

## AN OCEAN ISLAND REFUGE



Set in isolation in the south-west Pacific Ocean, the Norfolk Island group is an important link between tropical and temperate oceanic environments.

Plants and animals had to cross vast distances over water to colonise the islands. Over time, some species evolved features to take advantage of Norfolk's favourable environment, creating many of the island's unique plants and animals.

Norfolk Island National Park and Botanic Garden are a refuge for most of the remaining forest that once covered Norfolk Island.

## FOR YOUR SAFETY

- Please wear sturdy footwear – bare feet, thongs or high heels are not recommended
- Take extra care after rain because the tracks may become slippery
- Some tracks may be uneven with protruding tree roots, or have numerous steps – please watch your step and use handrails where provided
- Do not use mountain bikes, cars, quad-bikes or motor bikes on walking tracks (Park Service and emergency vehicles are permitted)
- Slip, slop, slap! – protect yourself from the sun
- Please stay away from cliff edges

## PLEASE REMEMBER

- Stay on the tracks to avoid damaging plants and causing erosion
- All plants, animals, timber and soil are protected throughout the park. Please do not disturb or take them
- Please take your rubbish with you when you leave the park
- Feeding wildlife or leaving food scraps helps the introduced birds and rodents

NORFOLK ISLAND NATIONAL PARK  
PO Box 310, Norfolk Island 2899  
T +6723 22695 F +6723 23397

[www.environment.gov.au/parks/norfolk](http://www.environment.gov.au/parks/norfolk)



