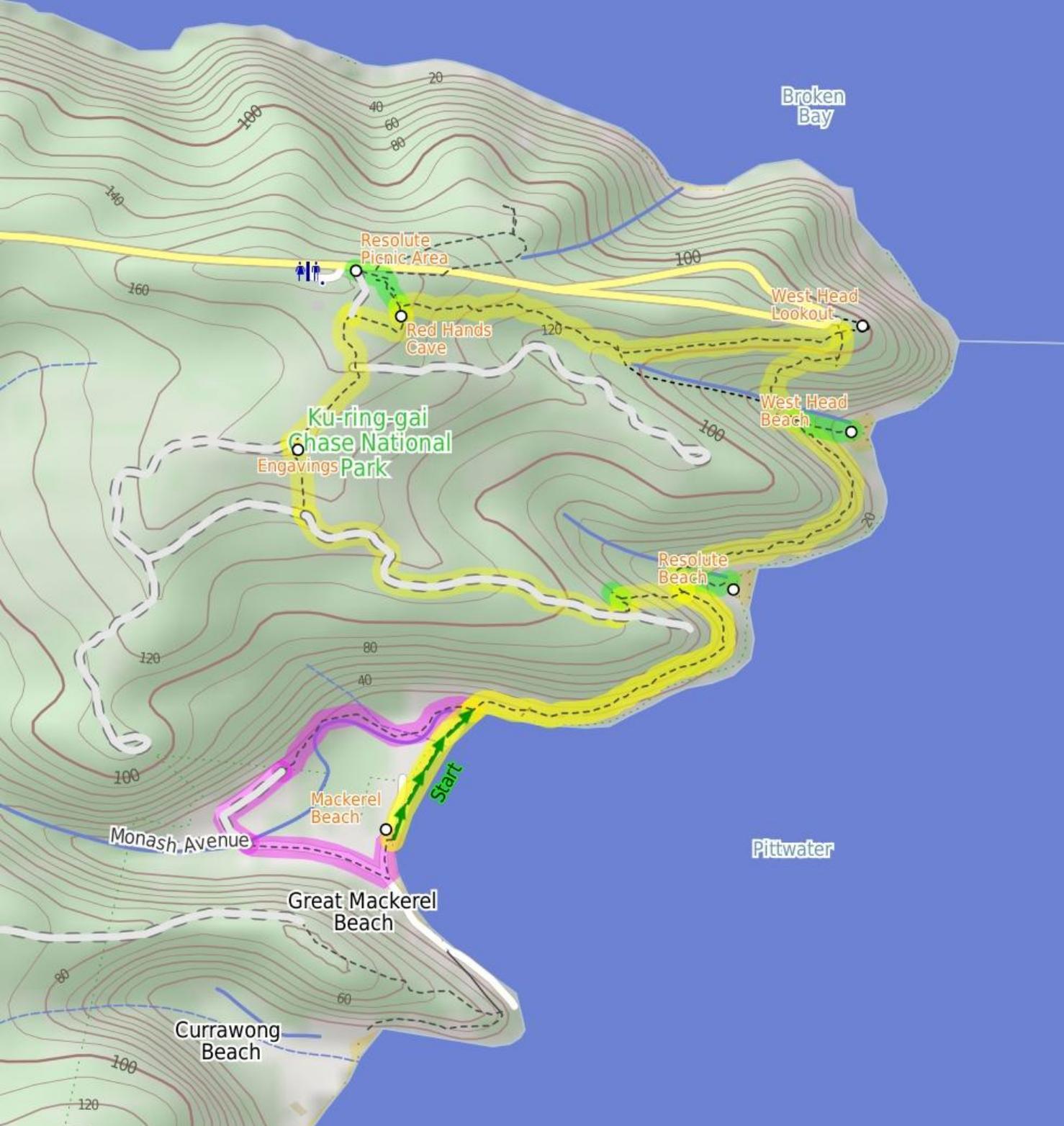


Mackerel Beach and Resolute Loop



3 hrs

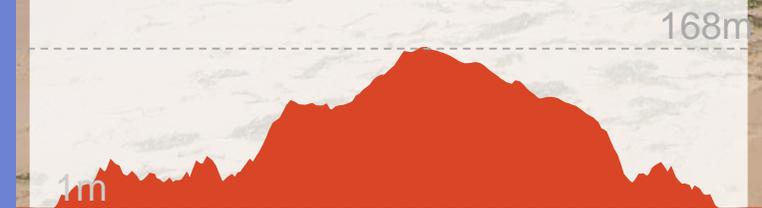
Hard track

5.4 km Circuit

384m



This walk is another great walk in Ku-ring-gai Chase National Park, accessed by ferry. From the Mackerel Beach wharf, this walk uses the Resolute Loop track to round the headland, enjoying a few secluded beaches and excellent, historic Aboriginal sites. This walk features Mackerel Beach and community, with an alternative route through the town which is well worth the walk.



Ku-ring-gai Chase National Park

Mackerel Beach

Mackerel Beach, also known as Great Mackerel Beach, is a 600m stretch of sand facing east over Pittwater. The beach is backed by a lagoon and a small community of houses. Mackerel Beach has a wharf with public ferry access. Mackerel Beach and its southern neighbour, Little Mackerel or Currawong Beach, were originally purchased for farming in 1823 by John Clarke. The land was then subdivided and more than a hundred houses were built, many of which still stand today.

Resolute Beach

Resolute Beach, Ku-ring-gai Chase National Park, is a small stretch of sand sitting on the West Head Peninsula between steep headlands. The easterly aspect of the beach overlooks Barrenjoey Headland across the Pittwater.

West Head Beach

West Head Beach, Ku-ring-gai Chase National Park, is a small stretch of sand sitting on the West Head Peninsula. The beach has an easterly aspect, facing out of steep hills over Pittwater to the Barrenjoey Headland.

West Head Lookout

West Head Lookout, Ku-ring-gai Chase National Park is a large sandstone viewing area with many interpretive signs. The view spans across the Hawkesbury River to Lion Island, Patonga Sport and Recreation, Box Headland and over to the Barrenjoey Headland. The lookout has a number of bench seats and a low stone fence.

