

Wallarah Coastal Walk



3 hrs

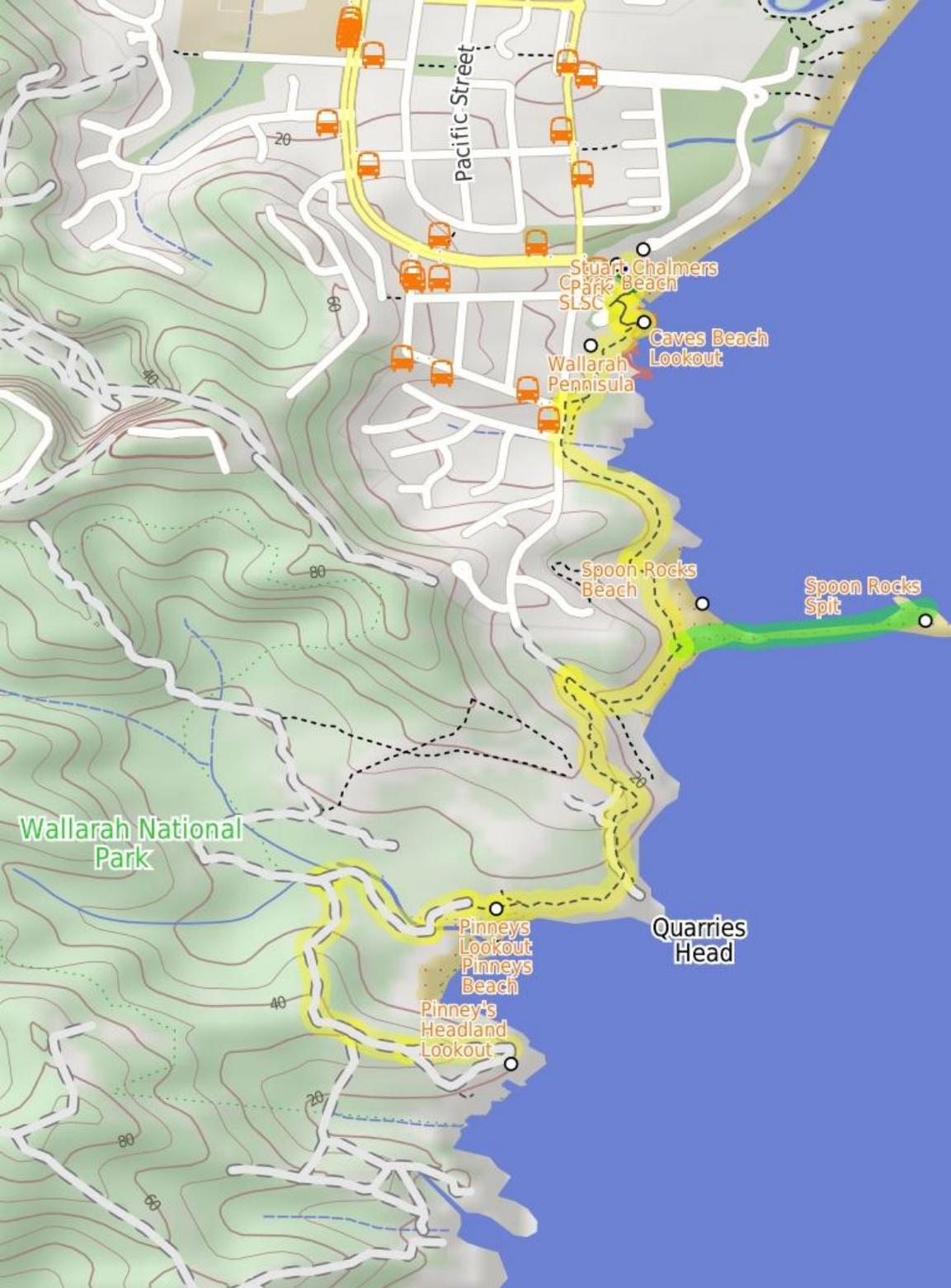
Hard track

8.3 km Return

↑ 247m



This walk starts at Caves Beach and travels south along the coastline, until reaching the Pinney's Headland Lookout. There are many opportunities to stop, relax and swim if you would like. You will meander through coastal heath vegetation, which offers abundant wildflowers during springtime. There are spectacular views over the coast and the side trip to Spoon Rocks Spit offers a chance to look back at the attractive coastline. This walk takes you into a seldom visited part of Wallarah Peninsula.



