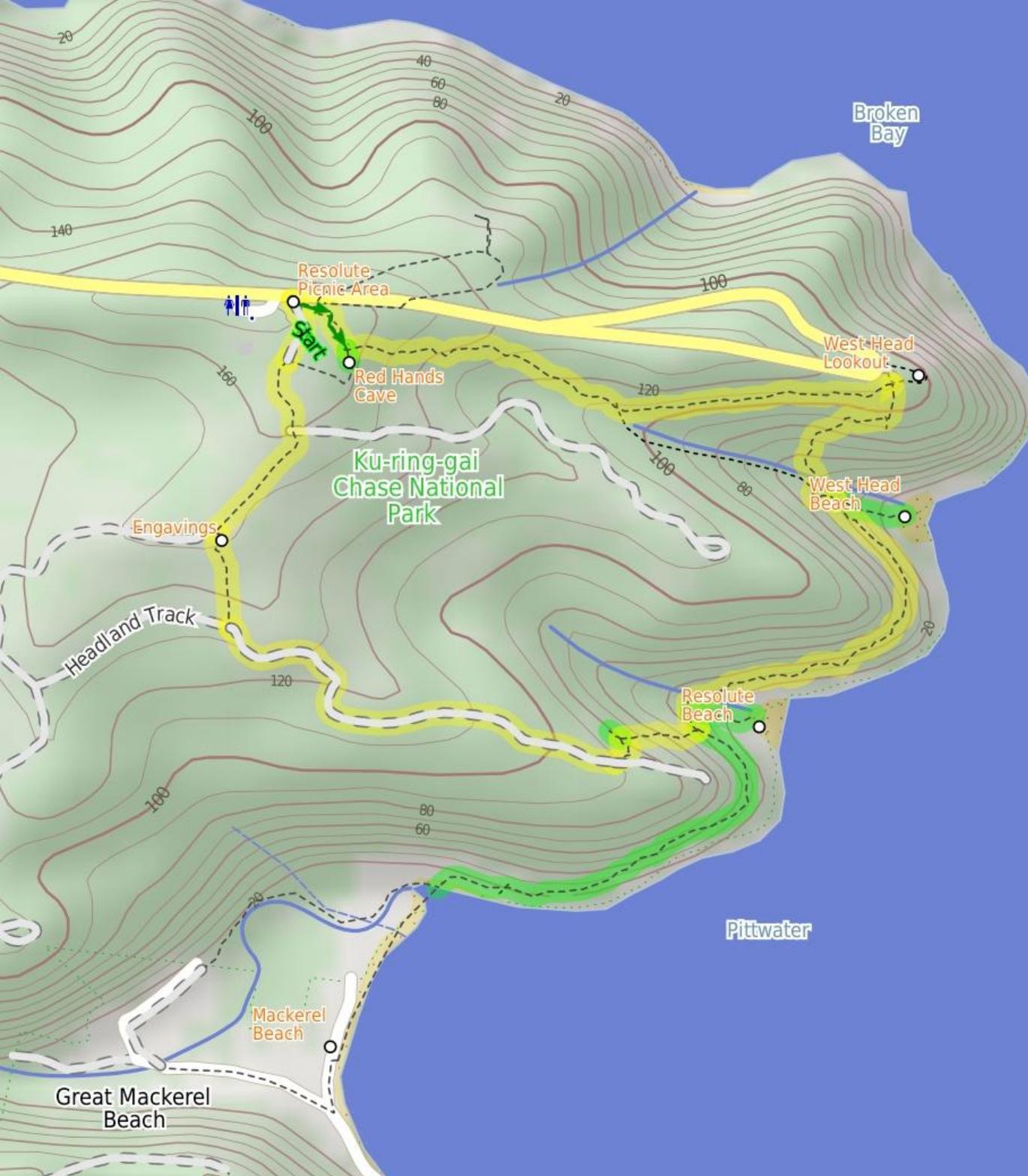


Headland track (Resolute track)



1 hr 45 mins

Hard track

3.5 km Circuit

▲ 243m

4

This walk is a great way to see two major Aboriginal sites and up to three of Ku-ring-gai Chase's beaches. The circuit walk visits Red Hands Cave and some historic engravings, in addition to enjoying expansive views over Pittwater, with Barrenjoey Headland as a feature. The walk includes Resolute and West Head beaches and the option of a side trip to Mackerel Beach as well. To top it all off, this walk has an added bonus of a WWII gun emplacement to explore.