Resolute Picnic Area

Resolute picnic area, Ku-ring-gai Chase National Park, is a large grassed area with benches, shelter, interpretive signs, electric BBQ's and an environmentally-friendly toilet block. The picnic area does not have drinking water, but does have a pay phone and wheelchair-accessible bathroom with baby-changing area. Resolute picnic area is a great place for lunch, with Red Hands Cave, West Head and Resolute Beach and West Head Lookout tracks starting from the picnic area. The picnic area has adequate parking and a bus turn-around area.

Before You walk

Bushwalking is fun and a wonderful way to enjoy our natural places. Sometimes things go bad, with a bit of planning you can increase your chance of having an enjoyable and safer walk. Before setting off on your walk check

- 1) Weather Forecast ([BOM Metropolitan District](#))
- 2) Fire Dangers ([Greater Sydney Region](#))
- 3) Park Alerts ([Ku-ring-gai Chase National Park](#))
- 4) Research the walk to check your party has the skills, fitness and equipment required
- 5) Agree to stay as a group and not leave anyone to walk solo

Think before you TREK

The 'Think before you TREK' program developed by NSW Police & NPWS promotes the benefits of planning ahead for your bushwalking trip by using an easy to remember acronym:

- T** Take adequate supplies of food, water, navigation and first aid equipment.
- R** Register your planned route and tell friends and family when you expect to return.
- E** Emergency beacon (PLB's) should be carried on walks with significant gaps in mobile coverage (check terrain profile).
- K** Keep to your planned route and follow the map and walking trails.

