# Walk:
# Wollemi National Park: Alsophylla Glen and Natural Bridge Cascade

## Leader:
Bernard Lo

## Maps, etc:
Mountain Lagoon, Kurrajong. GPS setting WGS84.

## Description:
Place some cars at the end of Warks Hill Road, GR 7914 8850, and drive to the corner of Coach House Road and Bells Line of Road. From here, make our way around the private property and up on a north, north east trending ridge until around GR 799 906. Turn north west and descend into Wheeny Creek just downstream from Small Wheeny Cascades. Follow Wheeny Creek to the Alsophylla Glen junction, GR 7765 9143, then walk up that valley all the way to the bottom of Natural Bridge Cascade, believed to be at GR 7899 8869. Cross Bells Line of Road and take the old convict-built trail back up to the end of Warks Hill Road. About 11 km. Mostly exploratory. Scrambling and exposure.

## Rating:
5M. M323E

## Gear Issues:
2 litres of water, GPS, PLB, appropriate head and footwear, electrolytes, maps, compass, first aid kit, tape (leader only). Change of gear for afterwards.

## Date walked:
29 November 2025.

## The Party:
Bernard Lo (leader), Petra Dinges, Bronwyn Thompson, Karen Iorns, Jo Barton, Harlinah Teoh, Dana Iliescu, Yuri Bolotin, 8.

## The Weather:
A warm mostly sunny day with variable cloud cover (from 20% to 80%) and very strong winds. Fortunately, the walk was mainly in deep gullies, so we were protected from the wind most of the day, except at the beginning and at the end. Temperature range 22 to 27 degrees C.

## Background Notes

I first found out about Alsophylla Glen and Natural Bridge Cascade from bushwalker John Kennett's email of 14 January 2024. John had previously come across an *Australian Town and Country Journal* article dated 13 May 1871[1] that mentions both features.

**Alsophylla Glen**

The article says,

[1] A Visit to the Kurrajong. (1871, May 13). *Australian Town and Country Journal (Sydney, NSW: 1870 - 1919)*, p. 16. http://nla.gov.au/nla.news-article70466647

*The estate [Northfield* at Kurrajong Heights*] is surrounded by many beautiful and romantic glens, among which might be mentioned "Alsophylla Glen" and "White Cliff Glen."*
*The former takes its name from the beautiful Alsophylla Macarthurii fern trees*[2] *- which grow there abundantly …* And a bit further, *At the bottom of the mountain pass … runs Alsophylla Glen, winding along a distance of more than five miles. In this remarkable glen a reverend gentleman from Sydney was lost for two days and nights some years ago.*

*The "White Cliff Glen" takes its rise from a lofty wall of light coloured rocks, at the bottom of which flows a crystal stream, which at one place leaps over some rocky boulders into a natural basin…*

There was little doubt in my mind that Alsophylla Glen is a long tributary of Wheeny Creek that begins just below the present *Northfield* property at Kurrajong Heights where Bells of Line of Road descends through an area locally known as Cut Rock. By following it down to Wheeny Creek and then continuing downstream, within about eight kilometres (*five miles* in the article) the "White Cliff Glen" is reached. We now refer to this prominent, unmistakable feature as White Cliffs, and the waterfall below them described in the article as Lagoon Falls.[3]

**Natural Bridge Cascade**

Natural Bridge Cascade proved to be much more elusive. The *Australian Town and Country Journal* article further says,

[Alsophylla Glen] *leads to a series of magnificent cascades and waterfalls, and finally ends in a great natural curiosity, "the Natural Bridge Cascade," formed by a stream which flows over a precipitous cliff, from under a natural arch of rock, and falls a depth of about 100 feet. The wall or face of the precipice is lined with ferns of the most vivid green, which, with most mosses dripping with spray, when the afternoon sun begins to play among them, are lighted up with a radiance truly beautiful, causing them to gleam and glitter with all the colours of the rainbow."*

According to John Kennett[4],

*The Geographic Names Board of NSW recently assigned this name* [Natural Bridge Cascade] *to a waterfall in Barkala Gully, south of Berambing. The name now appears on the 2022 version of the Mount Wilson map. The documentation to support this naming is provided on GNB website* [an extract from the 1871 article I quoted previously]. *A close reading of the article reveals that the Natural Bridge Cascade referred to in the article is nowhere near Berambing, but is in fact, somewhere north of Kurrajong Heights, not far from your place.*

On the day of contacting me, John Kennett and two others had gone to check out that area around Kurrajong Heights but failed to locate the cascade, *at least not a waterfall that matched the author's description or the illustration that accompanied his article.*[5]

Intrigued by John's email, I did some desk research, mainly studying the 1871 article and looking at the Department of Lands Kurrajong 1:25,000 topographic map. My opinion was that the cascade would most likely be found on one of the three tributaries of Alsophylla Glen closest to the *Northfield* estate. I advised, *I would check around GR 790 887* [the closest tributary] *first of all*.[6]

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[2] Now known as Rough Tree Fern, *Cyathea australis*. Note the more common spelling of the species name now is Alsophila.
[3] This comment was provided by Bernard Lo, *Initially, John* [Kennett] *thought that the section of Wheeny Creek just upstream of Lagoon Falls was Alsophylla Glen as there are a lot of tree ferns there and the location is "behind" Northfield when standing on Bells Line of Road. (This is why the search ended early and didn't resume for another half year.) Bob Buck made the same mistake in placing Pulpit Rock "behind" Northfield in his Colo Passes Sketch Map. The only problem is that there are no waterfalls there anywhere as high as Natural Bridge Cascade or with a hole.*
[4] John Kennett's email to me, 14 January 2024.
[5] Ibid.
[6] My email to John Kennett, 15 January 2024.

John Kennett's subsequent research resulted in two articles published by him in *The Sydney Bushwalker* magazine. The last one, of August 2024[7], attracted interest of Bernard Lo, an IT and AI expert, and a bushwalker with keen interest in this part of Wollemi National Park. Bernard decided to use his knowledge of AI and LiDAR mapping to help unravel this mystery. His extensive and very impressive research culminated in a field trip on 8 July 2025, which unfortunately I was not able to attend, and an excellent article, *Rediscovering Natural Bridge Cascade. Using AI and LiDAR to solve a 150-year-old bushwalking mystery, with a final word on how to apply these tools to your own bushwalks*.[8]

The Walk Report included in the article describes several historic features rediscovered and visited during the walk, including Natural Bridge Cascade, found at GR 790 887 on the first tributary of Alsophylla Glen. I was happy to hear that, as it matched the location I had identified through desk research.

The report stated,

*By 10:53, we had crossed Bells Line of Road opposite Convict Road and made a very steep descent and climb – care needed to be taken due to excessive amounts of dry leaves, loose soil, ferns, and landslips – to the base of a very secluded fern-covered cliff, which we very confidently conclude is Natural Bridge Cascade.*

*Although missing an arch, every other feature is consistent with the May 1871 Article's clues, including:*

- *Its face being a vertical cliff that is lined with ferns and moss;*
- *The cliff face being 22 m in height. Adding in the missing arch or the cascades immediately behind (which can sometimes be glimpsed from around the base), the overall height may be increased several metres;*
- *No other waterfall around Comrie's Northfield Estate being cliff-like or anywhere close to 10 m in height;*
- *Tall trees bordering both sides of the face;*
- *Its west facing aspect getting the afternoon sun;*
- *Horizontal rock ledges separated by more heavily eroded material forming shallow overhangs, which the historical drawing has attempted to replicate;*
- *An overall likeness to the historical drawing;*
- *A series of additional waterfalls and cascades upstream and downstream;*
- *Alsophylla Glen being visible from the lookouts above Cut Rock; and*
- *The historical headwaters of Alsophylla Glen appearing to be very near and west of a house called The Glen.*

*We made a precarious ascent to the top of Natural Bridge Cascade at 11:16 to further investigate the missing arch. There was no trace of it there, however, there were many additional stepped cascades.*

*Based solely on a visual analysis, it is speculated that the waterfall is composed of alternating layers of sandstone and mudstone.[9] Compared to sandstone, mudstone is softer, less durable, and less weather resistant. The differential erosion of the two materials would explain the sandstone ledges with shallow overhangs above more eroded layers of mudstone. It could also explain the bridge: as a layer of mudstone is eroded from beneath and behind a top sandstone ledge an archway could have formed; then, when enough mudstone has been eroded, the bridge could have collapsed.*

[7] Kennett, John. The Natural Bridge Cascade Mystery, Part 2. *The Sydney Bushwalker*, August 2024.

