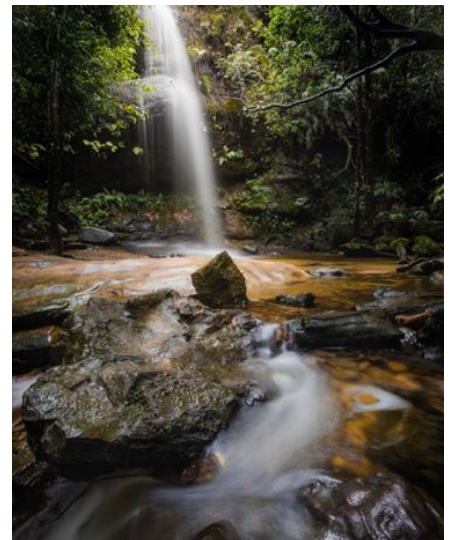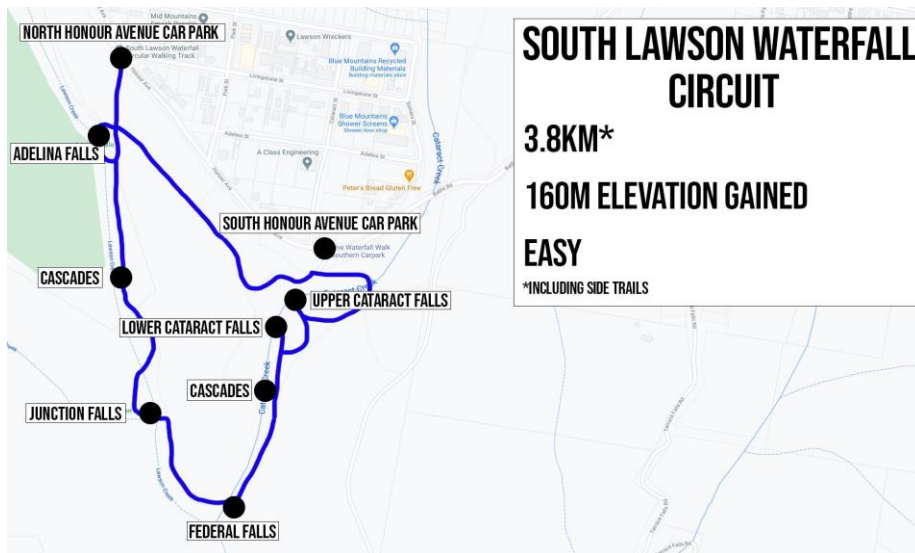# South Lawson Waterfall Circuit: the best rainy day walk in the Blue Mountains
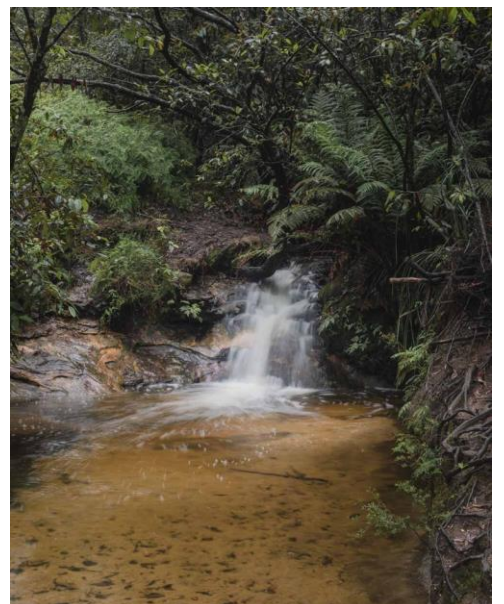

The South Lawson Waterfall Circuit is an easy walk and passes by five waterfalls in under 3km. We took 1.5 hours to do the entire walk, but that was mainly because we wanted to see every waterfall and cascade, and took a lot of photos!

The trail is in good condition on the whole and whilst it does go down hill to Federal Falls and then uphill on the way back, most people will find this an easy trail. It can be muddy at times after rain and also take some salt with you in case you encounter some leaches.

SOUTH LAWSON WATERFALL CIRCUIT

3.8KM*

160M ELEVATION GAINED

EASY

*INCLUDING SIDE TRAILS

Walk down Honour Ave from Lawson Train Station or drive down and park at the first Carpark.

The first falls you will encounter is Adelina Falls. It is off a side track from the main track and has a pool in front of the falls.

You'll head briefly downhill on rocky steps before you reach an un-signposted path on your right 150m later.

