



This Cape Banks Circuit has a lot to offer and is thoroughly recommended. The walking travels over beaches, through coastal forest and across exposed headlands. Historically, this walk shows glimpses into the fortifications required during both World Wars. The optional side trip to the coast hospital cemetery, with over 2000 graves, is worthwhile. The Cape Banks Circuit makes for a fascinating walk, both scenically and historically, and is recommended.

Length: 7.3 km
Time: 3 hrs
Climb: 190 m
Style: Circuit
Rating: Track: Hard
Where: 0.6 km S of La Perouse
Transport: bus car



Botany Bay National Park

Visit www.wildwalks.com for more info



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: -33.9886,151.2337



National Parks Association of NSW - Learn more about the NPA www.npansw.org.au

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 The NPA is more than just a bushwalking club. We are a conservation group that helps protect natural places
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Southern End of Cann Park to Eastern end of Congwong Beach 0.2km 4 mins

(From S) From the southern end of Cann Park, this walk follows the concrete track down a series of stairs, passing the 'Congwong Beach Walk' sign on your right. This walk continues gently downhill on a sandy track for about 40m, to find the western end of Congwong Beach. Then this walk follows the beach, with the water to your right, for about 140m until coming to a three-way intersection, with the 'Henry Head/Little Congwong Beach' sign.



Eastern end of Congwong Beach to Little Congwong Beach 0.3km 5 mins Optional Side Trip:

(From 0.23 km) Turn right: From the eastern end of Congwong Beach, this walk follows a mostly level concrete track, passing a 'Little Congwong Beach Track' sign (on the left) and keeping the water on the right for about 230m (with coastal views on the right). Then this walk follows a sandy track moderately steeply downhill, with occasional timber steps for about 90m, until coming to the western end of Little Congwong Beach.
 (Retrace your steps back to the main track, then turn right to continue along this walk.)



Little Congwong Beach

Little Congwong Beach, located at La Perouse, is a sheltered sandy beach that has been described as one of the most beautiful beach oases in Sydney. Little Congwong beach has also been used for over 40 years as an unofficial and secluded nude beach. If you see any offensive behaviour please call Crime Stoppers on 1800 333000 or the Maroubra Police on 02 9349 9299. This beach is very popular on summer weekends and has limited shade in the afternoon. [More info](#)



Eastern end of Congwong Beach to Int of Henry Head Track and Congwong Beach Servicetrail 0.2km 4 mins

(From 0.23 km) Continue straight: From the intersection, this walk follows the 'Henry Head Scenic Walk' sign and wide track gently uphill and away from the beach through coastal bush. The walk continues to follow the timber and concrete track moderately steeply uphill for about 160m, until coming to a three-way intersection with a track on the right.



Int of Henry Head Track and Congwong Beach Servicetrail to Int of Henry Head Track AND Depot Trail

0.5km 5 mins

(From 0.44 km) Turn right: From the intersection, this walk follows the track slightly uphill, over a dry culverted creek and onto rock slabs. The track continues up a gentle hill through coastal forest for about 130m until coming to a three-way intersection (with a track on the left).



Veer right: From the intersection, this walk follows the 'Henry Head' sign east along a wide track, gently uphill through wooded forest. This walk continues to follow the track for about 170m, until coming to a three-way intersection, with a narrow management trail and large green shed (on the left).



Int of Henry Head Track AND Depot Trail to Int of Henry Head and Browns Rock Tracks 0.4km 5 mins
 (From 0.93 km) Continue straight: From the intersection, this walk follows the track gently downhill for about 20m to come to a shallow, dry water course. Then this walk continues to follow the track gently uphill through moist forest for about 120m, coming to a metal ring fence (on the right). The walk follows the track moderately steeply uphill with occasional timber steps for about 260m, until coming to a four-way intersection. This intersection has a track to the left, a 'Henry Head' signed track tending right and a 'Browns Rock' signed track to the right.



Int of Henry Head and Browns Rock Tracks to Browns Rock 0.3km 5 mins **Optional Side Trip:**
 (From 1.33 km) Turn sharp right: 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.
 (Retrace your steps back to the main track, then turn sharp right to continue along this walk.)



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](#)



Int of Henry Head and Browns Rock Tracks to Int of Henry Head Track & Golf Course Management Trail
 0.2km 4 mins
 (From 1.33 km) Turn right: From the intersection, this walk follows the wide sandy track gently uphill, past the 'Henry Head 700m' sign (on the left). After about 70m, the walk passes views of Bare Island on the right, then continues to follow the track moderately steeply uphill through low coastal forest for about 140m, until coming to a T-intersection with a management trail.



