

## Tidal River - Mt Bishop Walk

Difficulty	Medium
Length	9 Km
Total Ascent	375 m to summit + 108 m on return
Gradient	7% - testing, but not steep
Path	Quality stony path, a main road to be crossed

This walk starts at the Tidal River footbridge, and includes part of the Lilly Pilly Gully Nature Walk, and an ascent of Mt Bishop, before returning to Tidal River. It offers stunning views of Tidal River and the surrounding mountain ranges and flood plains and beaches!

Cross the Tidal River footbridge and take the 'Lilly Pilly Link Track' east towards the Lilly Pilly Gully carpark.

The first challenge is the steady climb up to the Lilly Pilly Gully carpark, on a well-formed track. Not too hard! You will notice evidence of environmental burns and land clearing, as the land managers strive to remove Coastal Tea Tree to allow local eucalypts to reclaim their traditional dominance.

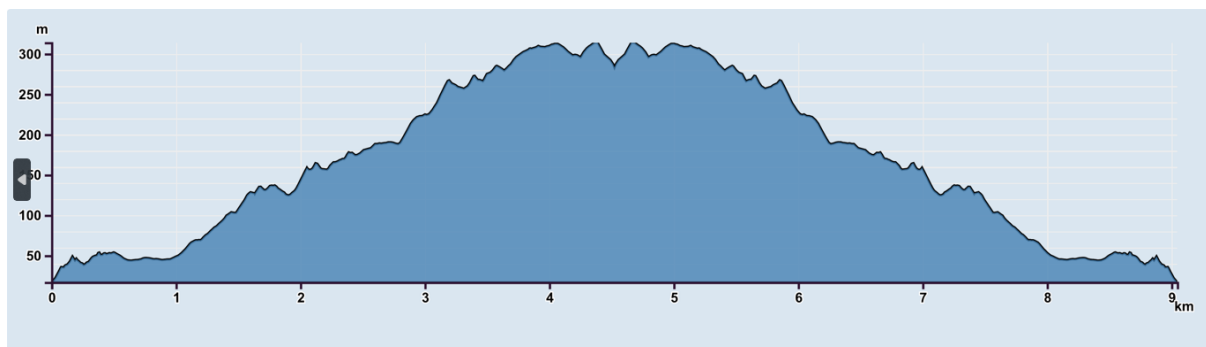
You need to cross the main road to enter the Lilly Pilly carpark area – take care here!

Start the Lilly Pilly Gully Nature Walk going clockwise by taking the track from the northern end of the carpark. Enjoy the steady climb for about 1.5 Km until you reach the clearly signposted Mount Bishop track junction.

Take the hard left turn up the Mt Bishop track, and commence on a long steady climb up another well-maintained track to Mt Bishop. The climb is not hard, but demands a good level of fitness. Part of this track is sometimes a little wet and muddy, so be careful of slips and falls! Below the peak, there is an open area of rock with a panoramic view over the Tidal River area. The track crosses this area, but is quite faint, it is tricky to find the continuation of the track on the other side. After 200 m, you will reach the summit (320 m), where there are fabulous views Southwest, over the entire Tidal River area, with Norman Island to the West. Mt Leonard (560 m) dominates the view to the North.

The return down to the Lilly Pilly Gully carpark is short and sweet. From the Lilly Pilly Gully carpark, cross the main road (again, with care) and, after 200 m, at the track junction, take the left-hand path back to Tidal River, ignoring the track to Tidal Overlook

## Walk 10 - Elevation Profile



# Walk 10 – Tidal River - Mt Bishop Walk