[8] Lo, Bernard. Rediscovering Natural Bridge Cascade. Using AI and LiDAR to solve a 150-year-old bushwalking mystery, with a final word on how to apply these tools to your own bushwalks. *The Sydney Bushwalker*, 13 July 2025.

[9] Scott Marshall (Bachelor of Engineering (Mining), Honours Class 1, UNSW), personal communication, 12 July 2025.

*In further support of this theory is the existence of many landslips in and around the glen, including a couple within 15 m of the cascade's base. The ground at the top (where an arch would have been) was unstable. The base of the cascade has a rock slab and many boulders.*

*The second, less likely hypothesis is that the arch was an optical illusion, resulting from water bypassing the top ledge (which was observed to be dry) underground and flowing over the cascade from the second ledge from the top (which was observed to be wet).*

Left: A very rare engraving of Alsophylla Glen from the original edition of the *Town & Country Journal*. In private collection (via Antique Print and Map Room).
Right: Natural Bridge Cascade identified on 8 July 2025. Photo: Bernard Lo.

The issue of locating the Natural Bridge Cascade thus settled, Bernard proposed a walk described below, with the objective of ascending the full length of Alsophylla Glen from its junction with Wheeny Creek to its beginning just below Bells Line of Road and the adjacent Natural Bridge Cascade.

Dear readers, you heard me saying on many occasions before that Wollemi is full of surprises, and on that day, it had a really big one in store for us. Read on…

## Track Notes

Note: time references in the text relate to Grid References in the table at the end of these Track Notes.

Two cars were left at the end of Warks Hill Road, and the other cars driven to the intersection of Coach House Road and Bells Line of Road, from where our journey started at 0750. We were only half-joking when we said the first 250 metres along Bells Line of Road, with its busy traffic and minimal shoulders, were the most dangerous part of the entire trip. Aspiring explorers must take extra care on this stretch, as I am sure a close brush with a fast heavy truck is not the kind of adventure they came here to seek. Ironically, all this took place only a couple of hundred metres away from the southernmost point of the entire Wollemi National Park. We had finished our 18-day traverse just down the hill from here in 2012.

This said, as the party left the busy highway and we made our way into the national park, the environment underwent a complete change. After a deer sighting (still a vestige of human impact), we quickly found ourselves on the edge of a beautiful mature forest of Angophoras, Bloodwoods, Banksias and Silvertop Ash, with Grass Trees gracing the light dry understorey.

At 0817, the group joined a well-maintained NPWS trail going north along the ridge top. The wind here was very strong, but we were hoping it would lose its force when we had come down deep enough into the Wheeny Creek gorge. After less than one kilometre on the made road, at 0832, the party entered thick undergrowth and commenced a very gentle descent in northwesterly direction.

Two hundred metres further, we stopped on the edge of a minor cliff line and pulled our cameras out to capture a wondrous sight to our west – a huge bright rainbow that stretched over the Wheeny Creek basin and the Bilpin orchards. The gale force wind was shifting light clouds around the generally blue sky, and from time to time we felt the slightest amount of precipitation on our skins. These very unstable weather conditions must have been responsible for the vivid rainbow that was continuously visible for an extraordinary length of time, more than 30 minutes.

The rainbow that lasted for more than 30 minutes. Photo: Yuri Bolotin.

At 0915, at a steep section of the descent, we stopped to admire a rare open view down to Wheeny Gap, Lagoon Creek and, much further to the west, a chain of mountain peaks – Mount Tomah, Mount Haystack and Mount Wilson-Mount Irvine. After following a gently descending north west trending spur for twenty-four minutes, it was time to plunge steeply northwards through a beautiful forest of pink smooth Angophoras that had just recently shed their old skins.

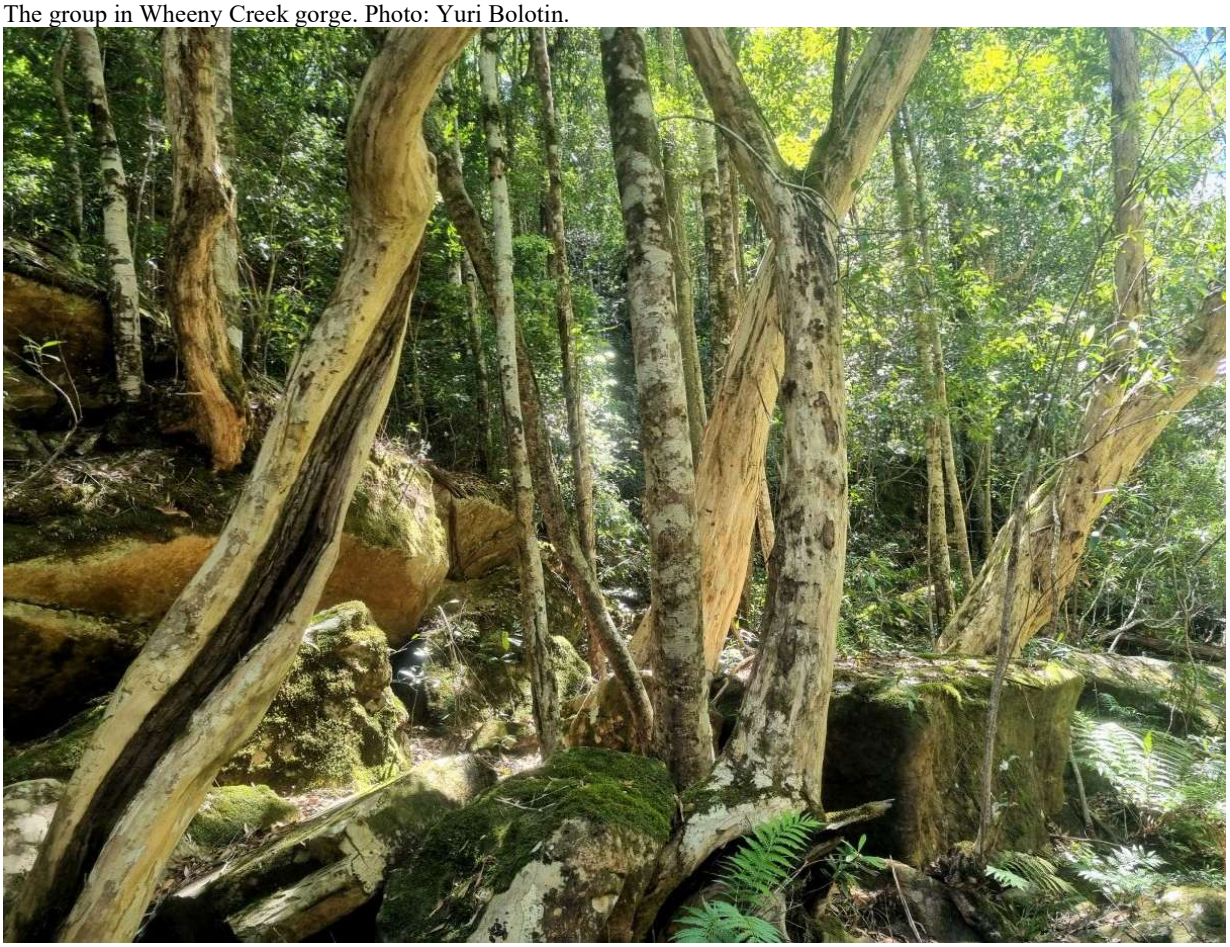
Next, we sidled for a short distance, stopping to have a look at a very pretty overhang, before continuing steeply down a small gully. Here, we were hindered by Lawyer Vine, which was plentiful but manageable, and sported bunches of black Blueberry-like fruit. Desk research later showed that these berries are edible, and I now regret that my aversion to this plant's nasty thorns stopped me from tasting them.

Overhang detail. Photo: Yuri Bolotin.

Lawyer Vine, *Smilax australis*, berries. Photo: Yuri Bolotin.

