

Attic Cave



1 Hr

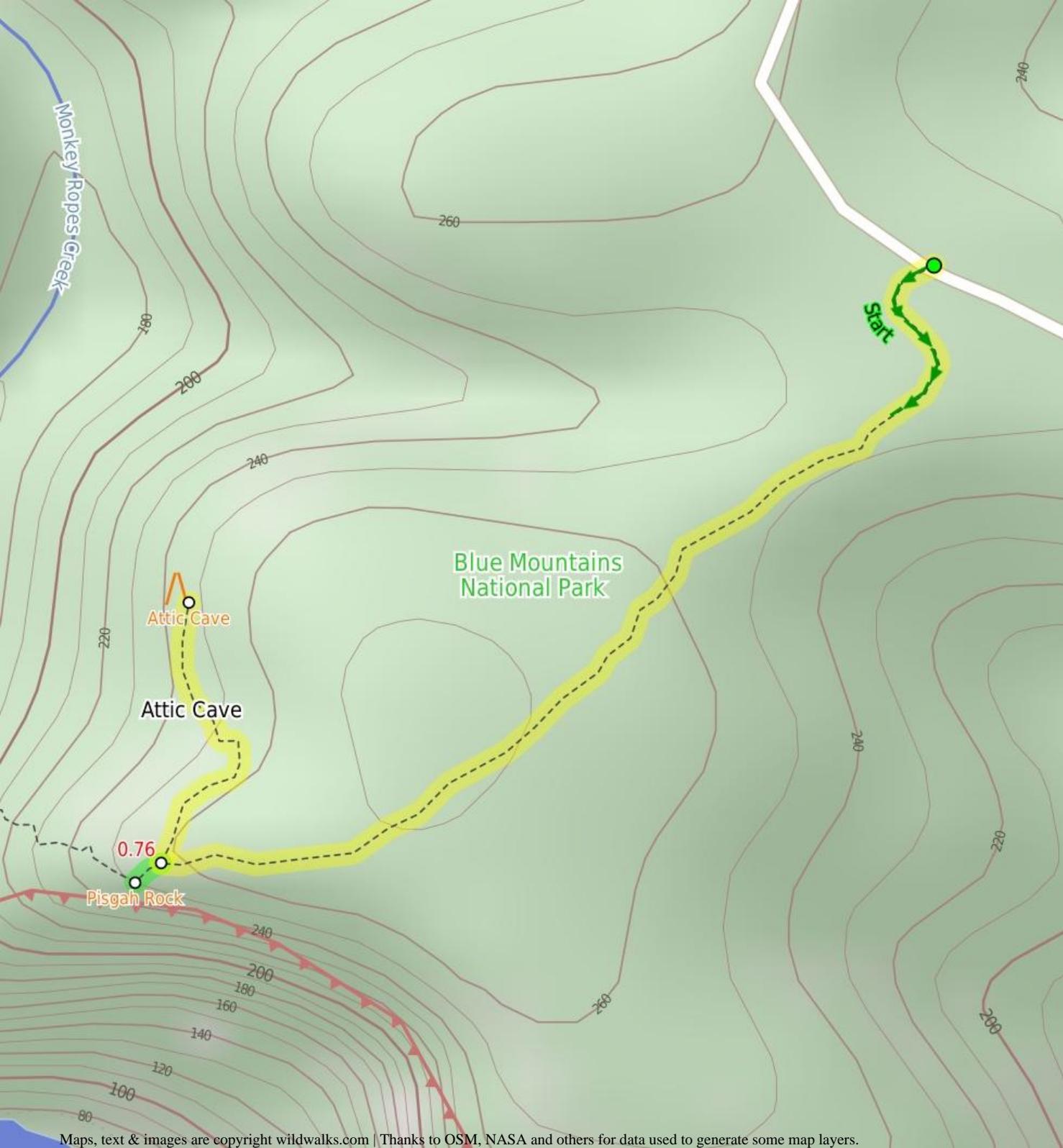
2 km Return

Experienced only

74m

5

This walk visits Attic Cave, a camping cave in the lower Blue Mountains. The cave is large enough to sleep a small party, providing a great shelter to rest. The walk first visits Pisgah Rock, by walking along an old management trail, and includes a very short side trip to the great view up Erskine Creek. From Pisgah rock the track becomes much less distinct, and involves a rock scramble down a gully.