27m

170m

Ku-ring-gai Chase National Park

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.

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.

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.

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.

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.

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	3.5 km Circuit
Time	1 hr 45 mins
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 car is the only practical way to get to Resolute Picnic Area (gps: -33.5779, 151.3001). 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.it/whl>

0 | 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.

0 | Resolute Picnic Area

(130 m 3 mins) From Resolute Picnic Area car park, the walk heads through the picnic area, away from the road, to follow the 'Red Hands Track 50m' sign. The walk then descends a flight of stairs to the intersection at the bottom.

0.13 | Optional sidetrip to Red Hands Cave

(20 m) Continue straight: 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. At the end of this side trip, retrace your steps back to the main walk then Turn right.

0.13 | 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.

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

(820 m 20 mins) Turn left: From the intersection, this walk follows steps down the hill following the sign to 'West Head Lookout'. The track continues to undulate along the hillside passing a sign pointing to 'West Head Lookout'. The track continues along the hillside to open out onto the sandstone paved area of West Head Lookout at a signposted intersection.

0.95 | 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.

0.95 | West Head Lookout

(350 m 13 mins) Turn right: From West Head Lookout, this walk leads down

the hill for 100m, following the 'West Head/ Resolute Beach' sign down into the bush. The track then passes an informal, unfenced lookout on the left, to then continue down the hill for approximately 300m. This walk then descends two sets of stairs, passing a prominent overhang on the right and a small creek waterfall on the left. From the stairs, the walk continues to the sign marked intersection for West Head Beach.

1.3 | Optional sidetrip to West Head Beach

(100 m 3 mins) Veer left: 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 Turn left.

1.3 | 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.

1.3 | Int. Resolute AND West Head Beach Tracks

(630 m 20 mins) Veer right: From the top of the steps, this walk heads south (leaving the steps behind on the left), passing below the prominent rock faces for 200m as the track undulates around the contour of the hill. The track slowly turns right, following the curve of the spur, to pass a gun emplacement on the left. The track then continues heading down the cliffline (above the track on the right). The track then passes through a creek from which it leads to an unsignposted intersection with a downhill track on the left.

1.93 | Optional sidetrip to Resolute Beach

(100 m 3 mins) Turn left: 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 left.

1.93 | 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.

1.93 | Int. Resolute AND West Head Beach Tracks

(40 m 1 mins) Veer right: From the intersection, this walk heads along the hillside, keeping the beach and water below to the left, before coming to the signposted intersection.

1.97 | Optional sidetrip to Palm Trees North end of Mackerel

(660 m 19 mins) Continue straight: 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. At the end of this side trip, retrace your steps back to the main walk then Turn left.

1.97 | 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.

1.97 | Int. Resolute Bch Trk and Mackerel Bch Trk

(120 m 4 mins) Turn right: From the intersection, this walk heads up a staircase for approximately 30m. The track then turns after the set of stairs. The track leads up the hill to the signposted intersection, with the cave to the right of the track in the cliffs.

2.09 | Optional sidetrip to Cave

(20 m 1 mins) Veer right: 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 right.

2.09 | Int. Cave Trk and Resolute Beach Trk

(60 m 2 mins) Turn left: From the cave intersection, this walk heads up the steps, keeping the sea below on the left. The walk passes below a small cliffline before leading up more steps to an intersection and a sign pointing back to 'Resolute Beach'.

2.15 | Int. Headland Track and Resolute Beach Trk

(680 m 14 mins) Veer right: From the intersection, this walk heads up the hill following the sign to 'Resolute Picnic Area 1.5km'. The walk then winds up the management trail, passing up a steep slope in one area. The track then continues up to an unsignposted intersection on the right, in the heath.