It leads to a small cascade and the top of the first waterfall. It's only 100m to get there and nice enough, but by no means a must do - you don't really get a great look at the top of the falls.

It's surrounded by ferns and all the trees and foliage make it a lovely shady spot. If you're walking on a warm day it's a nice place for a paddle - and there are plenty more along the rest of the trail too.
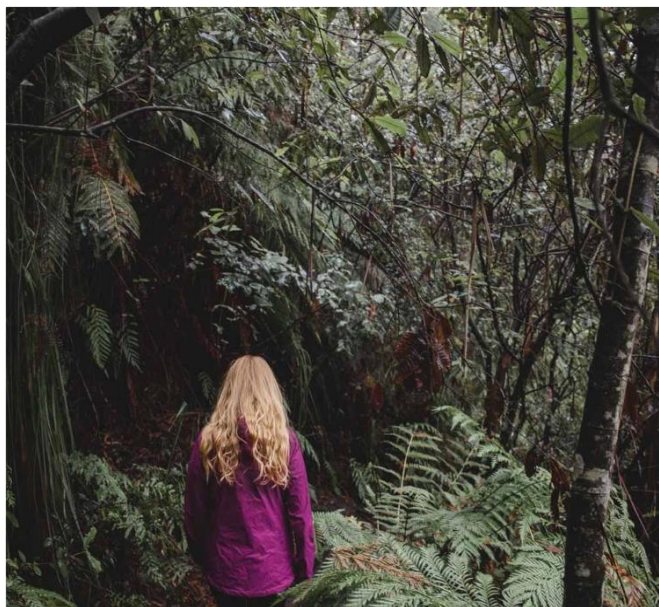
On to Junction Falls

From Adelina Falls you have just under 1km before reaching the top of Junction Falls. The narrow path is mostly flat and surrounded by really pretty bushland.

You'll hear so many sets of cascades along the way, although the path rarely takes you to see them close up.

This was the only section of track where there was quite a big mud patch. Someone had kindly thrown a couple of logs down and you could cross without any issues.
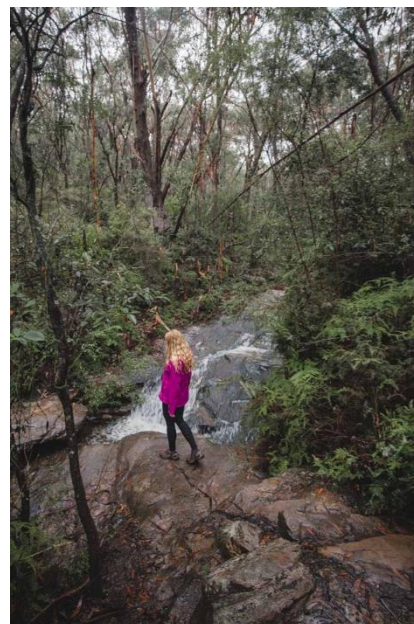
We went straight through the middle and even then it wasn't bad at all, well below getting above our boots, but probably not great in trainers!

The top of Junction Falls isn't signposted but you'll hear it, and then see a short side trail off to the left, it's where the main track heads uphill to the right.

It only takes a minute to see the top of the falls, although it doesn't even begin to show you how incredible this waterfall is.

I was taken aback when I saw it from the base. The bottom of the falls is 200m from the top and once at the bottom you can climb over the log onto the rocky platform for a closer look.

All the waterfalls on this track were pretty fantastic after so much rain, but Junction Falls is probably my favourite.
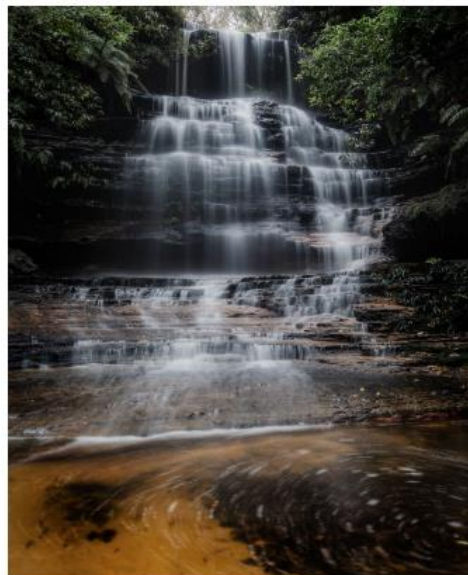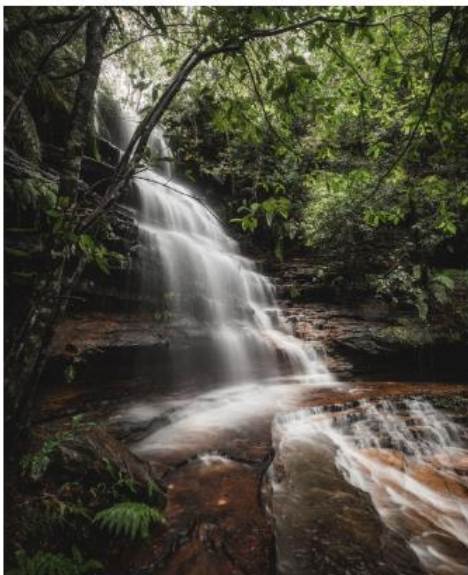
It reminded me of Katoomba Cascades but in a more secluded spot and with no crowds! It's definitely one of my favourites in the Blue Mountains.

