



Flint and Steel Beach and bay loop

1 h 15 min to 1 h 30 min

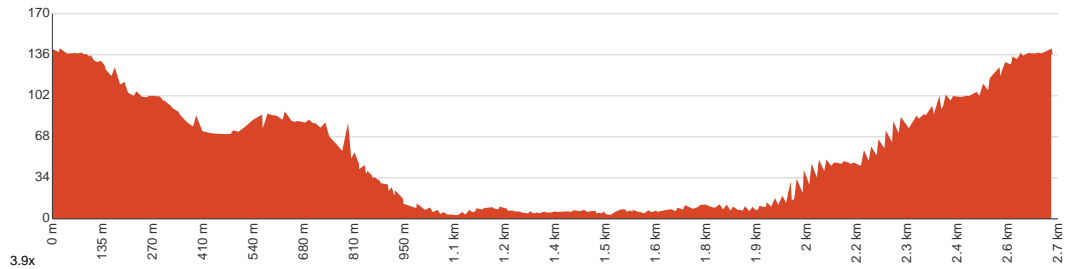
2.7 km
Circuit

↑ 193 m
↓ 192 m

5
Very challenging



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. Let us begin by acknowledging the Traditional Custodians of the land on which we travel today, and pay our respects to their Elders past and present.



Class 5 of 6 Rough unclear track	
Quality of track	Rough unclear track (5/6)
Gradient	Very steep (4/6)
Signage	No directional signs (5/6)
Infrastructure	No facilities provided (5/6)
Experience Required	Some bushwalking experience recommended (3/6)
Weather	Storms may impact on navigation and safety (3/6)

Getting to the start: From Pacific Highway, A1, Gordon.

- Turn on to then drive for 12 km
- Keep left and drive for another 30 m
- Turn slight left onto McCarrs Creek Road and drive for another 25 m
- At roundabout, take exit 2 onto McCarrs Creek Road and drive for another 5 km
- Turn left onto West Head Road and drive for another 350 m
- Turn slight left onto West Head Road and drive for another 11.2 km
- Turn left and drive for another 3 m

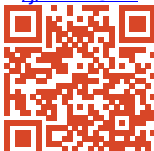


Before you start any journey ensure you;

- Tell someone you trust where you are going and what to do if you are late returning
- Have adequate equipment, supplies, skills & knowledge to undertake this journey safely
- Consider weather forecasts, park/track closures & fire dangers
- Can respond to emergencies & call for help at any point
- Are healthy and fit enough for this journey

If not, change plans and stay safe. It is okay to delay and ask people for help.

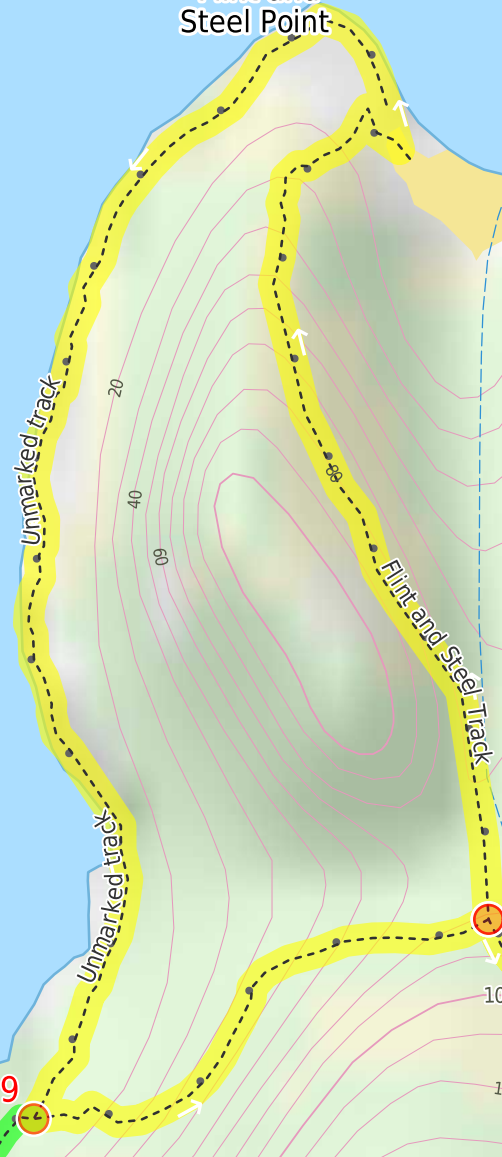
Share
Bushwalk.com
[ij/MVW5LN](https://bushwalk.com/ij/MVW5LN)





