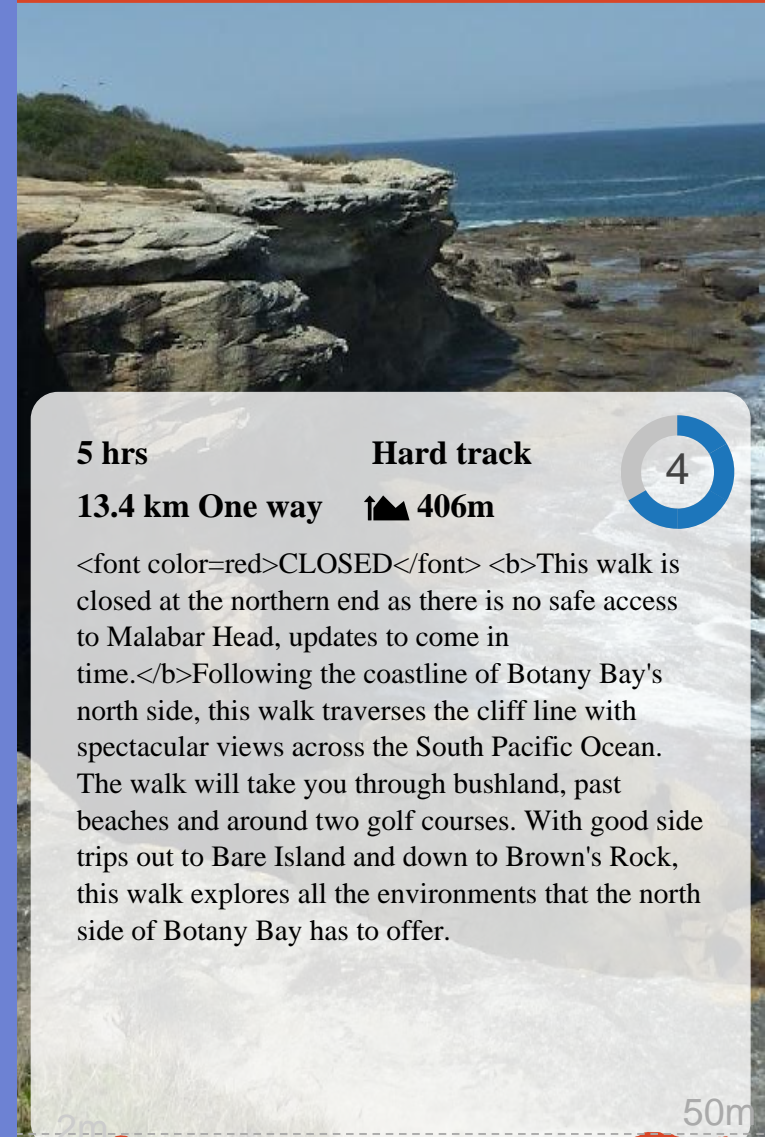


## Maroubra to La Perouse



5 hrs

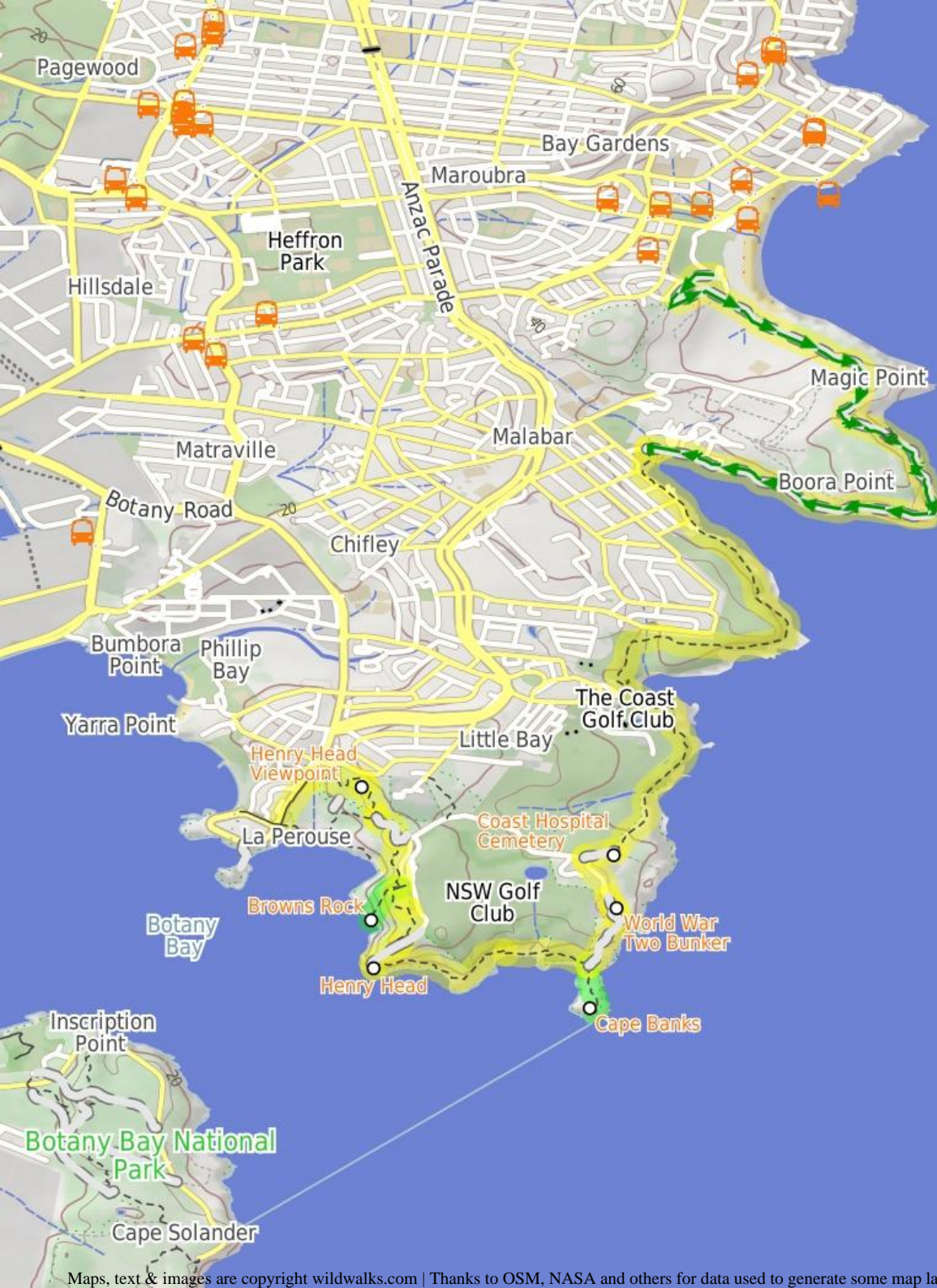
Hard track

13.4 km One way

▲ 406m

4

**CLOSED** **This walk is closed at the northern end as there is no safe access to Malabar Head, updates to come in time.** Following the coastline of Botany Bay's north side, this walk traverses the cliff line with spectacular views across the South Pacific Ocean. The walk will take you through bushland, past beaches and around two golf courses. With good side trips out to Bare Island and down to Brown's Rock, this walk explores all the environments that the north side of Botany Bay has to offer.



Botany Bay National Park

## Coast Hospital Cemetery

The Coast Hospital Cemetery on the northern side of Botany Bay, was first established in the early 1880's and now houses as many as 2000 graves. It serviced the Coast (Prince Henry) Hospital, originally a smallpox hospital, as people who died of smallpox were required to be buried at the hospital grounds. The hospital was built far enough from the city to provide quarantine, and for this reason, the hospital in time became an infectious diseases hospital, also treating patients with influenza, bubonic plague, typhoid fever and leprosy. Unfortunately, the cemetery has now fallen into disrepair and many of the grave sites are in poor condition .

## World War Two Bunker

This World War Two bunker is at the southern end of Pistol Rd and across from the Westpac Helicopter Shed. This bunker consists of sheltered concrete ammunition storage rooms below and a circular gun base above, with surrounding coastal views.

## 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. [More info.](#)

## Henry Head

The Henry Head Battery is located on the northern side of the entrance to Botany Bay at Henry Head. The battery was constructed on an unfenced headland between 1892 and 1895 and operated until 1910 when it was closed down. The battery and observation posts was re-utilised during World War Two to defend against approaches to Botany Bay. The battery consisted of two disappearing guns, ammunition storage and observation posts. The underground bunker and tunnel complex consisted of vaulted ammunition storage rooms with double walls and ceilings. The doubling-up of walls and ceilings was a preventative measure meant to stop the walls from collapsing in the event of a direct hit. The battery is currently not in use. The white tower on the battery is the Endeavour Tower, not a lighthouse as such, but a red marker light nonetheless. [More info.](#)

## 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, unknown](#))
- 3) Park Alerts ([Botany Bay 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:

