

Great outdoors

As well as being a busy commercial and entertainment centre, Penrith has a great range of natural, heritage and outdoor experiences, including the Great River Walk and Penrith Lakes.

THE GREAT RIVER WALK

The first stages will link the Windsor and Richmond area with Penrith and already most of the section linking the Nepean River at Penrith with Penrith Lakes has been completed (currently 2kms return). This links with the existing 7km loop path around both sides of the river in Penrith and Emu Plains utilising the bridges on the M4 and the Great Western Highway. The ultimate aim is for the Great River Walk to follow the Hawkesbury Nepean River system from south of Goulburn to its mouth at Broken Bay just north of Sydney.

You can start and finish the walk from a variety of places, which allows you to customise the length of your walk or cycle.

Some suggested places to start are Tench Reserve, Weir Reserve on Bruce Neale Drive and Memorial Avenue in Penrith or Regatta Park, Emu Plains. See page 32 for facilities at Picnic areas.

The Great River Walk is within close proximity to both Emu Plains and Penrith railway stations making it a popular excursion for walking groups and those wishing to leave the car at home for the day. There are a few options along the way offering various levels of sustenance for those who need to replenish their energy stores, or as a reward at the end.

For those who want to take it further, quiet back streets from Cassola Place lead to Old Castlereagh Road and Penrith Lakes.



WHERE IS THAT?
Mamre House Gardens.
Weir Reserve Gazebo.
Trolling for bass on Nepean River.
Weir Reserve.



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PENRITH LAKES

Penrith Lakes is a massive scheme involving the creation of a series of lakes rehabilitating a sand and gravel quarry on the floodplain of the Nepean River about three kilometres north of the Penrith CBD.

The area covered by the scheme is 1935 hectares, and today is the largest sand and gravel quarry in Australia.

Quarry activities will cease in the near future and planning for the remediation of the site is well underway. It will provide a mixture of housing, employment and recreation and tourism facilities. Sydney International Regatta Centre hosted the rowing and flat water canoeing events in the Sydney 2000 Olympics. Penrith Whitewater Stadium hosted the Olympic 2000 canoe slalom events and is the only man-made whitewater course in the Southern Hemisphere.

The original inhabitants of Penrith Valley were the Darug tribe.

Evidence of Aboriginal history was unearthed during the development of Penrith Lakes where local traditions and art of the local Darug tribe are now celebrated at Muru Mittigar Aboriginal Cultural Centre. Also at The Lakes, the Penrith



WHERE IS THAT?
Aerial view of Olympic Rowing and Canoeing Course at Sydney International Regatta Centre.

PAGE 13 www.penrithvalley.com.au