Int of Henry Head Track and Golf Course Management Trail to Int of Henry Head Track and Henry Head Trail
 0.3km 5 mins
 (From 1.55 km) Turn right: From the intersection, this walk follows the wide level track south, passing the bench seat (on the right). Then this walk continues to follow the track through dense coastal bush for about 70m, until finding a World War One fort (on the right). This walk continues to follow a sandy, moderately steep downhill track for about 130m, where there are views of Bare Island on the right. This walk then continues to follow the track through dense forest for about 100m, until passing between timber posts and coming to a T-intersection, with a management trail.



Int of Henry Head Track and Henry Head Trail to Henry Head 0.2km 5 mins
 (From 1.86 km) Turn right: From the intersection, this walk follows the wide management trail gently downhill for about 220m (ignoring side tracks), until coming to two timber seats, a white round tower and Henry Head.



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](#)



Henry Head to North end of Cape Banks Bridge 1.3km 30 mins
 (From 2.09 km) Turn sharp left: From the white round tower at Henry Head, this walk follows the track east over rock slabs, with the water to the right. After about 130m, the walk then follows a narrow rocky track through coastal heath for about 130m, then descends rock steps to exposed rock platforms (with views back to Henry Head and the south coast). Then this walk continues along the narrow track, gently undulating through coastal forest for about 600m, until coming to Cruwee Cove and Shelly Beach.



Turn left: From Cruwee Cove, this walk follows the beach east, with the water on your right. At the end of the beach, the walk follows initially level rock shelves, then moderately steep uphill rock shelves onto a grassy track, and comes to a golf course after about 90m. Then this walk follows a sealed footpath across the golf course for about 250m, until coming to the 'Cape Banks Aquatic Reserve' sign and Cape Banks bridge.



Cape Banks track to Cape Banks 0.4km 5 mins

(From 3.39 km) Veer right: 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.



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](#)



Cape Banks to Cape Banks track 0.4km 5 mins

(From 3.76 km) Turn around: From the Cape Banks headland, this walk follows a rocky track, for about 240m to find a metal bridge (passing a golf tee off green on the left). Then this walk continues to follow a track across the bridge and after about 20m comes to a 'Cape Banks Aquatic Reserve' sign (on the left).



Int of Cape Banks track & Cape Banks Management Trail to Int of Cape Banks Management Trail & Westpac Helicopter Trail 0.4km 5 mins

(From 4.12 km) Veer right: From the 'Cape Banks Aquatic Reserve' sign, this walk follows the grassy track gently uphill and away from the bridge, for about 15m to find the southern end of the Coastal Cemetery management trail. Then this walk follows the trail gently uphill, with the water on the right, for about 400m until coming to a three-way intersection with a trail (on the right).



Int of Cape Banks Management & Pistol Club Trail to World War Two Bunker 0.1km 2 mins

(From 4.5 km) Veer left: From the intersection, this walk follows the wide management trail steeply uphill, away from the water. This walk continues to follow the level trail for about 35m to a T-intersection, where the walk turns right and follows a trail (with a metal ring fence on the left) for about 20m to a World War Two Bunker (on the right).



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.



World War Two Bunker to Southern End of Pistol Club Rd 0.1km 2 mins

(From 4.61 km) Turn left: From the World War Two bunker, this walk follows the trail towards the 'Westpac Helicopter' sign and shed. Then this walk follows the trail for about 100m, keeping the metal ring fence on the left and the concrete toilet block on the right, until coming to a locked gate and the southern end of Pistol Club Rd.



Southern End of Pistol Club Rd to Int of Pistol Club Rd AND Coastal Cemetery Management Trail 0.3km 5 mins

(From 4.71 km) Continue straight: From the southern end of Pistol Club Rd, this walk follows the road gently uphill away from the 'Westpac Helicopter' sign and shed, passing a sealed car park (on the left). This walk continues to follow the road, with views (on the right) of the coastal cemetery after about 200m. This walk then continues to follow the road gently downhill for about 140m, until coming to a three-way intersection, with an unsealed car park and 'Coastal Cemetery' sign (on the right).



Int of Pistol Club Rd AND Coastal Cemetery Trail to Coast Hospital Cemetery 0.1km 2 mins **Optional Side Trip:**

(From 5.03 km) Turn right: From the intersection (which is found about 1km past the 'helicopter sign' off Henry Head Rd), this walk follows the management trail around the locked gate, passing a 'Coastal Cemetery' sign (on the right). Then this walk continues to follow the level trail for about 150m, until coming to a large four-way intersection and the Coastal Cemetery (on the right).

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



Coast Hospital Cemetery

The Coast Hospital Cemetery on the northern side of Botany Bay, was first established in the early 1880s 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.