A complete change of scenery awaited us when we had made it all the way down to Wheeny Creek. Here we found a boisterously running mountain stream, rainforest, Lichen and Moss-decorated boulders, sprawling Water Gums and twisting, dancing Lianas. At 1034. After a fifteen minute walk upstream, we reached Small Wheeny Cascades and stopped for a late morning tea break. There was noticeably less water in the creek compared to what I remember when had passed through here last, but the expansive stone platforms interspersed with mini-waterfalls still looked very picturesque. It was a soul-calming experience. In this deep gorge, we were well protected from the fierce wind, and the air temperature felt just right.

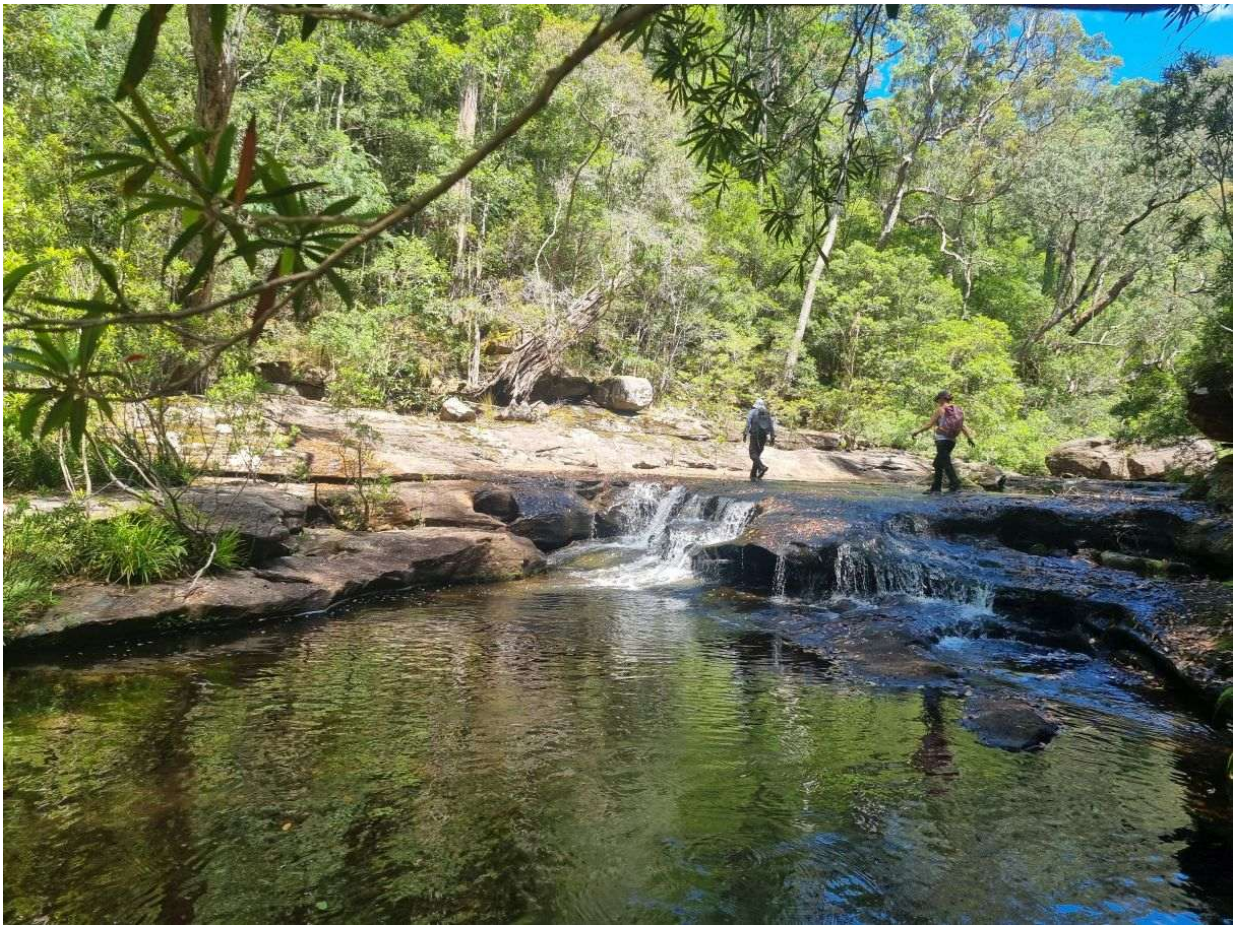
The group in Wheeny Creek gorge. Photo: Yuri Bolotin.



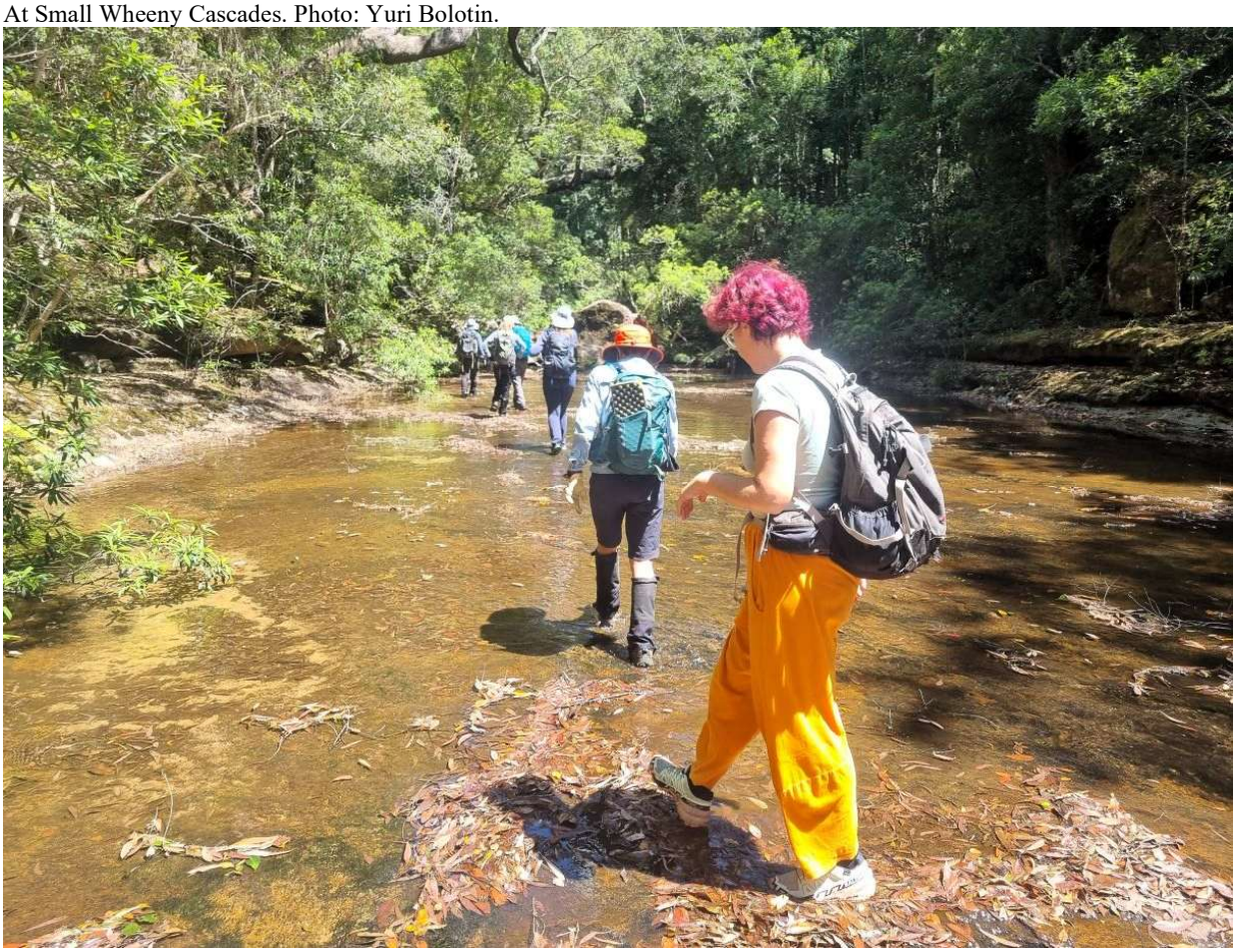
Wheeny Creek gorge rainforest. Photo: Yuri Bolotin.