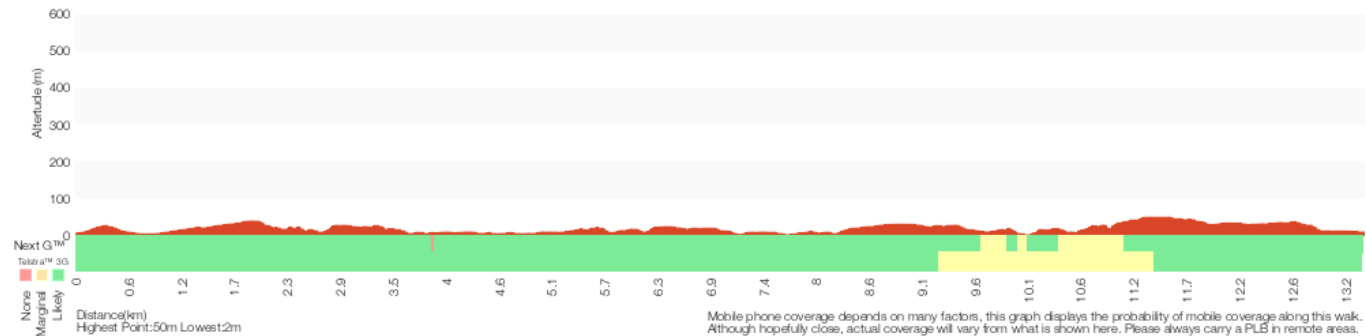
- T** Take adequate supplies of food, water, navigation and first aid equipment.
- R** Register your planned route and tell friends and family when you expect to return.
- E** Emergency beacon (PLB's) should be carried on walks with significant gaps in mobile coverage (check terrain profile).
- K** Keep 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:**91303S BOTANY BAY, 91302S BONDI, 91294N PORT HACKING

**1:100 000 Map Series:**9130 SYDNEY, 9129 PORT HACKING



## 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

<b>Length</b>	13.4 km One way
<b>Time</b>	5 hrs
<b>Quality of track</b>	Rough track, where fallen trees and other obstacles are likely (4/6)
<b>Signs</b>	Minimal directional signs (4/6)
<b>Experience Required</b>	Moderate level of bushwalking experience recommended (4/6)
<b>Weather</b>	Storms may impact on navigation and safety (3/6)
<b>Infrastructure</b>	Limited facilities (such as cliffs not fenced, significant creeks not bridged) (4/6)

### 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** You can get to South Maroubra SLSC (gps: -33.9516, 151.255) by car or bus. Car: There is free parking available.

You can get back from Southern end of Cann Park (gps: -33.9886, 151.2337) by car or bus. Car: There is free parking available.

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

### 0 | South Maroubra SLSC

*(4.3 km 1 hr 25 mins)* From South Maroubra SLSC carpark, this walk head up the footpath, away from the ocean. Soon, the path comes to some houses, and passes through the gap in the fencing to head behind the houses (keeping the houses to the right). At the last of the buildings, the walk turns left sharply, coming onto a sandy management trail through the low shrubs. The track emerges into a large clearing, at the Anzac Rifle Range, which is shared with Sydney Model Aero Club. Here, the walk leaves the trails behind and continues onto the grassy field, staying left. At the southern end of the fields, a track breaks off to the left (east) and travels through the low scrub again, passing numerous side tracks on the right. The walk comes to a grassy clearing, with a gap in the cliffs on the left (in a small rocky bay) - crossing to the south-eastern corner of this, there is a narrow but distinct track heading up into the scrub. This track continues around the edge of the magnificent Malabar headland. (Note: there are many side tracks exploring Malabar Headland, with numerous World War II defence structures, and more than 280 endemic plant species as well as over 200 bird species). Keeping to the tracks nearest the coast, this walk eventually comes to another grassy clearing, at the bottom of which is a car park. This walk continues along Fishermans Rd, coming to another car park, at Cromwell Park (the children's playground and Long Bay beach are visible).

### 4.27 | Cromwell Park

*(4.3 km 1 hr 21 mins)* Turn left: From the car park on Fishermans Road, this walk heads into Cromwell Reserve along the footpath. The walk passes the children's playground and continues out of the park and along Bay Pde, keeping the water to the left. This walk follows the footpath past the boat launch area and Malabar Rock Pool, coming to Randwick Golf Club. Continuing from the car park, the walk travels alongside the golf course, and without fanfare, crosses onto The Coast Golf Course. (Note: The golf clubs has given permission for non-members to be on the course, however this is on the condition that it is at one's own risk.) The walk then navigates along the golf course's paths, staying near the coast as possible, and coming to a path on the left, leading to stairs that go down to Little Bay Beach. This walk crosses to the southern end of the beach, then continues back up onto the Coast Golf Course. Continuing south, this walk crosses the fairway of the 5th hole, then passes onto St Michaels Golf Course. Soon, this walk veers left onto a management trail through the low shrubs, and comes to the Coast Hospital Cemetery.

### 8.58 | Coast Hospital Cemetery

The Coast Hospital Cemetery on the northern side of Botany Bay, was first established in the early 1880's and now houses as many as 2000 graves. It serviced the Coast (Prince Henry) Hospital, originally a smallpox hospital, as

people who died of smallpox were required to be buried at the hospital grounds. The hospital was built far enough from the city to provide quarantine, and for this reason, the hospital in time became an infectious diseases hospital, also treating patients with influenza, bubonic plague, typhoid fever and leprosy. Unfortunately, the cemetery has now fallen into disrepair and many of the grave sites are in poor condition .

### 8.58 | Coast Hospital Cemetery

*(150 m 2 mins)* Veer right: From the intersection at the Coastal Cemetery, this walk follows the level management trail (passing the cemetery information sign on the left) for about 150m, until coming to a locked gate and unsealed car park next to Pistol Club Rd.

