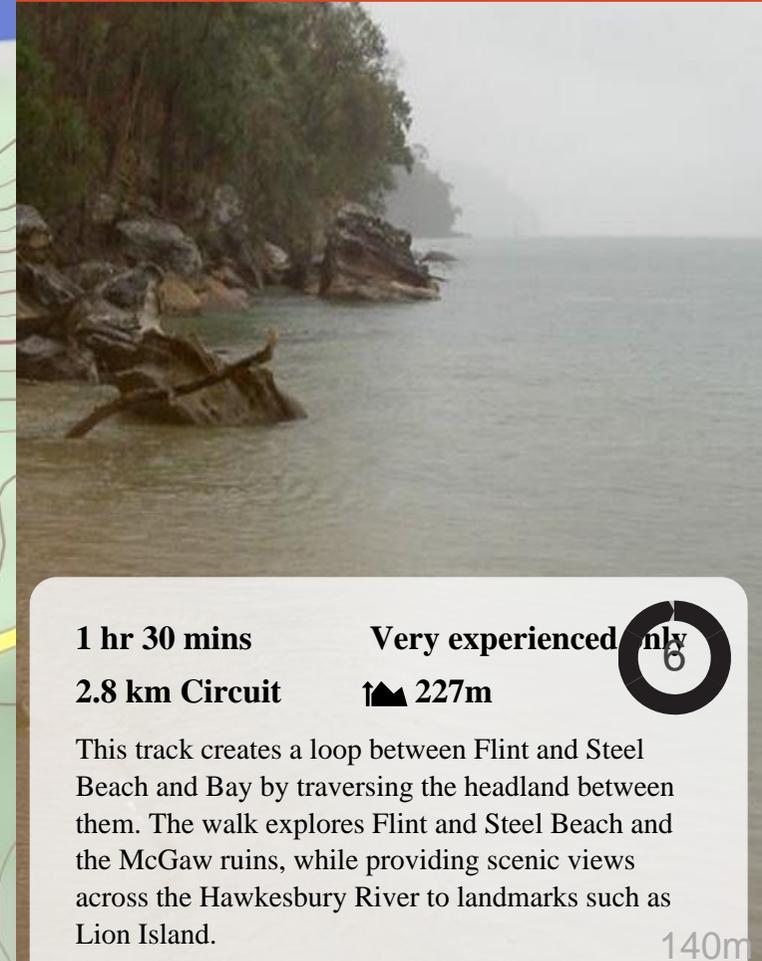
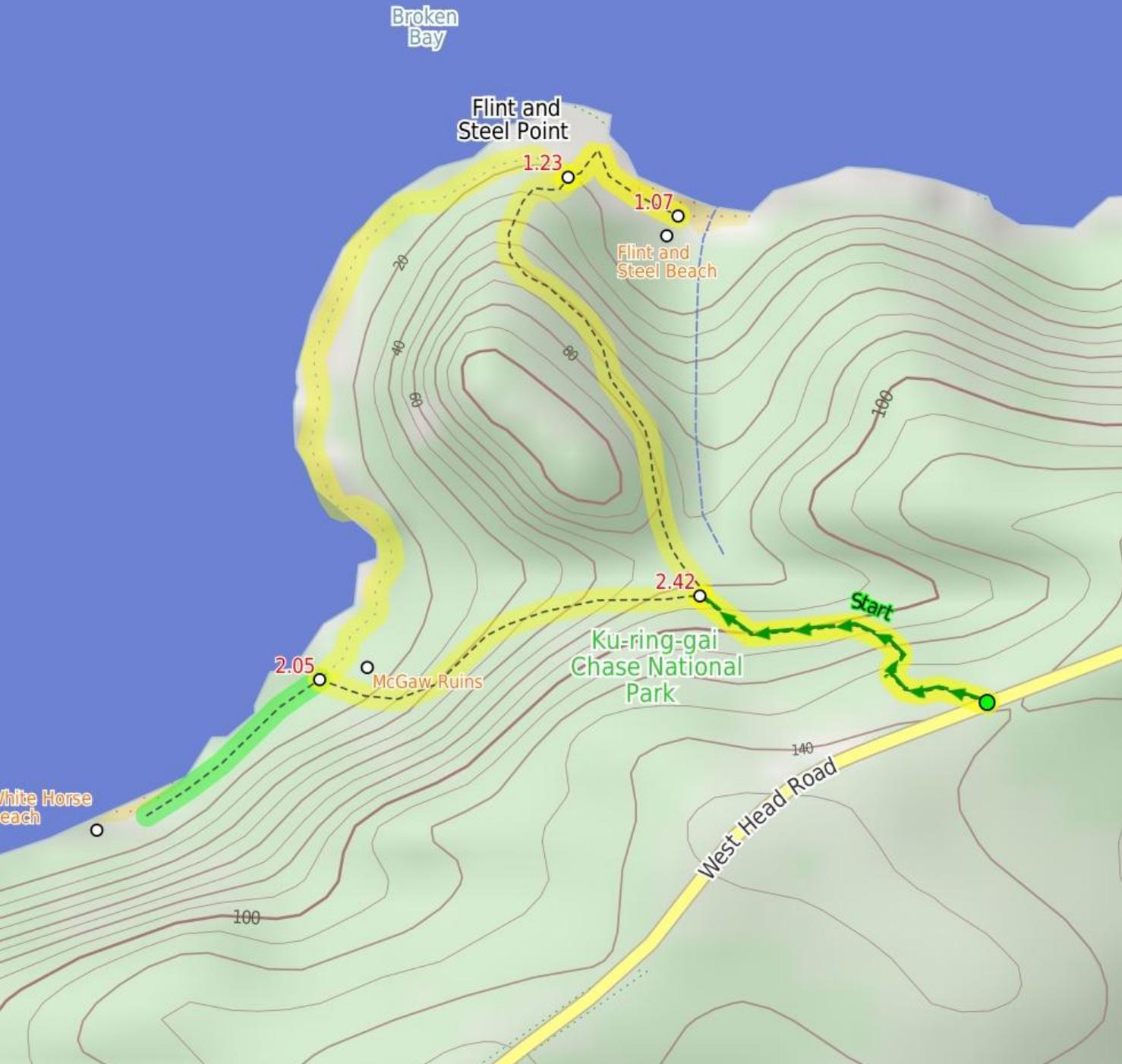