Dana and Harlinah on the bank of Wheeny Creek. Photo: Yuri Bolotin.

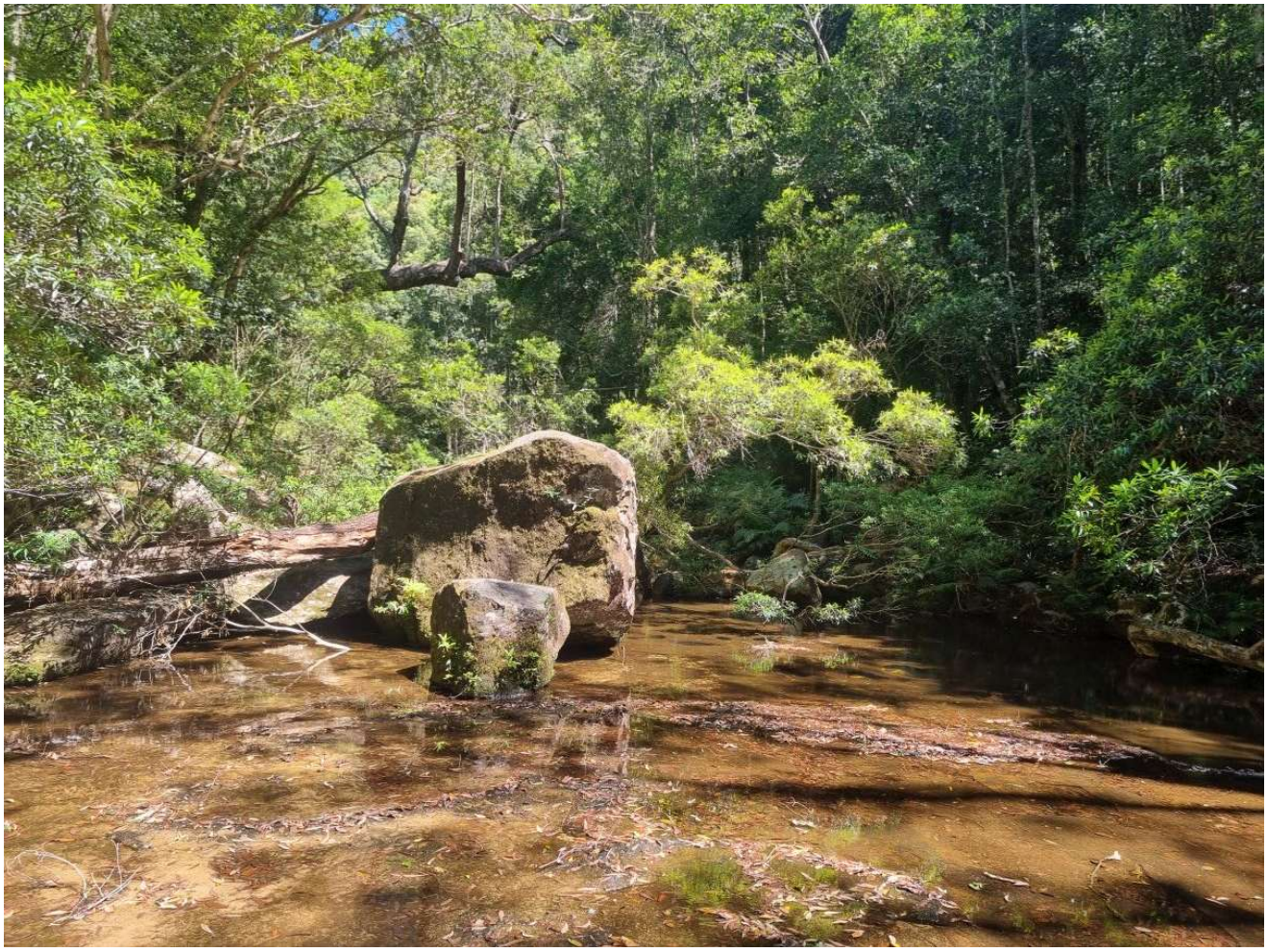
At 1100, our adventure continued as we made our way along a hundred or so more metres of the cascades. After they stopped, there was a section of shallow ankle-deep wading in the middle of the stream. Next, we climbed about 10 metres on the southern bank and walked through the rainforest, before coming back down and making our way through a stretch of deeper water, reaching up to the knees. Some bouldering and a few more creek crossings followed, all very easy and enjoyable. After negotiating another set of cascades, we stopped in the forest to admire a huge Brush Turkey mound, at least three metres in diameter.



At Small Wheeny Cascades. Photo: Yuri Bolotin.

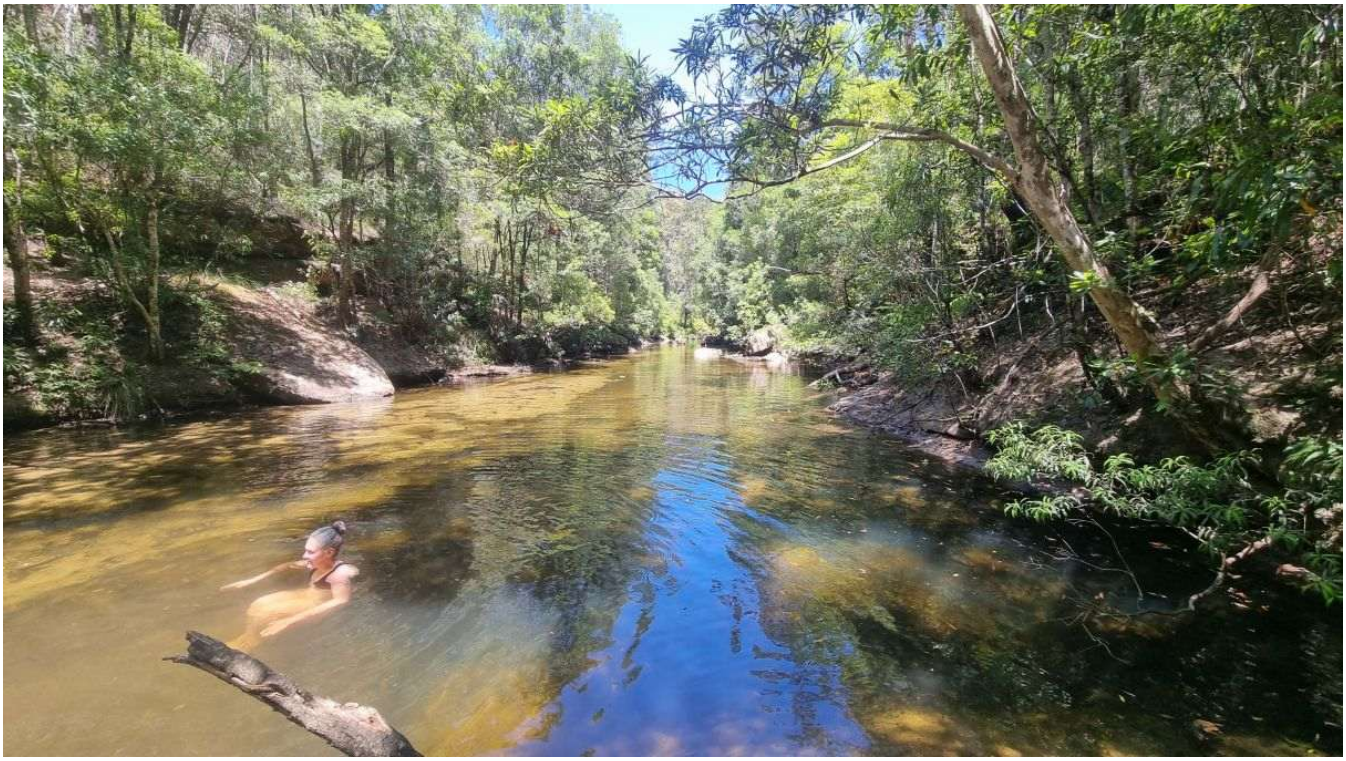


Wading in Wheeny Creek. Photo: Yuri Bolotin.



