



The walk from Chowder Bay to Middle Head is an interesting one, which passes Georges Head Lookout, with its views over South Head, and then goes up to the WW1 hospital. The track continues to delight walkers with an exploration of the whole of Middle Head with its forts, nudist beaches (a sidetrip option) and stunning views over the harbour. The walk returns via Chowder Bay Rd which has a few fortifications hidden in the bush.

Sydney Harbour National Park

Length: 5.1 km
Time: 2 hrs 30 mins
Climb: 214 m
Style: Circuit
Rating: Track: Moderate
Where: 2.5 km ESE of Mosman
Transport: bus car



Visit www.wildwalks.com for more info

Side trips and Alternate routes mentioned in these notes are not included in the tracks overall rating, distance or time estimate. The notes only describe the side trips and Alternate routes in one direction. Allow extra time for resting and exploring areas of interest. Please ensure you and your group are well prepared and equipped for all possible hazards and delays. The authors, staff and owners of wildwalks take care in preparing these notes but will not accept responsibility for any inconvenience, loss or injury sustained by using these notes or maps. Please take care and share your experience through the website.



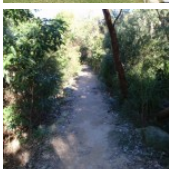
Int. Chowder Bay Trk and Georges Heights Rd to Georges Head Lookout 0.1km 1 mins

(From S) From the intersection, this walk follows the sign to Georges Head Lookout, down the hill to the circular paved lookout above the fortifications.



Georges Heights

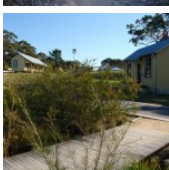
Georges Heights is a gun emplacement with a commanding 180degree view over the entrance to the harbour. The old gun emplacements are still in position, with their arcs of fire explained in the signs nearby. The view from this lookout is magnificent.



Georges Head Lookout to Int. WW1 Hospital and Chowder Bay Trk 0.5km 5 mins

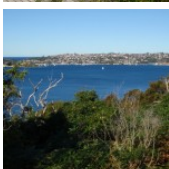
(From 0.07 km) From the circular lookout of Georges Head Lookout, this walk follows the sandstone pavement back to the road at the signposted intersection.

From the intersection, this walk follows the signs to 'Balmoral Beach' up the hill for a short while. The track opens out to a clearing on the left which has some old structures in it. This is the World War 1 hospital.



WW1 Hospital

This military hospital was in use from 1916 to 1923, and could treat up to 420 troops at any one time. Sydney Harbour Trust completed restoration of the buildings mid-2005. These buildings are New South Wales' only surviving military hospital buildings from WW1.



Int. WW1 Hospital and Chowder Bay Trk to Int. Middle Head Rd and Chowder Bay Rd 0.8km 15 mins

(From 0.52 km) From the intersection, this walk heads up and across the hill, leaving the WW1 hospital behind on the left. The path continues up the hill, passing a sculpture (to the right), then tending left up to Middle Head Rd. The walk crosses the road to the signposted intersection on the other side.

From the intersection, this walk heads down the road towards the fence, away from the houses. The road tends right as it comes into HMAS Penguin. The walk continues along Middle Head Rd to the intersection with Chowder Bay Rd, opposite the oval.



Int. Middle Head Rd and Chowder Bay Rd to Middle Head Oval NE Gate 0.2km 5 mins

(From 1.34 km) From the intersection, this walk heads away from the road to the gate which opens to the oval, next to the baseball nets.

From the gate, this walk heads away from the baseball nets to the far side of the oval, where there is another gate.



Middle Head Oval NE Gate to Behind Officers Quarters 0.4km 5 mins **Alternative ROUTE:**

(From 1.51 km) From the gate, this walk follows the track along the outside of white fence (oval to the left), in the opposite direction to the 'Middle Head' arrow on the sign. The track then turns right, heading steeply down the hill for a short time to come out onto a flat grass area behind Cobblers Beach.

From the intersection behind the beach, the walk follows the management trail up the hill, keeping the sea to the left. The track winds up the hill to a point just below the old Officers Quarters house (with a white picket fence).



Cobblers Beach

Cobblers Beach is most probably named after the cobble shaped stones on its shore. This beach has a northerly aspect, with very little surf. Clothing is optional on this beach, and it is a designated nudist beach. Views from the beach include Grotto Point across the harbour and Balmoral Beach to the west.