Australian Government  
Director of National Parks

*Immerse yourself in the wonders of natural Norfolk*



NORFOLK ISLAND  
NATIONAL PARK AND  
BOTANIC GARDEN

WALKING TRACKS



Australian Government  
Director of National Parks



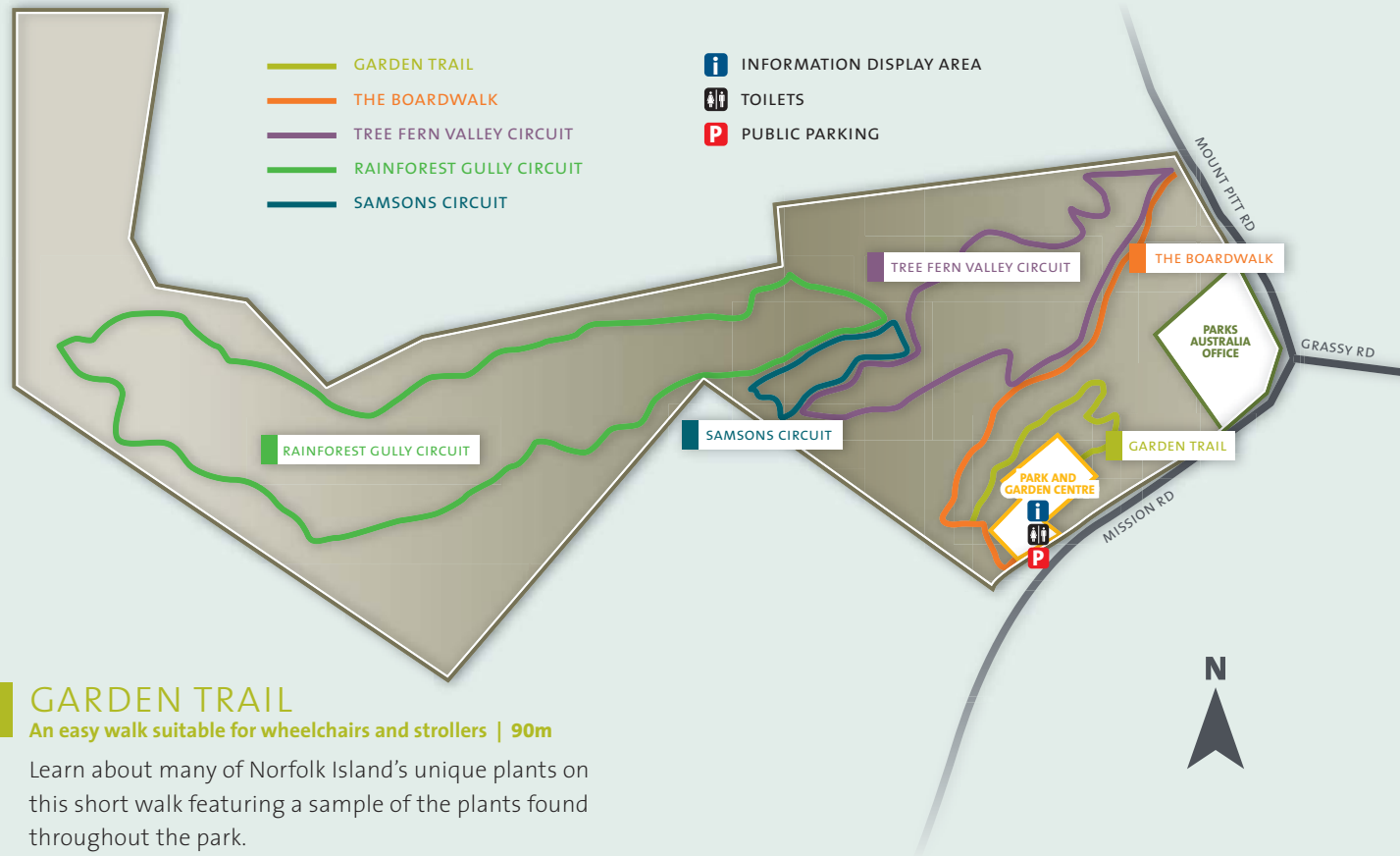
# WELCOME TO NORFOLK ISLAND NATIONAL PARK AND BOTANIC GARDEN



COME EXPLORE OUR BREATHTAKING SCENERY, DRAMATIC LANDSCAPES AND UNIQUE DIVERSITY OF PLANT AND ANIMAL LIFE.



## BOTANIC GARDEN WALKING TRACKS



### GARDEN TRAIL

An easy walk suitable for wheelchairs and strollers | 90m

Learn about many of Norfolk Island's unique plants on this short walk featuring a sample of the plants found throughout the park.

### THE BOARDWALK

An easy walk suitable for wheelchairs and strollers | 170m

Stroll through shady forests and open woodlands and get an elevated boardwalk perspective with views down the gully sides. Witness Norfolk's spectacular sunsets from the viewing platform near the Mt Pitt end of the track.

### TREE FERN VALLEY CIRCUIT

A moderate walk with a few flights of stairs | 370m

See the world's tallest tree ferns, huge whitewood trees and Norfolk Island's climbing fern on this interesting walk.

### RAINFOREST GULLY CIRCUIT

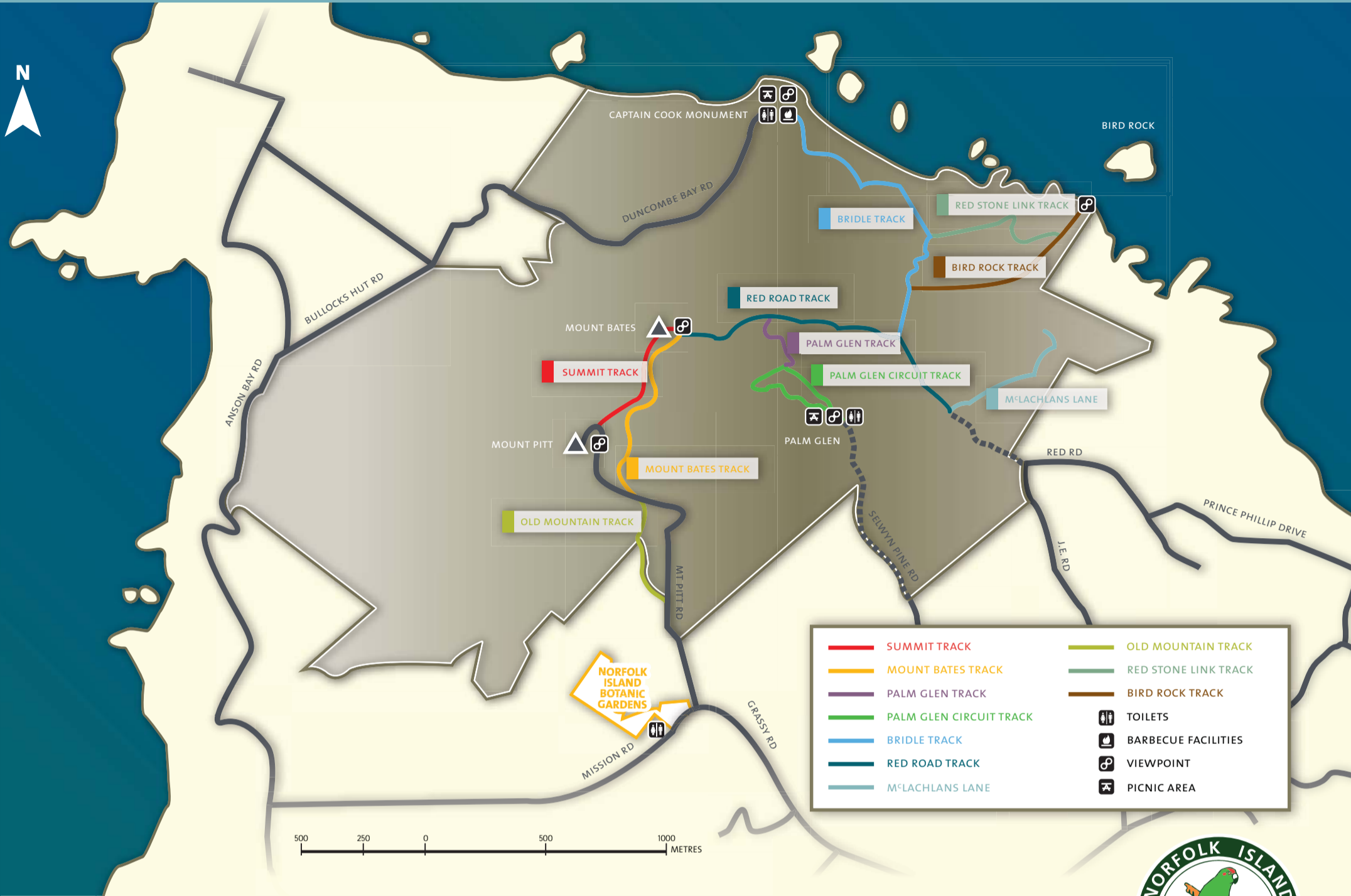
A moderate walk with some stairs and steep sections | 600m