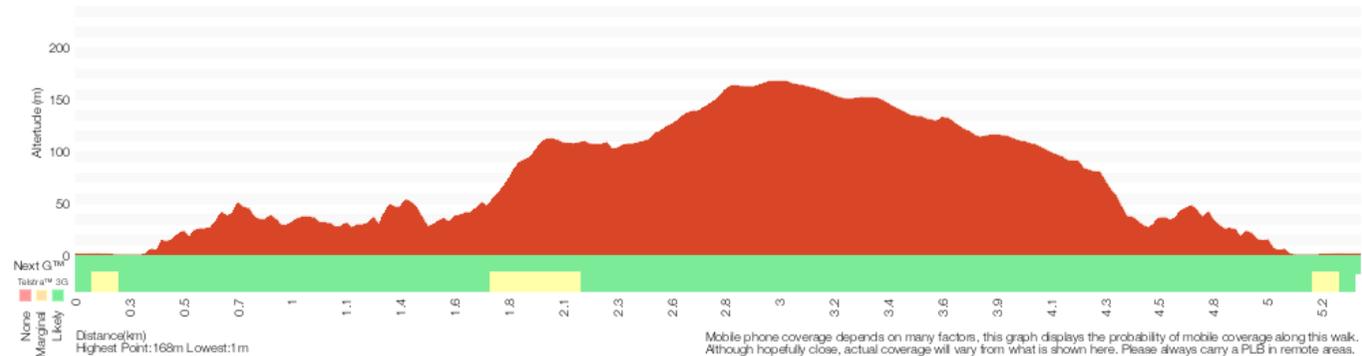
Topo Maps

The maps provided on wildwalks are helpful, but there are times where you may need maps covering a broader area. Maps that cover this walk include;

1:25 000 Map Series:91301N BROKEN BAY

1:40 000 Map Series:CMA Ku-ring-gai Chase National Park Tourist Map

1:100 000 Map Series:9130 SYDNEY



Grade

This walk has been graded using the AS 2156.1-2001. The overall grade of the walk is determined by the highest classification along the whole track.



Grade 4/6
Hard track

Length	5.4 km Circuit
Time	3 hrs
Quality of track	Rough track, where fallen trees and other obstacles are likely (4/6)
Signs	Minimal directional signs (4/6)
Experience Required	Some bushwalking experience recommended (3/6)
Weather	Weather generally has little impact on safety (1/6)
Infrastructure	Limited facilities (such as cliffs not fenced, significant creeks not bridged) (4/6)

Mobile phone coverage depends on many factors, this graph displays the probability of mobile coverage along this walk. Although hopefully close, actual coverage will vary from what is shown here. Please always carry a PLB in remote areas.

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's 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.

Getting there Traveling by ferry is the only practical way to get to Mackerel Beach Wharf (gps: -33.5904, 151.3008). Ferry: Palm Beach Ferry service operates hourly from 9am to about 8pm - check their timetable for more info. The ferry starts at Palm Beach and goes via Bennett's, Bonnie Doon, The Basin, Currawong then Mackerel. Ph: 9974 2411 This is a circuit, 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/mbar>

0 | Alternate Route Mackerel Beach Wharf to Palm Trees

(1 km 21 mins) From the wharf, this walk follows the tarmac pavement to the corner beneath a large, yellow 'Submarine Cable' sign. The track then turns right, heading along a grassy pathway of Monash Ave. The walk continues along this for approximately 300m to a bridge.

Continue straight: From the bridge, this walk crosses the bridge and leads along the grassy path of Diggers Crescent. The walk turns right after approximately 100m, then continues another 100m to a large shed, the 'Mackerel Beach Bush Fire Brigade' shed.

Continue straight: ****Warning: This section of track has been reported as overgrown and no longer passable**** From the shed, this walk passes along the left side of the shed, to a small grassy clearing near a lagoon. The walk travels alongside the lagoon for approximately 300m, tending right with the lagoon to open onto a sandy creek bed behind the beach. This walk then continues to the right side of the creek, to continue to the two palm trees on this end of Mackerel Beach. A boulder below the two trees is painted with a black arrow. Now Turn right to rejoin the main walk .

0 | Mackerel Beach Wharf

(350 m 6 mins) Turn sharp left: From the wharf, the walk heads along the beach (keeping the water to your right) for approximately 300m, to the only palm trees on this end of the beach. Below the palm trees is a boulder with a black arrow painted on it.