5m

44m

Wallarah Peninsula

Wallarah Peninsula, also referred to as the Swansea Peninsula, is surrounded by water and includes the Wallarah National Park. The Wallarah Peninsula stretches from Lake Macquarie in the west to the ocean in the east, from Swansea and Caves Beach in the north to Catherine Hill Bay and Lake Munmorah in the south. Within the Wallarah National Park, there are plenty of things to do, including walking, fishing, swimming and surfing. The coastal views are spectacular, and this is also a good whale watching spot. The Wallarah National Park co-operates with its park neighbours, including Stockland Wallarah Peninsula Pty Ltd, on a wide range of issues relating to the management of the Wallarah Peninsula through a joint management agreement.

Stuart Chalmers Park

Named after a cancer victim, Stuart Chalmers Park is a well established park close to Caves Beach. Stuart Chalmers Park has toilets, car parking, water, sheltered electric barbecues and picnic tables. The park has easy access to Caves Beach, the cafe Acquablu and the Caves Beach SLSC.

Caves Beach SLSC

The Swansea-Caves Beach Surf Life Saving Club, south of Newcastle, was founded in 1929. The SLSC looks after Caves Beach, which runs from this southern end of the beach, for 300m to the northern Swansea (Hams) Beach. A road runs the length of the beach, with car parking along much of it. Though Caves Beach faces the south-east, it is afforded a moderate degree of wave protection by reefs in the centre and north and Spoon Rocks to the south-east. [More info.](#)

Caves Beach Lookout

The Cave Beach Lookout, on the southern headland of Caves Beach, is easily accessible via wheelchair from the car park nearby. The lookout offers excellent views over the caves of Caves Beach and also to the north and south. There are a large stone viewing platform on which to sit and enjoy the views.

Spoon Rocks Beach

Spoon Rocks Beach, south of Caves Beach is a sheltered sandy beach. Spoon Rocks breakwater forms the southern end of the beach and has allowed sedimentation of sand to occur and created this attractive beach. The beach is 300m long, faces north-east and is good for swimming. The Spoon Rocks Beach is worth the walk in to it.

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 Hunter District](#))
- 2) Fire Dangers ([Greater Hunter, unknown](#))
- 3) Park Alerts ()
- 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:92314S CATHERINE HILL BAY, 92314N SWANSEA

1:100 000 Map Series:9231 LAKE MACQUARIE

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	8.3 km Return
Time	3 hrs
Quality of track	Formed track, with some branches and other obstacles (3/6)
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)



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.

Getting there You can get to Cafe Acquablu on Caves Beach (gps: -33.1102, 151.6463) by car or bus. Car: There is free parking available.

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/wcw>

0 | Wallarah Pennisula

Wallarrah Peninsula, also referred to as the Swansea Pennisula, is surrounded by water and includes the Wallarah National Park. The Wallarah Pennisula stretches from Lake Macquarie in the west to the ocean in the east, from Swansea and Caves Beach in the north to Catherine Hill Bay and Lake Munmorah in the south. Within the Wallarah National Park, there are plenty of things to do, including walking, fishing, swimming and surfing. The coastal views are spectacular, and this is also a good whale watching spot. The Wallarah National Park co-operates with its park neighbours, including Stockland Wallarah Peninsula Pty Ltd, on a wide range of issues relating to the management of the Wallarah Peninsula through a joint management agreement.

0 | Stuart Chalmers Park

Named after a cancer victim, Stuart Chalmers Park is a well established park close to Caves Beach. Stuart Chalmers Park has toilets, car parking, water, sheltered electric barbeques and picnic tables. The park has easy access to Caves Beach, the cafe Acquablu and the Caves Beach SLSC.