Int of Pistol Club Rd and Coast Hospital Cemetery Management Trail to Int of Pistol Club Rd AND Jennifer Street Boardwalk Track 0.8km 10 mins

(From 5.03 km) Continue straight: From the intersection, this walk follows the level road west, with golf courses on the left and right (ignoring side roads) for about 800m, until coming to a gentle uphill and three-way intersection, with a 'Jennifer Street Boardwalk' sign and track (on the right).



Int of Pistol Club Rd & Jennifer Street Boardwalk to Int of Jennifer Street Boardwalk & Jennifer Street 0.4km 5 mins **Optional Side Trip:**

(From 5.79 km) Turn right: From the intersection, this walk follows a concrete footpath for about 15m, passing the 'Jennifer Street Boardwalk' sign (on the right). Then this walk continues along the raised timber boardwalk, initially gently uphill then a little more steeply through low forest. After about 300m, the walk finds an 'Eastern Suburbs Banksia Scrub' sign and shelter (on the left), then continues along a level concrete footpath for about 25m, coming to Jennifer Street. (Retrace your steps back to the main track, then turn right to continue along this walk.)



Jennifer Street Boardwalk

Jennifer's Boardwalk allows elevated access through a rare and endangered ecological community known as the Eastern Suburbs Banksia Scrub. This community of native plants is protected under the Threatened Species Conservation Act. These Banksia once occupied around 5,300 hectares of land between North Head and Botany Bay in Sydney's eastern suburbs. Currently, surviving stands totalling approximately 146 hectares have been recorded by the local government areas of Botany, Randwick, Waverley, and Manly. [More info](#)



Int of Pistol Club Rd AND Jennifer Street Boardwalk to Int of Henry Head Lane AND Henry Head Track 0.5km 5 mins

(From 5.79 km) Continue straight: From the intersection, this walk follows the road gently uphill for about 150m. Then this walk continues to follow the road gently downhill for about 60m, then turns right at a T-intersection. The walk follows the sealed road for about 50m, until coming to a three-way intersection with a trail and 'LaPerouse Works Depot' sign (on the left).



Veer right: From the intersection, this walk follows the road gently uphill and directly away from the face of the 'LaPerouse Works Depot' sign for about 200m, until coming to a speed bump and four-way intersection, where a track crosses the road.



Int of Henry Head Lane AND Henry Head Track to Henry Head Viewpoint 0.3km 5 mins

(From 6.24 km) Turn right: 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.



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.



Henry Head Viewpoint to Int of Anzac Parade AND Henry Head Track 0.4km 5 mins

(From 6.5 km) 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.



Int of Anzac Parade AND Henry Head Track to Southern end of Cann Park 0.4km 5 mins

(From 6.91 km) 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



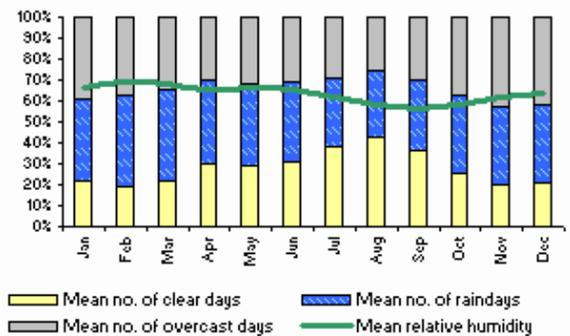
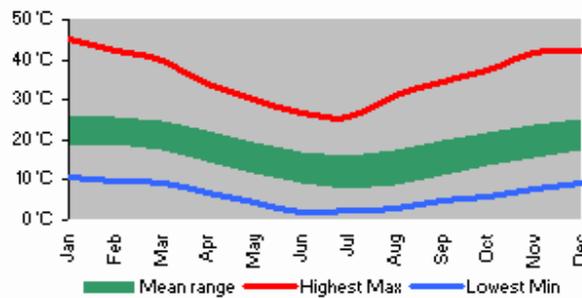
A list of paper topographical maps that cover this walk

- [Botany Bay](#) 1:25 000 Map Series
- [Bondi](#) 1:25 000 Map Series
- [Port Hacking](#) 1:25 000 Map Series
- Sydney 1:100 000 Map Series
- Port Hacking 1:100 000 Map Series



Nearby outdoor and camping stores

- Kingsford Camping & Disposals** 309 Anzac Pde Kingsford (02) 9663 3535
- Outdoor Equipment** 60 Spring St Bondi Junction (02) 9389 8122
- Caravan Accessories Pty Ltd** 33 Rocky Point Rd Kogarah (02) 9588 3400
- Carlton Canvas Co** 337 Princes Hwy Carlton (02) 9587 0208
- Brandt Bros Est 1878** 141 Devonshire St Surry Hills (02) 9318 2666





Cape Banks Circuit

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Map Scale 1 km



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