### 8.73 | Int of Pistol Club Rd AND Coastal Cemetery Managem

*(320 m 5 mins)* Turn left : From the intersection (which is found about 1km past the 'helicopter sign' off Henry Head Rd), this walk follows the road gently uphill for about 140m, to come to views of the coastal cemetery (on the left). Then this walk continues to follow the road gently downhill for about 200m, until coming to a locked gate and 'Botany Bay National Park' sign.

### 9.05 | Southern End of Pistol Club Rd

*(100 m 2 mins)* Continue straight: From the southern end of Pistol Club Rd, this walk follows a management trail, passing around a locked gate before coming to a 'Botany Bay National Park' sign after about 10m. Then this walk continues to follow the trail, with a metal ring fence and the 'Westpac Helicopter' sign and shed (on the right) for about 90m, until coming to a World War Two Bunker (on the left).

### 9.15 | World War Two Bunker

This World War Two bunker is at the southern end of Pistol Rd and across from the Westpac Helicopter Shed. This bunker consists of sheltered concrete ammunition storage rooms below and a circular gun base above, with surrounding coastal views.

### 9.15 | World War Two Bunker

*(490 m 10 mins)* Turn right: From the World War Two Bunker, this walk follows a management trail away from the 'Westpac Helicopter' sign and shed, keeping the metal ring fence to the right. The walk follows the trail for about 20m, then turns left at a three-way intersection to head up a gentle hill. After about 35m, the trail starts to descend steeply to a three-way intersection (and views of the water).

Veer right: From this intersection, this walk follows the trail gently downhill with the water on the left. Then this walk continues to follow the trail for about 400m to find the southern end of the Coastal Cemetery management trail. The walk then follows a grassy track downhill for about 15m to the 'Cape Banks Aquatic Reserve' sign and bridge beyond.

### 9.64 | Optional sidetrip to Cape Banks

*(360 m 6 mins)* Veer left: From the 'Cape Banks Aquatic Reserve' sign, this walk follows the track for about 20m to cross a metal foot bridge. Then this walk continues to follow the rocky track (passing a golf tee-off green on the right) for about 240m to the exposed Cape Banks headland. At the end of this side trip, retrace your steps back to the main walk then Veer left.

### 9.64 | 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 Mimmi 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. [More info.](#)

### 9.64 | North end of Cape Banks Bridge

*(470 m 10 mins)* Turn right: From the Cape Banks bridge and the 'Cape Banks Aquatic Reserve' sign, this walk follows a level footpath west, through the golf course, keeping the water on the left. After about 250m, this walk leaves the golf course on a grassy track that leads down a moderately steep hill, then follows rock shelves to the west, with the water on the left. About 90m along the rock shelves, the walk continues along the beach for about 35m, until coming to an indistinct intersection roughly where the rock shelf comes nearest to the scrub - the track heads moderately steeply uphill, away from the water.

### 10.11 | Cruwee Cove

*(840 m 20 mins)* Turn right: From the Shelly Beach at Cruwee Cove, this walk follow the narrow sandy track away from the beach, to the west, keeping the water on the left. Then this walk continues to follow the track, gently undulating through coastal forest for about 600m to find exposed rock platforms (with a view ahead to Henry Head). This walk continues up rock steps, and a rocky track through coastal heath for about 130m. This walk continues over rock slabs, with the ocean on the left for another 130m or so, until coming to a white round tower and Henry Head.

### 10.95 | Henry Head

The Henry Head Battery is located on the northern side of the entrance to Botany Bay at Henry Head. The battery was constructed on an unfenced headland between 1892 and 1895 and operated until 1910 when it was closed down. The battery and observation posts was re-utilised during World War Two to defend against approaches to Botany Bay. The battery consisted of two disappearing guns, ammunition storage and observation posts. The underground bunker and tunnel complex consisted of vaulted ammunition storage rooms with double walls and ceilings. The doubling-up of walls and ceilings was a preventative measure meant to stop the walls from collapsing in the event of a direct hit. The battery is currently not in use. The white tower on the battery is the Endeavour Tower, not a lighthouse as such, but a red marker light nonetheless. [More info.](#)

### 10.95 | Henry Head

*(760 m 14 mins)* Turn sharp right: From the white round tower, this walk follows the wide management trail (passing two timber seats on the left). Then this walk continues to follow the trail gently uphill for about 220m, until coming to a three-way intersection, with a track and timber posts (on the left).

Turn left: From the intersection, this walk follows a wide sandy track (passing between timber posts), heading up a moderately steep hill through dense forest. After about 100m, the walk comes to views of Bare Island (on the left), approximately 130m further along the track, the walk finds a World War One fort (on the left). This walk continues to follow the level wide track for another 70m, until coming to a three-way intersection, with a track and bench seat on the left.

