




PENRITH VALLEY
River Mountains Lakes

Hike and Bike

Walk/ Trail	Description	Address and Contact
Bents Basin State Conservation Area	Enjoy swimming, walking, canoeing, picnic areas, BBQs, fireplaces, toilet facilities & camping. The Basin & The Gorge Walks - (easy and short). Caley's Lookout Walk - begins western car park, graded as slow-easy walk and takes 45 mins return. Campbell's Ford walk - begins at Education & Resource Centre. Entire walk on fire trail & is graded as fast and takes 2 ½ hours return. Take own water.	Wolstenholme Ave (off Greendale Rd) Greendale Ph: 4774 8662
Glenmore Park	Enjoy over 20kms of network hike & bike trails: Blue Hills Wetlands – wonderful trail with a jetty, bird hide, waterfall, BBQ area and sculptures. Windmill Park – popular spot for BBQ and playground Glenmore Loch – follow the trail around the lovely lake Surveyors Creek – large looped track around waterway with lots of ducks, rest stops and native trees.	Glenmore Park
Nature Reserves	Contact Hawkesbury Tracks for organised walks through Castlereagh, Mulgoa, Windsor Downs and Agnes Banks nature reserves.	Ph: 9247 5033
The Great River Walk (Weir Walk)	Walk along the Nepean River from the Log Cabin Hotel on Memorial Avenue, to Cassola Place. Approximately 2kms return. Walk will be extended in future. Parking and toilets available at Weir Reserve, Bruce Neale Drive.	Penrith City Council Ph: 02 4732 7777
The Great River Walk (Bridge to Bridge Loop)	Enjoy walking or cycling the 7km footpaths on both sides of the Nepean River between Victoria and Penrith Valley bridges. Toilets, parking, picnic tables, BBQs, playground area, large shady trees and maintained grassed areas at Tench Reserve, Tench Avenue Penrith, and Regatta Park, River Road, Emu Plains.	Penrith City Council Ph: 02 4732 7777
Penrith Lakes (The Sydney International Regatta Centre)	Toilets  , water, picnic tables, shelter: shade mountain, electric BBQs, playground, water views, walking, roller-blading and cycling. Gates open sunrise to sunset 7 days a week. Check www.regattacentre.com.au to see if park/tracks are available to use.	Entry Gate A, Castlereagh Road, Penrith Ph: 02 4730 0000
The Rock Lookout	Come and look out over the majestic Nepean Gorge and its surrounds. Directions - Turn right onto Fairlight Road from Mulgoa Rd (travelling towards Mulgoa) Fairlight Rd is unsealed for the last 3kms till the Rock Lookout car park located at the end of the road. Short walk from car park area on uneven path.	Fairlight Rd, Mulgoa
Rileys Mountain Lookout	Follow the fire trail from the Rock Lookout car park to Riley's Mountain Lookout through heath and eucalypt forest. Experience more views of the Nepean Gorge and its surrounds. For the keen walker or photographer.	Fairlight Rd, Mulgoa
Werrington Lake	Take a stroll / ride around the Lakes on paved area. One of the largest passive recreational areas in the city, is a haven for wildlife and outdoor activities	Parking at Burton St & Glencoe Ave, Werrington
Knapsack Viaduct	A leisurely stroll or cycle along path from the end of the Great Western Highway to the Knapsack Bridge. Walk from car park to Bridge takes 35 mins return. Can also enjoy walks down into gully and back. Plenty of bird life with wrens, parrots and bellbirds.	End of the Great Western Highway, Emu Plains



Penrith Valley Visitor Information Centre
Car park, Panthers World of Entertainment, Mulgoa Rd, Penrith
PO Box 60 Penrith NSW 2751
Telephone 1300 736 836 or 02 4732 7671
www.penrithvalley.com.au / pentour@penrithcity.nsw.gov.au



The information in this guide was correct at the time of printing and is subject to change without notification