Mt Hay and Hay Monolith

2 hrs
4.6 km Circuit
Hard track
273m

This walk combines the Mt Hay and Hay Monolith trails. The track takes in the best of the exposed ridges, with views into the swamps and the Grose Valley. Walkers will pass by many rock formations and wild flowers in the low heath. The summit of Mt Hay does not give views of the region, but the track up showcases the surrounding scenery.
From the car park, this walk heads past the gap in the
Continue straight: From the intersection, this walk heads down
Veer right: From the intersection, this walk heads down
Turn left: From the intersection, this walk heads up
Continue straight: From the intersection, this walk heads
Turn around: From the cairn on the summit of Mt Hay, 
Turn right: From the intersection, this walk heads up
Traveling by car is the only practical way to get to Mt Hay.
intersection in front of a fin-shaped rock.
Valley to the right). After approximately 50m, the walk passes another
(150 m 5 mins)
Turn left.
tracks which leads to the top. At the top of Mt Hay, there is a large cairn, 
made from basalt bricks from the surrounding prominent knob, which is
the highest point. Excellent views are gained into the Grose Valley, from
the track up Mt Hay, however the summit itself does not have views, blocked by the tree canopy.

0.98 | Hay Monolith West
(410 m 9 mins) Continue straight: From the intersection, this walk heads down over some rocky surfaces (with the cliffs to the left and valley behind). The track continues below the cliffs, passing a few small caves on the left. After a short time, this walk rounds the hillside to a spherical cave on the left of the intersection, and a saddle to the right.

Turn right: From the spherical cave, this walk traverses a grassy saddle, keeping the valley to the left of the track. The track climbs up some rocky surfaces, then heads east up the spur line, coming to the intersection in the low heat. Veer left: From the intersection, this walk heads across the hillside, keeping the main valley below to the left, and the hill to the right of the track. The walk reaches a rock surface and tends right towards the intersection.

1.39 | Rock Flat
(470 m 9 mins) Turn right: From the intersection, this walk heads up onto the ridgeline, with Mt Hay to the left of the track. The track then follows the ridgeline, undulating slightly for approximately 200m before dropping down the intersection.

Turn left: From the intersection, this walk follows the overgrown management trail up the hill, keeping the rocky outcrops on the hill to the right of the track. The track climbs over a small rise to descend to the unsigned intersection with a defined track on the right.

Veer left: From the intersection, this walk heads down the hill, keeping the rocky features on the right for approximately 20m to the intersection.

Veer left: From the intersection, this walk heads away from the rocky outcrops on the hill to traverse the saddle and rise up to the car park.

0.83 | Optional sidetrip to Hay Monolith summit
(80 m 3 mins) Turn left: From the intersection, this walk heads up through the grassy pass in the rock, away from the valley. The track leads across the plateau through the low heat, passing a track (on the right) after approximately 50m. The walk soon comes to a flat rock with two bolts in it, where there are stunning views over the Grose Valley. At the end of this side trip, retrace your steps back to the main walk then turn left.

0.83 | Int. Hay Wall Trk and Hay Monolith summit Trk
(150 m 5 mins) Continue straight: From the intersection, this walk heads around the cliffs (keeping them on the left of the track, and the Grose Valley to the right). After approximately 50m, the walk passes another track (on the left, heading up the monolith). This walk continues around the base of the cliffs and above the valley for approximately 100m, to the intersection in front of a fin-shaped rock.

0.98 | Optional sidetrip to Hay Wall Lookout
(250 m 8 mins) Veer right: From the intersection, this walk heads down the hill, leaving the Hay Monolith behind and nearing the rim of the valley (on the right). The track passes a large, grey, rounded rock formation on the right, heading in the direction of the cliff edge, to a rocky point on the right of two banksia bushes, with stunning views of the valley. At the end of this side trip, retrace your steps back to the main walk then turn right.