2.84 | Int. Headland Track and Engravings Bushtrack

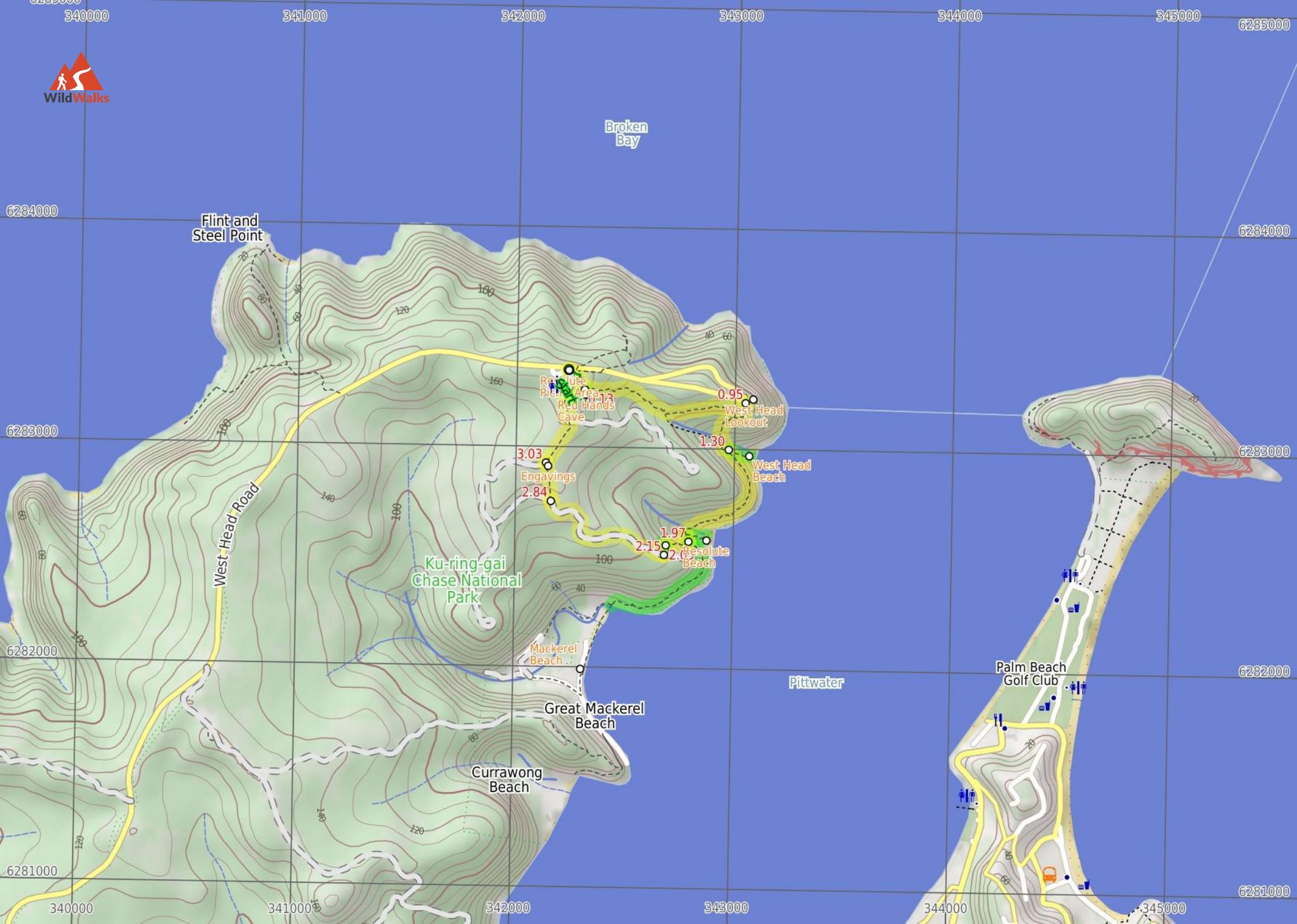
(190 m 4 mins) Veer right: From the management trail, this walk heads away from the management trail and views of the water, to wind through the dense scrub for a short time. The track rises onto a rock shelf, clear of vegetation at the engravings.

