

Walking the Lake

Bird Cage Bop

Correct as at 4th April, 2018

Overview and Track Information

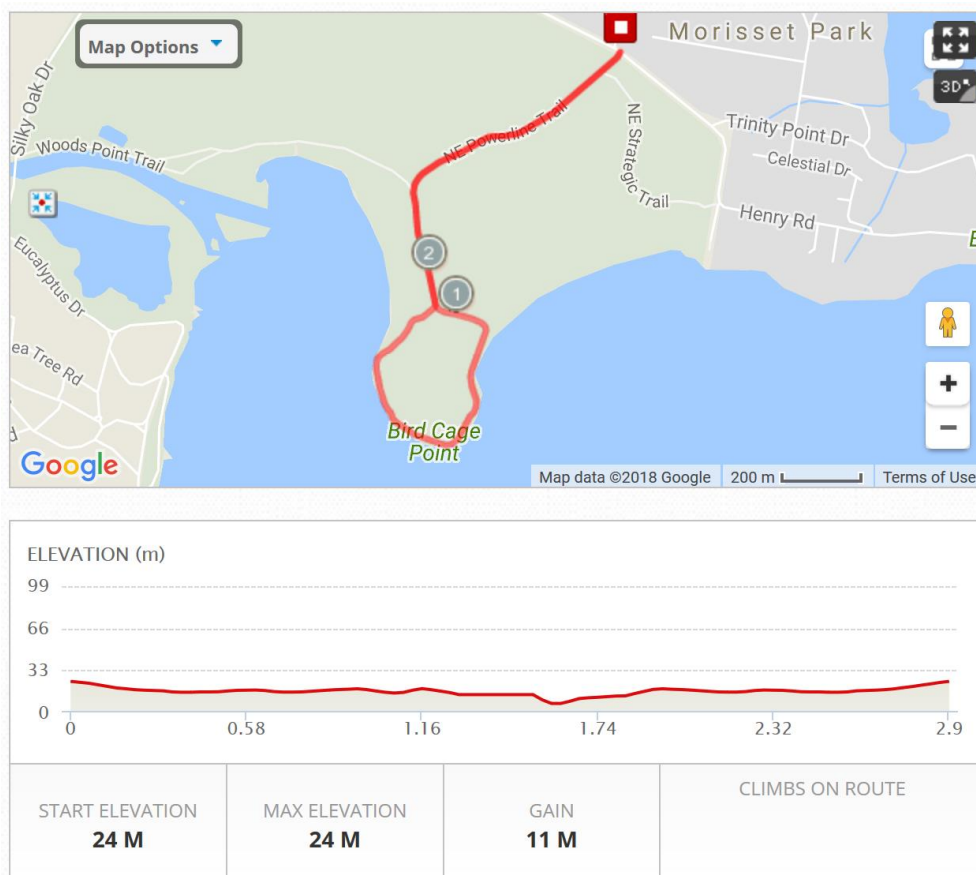
This is an easy 3km walk out-and-back to the northern headland of the 'nameless bay' on Lake Macquarie. It follows well-defined walking tracks and fire trails and offers lovely views across the water to Wye Point and Frying Pan Point. It's a very flat walk, but at a couple of points the walking track has bad ruts from trail bikes, so some care is needed to avoid twisting an ankle.

Meeting Point & Getting There

The meeting point is the intersection of Morisset Park Road and Chifley Road, Morisset Park. There's ample car parking space along Morisset Park Road. There are no public toilet facilities on the walk.

Map and Elevation Profile

The walk begins and ends at the gate opposite the meeting point, marked by the red square on the map.



About Bird Cage Point

Bird Cage Point was formerly call Woods Point, a name that survives in the Woods Point Fire Trail.

In 1900 the Department of Lands gazetted 1300 acres for what to become the 'Morisset Asylum for the Insane'. Construction began in 1906. After the First World War patient numbers soared and in 1920 the hospital acquired more land. The estate covered 4000 acres.

In 1995 most of the estate was transferred to the National Parks and Wildlife Service (NPWS) as part of the Lake Macquarie State Recreation Area, and to the Koompahtoo Aboriginal Land Council (KALC) as a land grant. The NPWS received the land known as Woods Point as well as a strip around the remainder of the hospital waterfront.

Track notes

Enter the gate opposite the meeting point, go past the Lake Macquarie State Conservation Area sign and follow the very well-defined track beyond it.

After about 600m you come to a T-junction. This new track is the Woods Point Fire Trail. Turn left and follow the road towards the small knoll in the distance.

In another 400m you will come to a four-way intersection of gravel tracks. This is the one kilometre mark. Turn left and downhill towards the foreshore.

Follow the track as it swings right past a dilapidated picnic shelter and, among the weeds, a picnic table. You're now on Birdcage Point.

Follow the track around the shoreline, enjoying the excellent views east across the lake to Frying Pan Point and, behind it, Point Wolstoncroft; southeast to Vales Point with the power station in the background; and south to Wyee Point and Wyee Bay.

The track circumnavigates Birdcage Point. Just before it climbs back up to the four-way intersection look left across the water and identify the cupola of the clock tower on the Morisset Hospital Recreation Hall. It was the first building erected at the hospital and on its completion in 1908 it contained a gymnasium, kitchen, offices, staff dining room and mezzanine storage. The Recreation Hall was the venue for an elegant fancy dress Victory Ball on 13th August, 1919.

Curiously, the clock tower never had the clock installed. Morisset's clock was accidentally sent to Kenmore Hospital in Goulburn and no replacement ever arrived.

Climb the hill to the four-way intersection, turn left and retrace your route back to the cars.