0.35 | Mackerel Beach

Mackerel Beach, also known as Great Mackerel Beach, is a 600m stretch of sand facing east over Pittwater. The beach is backed by a lagoon and a small community of houses. Mackerel Beach has a wharf with public ferry access. Mackerel Beach and its southern neighbour, Little Mackerel or Currawong Beach, were originally purchased for farming in 1823 by John Clarke. The land was then subdivided and more than a hundred houses were built, many of which still stand today.

0.35 | Palm Trees North end of Mackerel Beach

(700 m 20 mins) Continue straight: From the palm trees and boulder painted with a black arrow, this walk heads up the hill into the bush, away from the beach. The track climbs to pass a 'Ku-ring-gai Chase National Park' sign before meandering along the hillside in an easterly direction, up the hill for approximately 400m. The track then rounds the headland to lead beneath a rocky headland for some time to a signposted intersection.

Continue straight: From the intersection, this walk follows the 'Resolute' Beach arrow along the hillside to an un-signposted intersection.

1.05 | Optional sidetrip to Resolute Beach

(100 m 3 mins) Turn right: From the intersection, this walk heads down the hill towards the water, following the creek line to the beach. The track winds down the hill for approximately 30m to a small creek waterfall. The track is hidden in parts by grasses for approximately 20m before it heads down a few flights of stairs to where the track reaches the beach. At the end of this side trip, retrace your steps back to the main walk then Turn right.

1.05 | Resolute Beach

Resolute Beach, Ku-ring-gai Chase National Park, is a small stretch of sand sitting on the West Head Peninsula between steep headlands. The easterly aspect of the beach overlooks Barrenjoey Headland across the Pittwater.

1.05 | Int. Resolute Bch Trk and Mackerel Bch Trk

(630 m 20 mins) Veer left: From the intersection, this walk keeps the water on the right of the track as it follows the hillside around through a creek. The track then turns right, following the coast. The track rises up the hill closer to the cliffline as it heads around a spur. When passing this spur, a gun emplacement is passed (below to the right of the track). The track continues for approximately 200m, undulating around the hillside to the intersection with some steps on the right (which go down to West Head Beach).

1.68 | Optional sidetrip to West Head Beach

(100 m 3 mins) Turn right: From the intersection, this walk heads down the staircases to the beach, approximately 100m below. At the end of this side trip, retrace your steps back to the main walk then Veer right.

1.68 | West Head Beach

West Head Beach, Ku-ring-gai Chase National Park, is a small stretch of sand sitting on the West Head Peninsula. The beach has an easterly aspect, facing out of steep hills over Pittwater to the Barrenjoey Headland.

1.68 | Int. West Head Beach and West Head Lookout

(350 m 13 mins) Veer left: From the intersection, this walk heads up the hill, keeping the water to the right of the track. The walk then turns up two flights of stairs. These staircases pass a small creek waterfall on the right, and a prominent overhang on the left. The track then continues to climb up the ridge, with many sections of cut rock steps. In time, the walk flattens out and continues past an informal, unfenced lookout on a rock landing approximately 100m before this walk reaches the stone-fenced West Head Lookout.

2.03 | West Head Lookout

West Head Lookout, Ku-ring-gai Chase National Park is a large sandstone viewing area with many interpretive signs. The view spans across the Hawkesbury River to Lion Island, Patonga Sport and Recreation, Box Headland and over to the Barrenjoey Headland. The lookout has a number of bench seats and a low stone fence.

2.03 | West Head Lookout

(820 m 20 mins) Turn left: From West Head Lookout, this walk follows the sign to 'Resolute Picnic Area' along a bush track, which keeps the hill above on the right. The track continues along the hillside to pass a sign pointing to 'Resolute Picnic Area' before the track climbs up steps. The track passes a creek on the left and rock formations on the right as the steps lead to the signposted 'Red Hands Cave' intersection.

2.84 | Optional sidetrip to Resolute Picnic Area

(130 m 3 mins) Turn right: From the intersection, the walk heads along the rocky outcrop keeping it on the left as it heads up the stairs for approximately 30m into Resolute Picnic Area. At the end of this side trip, retrace your steps

back to the main walk then Continue straight.

