



Cape Banks Island Walk

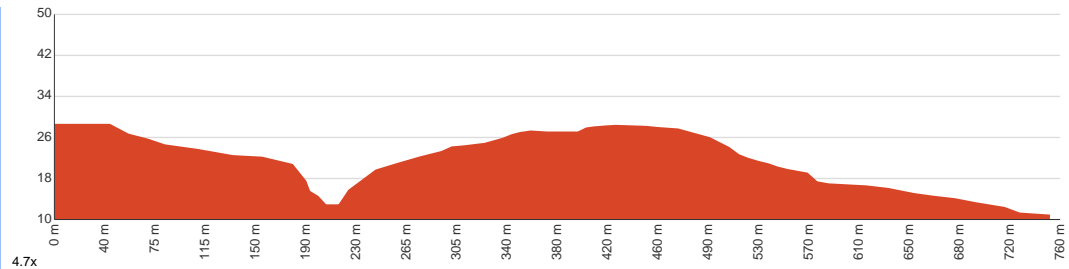
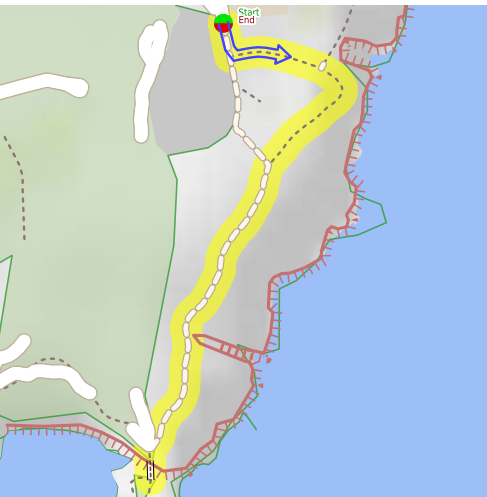
 30 min to 45 min


1.5 km
Return


↑ 50 m
↓ 50 m

 4
Hard track

On this walk, you will explore Cape Banks Island, surrounded by the aquatic reserve and the beautiful coastline of Kamay Botany Bay NP. Starting from the end of Cape Banks Rd, you pass a historic gun emplacement, then explore the grassy coastline down to the water and edge of NSW Golf Course. There is a foot bridge to give access to the island and a novel T for the golf course. The island has a series of faint rough tracks that allow you to explore the bald island and its views. 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 4 of 6 Rough track, where fallen trees and other obstacles are likely | |
| Quality of track | Rough track, where fallen trees and other obstacles are likely (4/6) |
| Gradient | Gentle hills with occasional steps (2/6) |
| Signage | Directional signs along the way (3/6) |
| Infrastructure | Limited facilities, not all cliffs are fenced (3/6) |
| Experience Required | No experience required (1/6) |
| Weather | Storms may impact on navigation and safety (3/6) |

Getting to the start: From , Eastern Suburbs.

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](https://bushwalk.com/j/RI5EQV)
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Cape Banks Road