0 | Caves Beach SLSC

The Swansea-Caves Beach Surf Life Saving Club, south of Newcastle, was founded in 1929. The SLSC looks after Caves Beach, which runs from this southern end of the beach, for 300m to the northern Swansea (Hams) Beach. A road runs the length of the beach, with car parking along much of it. Though Caves Beach faces the south-east, it is afforded a moderate degree of wave protection by reefs in the centre and north and Spoon Rocks to the south-east. [More info.](#)

0 | Cafe Acquablu on Caves Beach

(140 m 3 mins) From Cafe Acquablu, this walk leaves the concrete footpath and enters Caves Beach, turning to the right. This walk then follows the sandy beach, keeping the ocean on your left, and after about 80m, crosses a small creek and comes to the bottom of timber steps.

Continue straight: From the bottom of the timber steps on Caves Beach, this walk follows the steps up, leaving the beach behind. This walk continues for about 50m up the concrete and timber steps, until coming to a four-way intersection (with uphill concrete steps directly ahead).

0.14 | Four way intersectin (Caves Beach)

(120 m 2 mins) Turn left: From the intersection, this walk follows the footpath gently uphill, while keeping the downhill concrete steps and beach on your left. This walk continues for about 60m until coming to a three-way intersection with a concrete footpath on the right.

Veer left: From the intersection, this walk follows the footpath gently downhill, while keeping the ocean on your left. This walk continues for about 50m, undulating gently through coastal vegetation and crossing over a timber

footbridge, until coming to the circular concrete structure of Caves Beach Lookout.

0.25 | Caves Beach Lookout

The Cave Beach Lookout, on the southern headland of Caves Beach, is easily accessible via wheelchair from the car park nearby. The lookout offers excellent views over the caves of Caves Beach and also to the north and south. There are a large stone viewing platform on which to sit and enjoy the views.

0.25 | Caves Beach Lookout

(910 m 17 mins) Turn sharp right: From Caves Beach Lookout, this walk follows the gravel and grass track gently uphill, while keeping the ocean on your left. This walk continues, undulating gently through coastal vegetation for about 300m, until coming to Caves Beach Road.

Turn left: From the intersection, this walk follows the track beside Caves Beach Road gently downhill, while keeping the ocean on your left. This walk continues for about 110m, to find the track gently uphill and moving away from Caves Beach Road. Then the walk continues for about 100m and passes between a metal posted fence. This walk continues for about 400m, undulating through coastal vegetation with views on the left, until passing over a timber footbridge and coming to a three-way intersection with a concrete footpath on the right.

1.16 | Int of Coastal Walk & Seacliff track

(280 m 5 mins) Veer left: From the intersection, this walk follows the bitumen track gently downhill, while keeping the concrete footpath on your right. This walk continues for about 120m through coastal vegetation with views of Spoon's Rocks on the left, to pass through metal posts and onto a sandy track. Then the walk continues for about 160m, until climbing gently up to the land end of Spoon Rocks Spit.

1.44 | Spoon Rocks Beach

Spoon Rocks Beach, south of Caves Beach is a sheltered sandy beach. Spoon Rocks breakwater forms the southern end of the beach and has allowed sedimentation of sand to occur and created this attractive beach. The beach is 300m long, faces north-east and is good for swimming. The Spoon Rocks Beach is worth the walk in to it.

1.44 | Optional sidetrip to End of Spoon Rocks Spit

(470 m 8 mins) Turn left: From the intersection, this walk follows the rocky Spoon Rocks Spit out to its end, while moving directly away from the main coastline. This walk continues to follow the rocky spit (initially keeping to the Spoon Rocks Beach side of the spit) for about 500m, until coming to the end of Spoon Rocks Spit. This track is rocky and exposed to the ocean. At the end of this side trip, retrace your steps back to the main walk then Continue straight.

1.44 | Spoon Rocks Spit

Spoon Rocks Spit is a wide breakwater extending 500m out into the ocean. This breakwater was originally designed as a coal loading facility to offload coal mined from the nearby Wallarah seam. The rocks were cut from the cliff face below the spit. Over time, the force of the ocean waves have breached the breakwater. Sedimentation from these ocean forces has established a safe and protected swimming and beach area to the north of the spit.