Turn left: From the intersection, this walk follows the wide track down the moderately steep hill, passing a bench seat on your left. The track heads through low coastal forest, with views of Bare Island on the left after about 140m. The walk continues gently downhill for another 70m, until coming to four-way intersection with a 'Browns Rock' signed track (on the left), a moderately steeply downhill track ahead and a gently uphill track (on the

right).

#### 11.71 | Optional sidetrip to Browns Rock

(310 m 7 mins) Turn sharp left: From the intersection, this walk follows the track gently downhill, following the 'Browns Rock 280m' sign. About 110m down the track, the walk continues down a moderately steep hill with timber steps for a further 180m, until coming to a square concrete platform on the water and Browns Rock. At the end of this side trip, retrace your steps back to the main walk then Turn sharp left.

#### 11.71 | Browns Rock

Browns Rock is a popular fishing spot at La Perouse, with an unfenced shelf of rock and concrete from which to cast fishing rods. Unfortunately, this area suffers from littering - Please help by carrying out your own rubbish and a few extra bits where safe (the rangers do a great job, but it is hard to keep up). [More info.](#)

#### 11.71 | Int of Henry Head and Browns Rock Tracks

(630 m 12 mins) Turn left: From the intersection, this walk follows the track down the moderately steep hill with occasional steps, keeping the chained green bin on the left. Then this walk continues to follow the track for about 260m, coming to a metal ring fence (on the left). This walk then continues to follow the track gently downhill through moist forest for about 120m, until coming to a three-way intersection, with a narrow management trail and large green shed (on the right).

Continue straight: From the intersection, this walk follows the wide track gently downhill, initially keeping the large green shed on the right. Then, this walk continues to follow the forested track for about 170m, until coming to a three-way intersection, with a 'Henry Head' and 'Congwong Beach' sign (on the left) and track (on the right).

#### 12.34 | Int of Henry Head Track & Henry Head Lane Track

(20 m ) Veer right: From the intersection, this walk follows the track north and away from the face of the 'Henry Head/Congwong Beach' sign for about 15m, until passing between timber poles and coming to Henry Head Lane.

#### 12.36 | Int of Henry Head Lane AND Henry Head Track

(260 m 5 mins) Continue straight: From the intersection, this walk follows the track gently uphill (passing between timber posts) through coastal forest. After about 180m, the walk comes to an exposed rock platform and the Henry Head view point.

#### 12.62 | Henry Head Viewpoint

The Henry Head view point is located above Henry Head Lane and offers good views on the surrounding coastline. From the unfenced sandstone platform, good views are available to the west, south and east, including Bare Island, the Barracks Tower and Henry Head.