Sydney Pistol Club

P

Start
End



World War Two Bunker

0.3

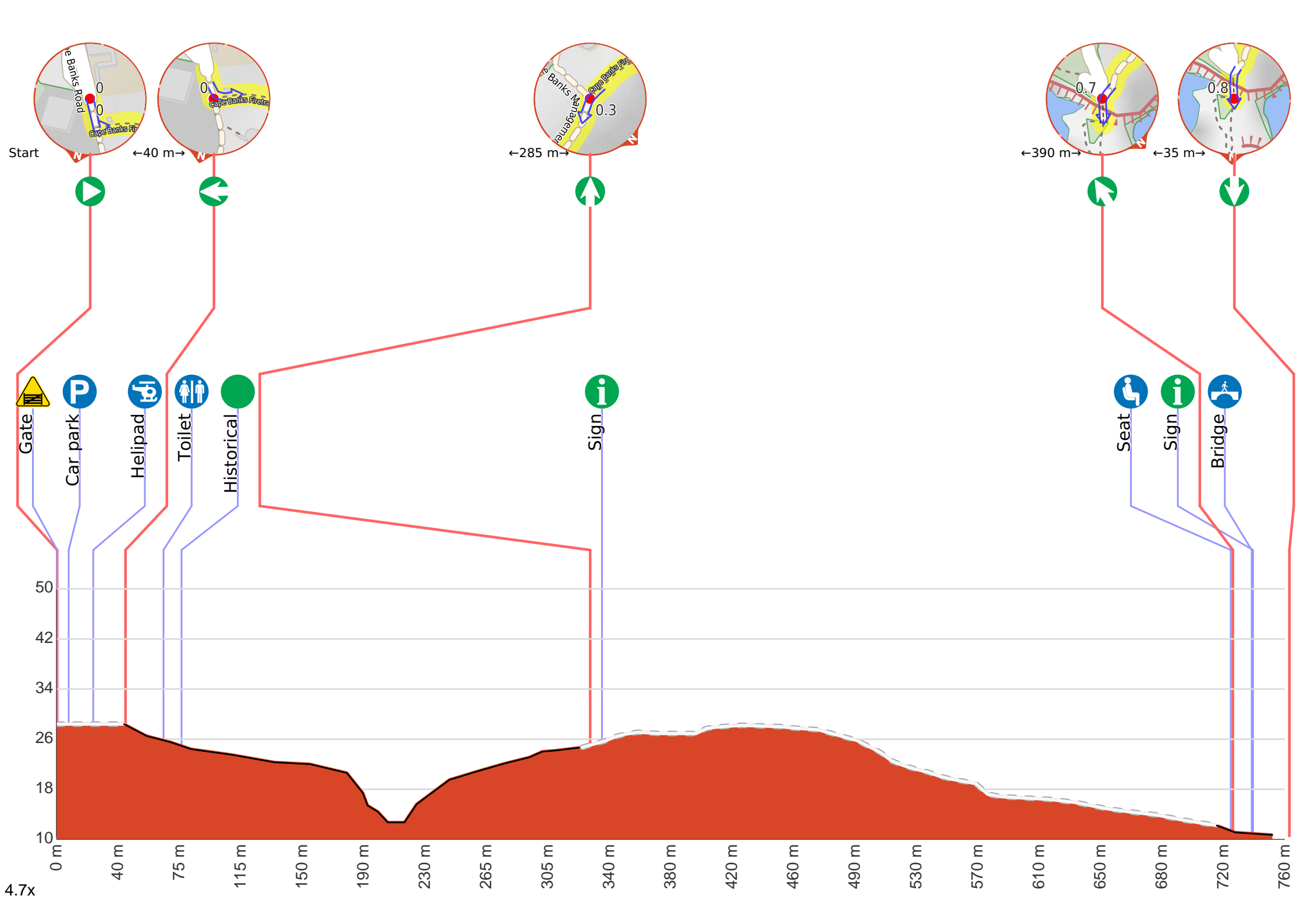
20

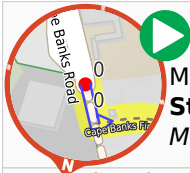
0.7

0.8

Cape Banks

Botany Bay





At the intersection of Cape Banks Management Trail & Cape Banks Road **Start** heading along *Cape Banks Management Trail* (a vehicle track).



Then head through/around the gate.



Find the car park at the start.



Find the helipad at the start.



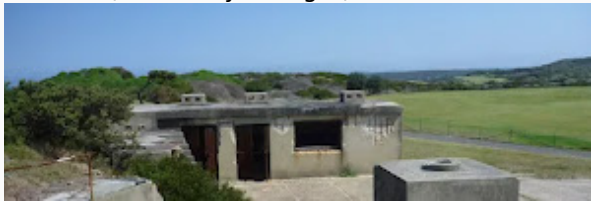
After another 20 m (at the intersection of Cape Banks Firetrail & Cape Banks Management Trail) **turn left**, to head along Cape Banks Firetrail (a footpath).



After another 25 m pass the toilet (5 m on your left).



After another 10 m find the "World War Two Bunker" (45 m on your right).



This World War Two bunker is near the Westpac Helicopter Shed. This bunker consists of sheltered concrete ammunition storage rooms below, and a circular gun base above, with surrounding coastal views. There are rusted and damaged parts, so take care when exploring.



After another 80 m (from the Cape Banks Firetrail) **continue straight**, to head along Cape Banks Firetrail.



After another 170 m (at the intersection of Cape Banks Management Trail & Cape Banks Firetrail) **continue straight**, to head along Cape Banks Management Trail (a vehicle track).



After another 7 m pass the sign (on your left).



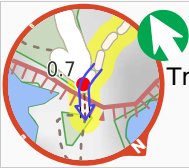
After another 380 m find the "Seat" (on your right).



A timber slat bench seat, 60cm high, 30cm deep and 1.8m wide with no armrests or backrest.



After another 15 m pass the "Cape Banks Aquatic Reserve" (on your left).



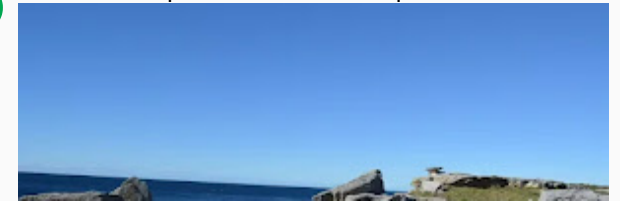
From the Cape Banks Management Trail **veer left** (a footpath).



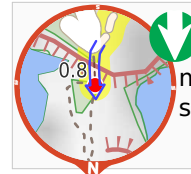
After another 10 m cross the bridge (about 25 m long)



About 30 m past the end is "Cape Banks".



Cape Banks on the northern side of the entrance to Botany Bay, offers possibly the best view in Botany Bay National Park. From the unfenced cliff top, you can watch the power of the ocean as waves crash into the sandstone rock face below, or watch boats of all shapes and sizes, sail peacefully across the sheltered waters of the bay. If you are lucky, you can enjoy the spectacle of migrating Humpback and Southern Right whales reasonably close to shore, spouting and sometimes breaching as they make their way northward and southward in pods of three or four. The shipwreck of the SS Minmi can be seen at low tide, lying on rocks on the western side of Cape Banks. There are concrete foundations of buildings remaining on Cape Banks, from when World War Two servicemen were stationed there.



Turn around here and retrace the main route for 750 m to get back to the start.