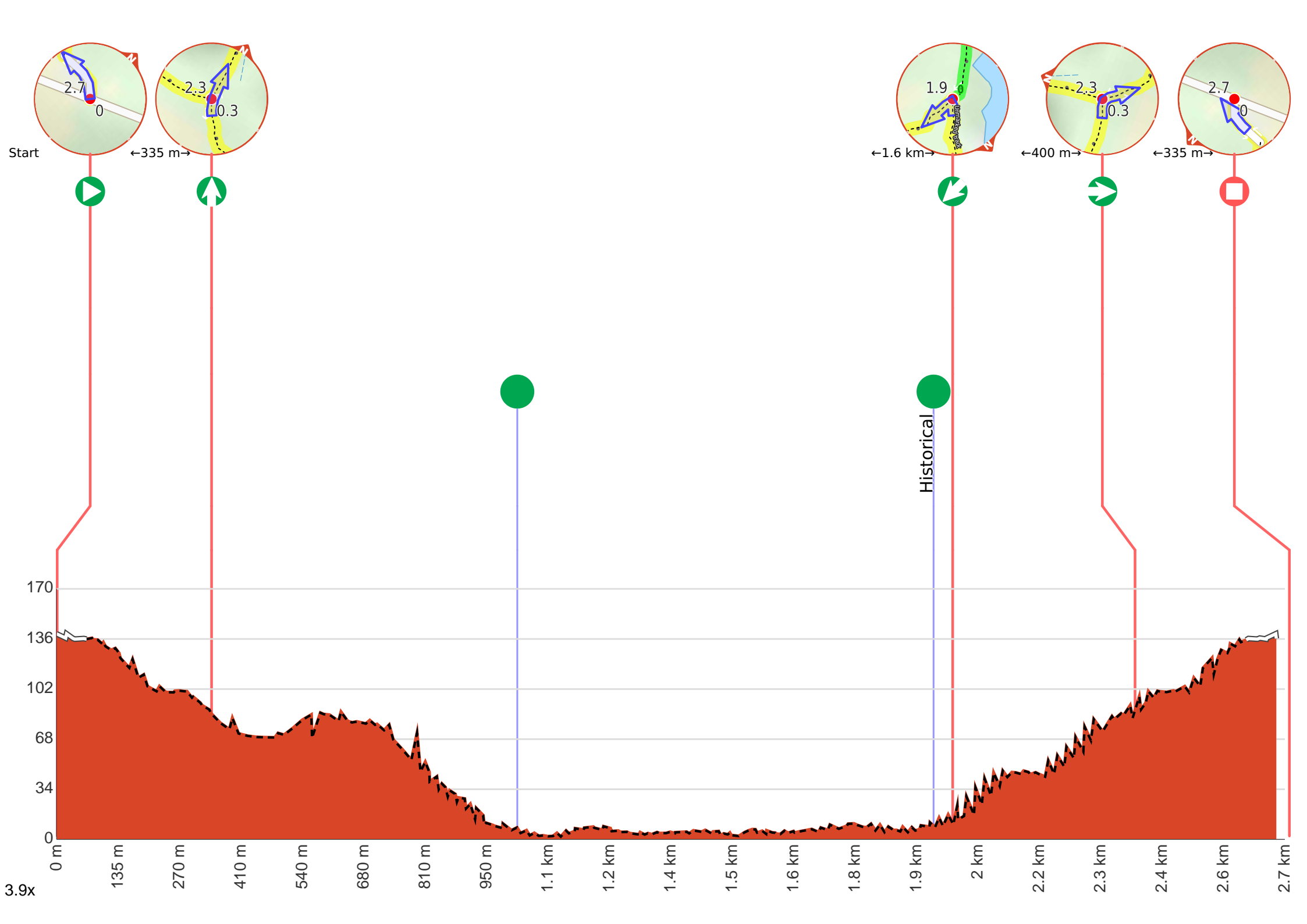
Broken Bay

Flint and Steel Point

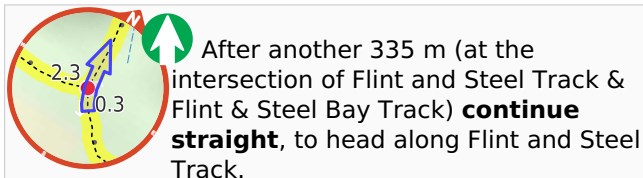
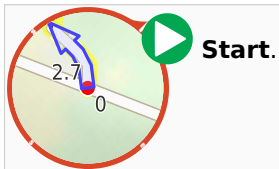


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Getting started: From the back of the car park, the walk follows the 'Flint and Steel Track' sign along the bush track heading down through the bush. The walk drops down some stairs and turns right at the old 'Ku-ring-gai Chase National Park' sign, 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.

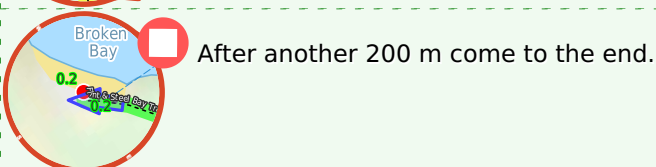
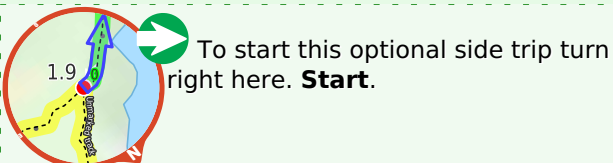


After another 335 m (at the intersection of Flint and Steel Track & Flint & Steel Bay Track) **continue straight**, to head along Flint and Steel Track.

After another 670 m find the "Flint and Steel Beach" (about 20 m ahead). 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 hill lends views over the Hawkesbury River to Patonga and Lion Island, with Box Head in the background.

After another 910 m find the "McGaw Ruins" (25 m on your left). 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.

