

Cook Park Trail

Rating Easy Length 13 km one way

This is a flat constructed pathway meandering through Cook Park from the Georges River near the Captain Cook Bridge, Sans Souci to the Cooks River, Princes Highway, Arncliffe.

You' be treated to expansive views across Botany Bay including the Airport, Port Botany, La Perouse and Kurnell and the Towra Point Nature Reserve.

Water and toilet facilities are easily accessible and there are shops along the way for food and drink. There are also many parking areas along the way should you choose to walk smaller sections of the trail. The trail passes Lady Robinsons Beach where there are six swimming enclosures if you want to cool off.

The majority of the trail is a shared pedestrian/cycleway but there are sections at Dolls Point and Ramsgate where the pedestrian and cycleway paths are separate.

Rockdale Wetlands Trail

Rating Easy Length 8 km one way

This is a flat meandering trail following the wetlands corridor between the Georges River at Sans Souci and the Cooks River at Arncliffe. The trail mostly follows grassland tracks through a series of parks bordering the waterways.

You start the walk at the Scott Park Saltmarsh, Riverside Drive, Sans Souci and follow Bado-Berong Creek 'Fish' to Bona Park at Sandringham Street. Cross Ramsgate Road near Margate Street and rejoin the trail at the Tonbridge Street Reserve, Ramsgate. Follows the Scarborough Ponds Wetlands Corridor to President Avenue to where it meets the Bicentennial Park Wetlands. From this park you can proceed east via Kings Road to join the Cook Park trail or head north across Bay Street via West Botany Street to the Muddy Creek Parkland and cross Bestic Street into South Barton Park.

The trail continues through Barton Park to Riverine Park Wetlands and the Eve Street Wetlands at Eve Street, Arncliffe. At this location it rejoins the Cook Park trail.

There are limited water and toilet facilities along this trail so it is recommended that you carry the provisions you need when using this track.

Scarborough Ponds Trail

Rating Easy Length 6 km loop

This trail is part of the Rockdale Wetlands Trail and is recommended for walkers seeking a shorter track. It starts in Tonbridge Street Reserve Ramsgate and loops the Scarborough Ponds Lakes and the Bicentennial Park Ponds at Kogarah.

The trail is mostly grassland tracks with a section of constructed pathway in Bicentennial Park.

There are limited water and toilet facilities along this trail so it is recommended that you carry the provisions you need when using this track.

For walkers wanting to reduce the trail further you can crossover at Culver Street, Barton Street or President Avenue.

Valley to Bay Trail

Rating Intermediate Length 5.4 km one way

This trail connects the Bardwell Valley at the Bexley Swimming Centre to Brighton Baths, Botany Bay via a combination of local parks and local streets.

You start the walk at the Bexley Swimming Centre, Preddys Road, Bexley and climb out of the valley via a path up Highgate Street to Eddystone Road. Follow Eddystone Road south to Stoney Creek Road and cross the road at the traffic lights into Bexley Park.

Proceed along the paths in Besborough Avenue turning north east into Forest Road past McDonalds and cross to the northern side of Queen Victoria Street over the traffic lights.

Turn north into Monomeeth Street and then east through A E Watson Reserve to Gladstone Street and proceed to Dunmore Street North. Follow the path east through Seaforth Park to Dunmore Street South and then to Cadia Street via the walkway off Wolseley Street.

Proceed to Frys Reserve over Warialda Street and continue over the Illawarra Rail Bridge into Gladstone Street.

Follow along the southern side of the Kogarah Public School to the Princes Highway. Cross the Highway at the French Street traffic lights and continue east along the French Street footpath to West Botany Street.

Cross West Botany Street at the pedestrian refuge and join the track in Bicentennial Park.

Follow the track north east towards Kings Road and follow footpath to The Grand Parade. Cross The Grand Parade at the Duke Street traffic lights and arrive at the Brighton Baths.

The trail from the Valley to the Bay is mostly downhill and drops in elevation by 52 metres over the trail length.

There are limited water and toilet facilities along this trail so it is recommended that you carry all your provisions for this track.

Bardwell Valley Trail

Rating Intermediate Length 4 km one way

This trail commences in Bexley Golf Course and follows a meandering track through Bardwell Valley and local streets to Coolabah Reserve where Bardwell Creek joins Wolli Creek under the East Hills Rail Line. The trail is a combination of constructed paths and grassland tracks.

You start this walk at a gate in Unwin Street, Bexley and join a concrete path through Bexley Golf Course through to St Georges Road.

Cross Stoney Creek Road into Laycock Street and proceed over a rough grass track along a drainage channel towards the Bexley Swimming Centre at Preddys Road, Bexley.

Proceed down along the northern side of the Pool and join either the grass track immediately adjacent to the creek or walk up the hill towards Highgate Street and join the concrete path called the ' Ministers Walk' Both trails proceed north towards Bexley Road.

Cross Bexley Road via a path under the road and join the grass track running along the edge of Bardwell Creek. This track continues north to Broadford Street Reserve where, if you look up to the top of the Reserve, you will see the new Observation Platform which has magnificent views up and down the valley.

At this section of the trail, you have a choice to walk east up two steep hills via either Broadford Street or Hillcrest Avenue. Both streets connect to George Street then Sackville Street and turn north into Lorraine Avenue to Silver Jubilee Park.

Cross the park to Pile Street and follow this street to where it rejoins the grass trail along the Creek towards Shepherd Reserve.

Cross Bardwell Road into Coolabah Reserve which leads to the end of Bardwell Creek at the Railway.

If you wish to proceed further north there is a connection via local roads to join the Cook Park Trail at the Princes Highway, Wolli Creek. There is also a connection to the Wolli Creek Trail via a pedestrian bridge over Wolli Creek at the western end of Henderson Street.

There are no water or toilet facilities along this trail so it is recommended that you carry all your provisions for this track.

Wolli Creek Trail

Rating Intermediate/Difficult Length 6 km one way

This trail is not located within the City of Rockdale but you can join this trail from the following locations in our City:

- Kingsgrove Road, Kingsgrove north of Kingsgrove Avenue
- Bexley Road, Bexley North north of Kingsgrove Avenue
- Hartill-Law Avenue, Bardwell Park
- Henderson Street, Turrella

This trail is a constructed asphalt footpath located on the southern side of the M5 Motorway between Kingsgrove Road and Bexley Road.

A pedestrian bridge over Bexley Road allows a safe crossing of this very busy road and via a footpath joins the trail in the Valley north of Wolli Creek.

The track is very rough in sections and follows a meandering track through the Valley to Hartill-Law Avenue. The trail continues through the Wolli Creek Regional Park via a single width track. Inexperienced walkers need to take care as the trail requires scrambling over rocks.

The trail emerges at a large open fork at the Henderson Street footbridge Turrella.

The trail continues through the Park and proceeds to Waterworth Park at Tempe via Nanny Goat Hill and local streets.

This trail is the most challenging of all these walks.

While these six trails are the main tracks in and around to the City of Rockdale the trails are connected by local streets and footpaths.

Also the trails join other trails in adjacent Council areas via:

- Cook Park Trail via Captain Cook Bridge, Sans Souci connects a trail in Sutherland Shire at Taren Point that leads to the Kurnell Peninsula.
- Cook Park Trail via Princes Highway at Wolli Creek joins the Cooks River Trail that leads to Homebush Bay. (Bicentennial Park & Olympic Park).
- Cook Park Trail via Marsh Street, Arncliffe joins the Alexandra Canal Trail that leads to Sydney Park at Sydenham and plans are advanced to develop a trail around the Airport to La Perouse.