Middle Head Oval NE Gate to Int. Inner Forts and Lower Barracks Trks 0.5km 5 mins

(From 1.51 km) From the gate, this walk follows the 'Middle Head' sign along the line of the cyclone fence, keeping the sea to the left of the track. The walk continues along this line for approximately 150m to the signposted intersection at the corner of the fence.

From the intersection, this walk heads down the management trail towards the house roof that can be seen on the right. The track comes to an intersection just below the old house with the white picket fence, the Officers Quarters.

From the intersection, this walk heads up the hill towards the white picket fence of the old Officers Quarters. The track follows the fence up and around to the right, keeping the house on the right of the track, as it comes to the signposted intersection with the 'Inner Middle Head Forts' track.

From the intersection, this walk follows the 'Inner Middle Head Forts' sign for approximately 120m winding a little to an intersection which is just before a concrete fort.



Int. Inner Forts and Lower Barracks Trks to Disappearing Gun Pit North 0km 1 mins **Optional Side Trip:**

(From 2.03 km) From the intersection, this walk heads towards the concrete gun pit and the sea, approximately 20m away.

Int. Inner Forts and Lower Barracks Trks to Tallest Fort 0.4km 5 mins

(From 2.03 km) From the intersection, this walk heads away from the fort near the sea cliff, instead heading towards the gun pit surrounded by bush. The track winds left from the intersection to the large fort.

From the fort, this walk heads away from the fort, keeping the sea to the left of the track as it slightly winds for approximately 200m, to come out into a clearing. The walk crosses the clearing to the footpath next to the forts.

From the intersection, this walk heads along the overgrown management trail to the tallest of the forts. From here, walkers can explore the fortifications.



Middle Head Forts

The forts of Middle Head consist of a rabbit warren of concrete tunnels, winding some 300m around the end of the headland. The fortifications and gun emplacements are varied in size and state, with some closed to protect heritage and the bats. Nearly all the forts overlook the harbour, with views out past the heads and to sea. This is a great area for a little adventure with so many tunnels to explore. For information on tours, click the link. [More info](#)

Tallest Fort to Int. Lower Barracks Trk and Old Fort Rd 0.1km 2 mins

(From 2.38 km) From the tallest fort, this walk heads away from the sea and the forts, along an overgrown management trail. The walk comes to an intersection opposite a sign, on the far side of the clearing.

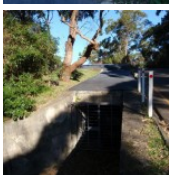
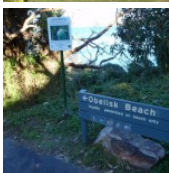
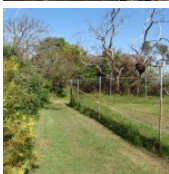
Int. Lower Barracks Trk and Old Fort Rd to Int. Old Fort and Govenors Rds 0.2km 3 mins

(From 2.49 km) From the intersection, this walk heads up the road, away from the forts and into the bush. The walk passes a gate and a radio tower on the left. This walk continues to the fork of Old Fort and Govenors Rds.

Int. Old Fort and Govenors Rds to Int. Middle Head Rd and Chowder Bay Rd 0.6km 10 mins

(From 2.68 km) From the intersection, this walk leaves the road and crosses the stone wall closest to the fenceline. The walk follows the fenceline which soon turns right. The track follows the fence for a short time to a gate in the fence. Note that if the gate is closed, visitors can walk around the left side fence, which soon ends.

From the gate, this walk heads up the grassy hill following the fenceline, on the right. The walk follows the fenceline for a short time to then turn right and continue through the car park to the intersection of Chowder Bay and Middle Head Rds.

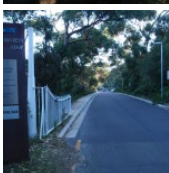


Int. Middle Head Rd and Chowder Bay Rd to Int. Chowder Bay Rd and Obelisk Beach Trk 0.1km 3 mins

(From 3.28 km) From the intersection, this walk heads down Chowder Bay Rd, away from the sports field, for a short time to the intersection and 'Obelisk Beach' signpost.

Int. Chowder Bay Rd and Obelisk Beach Trk to Obelisk Beach 0.1km 2 mins **Optional Side Trip:**

(From 3.42 km) From the intersection, this walk follows the 'Obelisk Beach' sign down the hill. The track winds down across the hill to the right, then tends left down onto a rock platform above the beach.



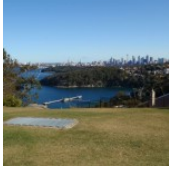
Obelisk Bay

Obelisk Bay is named after the white stone obelisk on the shore, also known as Onion Point. The beach has a southerly aspect across Sydney Harbour, with very little surf. Clothing is optional on this beach, as it is a designated nudist beach. Views from the beach include Watsons Bay and Vaucluse.



