

There is no water available at Jerusalem Bay or along the way, so you will need to carry at least a litre of drinking water. Kit will carry a first aid kit. The weather is quite variable so wear a hat and carry wet weather gear. The track is well-maintained and signposted with rock steps on the steep sections, but the walk is rated moderate to hard. You should wear boots or stout walking shoes – one of the creek crossings can be very slippery. Bring a camera to preserve the memories.

**To register for the walk, or to get more information, contact Kit Craig
at cartophiles@stjohnswahroonga.org or on
0411 507 422.**