1.44 | Int of Coastal Walk & Spoon Rocks Track

(340 m 7 mins) Turn right: From the intersection, this walk follows the track gently uphill, while leaving Spoon Rocks Spit and the ocean on your left. This walk continues for about 400m (ignoring side tracks) through coastal vegetation and becoming moderately steep uphill, until coming to a three-

way intersection with a bridged track and 'Wallarrah Peninsula Coastal Walk' sign on the left.

1.78 | Int of Coastal Walk AND Quarries Track

(990 m 21 mins) Turn left: From the intersection, this walk crosses a footbridge and follows the moderately steep uphill track, while passing the 'Wallarrah Peninsula Coastal Walk' sign on your left. This walk continues for about 140m, then climbs up timber steps to a viewing spot over Spoon Rocks Spit. Then the walk continues for about 20m, to a three-way intersection. This walk turns left, following the arrow marker on a timber post. Then this walk continues for about 400m, as the track undulates gently downhill with views and a metal fence on your left, to pass through a timber fenced opening. The walk then continues moderately steeply downhill, initially with a timber fence on your right for about 80m to find blank information signs at Split Rocks Headland. The walk continues gently downhill for about 300m, with a short section of timber boardwalk and views of Pinney's Beach, until coming to a timber viewing platform and Pinney's Lookout.

2.78 | Pinneys Lookout

Pinney's Lookout overlooks the northern side of Pinney's Beach on the Wallarah Peninsula. From this timber platform, the whole of Pinney's Beach can be seen, including Pinney's Headland to the south. Some of the timber on this lookout was missing when visited, so take care.

2.78 | Pinneys Viewpoint

(180 m 3 mins) Continue straight: From Pinney's Viewpoint, this walk follows the track gently downhill, while keeping Pinney's Beach on your left. This walk continues for about 70m, including one section of timber boardwalk, until coming to a T-intersection with a narrow management trail and blank sign on the right.

Turn left: From the intersection, this walk follows Pinneys Trail gently downhill, while keeping the track with a blank sign on your left. This walk continues for about 100m through coastal vegetation, until crossing Pinney's Creek via a timber footbridge and coming to a three-way intersection, with Pinney's Beach on the left.

2.96 | Pinneys Beach

Pinney's Beach is a good beach for fishing, surfing and swimming. This beach is accessible on foot, via the coastal walk. This beach is not patrolled and rock platforms can be dangerous, even when the seas appear calm. Personal fishing is permitted off all the coast in Wallarah National Park, although a licence is needed. A midden (dated to about 1200 years old), with about 20 stone artefacts, was discovered here in the 1960s, but unfortunately 4WD vehicles have caused erosion to this site. [More info.](#)

2.96 | Int of Coastal Walk AND Pinneys Beach

(320 m 5 mins) Turn right: From the intersection, this walk follows the trail gently uphill, while leaving the bridge and creek on your right. This walk continues for about 160m, passing around a locked gate. Then this walk continues through coastal bush for about 150m, until coming to a three-way intersection, with a 'Coastal Walk' sign.

3.28 | Int of Coastal Walk & Wallarah Walk

(540 m 12 mins) Turn left: From the intersection, this walk follows the 'Coastal Walk' sign gently uphill. This walk continues moderately steeply uphill for about 400m, and comes to a three-way intersection. Then this walk tends left, following an arrow marker on a timber post, and after about 40m, comes to a three-way intersection. This walk tends left, following an arrow marker on a timber post, for about 80m, coming to a three-way intersection with the gently downhill Shark Bay trail on the right.

3.82 | Int of Coastal Walk & Shark Bay Track

(120 m 2 mins) Continue straight: From the intersection, this walk follows the trail gently downhill to the left, while keeping the gently downhill Sharks Bay trail on your right. This walk continues, undulating gently for about 110m, until coming to a three-way intersection, with a arrow marker on the left.