As the name suggests, Junction Falls is at the junction of two creeks so there is actually two waterfalls. If you want to get up close to the waterfall it's easy to get onto the section that you can see in our picture, and it's not slippery until you get to the water itself. It would be good for a waterfall shower on a hot day if you're careful on the rocks!

Just over the little bridge in front of the falls you'll come to yet another pretty waterfall. This one doesn't appear to have a name.
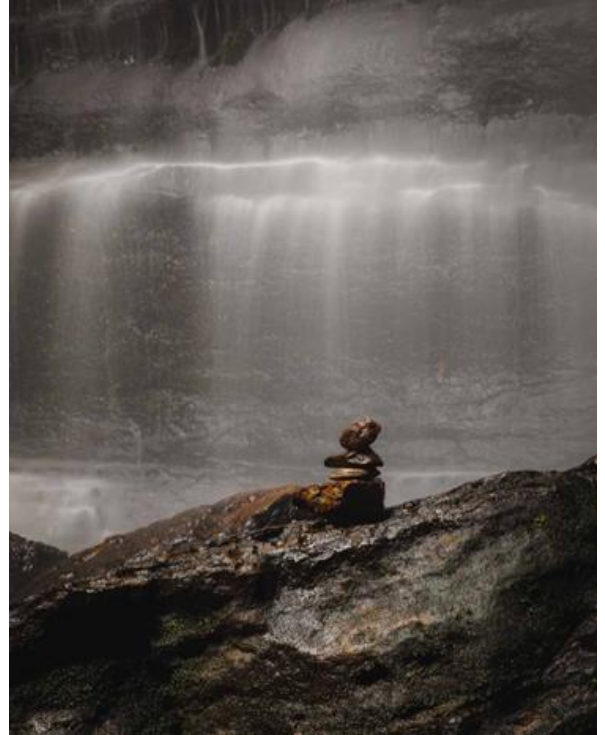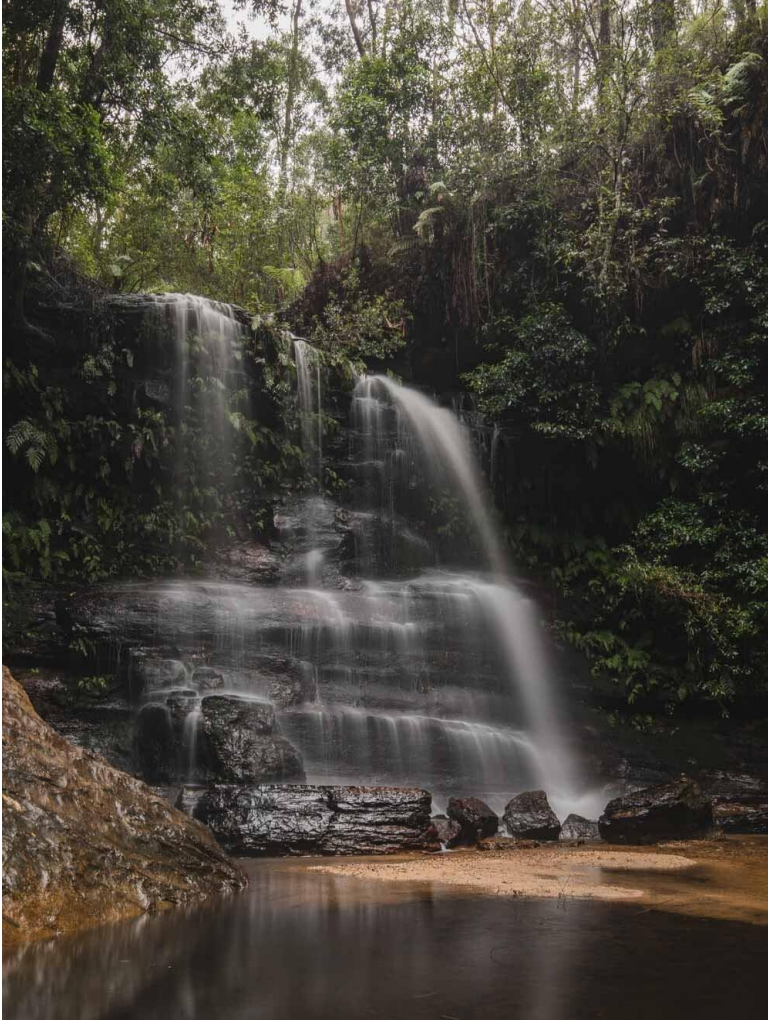
It's slightly smaller than the others and a little obscured by greenery, but it's still very lovely.

