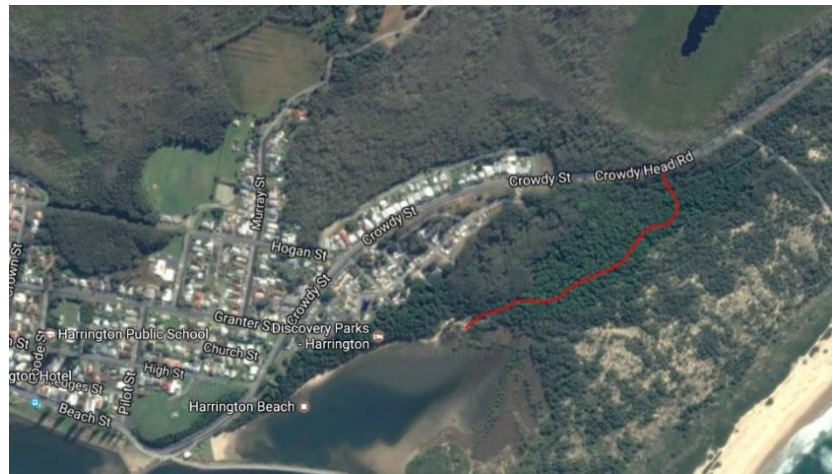


Walks around Harrington, Midcoast NSW



Harrington Rainforest and walk

A short walk of approximately 600 metres through the rainforest starts at the sign on Crowdy Head Rd Harrington (a few hundred metres north of the caravan park, towards Crowdy Head) and goes through to the lagoon. A brochure on the walk can be found at <https://www.midcoast2tops.org.au/walks>. All coastal or littoral rainforest is also an Endangered Ecological Community (EEC). At the end of the walk you will arrive at the saltmarsh vegetation on the edge of the lagoon.



The Sand Trail Walk

The wildflowers along this walk can be spectacular, particularly in Spring. The walk starts just north of Crowdy Gap Camping and Picnic area, along Crowdy Bay Rd (which travels north off Crowdy Head Road). The loop track shown in the photo here is approximately 10.3 kilometres long. Alternatively, whether you take the right fork (The Sand Trail) or the left fork (Harrington Trail) you can continue straight and come to Industrial road. The loop track uses Jackson Pine Trail to link the two other trails.



Crowdy Headland Walk

This 3.5 km loop walk starts at the Surf Club at Crowdy Beach and walks up to the lighthouse via the old Fish Co-op and Pacific Pde. This first section is about 1.8 kilometres. You can then walk about 700 metres along an informal track from the lighthouse to Crowdy Back Beach and the old quarry. It's about another kilometre back to the Surf Club.



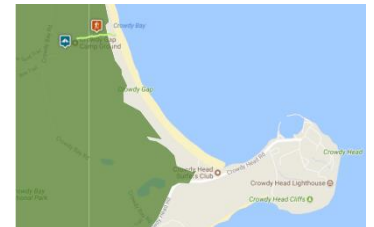
Crowdy Bay National Park

Information on the forest and coastal walks in Crowdy Bay National Park can be found at

<http://www.nationalparks.nsw.gov.au/things-to-do/walking-tracks/diamond-head-loop-walk/map>.

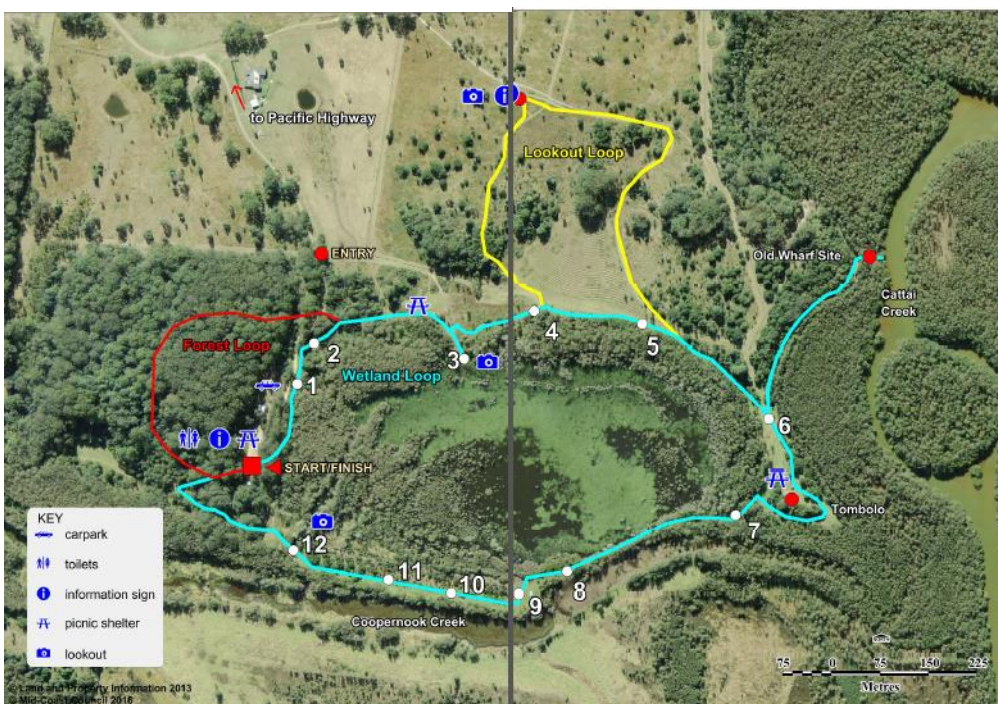
The main walks are:

- **Diamond Head Loop Walk** with scenic coastal views across Crowdy Bay National Park, starts at the Diamond Head Camping Ground and continues in a loop around Indian Head. 4.8km
 - **Mermaid Lookout Track** starts at Diamond Head Camping Ground and is a short walk with secluded coves, beaches and mountain views. 1.4 km return
 - **Metcalfes Walking Track** links Indian Head with Kylees Beach. 0.7 km one way. Note, this can be added to the Loop Walk.
-
- **Crowdy Gap** is a short stroll from the camping area to the beach. 0.8 km return



Cattai Wetlands

Find the Cattai Wetlands just north of Cooperook and the Highway turnoff to Harrington. The walking trail around the wetland is relatively flat so suitable for most people. There is a raised boardwalk at one stage. The waterlilies and birdlife are fantastic. Take lunch with you as there is a very large undercover barbeque area about 500 metres along the track as well as other suitable places to stop for a picnic. There are toilets at the carpark. It's a good idea to pack some mosquito repellent (as well as hat and water). More information and a guided walk brochure at <http://www.midcoast.nsw.gov.au/Outdoor-Facilities/Cattai-Wetlands>



Become involved

Why not join the Harrington Group of Manning Coastcare. Email secretary.manningcoastcare@gmail.com