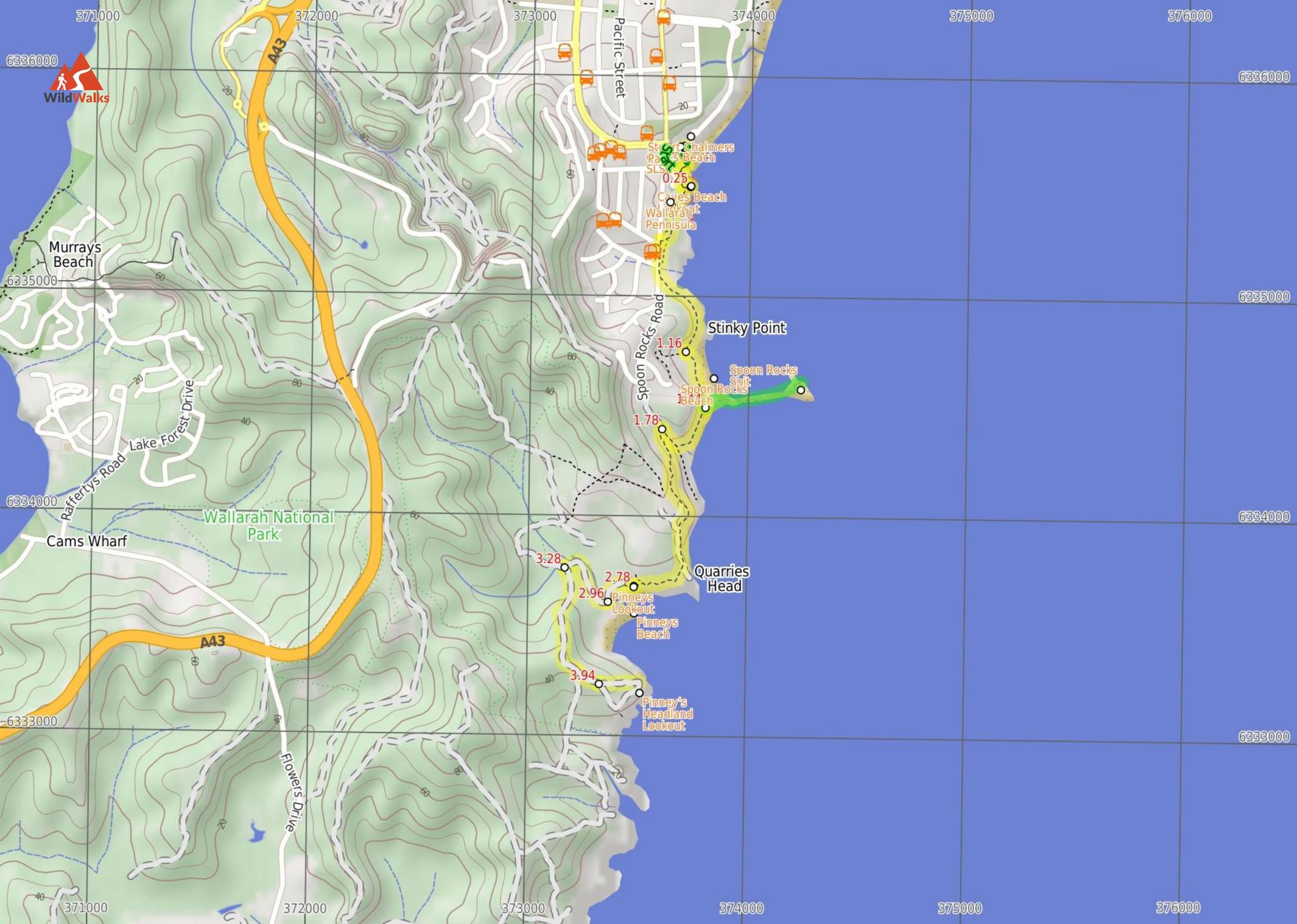
3.94 | Int of Coastal Track & Southern Loop Junction

(190 m 3 mins) Veer left: From the intersection, this walk turns left on the trail and follows the timber arrow marker gently downhill. This walk continues, undulating gently for about 180m, until coming to a timber fence and Pinney's Lookout on the left (just as the trail turns right).