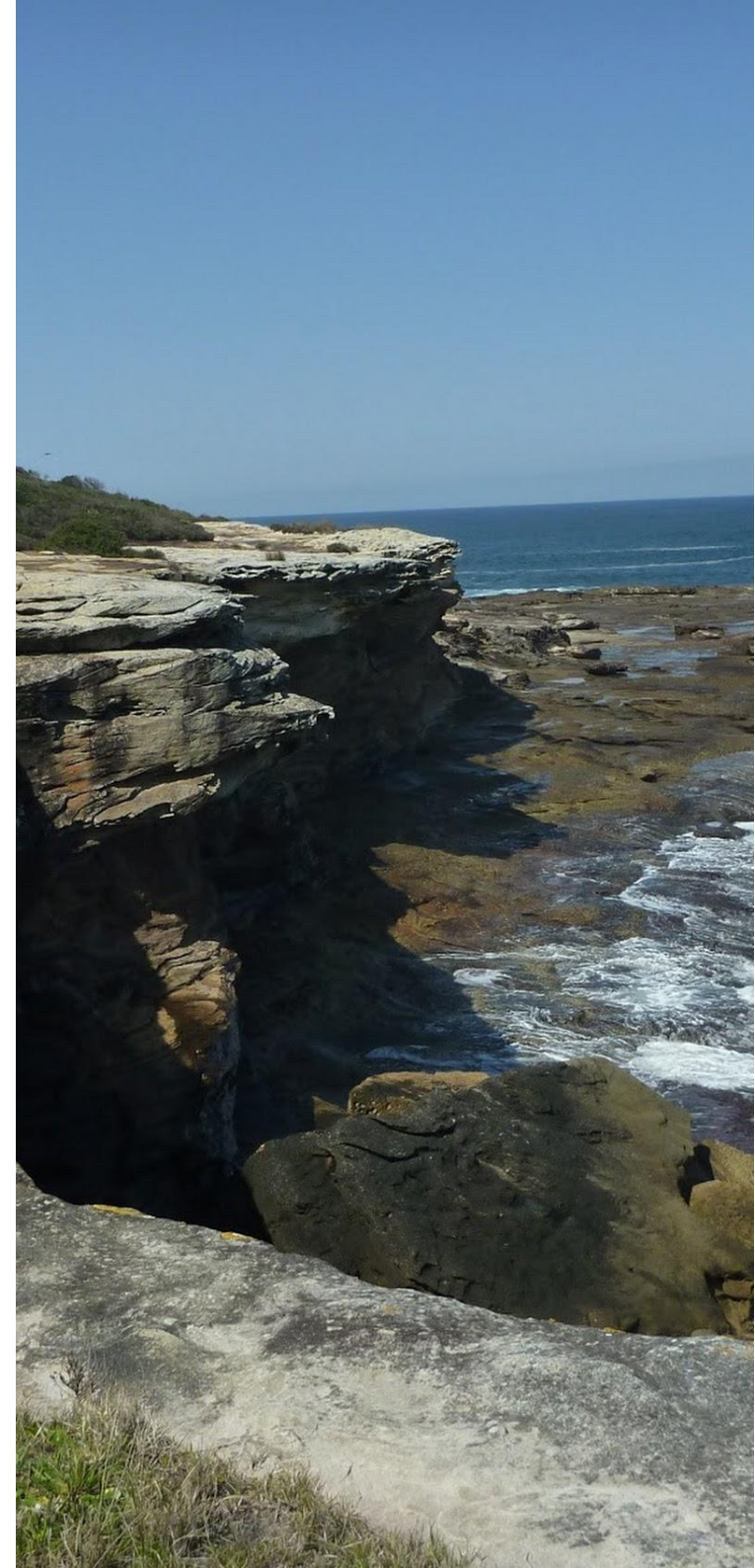
#### 12.62 | Henry Head Viewpoint

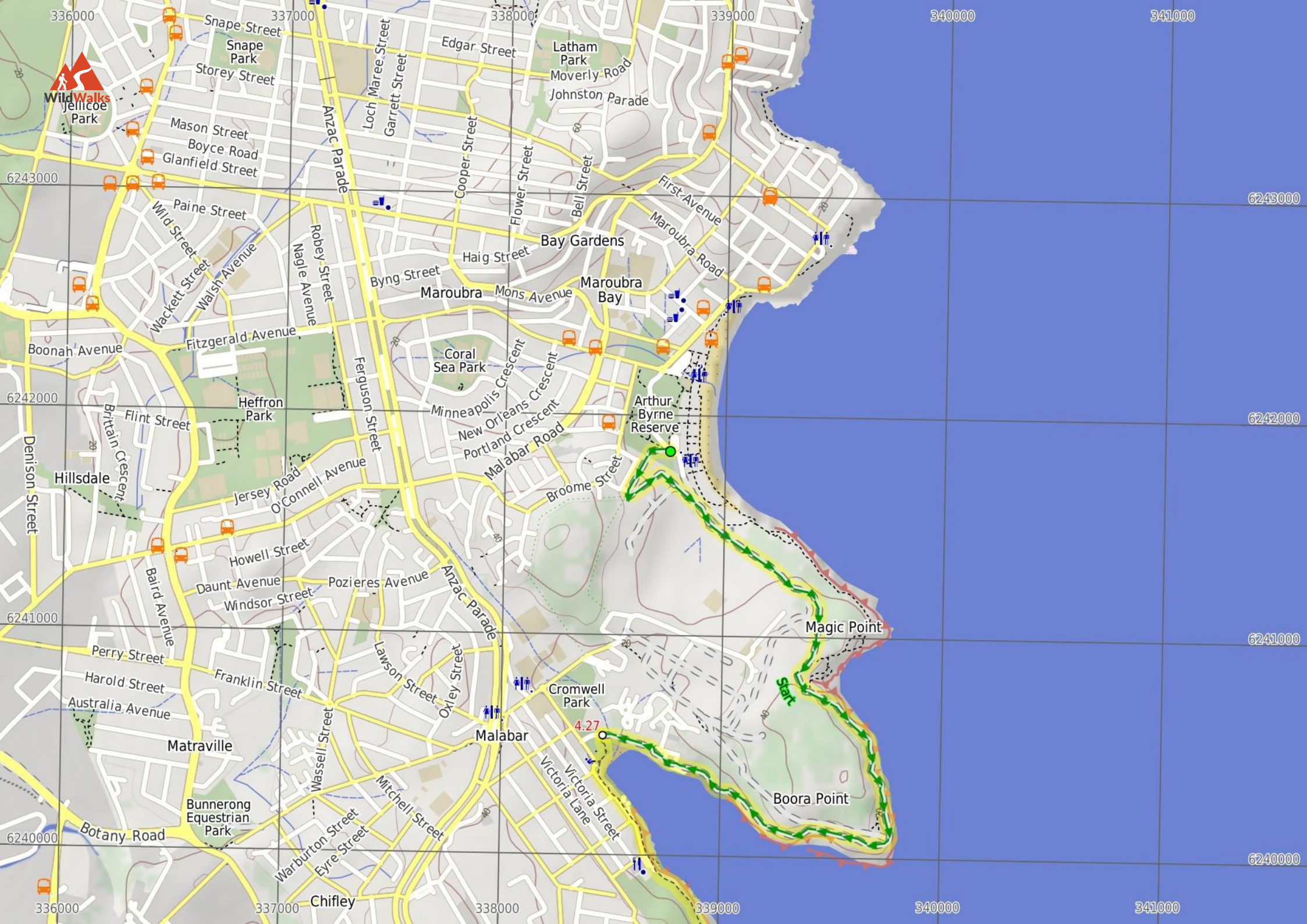
(400 m 8 mins) Turn right: From the Henry Head view point, this walk follows the level rocky track north and directly away from the viewpoint (ignoring sidetracks). After about 15m, the track starts to head gently downhill, and then after about 100m, the sandy track becomes steeper with timber steps. After a further 170m, the walk finds a four-way intersection, with timber posts and a sealed road (Henry Head Lane). This walk crosses the road and continues along the unmarked track gently downhill and across a timber bridge over a creek. Then the walk continues moderately steeply uphill, until coming to 'The Happy Valley' sign and Anzac Parade.