Onto Federal Falls

A few hundred metres beyond Leslie Falls you'll reach a junction. The track heading uphill is signposted and will take you to Cataract Falls. The path heading straight on is now signposted and will take you to Federal Falls.
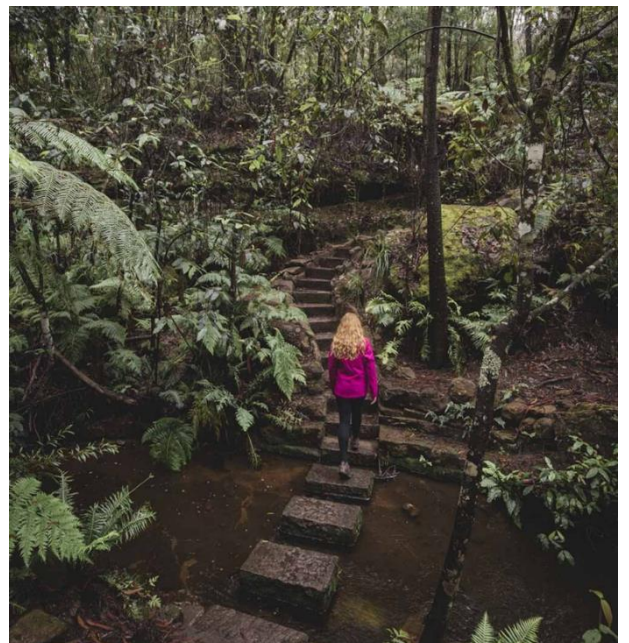
Don't miss this one because it's another little gem! It's just 250m beyond the junction and you'll head very gently downhill through the bush and then into an area with a large fern covered overhang and another stunning waterfall.

The pool at the base is fairly big here, not deep enough for a swim but deep enough for a good paddle. I really liked this spot which has that hidden away feeling.

After Federal Falls you'll head very slightly uphill and back to the junction. From here you have a few staircases to climb before the path flattens.

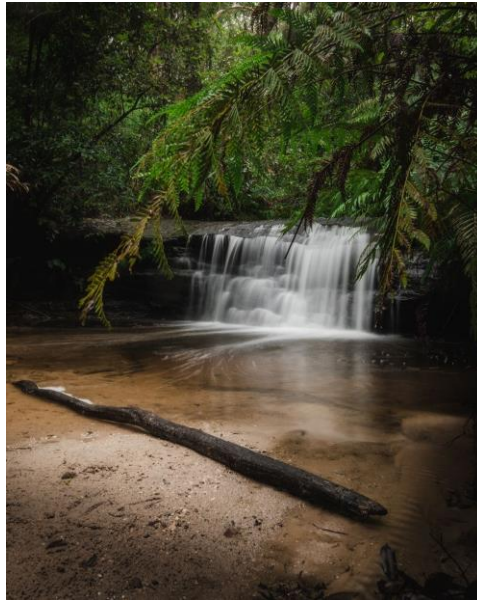There are a couple more undulations but nothing very noticeable.

