

FREE WALKING, CYCLE AND FITNESS TRAILS

PENRITH

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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 three fitness equipment stations. The walk continues to Village Oval where there is a fenced off-leash dog park.

3 RON MULOCK 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 fitness 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 Rd, Berkshire Park Recreation Ground

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, Cranebrook

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, Cranebrook

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. There is a Park Run here every Saturday.

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. There is a Park Run here every Saturday.

8 WATERSIDE

Lakeview Drive, cranebrook

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

9 WIANAMATTA NATURE RESERVE

Vincent Road, Cranebrook

This reserve 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

6.4km 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. There is a Park Run here every Saturday.

12 JAMISON PARK

Jamison Road, South Penrith

This area has a children's playground, active zone for older children, outdoor fitness equipment 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 MYRTLE ROAD FIELDS

Myrtle Street, Clairmont Meadows

There is a walking track and outdoor fitness equipment around the Myrtle Road 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 fitness equipment and a pathway around a small section of bushland.

19 GLENMORE LOCH

Glenmore Parkway, Glenmore Park

Outdoor fitness equipment is located along the walkway. A leisurely 15 minute walk takes you through to Ched Towns Reserve near the Glenmore Park town 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 GLENMORE PARK CHILD AND FAMILY CENTRE

Access via Glenmore Parkway, Glenmore Park

Features outdoor fitness equipment, children's playground and cafe.

22 GLENMORE RIDGE

Glenmore Ridge Drive, Glenmore Park

A series of outdoor fitness 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 few 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, Cranebrook

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 outdoor fitness equipment.

28 CHAPMAN GARDENS

Corner Second Avenue and Anthony Crescent, Kingswood

Outdoor fitness equipment.

29 JAMES ERSKINE DRIVE

End of James Erskine Drive, Erskine Park

Outdoor fitness equipment.

30 BRIAN KING PARK, OXLEY PARK

Braddon Street, Oxley Park

Modern children's playground and outdoor fitness equipment.



Blue Mountains National Park