2.84 | Resolute Picnic Area

Resolute picnic area, Ku-ring-gai Chase National Park, is a large grassed area with benches, shelter, interpretive signs, electric BBQ's and an environmentally-friendly toilet block. The picnic area does not have drinking water, but does have a pay phone and wheelchair-accessible bathroom with baby-changing area. Resolute picnic area is a great place for lunch, with Red Hands Cave, West Head and Resolute Beach and West Head Lookout tracks starting from the picnic area. The picnic area has adequate parking and a bus turn-around area.

2.84 | Int. West Head Lookout Trk and Red Hands Cave Trk

(20 m) Turn left: From the intersection, the walk heads down the hill, following the rocky outcrop to the right of the track. The walk follows this for approximately 30m to the interpretation signs for Red Hands Cave.

2.87 | Red Hands Cave

Red Hands Cave, Ku-ring-gai Chase National Park, is a small rock overhang just near Resolute Picnic Area. The red hands are made by ochre, clay, being blown over an outspread hand. This Aboriginal rock art has been given an estimation of approximately 2000 years in age.

2.87 | Red Hands Cave

(130 m 2 mins) Continue straight: From Red Hands Cave, this walk heads along the bottom of the rocky outcrop, keeping it to the right of the track. The walk then ascends some stairs, passing up and around the rock shelf. After this, the track turns left as it continues, climbing slightly to the signposted intersection with the service trail.

3 | Int. West Head Trk and Red Hands Cave Trk

(360 m 6 mins) Turn left: From the intersection, this walk heads down the hill for a short time, to the information sign on the left of the track.

3.36 | Engavings

The engravings on West Head were made by the indigenous Guringai people. The engravings depict a man, shark/whale and two eels.

3.36 | Engravings

(190 m 4 mins) Turn left : From the engraving of the man, this walk heads off the rock shelf near a vegetation-covered sign indicating the 'Headland Track'. The track winds through dense scrub for about 200m to the intersection with the management trail, the Headland Track.

3.55 | Int. Headland Track and Engravings Bushtrack

(680 m 14 mins) Veer left: From the intersection, this walk heads down the hill towards the water for some time. After a few turns in the service trail, the track winds down a steep slope for approximately 300m to the intersection, where there is a sign indicating the way to 'Resolute Beach'.

4.23 | Int. Headland Track and Resolute Beach Trk

(60 m 2 mins) Veer left: From the intersection, this walk heads down a flight of stairs following the sign to 'Resolute Beach'. The walk then turns left down more steps to head below a small cliffline, and comes to a sign at an intersection with a track on the left (which heads down to a cave).

4.29 | Optional sidetrip to Cave

(20 m 1 mins) Veer left: From the intersection, this walk heads towards the rock formations, following the hillside. The track then enters an overhang of a cave. At the end of this side trip, retrace your steps back to the main walk then Veer left.