Int. Chowder Bay Rd and Obelisk Beach Trk to Roundabout at end of Chowder Bay Road 1.4km 25 mins
(From 3.42 km) From the intersection, this walk heads along the road with the harbour to the left. After a while, the walk comes to a large black cement fortification to the left of the road.

From the intersection, this walk heads along the road, keeping the water below on the left. The walk soon passes buildings to the left and right, continuing past the Bacino Bar to the roundabout at the end of the road.



Chowder Bay

Chowder Bay looks over Sydney Harbour, to Vaucluse and Rose Bay. The bay is named after the food of the American whalers stationed at Clifton Gardens, 'clam chowder'. Chowder Bay then became a Submarine Mining Depot in 1889. Today, Chowder Bay still has great views from the remaining military buildings on the hillside. One of the newer buildings houses a cafe, and other buildings stand as monuments to their former use. Chowder Bay offers great views with easy access to Clifton Gardens for a swim.



Roundabout at end of Chowder Bay Road to Int. Bacino Bar back deck and Chowder Bay Trk 0km 1 mins

(From 4.79 km) From the road, this walk heads north away from the harbour to the base of the stone steps on the left hand side of Bacino Bar.



Bacino Cafe

The Bacino Bar is in Building No.2 at Chowder Bay, with great views across Sydney Harbour. The bar sells pastas, panini, arancini, tramezzini, stuffed eggplant and biscotti, along with homemade sandwiches and treats. The Bacino Bar prices are reasonable, ranging between \$5-12 for the delicacies, and their coffee is made of their own blend. The bar is open every day from 7am- 4pm except for Christmas. A public toilet is available at the Eastern end of the building. [More info](#)



Int. Bacino Bar back deck and Chowder Bay Trk to Int. Gunners' Barracks drive way and Chowder Bay Trk

0.3km 5 mins

(From 4.81 km) From the intersection behind Bacino Bar, the track heads up the steep stone steps, away from the cafe. The track then tends right, across the hill for a short time climbing the uneven stairs to meet the road and signposted intersection.



Int. Gunners' Barracks drive way and Chowder Bay Trk to Int. Chowder Bay Trk and Georges Heights Rd 0.1km

1 mins

(From 5.08 km) From the intersection, this walk heads across the road to head up the bush track on the hill for approximately 50m, to the signposted intersection behind 'Georges Head Lookout'.

A list of paper topographical maps that cover this walk

[Sydney Heads](#) 1:25 000 Map Series

Sydney 1:100 000 Map Series



Nearby outdoor and camping stores

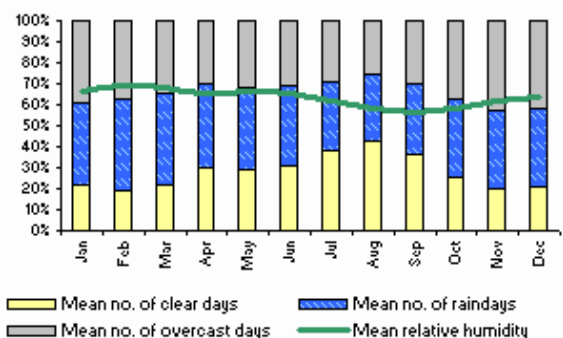
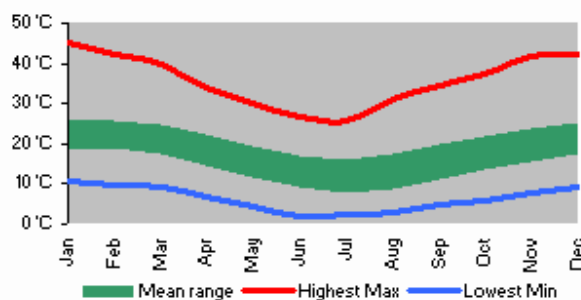
Outdoor Equipment 60 Spring St Bondi Junction (02) 9389 8122

Inski 46 York St Sydney (02) 9233 3200

Mitchells Adventure 81 York St Sydney (02) 9299 6321

Venus Repair Workshop Suite 36a 104 Bathurst St Sydney (02) 9267 0706

Wildsports Upper Floor 447 Kent St Sydney (02) 9264 2095





Chowder Bay to Middle Head return via Chowder Bay Rd

Map Scale 1 km



Base map is used under licence and is (c) Department of lands Panorama Avenue Bathurst 2795 www.lands.nsw.gov.au