3.03 | Engavings

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

3.03 | Engravings

(480 m 8 mins) Turn right: From the engravings, this walk follows the service trail up a hill, away from the information sign. The walk continues up the hill to the intersection with a signpost for Red Hands Cave. Continue straight: From the intersection, this walk heads up the sandy service trail, leaving the 'Red Hands Cave 0.85km' sign and track behind on the right. The track continues for approximately 100m to the picnic area.



Summary navigation sheet for the Headland track (Resolute track)



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
0.00	Resolute Picnic Area -33.5779,151.3001 (GR Broken Bay, 422834)	1 -6	130 m 3 mins	From Resolute Picnic Area car park, the walk heads through the picnic area, away from the road, to follow the 'Red Hands Track 50m' sign.
0.13	Int. West Head Lookout Trk and Red Hands Cave Trk -33.5787,151.3009 (GR Broken Bay, 423833)	0 -1	20 m	Optional sidetrip to Red Hands Cave. Continue straight: From the intersection, the walk heads down the hill, following the rocky outcrop to the right of the track.
0.13	Int. West Head Lookout Trk and Red Hands Cave Trk -33.5787,151.3009 (GR Broken Bay, 423833)	19 -70	820 m 20 mins	Turn left: From the intersection, this walk follows steps down the hill following the sign to 'West Head Lookout'.
0.95	West Head Lookout -33.5793,151.3088 (GR Broken Bay, 430832)	5 -76	350 m 13 mins	Turn right: From West Head Lookout, this walk leads down the hill for 100m, following the 'West Head/ Resolute Beach' sign down into the bush.
1.30	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. Veer left: From the intersection, this walk heads down the staircases to the beach, approximately 100m below.
1.30	Int. Resolute AND West Head Beach Tracks -33.5812,151.308 (GR Broken Bay, 430830)	66 -76	630 m 20 mins	Veer right: From the top of the steps, this walk heads south (leaving the steps behind on the left), passing below the prominent rock faces for 200m as the track undulates around the contour of the hill.
1.93	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 left: From the intersection, this walk heads down the hill towards the water, following the creek line to the beach.
1.93	Int. Resolute AND West Head Beach Tracks -33.5847,151.3059 (GR Broken Bay, 428826)	6 -1	40 m 1 mins	Veer right: From the intersection, this walk heads along the hillside, keeping the beach and water below to the left, before coming to the signposted intersection.
1.97	Int. Resolute Bch Trk and Mackerel Bch Trk -33.585,151.306 (GR Broken Bay, 428826)	52 -85	660 m 19 mins	Optional sidetrip to Palm Trees North end of Mackerel Beach. Continue straight: From the intersection, this walk follows the signpost to 'Mackerel' heading along the hillside beneath a rocky outcrop on the headland.
1.97	Int. Resolute Bch Trk and Mackerel Bch Trk -33.585,151.306 (GR Broken Bay, 428826)	45 -2	120 m 4 mins	Turn right: From the intersection, this walk heads up a staircase for approximately 30m.
2.09	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 right: From the intersection, this walk heads towards the rock formations, following the hillside.
2.09	Int. Cave Trk and Resolute Beach Trk -33.5851,151.3049 (GR Broken Bay, 427826)	12 -2	60 m 2 mins	Turn left: From the cave intersection, this walk heads up the steps, keeping the sea below on the left.
2.15	Int. Headland Track and Resolute Beach Trk -33.5855,151.3048 (GR Broken Bay, 427825)	51 -8	680 m 14 mins	Veer right: From the intersection, this walk heads up the hill following the sign to 'Resolute Picnic Area 1.5km'.
2.84	Int. Headland Track and Engravings Bushtrack -33.5833,151.2992 (GR Broken Bay, 422828)	18 0	190 m 4 mins	Veer right: From the management trail, this walk heads away from the management trail and views of the water, to wind through the dense scrub for a short time.
3.03	Engravings -33.5817,151.299 (GR Broken Bay, 421829)	20 -3	480 m 8 mins	Turn right: From the engravings, this walk follows the service trail up a hill, away from the information sign.