Experience Norfolk's rainforest wonders like the giant vines and the cool, lush surroundings of the valley as you wander this rainforest gully track.

### SAMSONS CIRCUIT

A moderate walk with stairs | 120m

Catch great views of valleys of tree ferns and observe the plant Samson's sinew and introduced vines while walking through an area of disturbed forest where light has opened up the rainforest.



Put on your hiking boots and spend some time exploring our many walking tracks. Every track offers a different walking experience.

Walks vary from easy to steep with a variety of distances. Take advantage of our choice of tracks that link together to vary and extend your walk.

**SUMMIT TRACK**  
An easy walk | 500m

Journey along the ridge top from the peak of Mt Pitt to the peak of Mt Bates, the highest points on the island. Venture through tea-tree forest and stately Norfolk pines. Catch spectacular panoramic views over Norfolk and the coast.

**MOUNT BATES TRACK**  
An easy walk | 620m

Begin this track at Mt Pitt Road to walk up Mt Bates. The wide grassy track skirts the top edge of the ridge through palm forests with amazing island views to the south-east. You will be rewarded for your climb with breathtaking views over the north-west of the island. Excavations at the top are relics of a WWII radar station.

**PALM GLEN TRACK**  
An easy walk | 290m

Take this link walk from the Palm Glen Circuit Track to connect with the Red Road Track. This is your chance to see beautiful stands of native Norfolk palm mixed in with giant tree ferns. You may also spot the large and very old specimen of a tree exclusive to Norfolk, the bastard oak (*Ungeria floribunda*).

**PALM GLEN CIRCUIT TRACK**  
An easy to moderate walk | 910m

Start and finish this walk from the Palm Glen picnic area. Enjoy the lush greenery as you take the path through one of Norfolk Island's spectacular rainforest gullies. See marvellous tree ferns and dense stands of Norfolk palms—a palm tree found no where else in the world. Experience a magnificent panoramic view over the southern parts of Norfolk Island and out to Phillip Island.

**BRIDLE TRACK**  
An easy to moderate walk, some steep sections | 1.7km

Take the Bridle Track from below the grassy slope at Captain Cook Monument to the intersection at Red Road Track. Meander up and around the edge of the coastline through coastal vegetation, Norfolk Island pines and white oaks. Enjoy spectacular views of the coastline and islets.

**RED ROAD TRACK**  
A moderate walk | 1.7km

Take this walk from the Red Road car park towards the top of Mt Bates. Experience the grandeur of some magnificent stands of Norfolk pine, one of the island's best known symbols. Catch glimpses into the steep valleys on either side filled with palms and ferns. This is a good place to see birdlife—maybe even the Norfolk Island green parrot.

**McLACHLANS LANE**  
A moderate walk | 650m

Start this walk from the Red Road entrance to the park and follow the path to the 'dry waterfall'. Look closely and you will see McLachlan's old house site among the Norfolk pine and white oak forest. At the end of the track you will discover a lush valley with a waterfall that flows after good rain.

**OLD MOUNTAIN TRACK**  
A moderate, steep walk | 540m

Enter at the Mount Pitt Road entrance and walk along the track up Mt Pitt. As a reward for your efforts, savour the expansive views from the top looking south over Norfolk to Phillip Island. The Old Mountain track was the main access to Mt Pitt prior to World War II. You can still see the remnants of a gun emplacement on this track.

**RED STONE LINK TRACK**  
A moderate to difficult walk, some steep sections | 700m

Use this track between Bird Rock Track and Bridle Track to avoid the steep climb out from the Bird Rock lookout. You'll pass through beautiful forests of Norfolk pine and rainforest. From October to March the air is full of white terns, black noddies and red-tailed tropic birds.

**BIRD ROCK TRACK**  
A moderate to difficult, steep walk | 760m

Bird Rock Track heads down from the Bridle Track towards Bird Rock. Travel through pine forest to a spectacular view from the cliff top overlooking Bird Rock. The return walk up Bird Rock Track from Bird Rock lookout is the most challenging in the park, because of its consistent uphill slope.