

Walking in Norfolk Island National Park

Experience natural Norfolk Island on the walking tracks of Norfolk Island National Park. Tracks wind through lush palm forests and stands of Norfolk Island Pine. Some lead visitors to remarkable views of the island and the surrounding ocean.

All of the tracks offer a unique walking experience. The tracks have a range of gradings and lengths. The walking times indicated on the signs along the track are for a one way journey. Sufficient time has been allowed for you to walk at an easy pace with stops.

For your comfort and safety please wear sensible footwear. Bare feet, thongs or high heels are not recommended. Extra care is needed after rain because the tracks may become slippery.

Bridle Track

The Bridle Track starts at Captain Cook Monument and winds up and around the cliff, eventually intersecting the Red Road Track. The walk directly through to Red Road Track takes approximately 50 minutes. The Bridle Track also links with both the Red Stone Link Track and the Bird Rock Track, thereby providing an opportunity to complete a loop walk.

Red Stone (Bird Rock) Link Track

This is a moderate to steeply graded walk between Bird Rock Track and the Bridle Track. It derives its name from the local name used for Bird Rock. The track is best utilised to avoid the steep climb out of the Bird Rock lookout area.

Bird Rock Track

A moderate to steeply graded walk to a cliff top overlooking Bird Rock. This walk is best enjoyed by walking down the track towards Bird Rock, and then walking out the Red Stone Link Track to meet the Bridle Track. The walk up Bird Rock Track towards the Bridle Track is steep and quite difficult.

Old Mountain Track

A moderate to steeply graded walk from the Mount Pitt Road entrance up Mt Pitt. It provides excellent views to the south and east of Norfolk Island.

West Palm Glen Track

This is a gentle to moderately graded walk through native palm and tree fern forest. A pleasant walk from the Palm Glen carpark.

Red Road Track

A moderately graded walk with some steep eroded sections along the ridge towards Mt Bates. The track features some good stands of Norfolk Pine.

Summit Track

This is a moderately graded walk along the ridgetop from Mt Pitt Road (near summit) to Mt Bates. Openings in the forest along the route provide extensive views across Norfolk Island.

Mount Bates Track

A gentle to moderately graded walk along an old road with views of the south-east and adjoining native forest in places.

Hollow Pine Track

A short, moderately graded walk down to a viewing area where you can admire a majestic old Norfolk Island pine tree with a hollow core.

Palm Glen Track

A moderately graded walk from the Palm Glen carpark towards Mt Bates. This track features some good stands of the native Norfolk palm - *Rhopalostylis baueri*.

When Visiting the National Park Please Remember:

- Native animals and plants are protected in the park. Please do not disturb them.
- Because of the possible danger to pedestrians and horseriders please don't use a car or trail-bike on the walking tracks.
- Please take your rubbish with you when you leave the park.
- Please remain on the walking tracks. Even minor deviations may get you lost (in which case you should walk uphill until you come across a clear track or road).



Australian Government

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NORFOLK ISLAND NATIONAL PARK