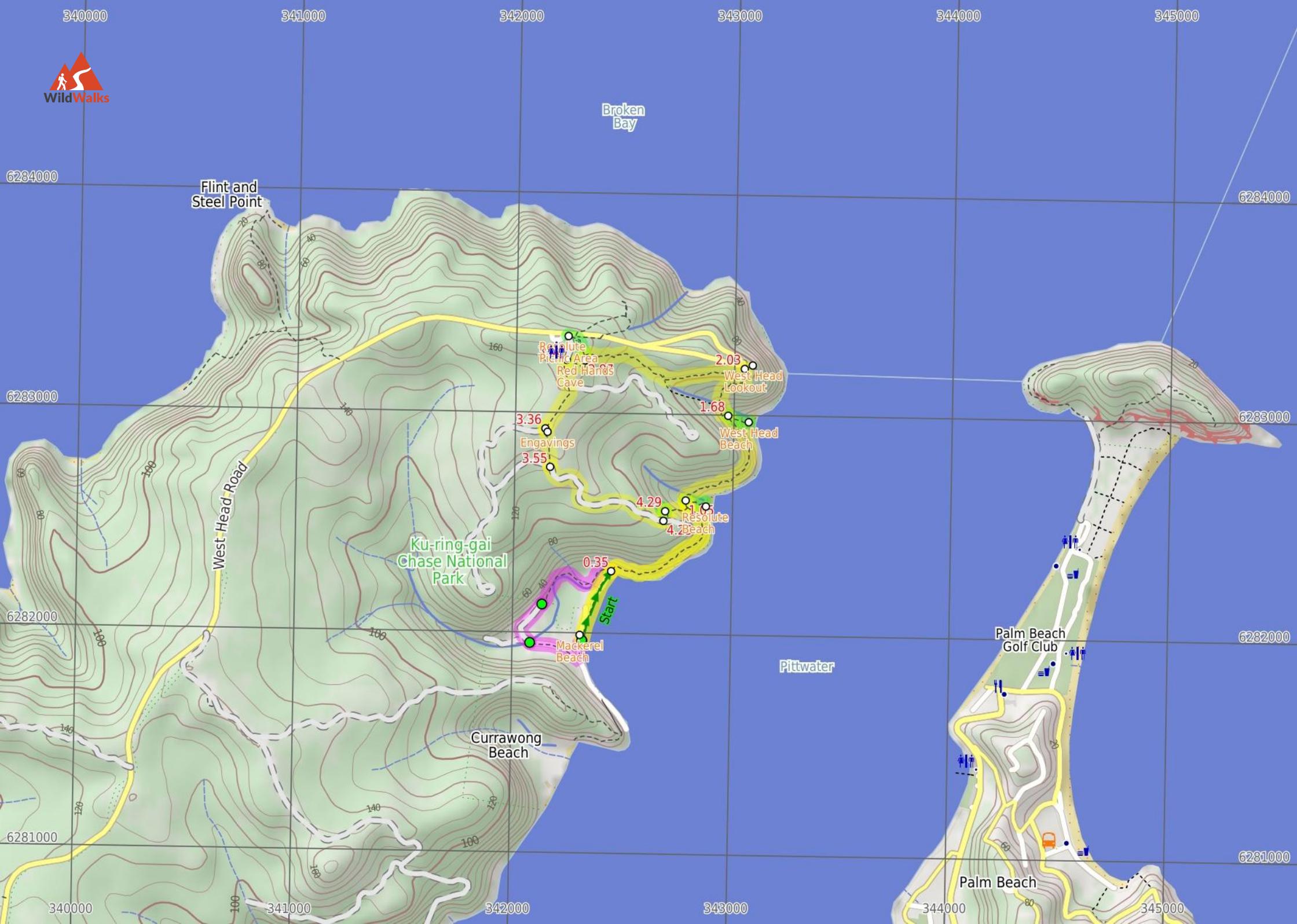
4.29 | Int. Cave Trk and Resolute Beach Trk

(1.1 km 29 mins) Turn right: From the intersection, this walk heads down the hill for approximately 50m towards the sea. The track then heads down a flight of stairs and continues down another staircase to the intersection, marked 'Mackerel' and 'Resolute' beaches.

Turn right: From the intersection, this walk follows the signpost to 'Mackerel' heading along the hillside beneath a rocky outcrop on the headland. The track then meanders along the hillside, undulating slightly for approximately 400m to pass a 'Ku-ring-gai Chase National Park' sign. From the sign, the walk then heads down to two palm trees and a boulder painted with a black arrow on the beach.

Continue straight: From the arrow painted boulder, the walk heads along the beach, keeping the water to the left. After approximately 300m, the walk comes to the wharf in the middle of the beach.





