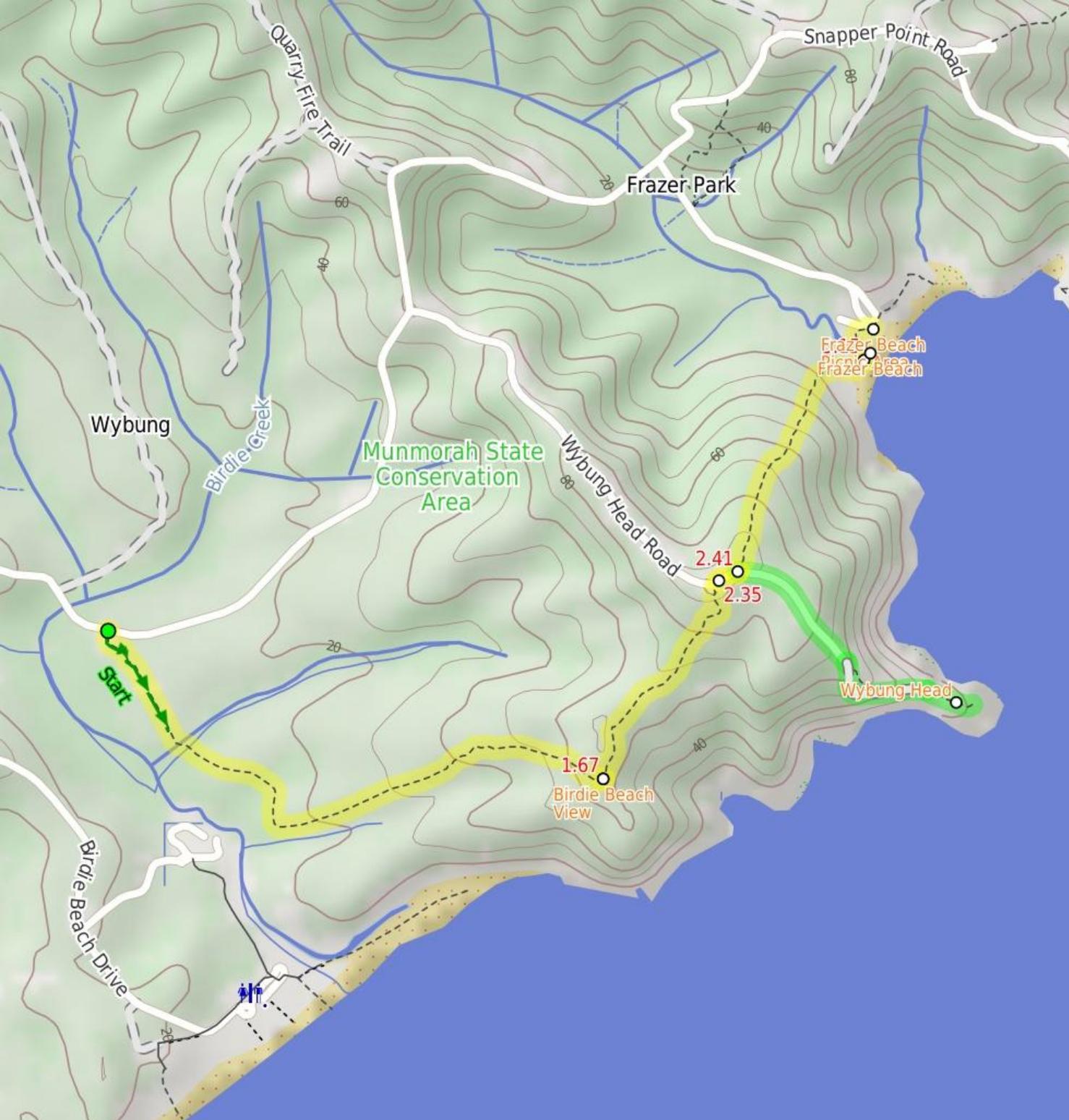


# Munmorah Coast Track



**1 hr 30 mins**

**Experienced only**

**5**

**3.3 km One way**

**▲ 96m**

Starting from Campbell Dr, this walk follows the Geebung and Grass Tree tracks to Frazer Beach, with an optional sidetrip to Wybung Head. Geebung Track leads you through the low heath and past a few sweeping ocean views, and great wildflower displays in spring and summer. The side trip to Wybung Head follows a dirt road, and the views are well worth the detour. Grass Tree Track is overgrown and unclear in places, making its way down to Frazer Beach.



Munmorah State Conservation Area

## 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 walks 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. **Experained 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 Int of Geebung Track and Campbell Dr (gps: -33.1954, 151.6016). Car: A park entry fee is required for driving into the park.

Traveling by car is the only practical way to get back from Frazer Beach Picnic Area (gps: -33.1878, 151.622). Car: A park entry fee is required for driving into the park.