Wheeny Creek. Photo: Yuri Bolotin.

Between 1221 and 1300, we had a lunch and swim stop at the junction with Emerald Brook. The creek pools were only small, so it ended up more like a dip, but the water felt refreshing. Emerald Brook was running well, and we took the opportunity to replenish our water supplies here from that small but crystal-clear stream.


Harlinah cooling down in the creek. Photo: Yuri Bolotin.

From here, ten minutes of easy walking through the rainforest brought us to the junction with Alsophylla Glen. Exploring this ravine was our main objective today. We noted the creek bed had running water, which is always pleasing to see. The bottom of the gorge was choked with a maze of large boulders festooned with Rock Orchids (not yet in flower), so it was often easier to progress along ledges higher up. We soon stopped to examine a very good-looking overhang on the right-hand side, with brown-beige densely patterned roof and black and white/green erosions protruding from the walls. At 1322. A couple of huge Turpentine trees were photographed nearby. A hundred metres or so further upstream, a deep shelter with flat floors was noted. It measured about 20 metres long, but the surfaces inside were rather damp.

Overhang in Alsophylla Glen. Photo: Yuri Bolotin.

Alsophylla Glen. Photo: Jo Barton.

A giant Turpentine. Photo: Jo Barton.

Our trip up Alsophylla Glen was very enjoyable, with plenty of variety – some scrambling, some creek bed walking, some bouldering. The rainforest, with its towering Coachwoods and Sassafrases, created a picturesque setting. And, of course, there were plenty of Tree Ferns everywhere that gave this ravine its name. To add to this list of delights, we spotted and photographed a small Crayfish swimming in a pool. This scenery would improve dramatically after some good rainfall, which we had not seen for quite a while.

Karen in Alsophylla Glen. Photo: Bernard Lo.

A Moss-covered rock in the creek bed. Photo: Bernard Lo.

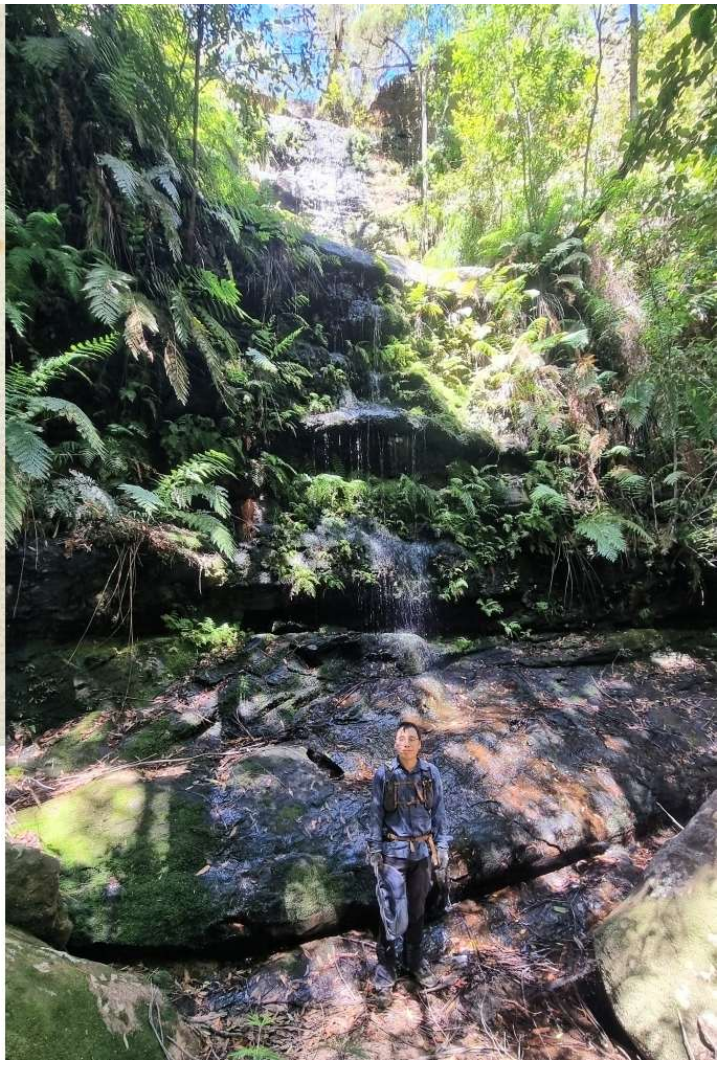
Alsophylla Glen. Photo: Yuri Bolotin.

Exploring the glen. Photo: Yuri Bolotin.

Thanks to the easy walking conditions, the group made good progress, with perhaps two more kilometres of creek to go through before the spot where we believed the Natural Bridge Cascade visited by the leader in July this year was located. Then…something amazing happened that changed this trip from a pleasant to an extraordinary one.

Up to that moment, we had only encountered some very small, dry tributary gullies, so it was very unexpected to see a large gushing waterfall coming down the high cliffs on the left-hand side. Like iron filings to magnet, we moved towards it and stopped at the bottom to admire the stream leaping down a series of terraces that formed the steep, Fern-encrusted multi-layered walls. It was not until we had stepped out to look at the waterfall from a few metres further away that I heard Bernard exclaiming, *Oh wow, this is*

*Natural Bridge Cascade!!!* The arch at the top with a hole in it was unmistakable. I was flabbergasted by this stunning discovery, but I could only imagine what the leader Bernard, who had spent a huge effort researching and trying to locate this fabled feature, felt like. Later on, he wrote, *This was my most fulfilling walk and one I'll remember for a long time.* Indeed, I agree.

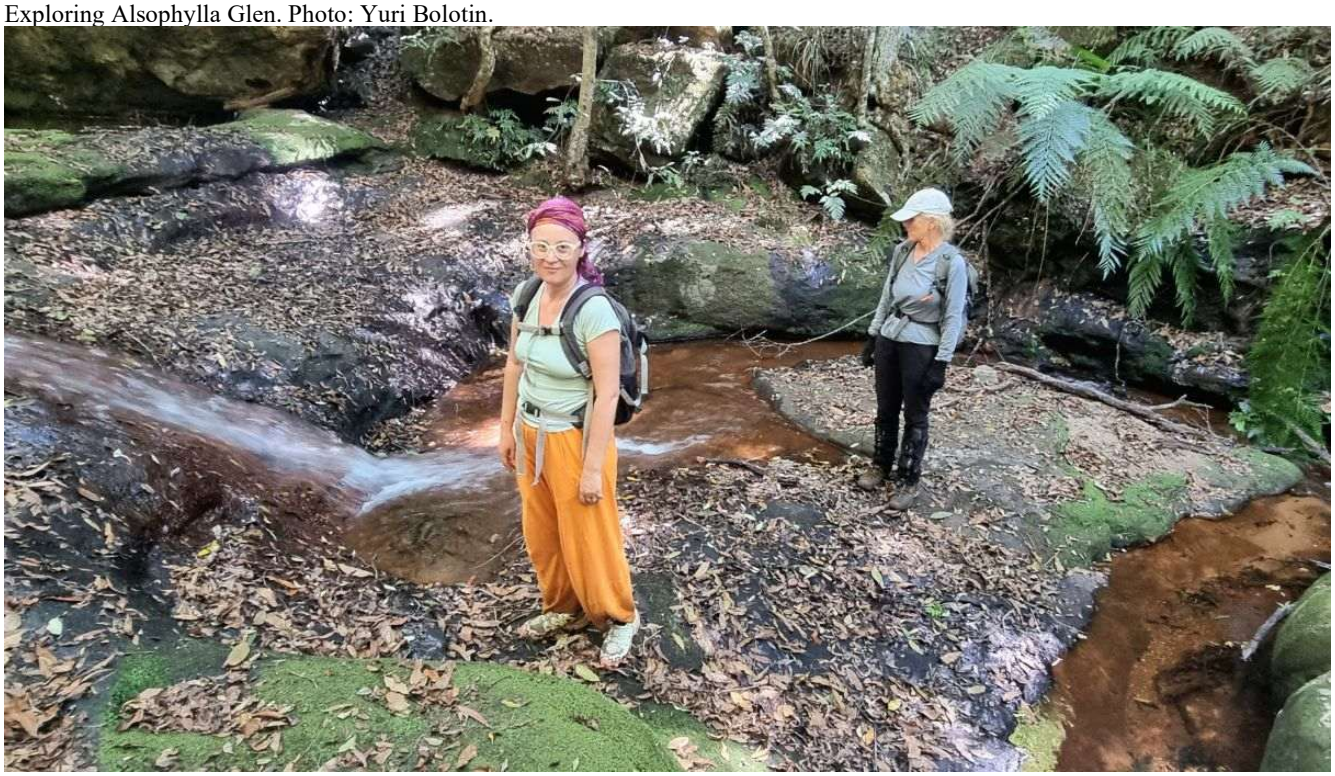


Left: A very rare engraving of Alsophylla Glen from the original edition of the Town & Country Journal. In private collection (via Antique Print and Map Room).
Right: Bernard at the Natural Bridge Cascade identified on today's walk. Photo: Yuri Bolotin.

