

FREE HIKES & BIKES

Walking, cycle and exercise trails

PENRITH

Last updated June 2019

For more information go to: ✉ Penrith City Council, 601 High Street, PENRITH NSW 2750 | ☎ 4732 7777 | 🌐 penrith.city

1 AGNES BANKS NATURE RESERVE ACCESS VIA RICKARDS ROAD, AGNES BANKS

Various walking tracks available.
The area also hosts many native animals and birds.

2 JORDAN SPRINGS LAKE ACCESS VIA LAKESIDE PARADE & CULLEN AVENUE, JORDAN SPRINGS

You can take a walk around the man-made lake and view water birds. The walk takes approximately 30 minutes and includes a children's playground with modern multi-age play equipment and sand softfall. The walk continues to Greenwood Park where there is a fenced off-leash dog park.

3 THORNTON OVAL LORD SHEFFIELD CIRCUIT, THORNTON

Historical cricket oval at Thornton Estate including outdoor gym. There is a walkway around the oval with information on the historical site as well as various outdoor gym equipment. It takes approximately 10 minutes to walk the loop. There is modern multi-age play equipment with rubber softfall and a splash pad.

4 CASTLEREAGH NATURE RESERVE ACCESS VIA THE NORTHERN ROAD, BERKSHIRE PARK

The reserve has many interesting plants and geological features. The area also hosts many native animals and birds.



5 MOUNTAIN VIEW RESERVE ACCESS VIA OLIVE LANE OR NEPEAN STREET, CRANE BROOK

This is a restored Regionally Significant Wetland and adjoining area of endangered bushland which supports a range of birds and native animals. There are several walking tracks throughout the reserve – both formal paths and informal tracks, which can be linked up to form a good walking loop. The reserve also has a bird hide for bird watchers, and a viewing platform looking out over the Penrith Lakes and foothills of the Blue Mountains.

6 SYDNEY INTERNATIONAL REGATTA CENTRE OLD CASTLEREAGH ROAD, CRANE BROOK

Recharge your batteries and get active at Sydney International Regatta Centre. Our range of fun activities both in and out of the water are sure to keep you and the family entertained.

7 WERRINGTON LAKE BURTON STREET, WERRINGTON

Werrington Lakes is a manmade lake surrounded by parkland and walking tracks. The wetland attracts birds all year round, and there are BBQs and picnic facilities overlooking the lake. The Werrington Lake Environmental Trail is located around the lake, marked by 13 sculptures of fauna found in the area.

8 WATERSIDE LAKEVIEW DRIVE, CRANE BROOK

There are several walking tracks around the lakes of the estate.

9 WIANAMATTA NATURE RESERVE VINCENT ROAD, CRANE BROOK

This reserve created in October 2011, covers 181 hectares and includes walking paths.

10 WIANAMATTA REGIONAL PARK MAINWARING STREET, ROPES CROSSING

There are walking, jogging and cycling tracks available, as well as a picnic shelter and open grass clearings for picnics. There will be an entrance to the park from Jordan Springs in 2019.

11 BRIDGE TO BRIDGE / GREAT RIVER WALK TENCH RESERVE, JAMISONTOWN

7km looped walk along the banks of the picturesque Nepean River that continues north past Victoria Bridge. See free contemporary art at the renowned Penrith Regional Gallery and pause at its café, bird watching, plus watch out for other wildlife! Learn local history and stories with signs along the way.

12 JAMISON PARK JAMISON ROAD, SOUTH PENRITH

This area has children's playground, active zone for older children, outdoor gym and balance and flexibility zone. There is a walking track around the playing fields and also an off-leash area for dogs.

13 KNAPSACK VIADUCT GREAT WESTERN HIGHWAY, EMU PLAINS

A stony walk along the upper unpaved track bed. Ensure you have adequate water and a camera to take photos of the historic bridge and scenery.

14 CLAREMONT MEADOWS MYRTLE STREET, CLAREMONT MEADOWS

There is a walking track and outdoor gym equipment around the Myrtle Street fields.

15 ERSKINE PARK ACCESS VIA VARIOUS SIDE STREETS OFF SWALLOW DRIVE, ERSKINE PARK

On the eastern side of the creek there are various informal bush tracks to explore.

16 THE ROCK LOOKOUT & RILEY'S MOUNTAIN LOOKOUT FAIRLIGHT ROAD, MULGOA

A short walk from the car park through bushland leads to "The Rock". The path is not level and has some steps. The lookout gives you breathtaking views of the Nepean Gorge. A longer 2.5km track takes you to Riley's Mountain Lookout.

17 BLAXLAND CROSSING RESERVE SILVERDALE ROAD, WALLACIA

Located on the western side of Wallacia, this reserve has open space, picnic tables, BBQs and a children's playground.

18 DENVER ROAD RESERVE ACCESS VIA EXPLORERS WAY, ST CLAIR

There is a children's playground next to the outdoor gym equipment and a pathway around a small section of bushland.

19 GLENMORE LOCH GLENMORE PARKWAY, GLENMORE PARK

Outdoor gym equipment is located along the walkway. A leisurely 15 minute walk takes you through to Ched Towns Reserve near the Glenmore Park centre.

20 BLUE HILLS WETLAND BLUE HILLS DRIVE, GLENMORE PARK

A natural habitat for the numerous species of wildlife, including water birds, ducks, turtles and frogs that inhabit the area. Some stunning man-made features have also been created, including public art, large sandstone sculptures, interpretative signage, bird hides, picnic and BBQ facilities. There are a series of pathways to walk or cycle, looping around the wetland.

21 BLUE HILLS COMMUNITY CENTRE ACCESS VIA GLENMORE PARKWAY, GLENMORE PARK

Features an outdoor gym, children's playground and café.

22 GLENMORE RIDGE GLENMORE RIDGE DRIVE, GLENMORE PARK

A series of outdoor equipment can be found along the pathway.

23 MULGOA NATURE RESERVE ACCESS VIA DILLWYNIA DRIVE, GLENMORE PARK

Located at the south western edge of Glenmore Park off Glenmore Parkway from Dillwynia Drive. This reserve features vegetation from the endangered Cumberland Plain Woodland. It provides important habitat for many native fauna especially woodland birds. There are a number of geological features that can be viewed. There are at least 20 vulnerable plant species located in the reserve.

24 DUKES OVAL PARK STREET, EMU PLAINS

There are a couple of walking tracks around the oval and towards the community centre and shops.

25 BLAIR OVAL CREEK ROAD, ST MARYS

There is a walking track around the oval, tennis courts and South Creek Park.

26 SHERRINGHAM RESERVE SHERRINGHAM ROAD, CRANE BROOK

This walk follows the reserve from Callisto Drive and Borrowdale Way to Grey Gums Road.

27 KEVIN MALEY PARK CORNER CARPENTER AND DAN CRESCENT, COLYTON

Small reserve with an outdoor gym.



Blue Mountains National Park