Find up to date and more information including; travel directions, weather, park closures and walker feedback at <http://wild.tl/mct>

### 0 | Int of Geebung Track and Campbell Dr

*(1.7 km 29 mins)* From Campbell Dr (800m east of the intersection with Blue Wren Dr), this walk heads south around the locked gate, though a clearing then follows the 'Coast Track' sign along the management trail. After about 350m, the management trail ends, and the walk crosses a small creek using a timber boardwalk. The walk heads up a series of timber steps (where the track is now lined with timber) and across a small clearing, then back through tall dense heath for about 200m. Here, the track is no longer lined with timber edging, but is still clear as it soon bends left and heads up the wide ridge through the low heath, with great district views behind. The track continues up the hill as Birdie Beach comes into view (on the right) and, just after a significant left-hand bend, the track comes to the top of the hill with a great view down Birdie Beach (now behind).

### 1.67 | Birdie Beach View

Birdie Beach View is an informal lookout found on a sweeping bend along the Geebung Track, north of Birdie Beach. The view south over Red Ochre Beach and along Birdie Beach is fantastic. Norah Head can be seen in the distance, past Bird Island. Since the re-vegetation of the track to Birdie Beach Lookout this is the

best point from which to enjoy the view. A great spot to enjoy the coast.

### 1.67 | Birdie Beach View

*(690 m 12 mins)* Continue straight: From Birdie Beach View, this walk heads north directly away from Birdie Beach, following the wide track into the taller heath. The track leads past a view down to an un-named bay (on the right) and continues through the tall heath for a while. Not long before Wybung Head Rd, the track comes to a 'Y' intersection, this walk follows the right branch (however the left branch also goes to the same point), skirting around to a clearing. The walk then heads around the locked gate and comes to a turning area and car park on Wybung Head Rd (120m south-west of Wybung Trig).

### 2.35 | Int of Geebung Track and Wybung Head Rd

*(50 m 1 mins)* Veer right: From the car park and turning circle, this walk heads north-east (towards the ocean) along the road. After 60m, just before the right-hand bend, this walk comes to an intersection with the faint 'Grass Tree Track' on the left, just as the heath becomes taller.

### 2.41 | Optional sidetrip to Tip of Wybung Head

*(790 m 15 mins)* Continue straight: From the intersection, this walk heads downhill, towards the ocean along Wybung Head Rd. Soon after passing a sweeping right-hand bend, the walk come to a car park and the end of Wybung Head Rd, signposted 'Wybung Head'.

Continue straight: From the locked gate at the car park (at the end of Wybung Head Rd), this walk heads downhill along the management trail. The trail soon passes a track (on the left, that leads to the whale watching area), and continues downhill along the wide trail to find the grand ocean views. The trail then bends left and passes along the top of an unfenced cliff. As the trail flattens out, it passes a grassy clearing and ends on the narrow saddle, with views up and down the coast.

Continue straight: From the narrow saddle, this walk follows the narrower track towards the ocean along middle of the headland. The track leads up a small rise and through some heath, to then suddenly open up at the top of an unfenced cliff and view across the ocean. At the end of this side trip, retrace your steps back to the main walk then Turn right.

### 2.41 | Wybung Head

Wybung Head is distinct headland found at the end of Wybung Head Rd, and provides great views up and down the coast. Wybung is a local Aboriginal word meaning 'Dangerous Sea'. The narrow headland has sheer unfenced cliffs all around, and sweeping views of the ocean. There is no shade, or protection from the wind. A great spot to enjoy the pounding sea.

### 2.41 | Upper end of Grass Tree Track

*(740 m 16 mins)* Veer left: From the intersection (60m east of the turning area at the top of Geebung Trail), this walk follows the faint Grass Tree track north over a small rise and through the dense vegetation. Soon the vegetation become shorter and the distant ocean views return. The track is flat for a while, then starts to head down the ridge. In places, the track is quiet eroded and a few parallel tracks have formed (please try to follows the main track). As the track approaches the beach, it enters a forest of taller trees and then leads to the sandy Frazer Beach, just at the bottom end of Bongon Lagoon (on the left).

### 3.15 | Frazer Beach

Frazer Beach is a 650m-wide sandy beach, facing south-east. The beach is a popular swimming area with a patrol service provided during Christmas, Easter and April School Holidays. The back of the beach is home to Bongon Lagoon. Up the hill near the road is a large car park, several picnic tables, an amenities block (with shower and toilets), an emergency phone and Frazer camping ground. There is limited natural shade, but the beach is a interesting place to explore and relax.

### 3.15 | Bongon Lagoon

*(130 m 2 mins)* Veer left: From the beach, this walk heads inland across the sand, keeping Bongon Lagoon to the left. The walk soon tends right up to the lower car park, then continues uphill along the grass to the turning loop of Frazer Beach Road (on the left) and the picnic tables and shelter on the right.

### 3.27 | Frazer Beach Picnic Area

Frazer Beach Picnic Area is found at the end of Frazer Beach Rd. There is a great view over the the beach and out to sea. There are a couple of sheltered tables and more unsheltered tables, as well as direct access to the beach down the stairs. An amenities block is just above the upper car park, as well as an emergency telephone.