WALKING TRACKS

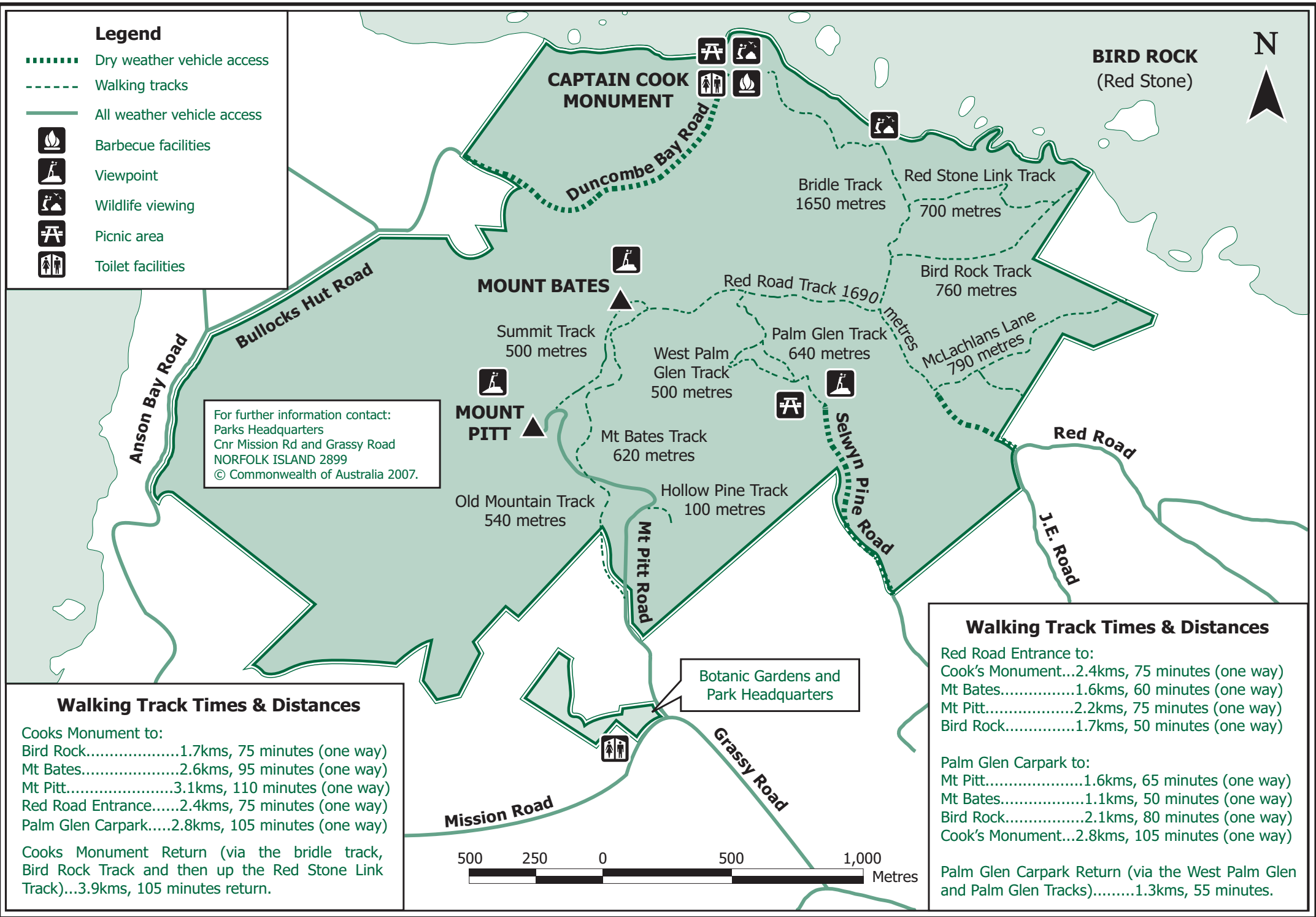
*get close to Norfolk Islands forests
and enjoy the views*



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Legend

-  Dry weather vehicle access
-  Walking tracks
-  All weather vehicle access
-  Barbecue facilities
-  Viewpoint
-  Wildlife viewing
-  Picnic area
-  Toilet facilities



For further information contact:
 Parks Headquarters
 Cnr Mission Rd and Grassy Road
 NORFOLK ISLAND 2899
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Walking Track Times & Distances

Cooks Monument to:

- Bird Rock.....1.7kms, 75 minutes (one way)
- Mt Bates.....2.6kms, 95 minutes (one way)
- Mt Pitt.....3.1kms, 110 minutes (one way)
- Red Road Entrance.....2.4kms, 75 minutes (one way)
- Palm Glen Carpark.....2.8kms, 105 minutes (one way)

Cooks Monument Return (via the bridle track, Bird Rock Track and then up the Red Stone Link Track)...3.9kms, 105 minutes return.

Walking Track Times & Distances

Red Road Entrance to:

- Cook's Monument...2.4kms, 75 minutes (one way)
- Mt Bates.....1.6kms, 60 minutes (one way)
- Mt Pitt.....2.2kms, 75 minutes (one way)
- Bird Rock.....1.7kms, 50 minutes (one way)

Palm Glen Carpark to:

- Mt Pitt.....1.6kms, 65 minutes (one way)
- Mt Bates.....1.1kms, 50 minutes (one way)
- Bird Rock.....2.1kms, 80 minutes (one way)
- Cook's Monument...2.8kms, 105 minutes (one way)

Palm Glen Carpark Return (via the West Palm Glen and Palm Glen Tracks).....1.3kms, 55 minutes.