Flint and Steel Beach and bay loop



1 hr 30 mins

Very experienced



2.8 km Circuit

227m

This track creates a loop between Flint and Steel Beach and Bay by traversing the headland between them. The walk explores Flint and Steel Beach and the McGaw ruins, while providing scenic views across the Hawkesbury River to landmarks such as Lion Island.

3m

Ku-ring-gai Chase 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. **Experienced 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 Flint and Steel carpark (gps: -33.5789, 151.2888). Car: A park entry fee is required for driving into the park.

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/fasbabl>

0 | Flint and Steel carpark

(330 m 8 mins) From the back of the car park, the walk follows the 'Flint and Steel Track' sign along the bush track heading down through the bush. The walk drops down some stairs and turns right at the old 'Ku-ring-gai Chase National Park' sign, then left down the side of the hill. After about 100m, the walk continues down a set of stairs and then down the bush track to the signposted intersection.

0.33 | Signpost at Saddle

(740 m 21 mins) Veer right: From intersection, this walk follows the 'Flint and Steel Beach 700m' arrow through a palm grove, along the ridge, with views across Hawkesbury River to Lion Island. The track runs parallel to rock formations on the left before winding its way through the trees and down the boardwalk, with the large rocks to the left. Soon the track heads through some pine trees and comes to an intersection of a bush track, near some large boulders on the left.

Continue straight: From the intersection, this walk follows the track heading straight down the hill towards the beach, splitting for a about 10m before coming to a rock shelf above the waterline. From here, the track turns right and follows this rock shelf for about 20m, onto Flint and Steel Beach.

1.07 | Flint and Steel Beach

Flint and Steel Beach, Ku-ring-gai National Park, is a small north-east facing stretch of sand. The beach is hemmed in by prominent headlands on either side, and backed by a grassy hill. A seat on the grassy hill offers views over the Hawkesbury River to Patonga and Lion Island, with Box Head in the background.

1.07 | Flint and Steel beach

(160 m 4 mins) Turn around: Keeping the Hawkesbury River on the right, this walk follows the waterline onto a rockshelf, leaving the beach as it winds around to a track. The walk follows this track as it winds up the hill, splitting for about 10m before rejoining and continuing up to the intersection with another track, near some large boulders.

1.23 | Spur above Flint and Steel Beach

(820 m 18 mins) Turn right: From the intersection, this walk follows the track that heads through the boulders. The track continues along the side of the ridge for a short while before dropping down to the waterline (which is on the right). The track continues along the shore for a while, between the thick lantana-covered forest, dotted with impressive grass trees, and the

Hawkesbury River. The track passes the McGaw's Ruins and comes to an intersection with a track just on the other side.

2.05 | McGaw Ruins

The McGaw ruins are situated north-west of White Horse Beach, on West Head in Ku-ring-gai Chase National Park. The property was originally owned by John Miller, who also owned large areas of West Head. The property was sold to Mr Eardley McGaw in 1928, on the condition that he built a house there. Mr McGaw built a two-storied house with several other smaller buildings, including a wharf. Mr McGaw and his wife lived there until he became ill, when they moved to Narrabeen and NSW National Parks took over management of the land. The house and other buildings were lost during a 1971 bushfire, leaving the sandstone foundations and ruins to be grown over with vegetation.

2.05 | Optional sidetrip to White Horse Beach

(220 m 5 mins) Continue straight: Keeping the Hawkesbury River to the left of the track, this walk follows the waterline away from the beach and along the shore for a short while before coming to the unignposted McGaw ruins. At the end of this side trip, retrace your steps back to the main walk then Turn left.

2.05 | White Horse Beach

White Horse Beach, Ku-ring-gai Chase National Park, is a 30m stretch of sand sitting on the coast of Flint and Steel Bay between rocky boulders. The beach, backed by a steep hill, provides north-westerly views over the Hawkesbury from Patonga, Broken Bay Sport and Recreation Centre and up the river towards Brooklyn.

2.05 | McGaw Ruins

(370 m 14 mins) Turn left: From the McGaw ruins, this walk heads up the hill and away from the Hawkesbury River. The track climbs up the side of the valley and passes a water collection cave on the right, and soon after this, climbs up to the signposted intersection.

2.42 | Signpost at saddle

(330 m 8 mins) Veer right: From the intersection, this walk follows the bush track heading up the hill and away from the 'Flint and Steel' signpost. The walk climbs up a staircase that heads past an old 'Ku-ring-gai Chase National Park' sign and comes to the back of Flint and Steel car park.