The topographic map shows a fairly small catchment for the stream that feeds this watercourse, so the decent amount of flow we were seeing was really surprising, given the prolonged dry period we were currently experiencing. I could only imagine how much more impressive this place will be after some consistent rains.

I did not need to just dream about it, Bernard and I decided, there and then, to do another walk to Natural Bridge Cascade in the next few months, when the conditions are better, in order to have a look at it from the top. The waterfall was about 20 metres high, and the arch at the apex of it was significantly obscured by trees, which made it very difficult to photograph. We spent from 1445 to 1453 at this place, and then continued our journey up Alsophylla Glen.

Exploring Alsophylla Glen. Photo: Yuri Bolotin.



Dana and Petra at a small cascade. Photo: Yuri Bolotin.


Dana, Petra and Bronwyn negotiating a boulder blockup in Alsophylla Glen. Photo: Yuri Bolotin.

Good walking conditions lasted for the next 200 metres, until we reached a Y-junction with a tributary coming from the south west, at 1512. Then, suddenly, as is often the case in Wollemi, the walls of the ravine opened up, and the rainforest stopped. It was replaced by thick Ferns, grasses and low scrub, hiding deep holes and debris underneath. Our pace slowed to a crawl, sometimes on all fours. It took 13 minutes to advance the next 200 metres to a five metre waterfall and 10 more minutes to push our way up and around it.

After another 300 metres or so of fighting the local flora, Bernard and I had a council. With the discovery of the true Natural Bridge Cascade, there was no longer a need to continue all the way up Alsophylla Glen to its end near Bells Line of Road, where we had previously believed the cascade was located. The only reason to do so would be if the journey was scenic and enjoyable. Because this was clearly no longer the case, we thought we had paid our respects to the glen, having seen the best part of it, and could now head out at the first opportunity.

An attractive (on the map)-looking tributary was chosen, and at 1559, we commenced our exit. Twenty-one minutes later, GR 7852 8968, 370 m, having realised that this smaller gully was as scrubby as the main ravine, the party had to abandon it and climb up to a spur. The top of it was reached at 1638.

Things improved dramatically from there on. There was still quite a bit of ascending to do; the westerly sun felt hot, but we were cooled down by the continuing strong winds. A water break or two helped as well. By 1713, after coming up a particularly steep bit, the party entered a beautiful Angophora forest. By 1720, we re-connected with the route we had followed this morning, making it back to the vehicles 22 minutes later.

Walking through the Angophora forest. Photo: Yuri Bolotin.

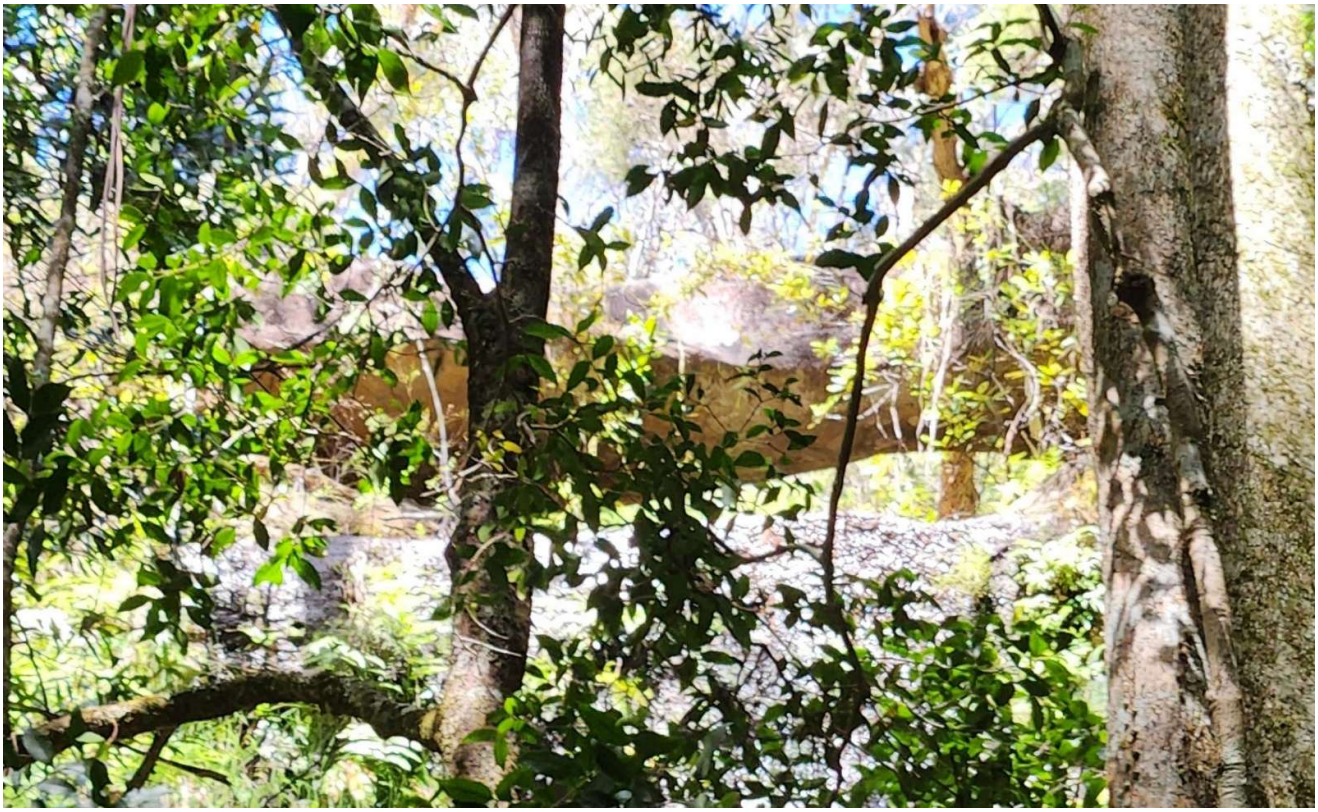
Angophora flowers. Photo: Harlinah Teoh.

Trip statistics: total distance 11.7 km; total ascent 450 m.