Blue Mountains National Park

Are you ready to have fun?

Please ensure you and your group are well prepared and equipped for all possible hazards and delays. Check park closures, weather information and Fire Danger Rating before setting out. Optional side trips and alternate routes noted are not included in this walk overall grade, length or time estimate. Please allow extra time for resting and exploring areas of interest. The authors, staff and owners of wildwalks take care in preparing this information but will not accept responsibility for any inconvenience, loss or injury you may experience. Please take care, have fun - Happy Walking. **Experianced walkers only: This walk passes through very remote areas and sections have no visible track. At least one person in your group should have training and experience in off track walking and navigation. Even with these notes and a GPS these extra skills and equipment are required.**

Getting there Traveling by car is the only practical way to get to Pisgah Rock track head (gps: -33.8285, 150.5717). Car: A park entry fee is required for driving into the park. This is a return, so you will finish back at the start. Find up to date and more information including; travel directions, weather, park closures and walker feedback at <http://wild.tl/ac>

0 | Pisgah Rock track head

(760 m 14 mins) From the Pisgah Rock car park (2.2km further along Nepean Lookout Fire Trail from the Oaks Picnic Area), this walk follows the 'Pisgah Rock 700mt' sign along the old management trail. The track meanders through the Eucalypt and Casuarina forest as it climbs a gentle hill and then heads down the other side. The track soon comes to an intersection with a small bush track off to the left, from the intersection there are glimpses of the valley views.

0.76 | Optional sidetrip to Pisgah Rock

(20 m 1 mins) Veer left: From the intersection this walk takes the short bush track toward the view of the valley. The track comes to the unfenced cliff and great view from the top of Pisgah Rock and a sign posted 'take care when walking near cliffs'. At the end of this side trip, retrace your steps back to the main walk then Veer left.

0.76 | Pisgah Rock

Pisgah Rock, is a short walk from Nepean Lookout Fire Trail in the lower Blue Mountains, and provides excellent views up Erskine Creek Gorge. The informal lookout is not fenced, and the surface is uneven with large crevasse like cracks. The view is simply amazing, with great views right up the middle

of Erskine Creek Gorge. There are also great views to the left, down Erskine Creek Gorge and across the flats of the southern parts for greater Sydney. The rock presumably derives its name from the height point on Mount Nebo, where the Bible reports Moses seeing the promised land for the first time. In Hebrew pisgah refers to a high place. This Pisgah Rock is very much a high place, with great views.

0.76 | Pisgah Rock Intersection

(250 m 6 mins) Turn right: From the intersection, the walk follows the old management trail that very soon narrows into a bush track as it heads away from the view (keeping the valley to the left). The tracks then emerges from the bush to cut across a rock shelf and into the scrub again. Once in the gully the track turns left to climb down the 'V' in the rock. At the bottom of the climb the walk heads right under the now obvious sandstone cave. The walk continues following the base of this cliff line along a fairly clear track passing several interesting sandstone overhangs. Soon the track comes to a large overhang and fire circle at Attic camping cave.

1 | Attic Cave

Attic Cave, near Pisgah Rock in the lower blue mountains is a large sandstone overhang. The cave has been used by walkers as an overnight camp for many decades. The cave could comfortably sleep about 5 people. There is a log book in a tin cake box on the rock shelf, making for some interesting reading, and awaiting your story. There is a fire circle, and the cave is reasonably well protected from the weather. The name Attic Cave is said to have come from the hole, a shelf, in the top of the cave, forming an attic.