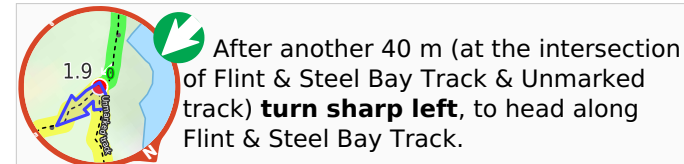
Start of an optional side trip: An optional side trip to White Horse Beach.



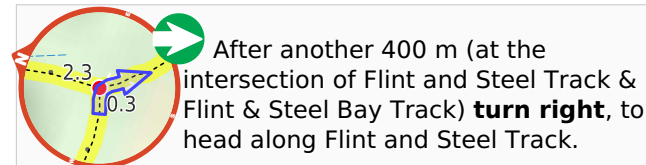
About 70 m past the end is "White Horse Beach". White Horse Beach, Ku-ring-gai Chase National Park, is a 30m stretch of sand sitting on the coast of Flint and Steel Bay between rocky boulders. The beach, backed by a steep hill, provides north-westerly views over the Hawkesbury from Patonga, Broken Bay Sport and Recreation Centre and up the river towards Brooklyn.

Turn around and retrace your steps back the 200 m to the main route.

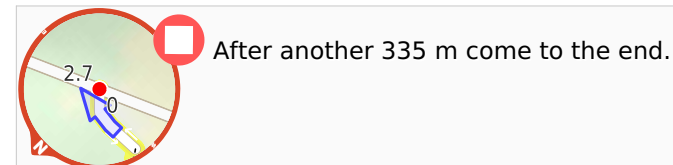
Back at the main route turn around and follow on from the 1.9 km waypoint.



After another 40 m (at the intersection of Flint & Steel Bay Track & Unmarked track) **turn sharp left**, to head along Flint & Steel Bay Track.



After another 400 m (at the intersection of Flint and Steel Track & Flint & Steel Bay Track) **turn right**, to head along Flint and Steel Track.



After another 335 m come to the end.