4.13 | Pinney's Headland Lookout

There are magnificent vistas from Pinney's Headland Lookout, particularly to the north. The headland is accessed on foot via the Wallarah Peninsula coastal walk, and the headland itself has a loop walking trail on it. At the southernmost point of this walking loop, there are unfenced rock platforms forming the ocean shoreline - take care. [More info.](#)





Murrays Beach

Walarah National Park

Stinky Point
Spoon Rocks Spit
Spoon Rocks Beach

Pinneys Lookout
Pinneys Beach
Pinney's Headland Lookout

Cams Wharf

Quarries Head

Murrays Beach

Cams Wharf

Quarries Head

Murrays Beach

Cams Wharf

Quarries Head

Summary navigation sheet for the Wallarah Coastal Walk



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
0.00	Cafe Acquablu on Caves Beach -33.1102,151.6463 (GR Swansea, 737357)	6 -2	140 m 3 mins	From Cafe Acquablu, this walk leaves the concrete footpath and enters Caves Beach, turning to the right.
0.14	Four way intersectin (Caves Beach) -33.1112,151.6461 (GR Swansea, 737356)	1 -6	120 m 2 mins	Turn left: From the intersection, this walk follows the footpath gently uphill, while keeping the downhill concrete steps and beach on your left.
0.25	Caves Beach Lookout -33.1119,151.6466 (GR Swansea, 737355)	27 -22	910 m 17 mins	Turn sharp right: From Caves Beach Lookout, this walk follows the gravel and grass track gently uphill, while keeping the ocean on your left.
1.16	Int of Coastal Walk & Seacliff track -33.1186,151.6463 (GR Swansea, 737347)	6 -10	280 m 5 mins	Veer left: From the intersection, this walk follows the bitumen track gently downhill, while keeping the concrete footpath on your right.
1.44	Int of Coastal Walk & Spoon Rocks Track -33.1209,151.6473 (GR Swansea, 738345)	2 -8	470 m 8 mins	Optional sidetrip to End of Spoon Rocks Spit. Turn left: From the intersection, this walk follows the rocky Spoon Rocks Spit out to its end, while moving directly away from the main coastline.
1.44	Int of Coastal Walk & Spoon Rocks Track -33.1209,151.6473 (GR Swansea, 738345)	20 -3	340 m 7 mins	Turn right: From the intersection, this walk follows the track gently uphill, while leaving Spoon Rocks Spit and the ocean on your left.
1.78	Int of Coastal Walk AND Quarries Track -33.1218,151.6452 (GR Swansea, 736344)	36 -49	990 m 21 mins	Turn left: From the intersection, this walk crosses a footbridge and follows the moderately steep uphill track, while passing the 'Walarah Peninsula Coastal Walk' sign on your left.
2.78	Pinneys Viewpoint -33.1282,151.6438 (GR Catherine Hill Bay, 735337)	0 -3	180 m 3 mins	Continue straight: From Pinney's Viewpoint, this walk follows the track gently downhill, while keeping Pinney's Beach on your left.
2.96	Int of Coastal Walk AND Pinneys Beach -33.1289,151.6425 (GR Catherine Hill Bay, 734336)	1 0	320 m 5 mins	Turn right: From the intersection, this walk follows the trail gently uphill, while leaving the bridge and creek on your right.
3.28	Int of Coastal Walk & Wallarah Walk -33.1275,151.6404 (GR Catherine Hill Bay, 732338)	34 -4	540 m 12 mins	Turn left: From the intersection, this walk follows the 'Coastal Walk' sign gently uphill.
3.82	Int of Coastal Walk & Shark Bay Track -33.1317,151.641 (GR Catherine Hill Bay, 732333)	0 -5	120 m 2 mins	Continue straight: From the intersection, this walk follows the trail gently downhill to the left, while keeping the gently downhill Sharks Bay trail on your right.
3.94	Int of Coastal Track & Southern Loop Junction -33.1322,151.6421 (GR Catherine Hill Bay, 733332)	0 -12	190 m 3 mins	Veer left: From the intersection, this walk turns left on the trail and follows the timber arrow marker gently downhill.