## In Conclusion: The Real Natural Bridge Cascade

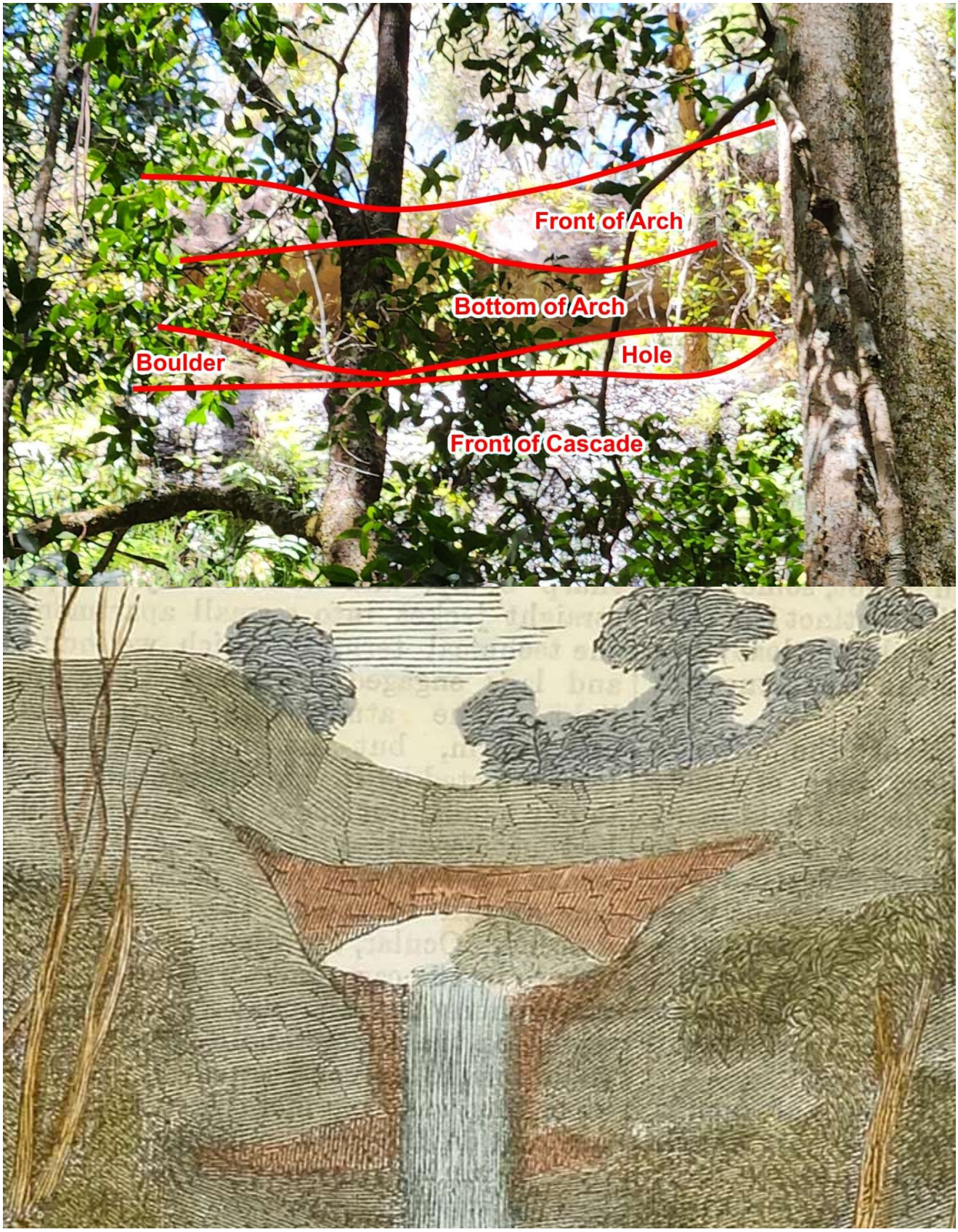
Following this walk, Bernard published an update to his previous report[10]. It stated,

*Due to the steepness of Natural Bridge Cascade and the many trees in the foreground, it was near impossible to view or photograph the rock arch. The following annotation of the edges of Natural Bridge Cascade shows very similar curves to the historical drawing.*



The rock arch at the top of Natural Bridge Cascade (zoomed). Photo: Bernard Lo.

[10] *The Sydney Bushwalker* magazine, December 2025.



Comparison of the photograph versus the engraving. Prepared by Bernard Lo.

*But for this very distinctive and unique rock arch, nearly every other clue still points more strongly to the waterfall originally identified in this document. That is, parts of the 1871 description are incorrect or somewhat misleading. The correct characteristics of Natural Bridge Cascade are set forth as follows:*

- *It has two-tiers in addition to a 2.5 m high lip at the base. It is not a precipitous cliff.*
- *It is not located at the bottom of Comrie's Northfield Estate but is 1.6 km as the crow flies from its nearest boundary. It is, at minimum, a 2 km walk from either the boundary or Alsophylla Glen's headwaters. This could mean that Comrie's mountain paths extended well beyond property boundaries (and requires further investigation).*
- *While Alsophylla Glen does have the occasional cascade, Natural Bridge Cascade stands alone rather than being reached via a series of smaller cascades.*
- *It forms part of Alsophylla Glen's sidewall. It is not located in the middle of the creek as the foreground of the 1871 Article's image suggests, with its lack of trees and concave topography.*

We are now planning another trip to Natural Bridge Cascade, to visit and photograph it both from the top and the bottom, including the arch. This will have to wait till after the end of the current dry spell and a few days of solid rainfall, to show this unique feature in all its glory.

## A Side Trip to Convict Road and Pulpit Rock

After the conclusion of first, main trip, we drove to the end of Warks Hill Road, Kurrajong Heights. From there, we proceeded a short distance on foot to the top of the old Convict Road, GR 7910 8847, 600 m.

Bernard Lo's research[11] uncovered an article by a Kurrajong resident who documented the location of Convict Road that was one of the two routes over Bell Range via Cut Rock that predate the current Bells Line of Road.[12] Convict Road is marked in 1914 Parish of Kurrajong maps.[13] It appears as unnamed track on the current topographic map beginning near the present-day Warks Hill Road and ending at Bells Line of Road. Despite being the first constructed route over Bell Range, Convict Road is still in good walkable condition, suitable for the bullock teams that historically used it.

Today, we did not follow the Convict Road down, but if one would desire to do so, it is strongly recommended to either go back the same way at the end of it, or to leave a car at the bottom on Bells Line of Road (GR 7878 8847, 489 m) for the return trip, as that road must not be walked due to the absence of shoulders and heavy traffic.

Leaving the Convict Road behind, we next walked to the communications tower and descended from there to Pulpit Rock. GR 7900 8848, 585 m. Quoting from Bernard Lo's paper[14],

*The term Pulpit Rock was first used in 1893 to briefly mention a place James Comrie [*the owner of nearby *Northfield* estate*] took the Anglican Bishop of Sydney.[15] It was easily accessible given the bishop's full day itinerary.*

*It subsequently appears in a 1913 Sydney Morning Herald article[16], which describes awe-inspiring views resulting from Pulpit Rock's position hundreds of metres [sic] above a cliff line. Along this cliff line sits a road. There are views west to Mt. Victoria and Mt. Tomah and east towards the Colo River.*

Today, the views are pretty good but somewhat obstructed by trees. There were some faint engravings on the surface of the rock.