Onto Cataract Falls

The path through the bush is really pretty, especially because it was so lush and green in the rain.
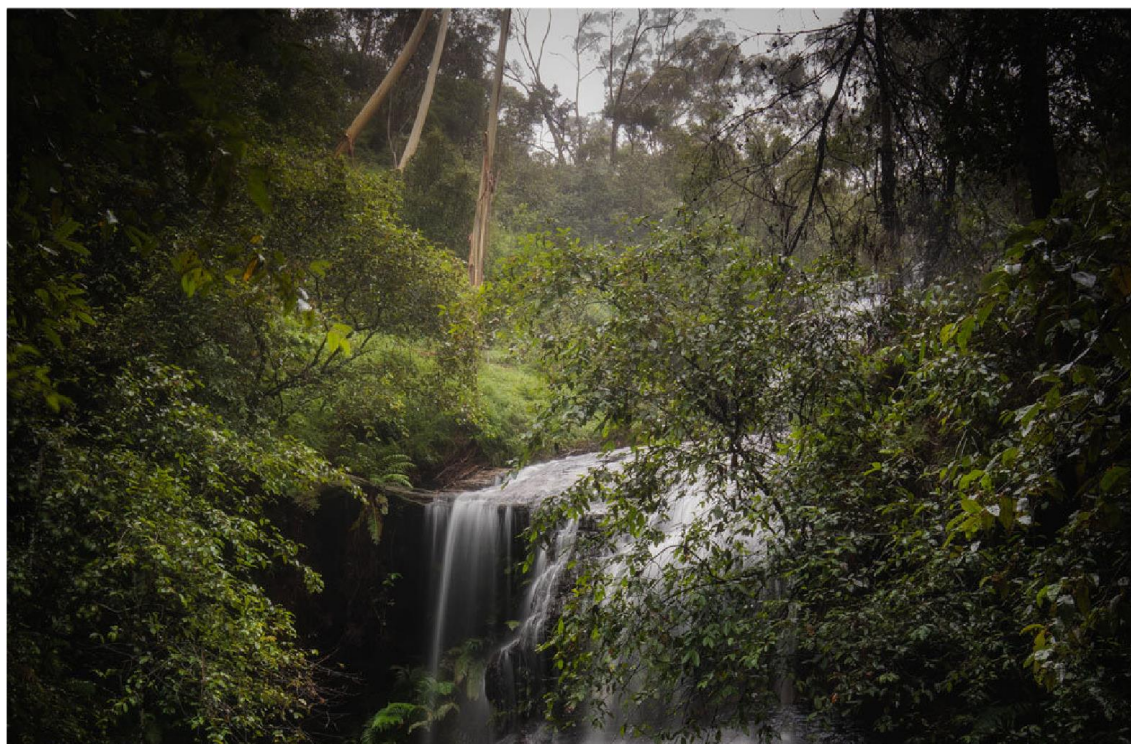
Roughly 400m after leaving the junction there's a little side trail off to the left which leads to a small cascade.