Summary navigation sheet for the Mackerel Beach and Resolute Loop



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
0.00	Mackerel Beach Wharf -33.5904,151.3007 (GR Broken Bay, 423820)	37 -32	1 km 21 mins	Alternate Route Mackerel Beach Wharf. From the wharf, this walk follows the tarmac pavement to the the corner beneath a large, yellow 'Submarine Cable' sign.
0.00	Mackerel Beach Wharf -33.5904,151.3008 (GR Broken Bay, 423820)	5 -1	350 m 6 mins	Turn sharp left: From the wharf, the walk heads along the beach (keeping the water to your right) for approximately 300m, to the only palm trees on this end of the beach.
0.35	Palm Trees North end of Mackerel Beach -33.5876,151.3022 (GR Broken Bay, 424823)	86 -58	700 m 20 mins	Continue straight: From the palm trees and boulder painted with a black arrow, this walk heads up the hill into the bush, away from the beach.
1.05	Int. Resolute AND West Head Beach Tracks -33.5847,151.3059 (GR Broken Bay, 428826)	0 -25	100 m 3 mins	Optional sidetrip to Resolute Beach. Turn right: From the intersection, this walk heads down the hill towards the water, following the creek line to the beach.
1.05	Int. Resolute Bch Trk and Mackerel Bch Trk -33.5847,151.3059 (GR Broken Bay, 428826)	76 -66	630 m 20 mins	Veer left: From the intersection, this walk keeps the water on the right of the track as it follows the hillside around through a creek.
1.68	Int. West Head Beach and West Head Lookout -33.5812,151.308 (GR Broken Bay, 430830)	0 -33	100 m 3 mins	Optional sidetrip to West Head Beach. Turn right: From the intersection, this walk heads down the staircases to the beach, approximately 100m below.
1.68	Int. West Head Beach and West Head Lookout -33.5812,151.308 (GR Broken Bay, 430830)	76 -5	350 m 13 mins	Veer left: From the intersection, this walk heads up the hill, keeping the water to the right of the track.
2.03	West Head Lookout -33.5793,151.3088 (GR Broken Bay, 430832)	70 -19	820 m 20 mins	Turn left: From West Head Lookout, this walk follows the sign to 'Resolute Picnic Area' along a bush track, which keeps the hill above on the right.
2.84	Int. West Head Lookout Trk and Red Hands Cave Trk -33.5787,151.3009 (GR Broken Bay, 423833)	6 -1	130 m 3 mins	Optional sidetrip to Resolute Picnic Area. Turn right: From the intersection, the walk heads along the rocky outcrop keeping it on the left as it heads up the stairs for approximately 30m into Resolute Picnic Area.
2.84	Int. West Head Lookout Trk and Red Hands Cave Trk -33.5787,151.3009 (GR Broken Bay, 423833)	0 -1	20 m	Turn left: From the intersection, the walk heads down the hill, following the rocky outcrop to the right of the track.
2.87	Red Hands Cave -33.5789,151.3009 (GR Broken Bay, 423832)	5 0	130 m 2 mins	Continue straight: From Red Hands Cave, this walk heads along the bottom of the rocky outcrop, keeping it to the right of the track.
3.00	Int. West Head Trk and Red Hands Cave Trk -33.5789,151.3 (GR Broken Bay, 422832)	1 -17	360 m 6 mins	Turn left: From the intersection, this walk heads down the hill for a short time, to the information sign on the left of the track.
3.36	Engravings -33.5817,151.299 (GR Broken Bay, 421829)	0 -18	190 m 4 mins	Turn left : From the engraving of the man, this walk heads off the rock shelf near a vegetation-covered sign indicating the 'Headland Track'.
3.55	Int. Headland Track and Engravings Bushtrack -33.5833,151.2992 (GR Broken Bay, 422828)	8 -51	680 m 14 mins	Veer left: From the intersection, this walk heads down the hill towards the water for some time.
4.23	Int. Headland Track and Resolute Beach Trk -33.5855,151.3048 (GR Broken Bay, 427825)	2 -12	60 m 2 mins	Veer left: From the intersection, this walk heads down a flight of stairs following the sign to 'Resolute Beach'.
4.29	Int. Cave Trk and Resolute Beach Trk -33.5851,151.3049 (GR Broken Bay, 427826)	2 0	20 m 1 mins	Optional sidetrip to Cave. Veer left: From the intersection, this walk heads towards the rock formations, following the hillside.
4.29	Int. Cave Trk and Resolute Beach Trk -33.5851,151.3049 (GR Broken Bay, 427826)	55 -135	1.1 km 29 mins	Turn right: From the intersection, this walk heads down the hill for approximately 50m towards the sea.