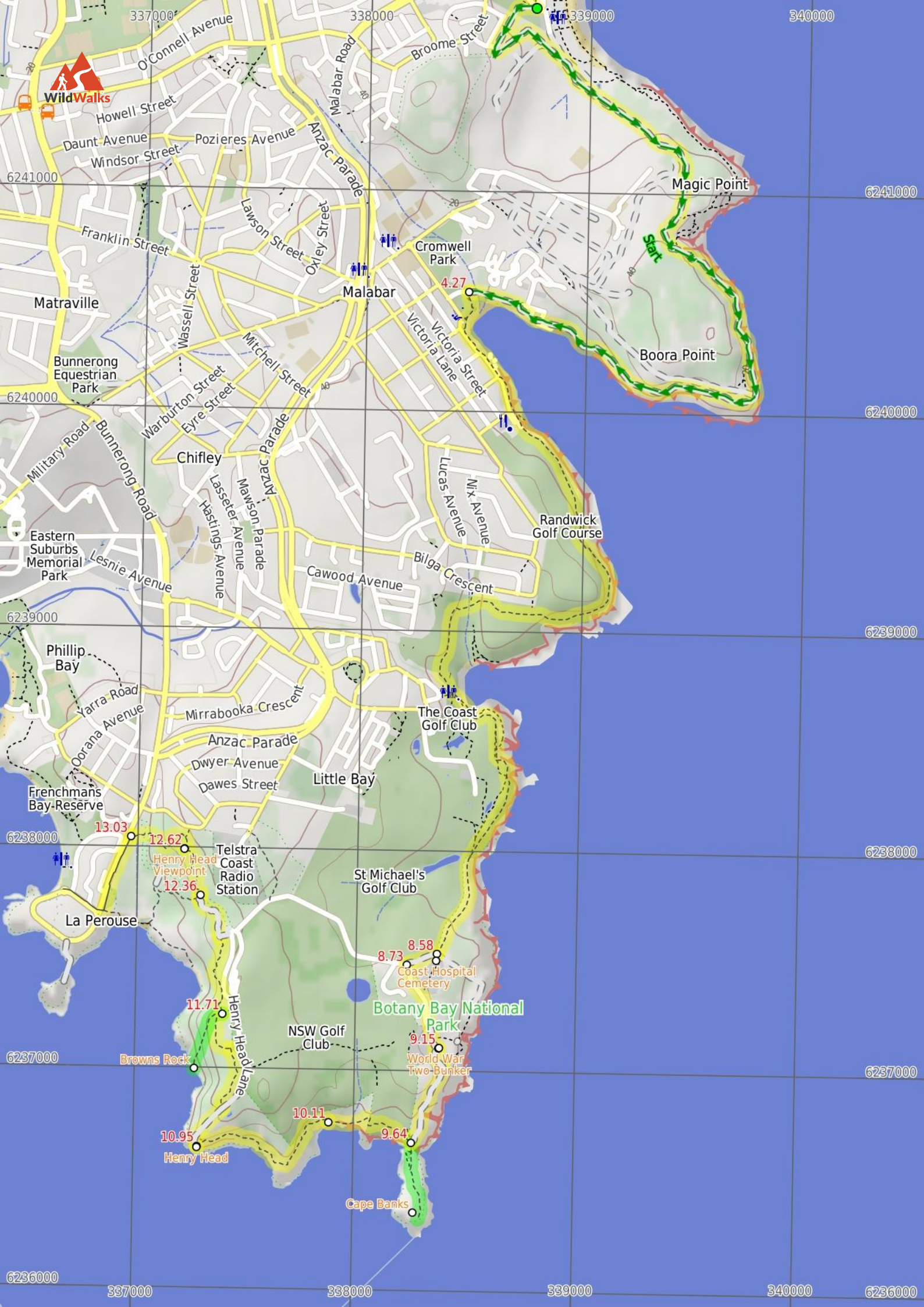
#### 13.03 | Int of Anzac Parade AND Henry Head Track

(370 m 6 mins) Turn left: From the car park and grassed park, this walk

follows the footpath south, with Anzac Parade on your right. Approximately 300m along footpath (the footpath briefly separates from the road and then returns), the walk finds the northern end of Cann Park and 'Cann Park' sign. This walk then follows the footpath towards the coast (and past the snake pit) for about 100m, until coming to the southern end of Cann Park and 'Congwong Beach Walk' sign .