It's a slightly muddy path, but nothing too major and it's a peaceful little spot.
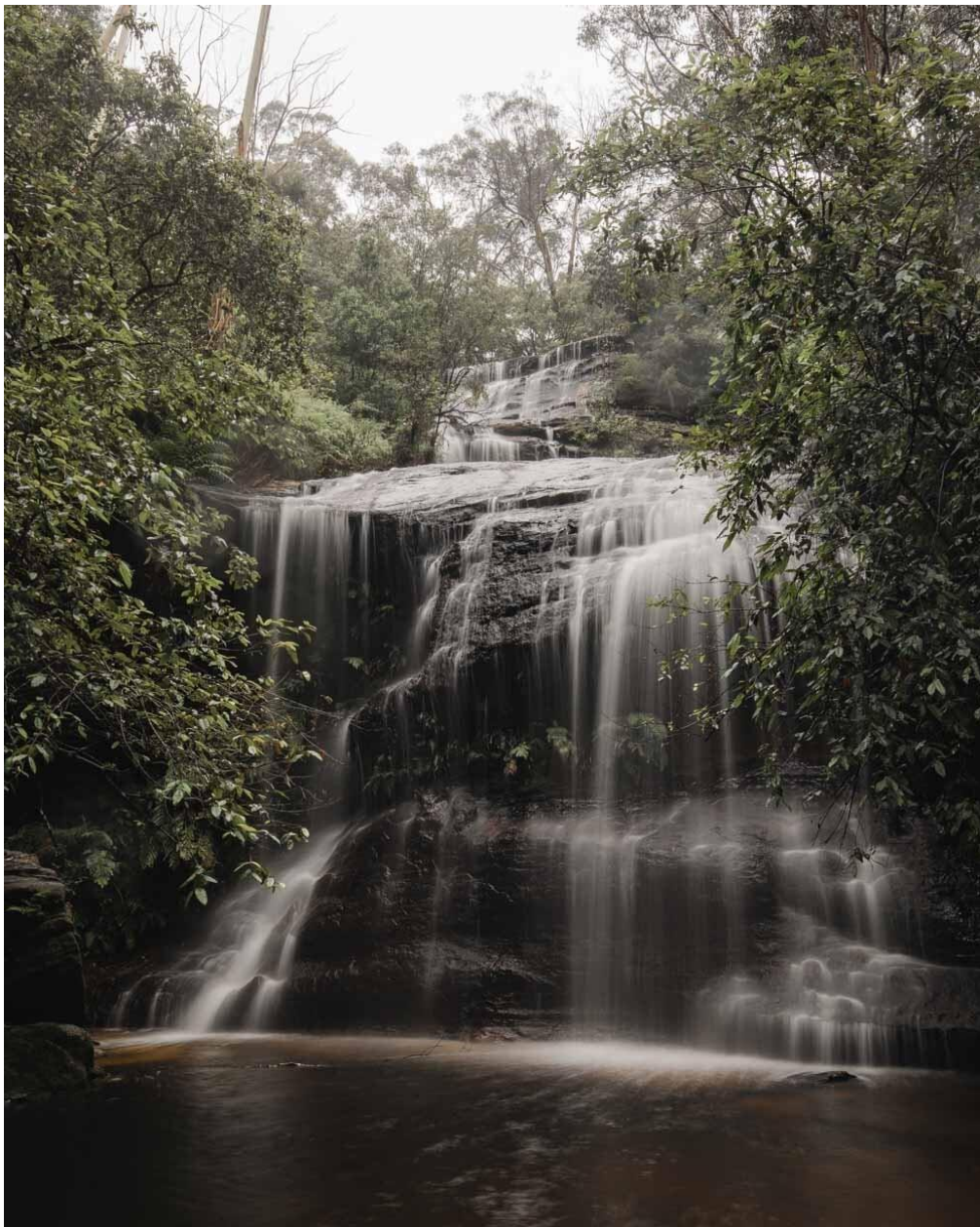

After the cascades you are just 300m from Cataract Falls. There are a few more staircases to climb before you'll arrive at the falls.

There is a decent size pool at the base of the lower falls and water roughly up to thigh level on an adult if you want a dip, kids can have a proper splash about - again assuming there has been rain, otherwise that won't be the case!

There's a little sandy beach and it's a popular spot with families on a hot day - and as it definitely wasn't hot when we visited we got it all to ourselves!
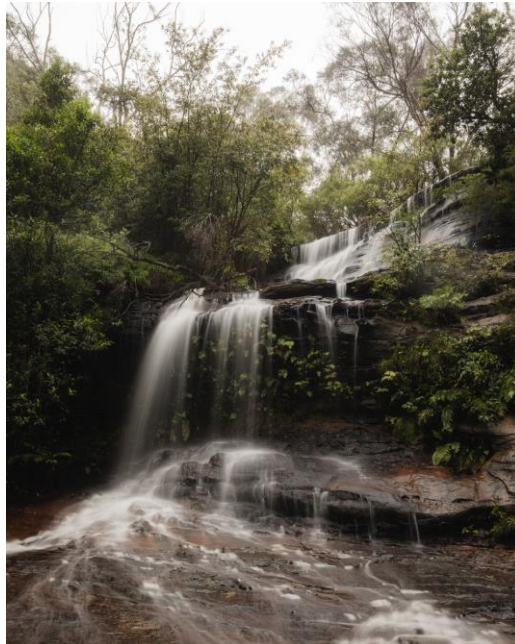
Upper Cataract Falls

Once you're ready to leave the lower falls, there are a couple of stairs to climb before you can make a left turn to the upper falls, or carry on straight to complete the circuit.

Assuming all the falls are running nicely don't miss the upper falls, they are well worth a visit. You can get quite close, but I wouldn't walk on the area with running water because it gets slick, but the view from the dry rocks is fantastic.

This is the last trail highlight as finishing the loop mainly involves walking on fire trail. You do have bush either side of the path, but it doesn't compare to what you've seen already.

There are some stairs to climb and some undulating track to get back to the car park but nothing steep. From the top of the falls to the end of the circuit is an 800m walk.

Overall we really enjoyed this walk and so glad we returned after rain which made it so much more special.

The Location