

NOWRA AREA

4 walks

[regional Satellite map](#)

Nowra is the major urban area of the Shoalhaven region and is situated on the southern banks of the Shoalhaven River approximately 15km from the coast. Bomaderry and North Nowra are today virtually suburbs of Nowra on the north bank of the Shoalhaven River. A wide variety of accommodation is available. There are numerous walks around the urban fringe (see also the Comerong Island, Culburra and Jervis Bay sections of this walking guide).

Use 1:25,000 topographic maps Nowra 9028-3-S and Berry 9028-3-N

1. Bomaderry Creek walking track, Bomaderry. The full walk for [Bomaderry Creek](#) is about a 6km loop and the shorter walk is about 1.5 km. Both are moderate grade and the track can be slippery in places after rain and involve some rock hopping over the creek. A magnificent walk through a rainforest clad, sandstone gorge with small excursions into open woodland, spotted gum forest and heath. There are 2 walks, both originating from the track head which has a picnic area and toilet and this is situated at the end of [Nerang Road](#) off the Princess Highway at Bomaderry, which is about 2 km north of Nowra bridge on the west side of the highway. The walk is one of the most spectacular in the region and most people who walk it go back again and again. Birding is diverse, though the highlight is probably the Rockwarbler which is relatively easy to find here scurrying over the sandstone boulders and ledges along almost the entire track length. Other regulars here are Yellow-tufted Honeyeater, Azure Kingfisher, Spotted Pardelote and Rose Robin. Copper-tailed Skink and Eastern Water Dragon are also numerous here in warmer months.

2. The Grotto and Yarrunga Reserve, North Nowra. 3 km, easy grade with one short steeped ascent. An excellent walk along the banks of the Shoalhaven River through open forest and rainforest remnants with majestic sandstone bluffs. This walk is slightly difficult to find but well worth the effort. Just north of Nowra Bridge turn west at the lights along Illaroo Rd. Follow this for 1.5 km until you come to a Y intersection with a shopping centre opposite and turn left along

McMahons Rd, then turn left along Hamsons Rd, right onto Gunyuma Cres., then left onto [Yarunga Drive](#). Some 500m along this road you come to the car park and first lookout over the river. Descend the 30m (stepped) to the river bank and turn right, following the mown track in a westerly direction. The sandstone bluff has rainforest remnants in every small gully and this is the southern limit of the Southern Logrunner. After about one kilometre you will find a track that zigzags back up the 40m cliff through some rainforest remnant. Green Catbird can be found here year round, and in summer watch for Rufous Fantail, Black-faced Monarch and Cicadabird. Once at the top, turn left and follow the track for 500m to another lookout. Return to your car along the cliff top track watching for species such as Yellow Thornbill, Rockwarbler, Brown Gerygone, White-naped Honeyeater and the raucous Rainbow Lorikeets.

3. Bangalee Reserve, North Nowra. 5km easy to moderate grade through woodland, forest, rainforest and river flats along the Shoalhaven River. Another great set of linked short tracks that is not well sign-posted but well worth the effort of finding. Head north from the Nowra Bridge and turn left at the traffic lights and head west along [Illaroo Rd](#). for approx 8km. Turn left onto [Koloona Drive](#) (watch for the small sign off Illaroo Rd.). Follow this for 3.5 km the last kilometre or so is gravel. Watch for the entrance to the reserve car park on the left. A map of the walks here is available from the Shoalhaven Information Centre in Nowra and is recommended. The tracks can be done in a loop. Starting from the car park, walk through to the large picnic area, then follow the track east parallel with the riverbank, past a ruined cottage until you come to an intersection which say Weir track and Condis track. Follow the Weir track east for several hundred metres before it ascends the sandstone bluff into open forest. A short eastward excursion takes you to some old graves overlooking Bangalee Creek belonging to members of the Weir family. The track then continues west along escarpment to the road you drove in on. On the opposite side of the road look for the track that goes into a rainforest section. Within this 750m looped section is a huge spotted gum specimen surrounded by rainforest and fern forest. To return to the car park, follow the road or take the Condis track which also passes a grave yard back to the riverbank, turn right (west) to head back to the picnic ground and car park. An excellent days birding here through diverse habitat. Seems to be popular with cuckoos in summer and I have recorded Pallid, Fan-tailed, Brush, Shining Bronze and Horsefield's Bronze-Cuckoo here at the same time. Other goodies can include

Bassian Thrush, Little and Musk Lorikeet, Yellow-tufted Honeyeater, Eastern Yellow and Rose Robins, Rockwarbler, Channel-billed Cuckoo, Spotted Quail-thrush, Rufous Fantail, Yellow-throated Scrubwren, Black-faced Monarch and Buff-rumped Thornbill.

4. Bens Walk. [Bens Walk](#) is a 6km return easy grade. Commencing at the picnic ground on the south-eastern end of the Nowra Bridge (over Shoalhaven River) the track follows the south bank of the river via Paringa Park to Hanging Rock and a suspension foot bridge over Nowra Creek. Track then continues in a loop along the creek through Depot Farm reserve. Enjoy superb views of the river and the golf course from Hanging Rock lookout. Birds found along this walk may include Rockwarbler, Azure Kingfisher, Eastern Whipbird, King Parrot, Olive-backed Oriole, Superb and Variegated Fairy-wrens, Golden Whistler and Fan-tailed Cuckoo.