



This walk explores a variety of environments through the Royal National Park. From the old Garawarra farm, the walk heads along the Squeeze Way then down a ridge to Burning Palms. There is an optional side trip out to Figure Eight pools. Burning Palms offers a nice beach and a great place to rest. From the beach the walk heads back up to Garawarra via an open grassy ridge, then through a nice shady forest track.

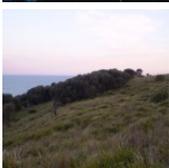
Royal National Park

Length: 8.2 km
Time: 3 hrs 30 mins
Climb: 398 m
Style: Circuit
Rating: Track: Hard
Where: 6.3 km SE of Waterfall
Transport: car



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Side trips and Alternate routes mentioned in these notes are not included in the tracks overall rating, distance or time estimate. The notes only describe the side trips and Alternate routes in one direction. Allow extra time for resting and exploring areas of interest. Please ensure you and your group are well prepared and equipped for all possible hazards and delays. The authors, staff and owners of wildwalks take care in preparing these notes but will not accept responsibility for any inconvenience, loss or injury sustained by using these notes or maps. Please take care and share your experience through the website. Please check park closures, weather information and Fire Danger Rating just before leaving for your walk. Walk maybe closed during Total Fire Ban. GPS for start and end of this walk: -34.1801,151.0393



Wildwalks



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Happy Reading. Matt :)

Garawarra Farm Carpark to The Squeeze Way and Burgh Ridge track 0.1km 1 mins

(From S) From the Garawarra Farm car park, this walk heads east out of the car park to turn right onto the main dirt road (that leads into the car park). A short distance down the road this walk comes to an intersection just beyond the locked gate marked with a 'Coast Walk' and a 'Garawarra Ridge Management Trail' signpost.

The Squeeze Way and Burgh Ridge track to The Squeeze Way and Burning Palms Tracks 3km 55 mins

(From 0.09 km) Turn right: From the intersection, this walk follows 'The Coast Track - Lilyvale' sign to head south along the wide management trail. Approximately 150m along, the track passes a small sign saying 'Cliff Track' and 'Burg Track'. The management trail continues to undulate to an intersection with a bush track heading off to the left (approximately halfway down). This is a small side trip which has fantastic views of the ocean and the cliffs. Back on the main service trail, the track continues along the flat until coming to an intersection with a track signposted as the 'Lilyvale Track'.

Continue straight: From the intersection, this walk follows the 'Burning Palms' arrow along the sandy service trail, winding through the bush for a short while before coming to the signposted intersection of the 'Coast Track'.

The Squeeze Way and Burning Palms Tracks to Burning Palms Beach (southern end) 3km 1 Hrs 20 mins

(From 3.11 km) Turn left: From the intersection, the walk follows the 'North Era' arrow along the bush track, winding through the thick bushland and down a long hill for several hundred metres, gradually steepening before sharply turning left. After the change in direction, the track heads through the 'Palm Jungle' along the narrow bush track. At this point, the track is largely clear but in some places there are obstacles like fallen trees and branches. The track continues in this manner for some time before emerging into grasslands.

Continue straight: From the end of the palm jungle and the start of the grasslands, the walk heads through the grasslands and along the coast for a while before winding down to the signposted intersection with the Burning Palms track, near the rangers' hut.

Burning Palms Beach (southern end) to Figure 8 Pools 0.9km 15 mins **Optional Side Trip:**

(From 6.11 km) Turn right: (only to be attempted at low tide and low swell)

From the beach, this walk follows the rocky passage beneath the rocky headland (keeping the headland to the right). The walk rounds the first prominent headland to a creek that drops off the cliffs above. This walk heads out onto a second prominent headland to the Figure 8 Pools. There are a number of Figure 8-shaped pools, but one main one. The pools are towards the sea, in line with the gully.

(Retrace your steps back to the main track, then veer right to continue along this walk.)

Figure Eight Pools

The Figure Eight Pools are on the rock shelf, south of Figure Eight Pools gully, near Burning Palms. There are a number of circular sinkholes in the rock, and a few of them have joined over time to form a figure '8' shape. Two sink holes in particular have joined to form a very spectacular figure '8' shape in the rock. The safest time to visit the pools is at low tide when there is only a very low swell in the ocean.



Burning Palms Beach (southern end) to Int of Coast Track and Burgh Ridge Track (Sth) 0.9km 15 mins
 (From 6.11 km) Veer left: From the intersection near the rangers' hut, this walk follows the Burning Palms arrow along the bush track winding around the back of the beach (which is to the right), until it joins onto a metal walkway. This continues until the trail passes several small cabins and begins to head steeply up the long hill, until the track reaches an signposted intersection at the top of the hill.



Int of Coast Track and Burgh Ridge Track (Sth) to Garawarra Farm Carpark 1.2km 25 mins
 (From 7.05 km) Veer left: From the intersection, this walk heads straight up the hill away from the sea. There are some magnificent views, both up and down the coast. Shortly after, the track comes to a clearing, and intersection with a bush track going off to the right, back down the hill.



Continue straight: From the intersection, this walk follows the bush track heading up the hill and away from the ocean, towards the thick forest at the top of the ridge. The track winds up the long hill to the treeline, where it continues up through the forest, climbing to the top of the long hill where it gradually flattens out and comes to the intersection of the 'Squeeze Way' service trail at the end of the Garrawarra Farm car park.

Continue straight: From the intersection, this walk heads across the car park, following the right-hand side for a short while before it comes to the signposted intersection of 'The Burgh Track', before reaching the paddock.

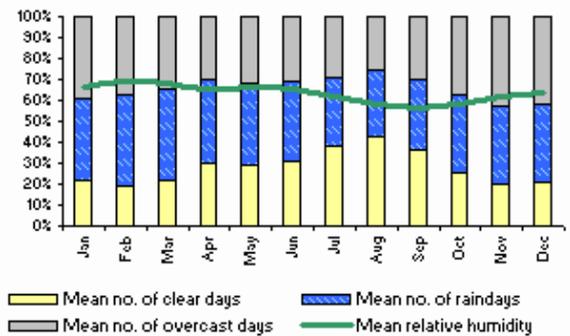
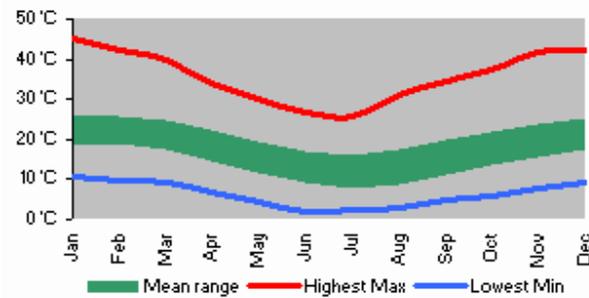


A list of paper topographical maps that cover this walk

- [Oxford](#) 1:25 000 Map Series
- Port Hacking 1:100 000 Map Series

Nearby outdoor and camping stores

- Engadine Disposal & Outdoor Centre Pty Ltd** 1042 Old Princes Hwy Engadine (02) 9520 3367
- Paddy Pallin Adventure Equipment** 587 Kingsway Miranda (02) 9525 6829
- Boots Great Outdoors** 23 Koonya Cct Caringbah (02) 9542 8988
- Onrope** 11 Nelson Ave Padstow (02) 9709 6299
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Burning Palms loop from Garawarra

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Map Scale 1 km



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