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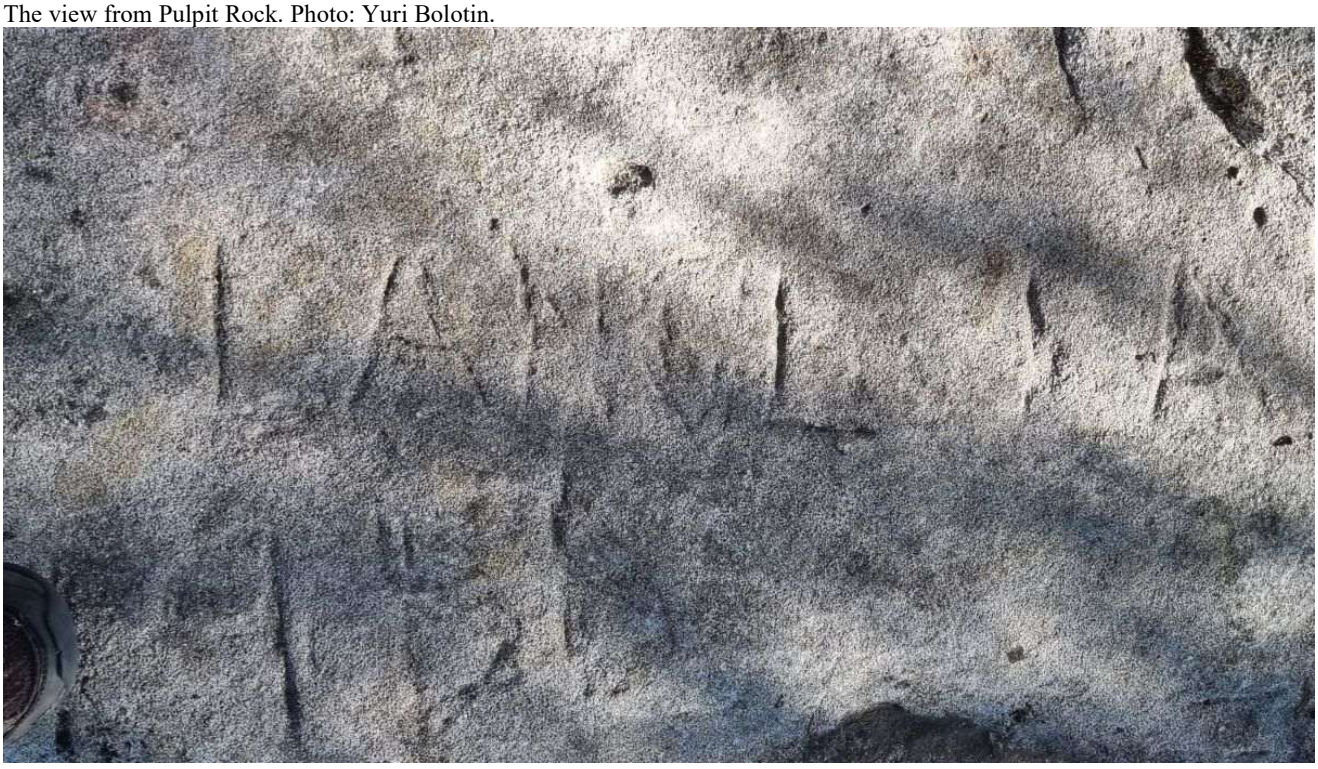
[11] *Rediscovering Natural Bridge Cascade*, first published on 13 July 2025 in *The Sydney Bushwalker* magazine.
[12] Poole, A. (2005, May-June). Arthur Poole Remembers. *The Millstone*, (Volume 3 Issue 10), p. 7. https://www.kurrajonghistory.org.au/millstones/wm_2005_05.pdf
[13] *Historical Parish Maps, County of Cook, Parish of Kurrajong, 1914.* Historical Land Records Viewer. https://hlrv.nswlrs.com.au/
[14] Ibid.
[15] Kurrajong. (1893, April 22). *Windsor and Richmond Gazette (NSW: 1888 - 1971)*, p. 5. Retrieved June 30, 2025 from http://nla.gov.au/nla.news-article72546603
[16] RICHMOND-KURRAJONG. (1913, January 11). *The Sydney Morning Herald (NSW: 1842 - 1954)*, p. 7. Retrieved June 30, 2025, from http://nla.gov.au/nla.news-article15389648

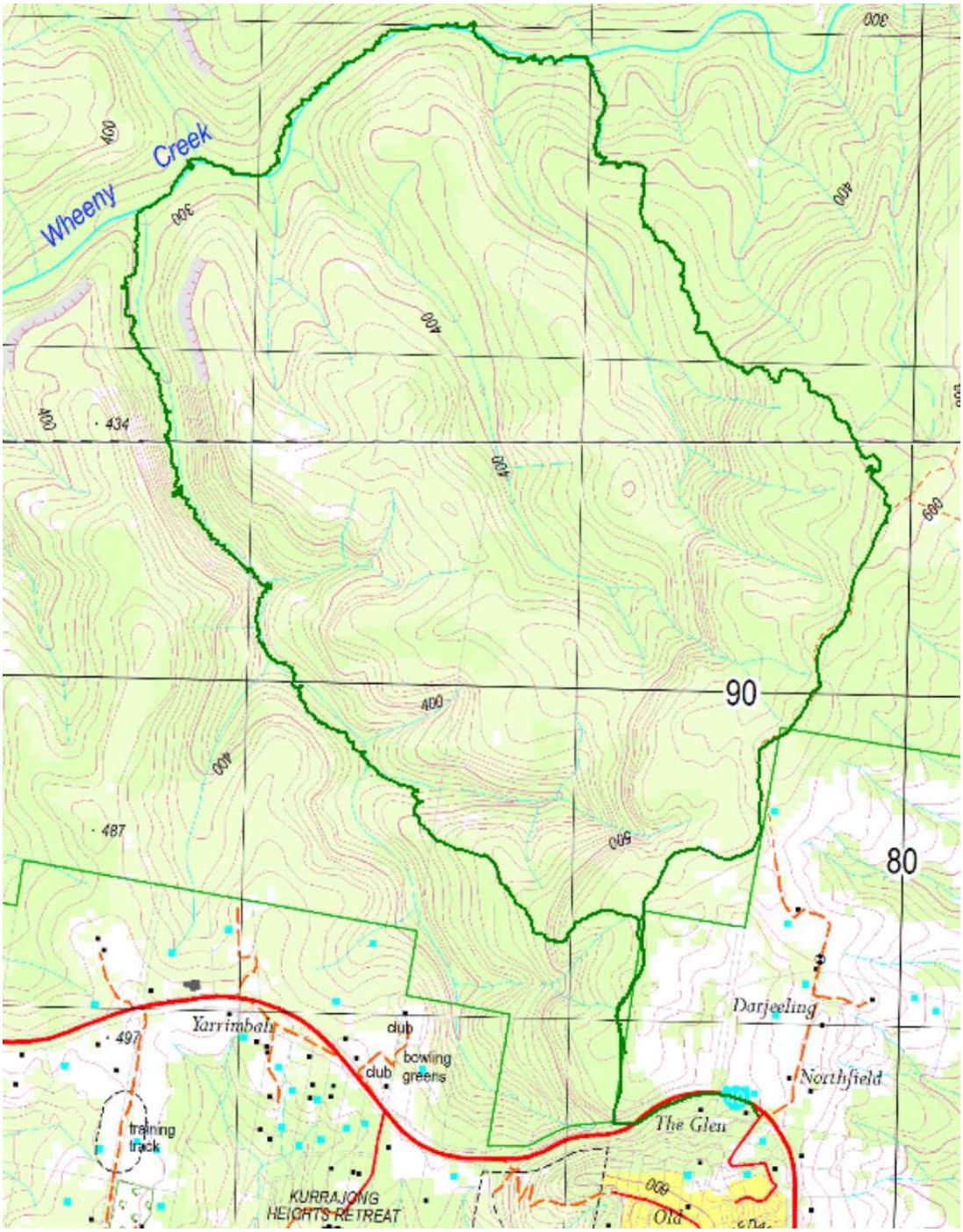
This had been a short but worthwhile trip. It is especially recommended for people interested in early local history.

The Convict Road (top). Photo: Jo Barton.

The view from Pulpit Rock. Photo: Yuri Bolotin.



Engravings on Pulpit Rock. Photo: Yuri Bolotin.



Walk topographic map (main trip). Recorded and prepared by Yuri Bolotin.

## Table of Times, Locations and Grid References

| Time | Location | Grid Reference | Elevation |
|---|---|---|---|
| 0750 | Cars parked on Coach House Road and started walking | GR 7960 8870 | 550 m |
| 0817 | NPWS trail | GR 7957 8968 | 580 m |
| 0832 | Left the trail and began the descent | GR 7993 9053 | 610 m |
| 0915 | View | GR 7947 9100 | 500 m |
| 0939 | Start of steep descent | GR 7918 9141 | 450 m |
| 1034 | Wheeny Creek | GR 7900 9191 | 250 m |
| 1049-1100 | Morning tea | GR 7882 9192 | 252 m |

| | | | |
|---|---|---|---|
| 1221-1300 | Lunch at Emerald Brook junction | GR 7780 9158 | 274 m |
| 1310 | Alsophylla Glen junction | GR 7766 9143 | 276 m |
| 1332 | Overhang | GR 7761 9122 | 310 m |
| 1445-1453 | Natural Bridge Cascade | GR 7806 9029 | 325 m |
| 1512 | Start of scrub | GR 7807 9008 | 340 m |
| 1535 | Waterfall (top) | GR 7815 9001 | 355 m |
| 1559 | Exiting Alsophylla Glen | GR 7836 8979 | 362 m |
| 1620 | Ascending the spur | GR 7852 8968 | 370 m |
| 1638 | Top of the spur | GR 7855 8958 | 430 m |
| 1713 | Angophora forest | GR 7900 8925 | 545 m |
| 1720 | This morning's route | GR 7921 8924 | 570 m |
| 1742 | Back at cars on Coach House Road | GR 7960 8870 | 550 m |