## Summary navigation sheet for the Maroubra to La Perouse



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
Start	South Maroubra SLSC -33.9516,151.255 (GR Bondi, 387418)	143 -139	4.3 km 1 hr 25 mins	From South Maroubra SLSC carpark, this walk head up the footpath, away from the ocean.
4.27	Cromwell Park -33.9632,151.2516 (GR Bondi, 385405)	119 -105	4.3 km 1 hr 21 mins	Turn left: From the car park on Fishermans Road, this walk heads into Cromwell Reserve along the footpath.
8.58	Coast Hospital Cemetery -33.9904,151.25 (GR Bondi, 384375)	5 0	150 m 2 mins	Veer right: From the intersection at the Coastal Cemetery, this walk follows the level management trail (passing the cemetery information sign on the left) for about 150m, until coming to a locked gate and unsealed ...
8.73	Int of Pistol Club Rd AND Coastal Cemetery Management Trail -33.9908,151.2486 (GR Botany Bay, 382375)	1 -2	320 m 5 mins	Turn left : From the intersection (which is found about 1km past the 'helicopter sign' off Henry Head Rd), this walk follows the road gently uphill for about 140m, to come to views of the coastal cemetery (on the left).
9.05	Southern End of Pistol Club Rd -33.9935,151.2497 (GR Botany Bay, 383372)	0 -6	100 m 2 mins	Continue straight: From the southern end of Pistol Club Rd, this walk follows a management trail, passing around a locked gate before coming to a 'Botany Bay National Park' sign after about 10m.
9.15	World War Two Bunker -33.9942,151.2501 (GR Bondi, 384371)	8 -20	490 m 10 mins	Turn right: From the World War Two Bunker, this walk follows a management trail away from the 'Westpac Helicopter' sign and shed, keeping the metal ring fence to the right.
9.64	Cape Banks track -33.9981,151.2488 (GR Botany Bay, 383367)	4 -4	360 m 6 mins	Optional sidetrip to Cape Banks. Veer left: From the 'Cape Banks Aquatic Reserve' sign, this walk follows the track for about 20m to cross a metal foot bridge.
9.64	North end of Cape Banks Bridge -33.9981,151.2488 (GR Botany Bay, 383367)	14 -23	470 m 10 mins	Turn right: From the Cape Banks bridge and the 'Cape Banks Aquatic Reserve' sign, this walk follows a level footpath west, through the golf course, keeping the water on the left.
10.11	Cruwee Cove -33.9973,151.2447 (GR Botany Bay, 379368)	59 -42	840 m 20 mins	Turn right: From the Shelly Beach at Cruwee Cove, this walk follow the narrow sandy track away from the beach, to the west, keeping the water on the left.
10.95	Henry Head -33.9982,151.2382 (GR Botany Bay, 373366)	33 -7	760 m 14 mins	Turn sharp right: From the white round tower, this walk follows the wide management trail (passing two timber seats on the left).
11.71	Int of Henry Head and Browns Rock Tracks -33.9928,151.2395 (GR Botany Bay, 374372)	0 -38	310 m 7 mins	Optional sidetrip to Browns Rock. Turn sharp left: From the intersection, this walk follows the track gently downhill, following the 'Browns Rock 280m' sign.
11.71	Int of Henry Head and Browns Rock Tracks -33.9928,151.2395 (GR Botany Bay, 374372)	9 -23	630 m 12 mins	Turn left: From the intersection, this walk follows the track down the moderately steep hill with occasional steps, keeping the chained green bin on the left.
12.34	Int of Henry Head Track & Henry Head Lane Track -33.9881,151.2383 (GR Botany Bay, 373378)	1 0	20 m	Veer right: From the intersection, this walk follows the track north and away from the face of the 'Henry Head/Congwong Beach' sign for about 15m, until passing between timber poles and coming to Henry Head Lane.
12.36	Int of Henry Head Lane AND Henry Head Track -33.9879,151.2384 (GR Botany Bay, 373378)	8 -6	260 m 5 mins	Continue straight: From the intersection, this walk follows the track gently uphill (passing between timber posts) through coastal forest.
12.62	Henry Head Viewpoint -33.986,151.2376 (GR Botany Bay, 372380)	5 -26	400 m 8 mins	Turn right: From the Henry Head view point, this walk follows the level rocky track north and directly away from the viewpoint (ignoring sidetracks).
13.03	Int of Anzac Parade AND Henry Head Track -33.9855,151.235 (GR Botany Bay, 370380)	1 -4	370 m 6 mins	Turn left: From the car park and grassed park, this walk follows the footpath south, with Anzac Parade on your right.