



This walk leads to a popular nudist (clothing optional) beach on Sydney Harbour's South Head. The walk follows the clear footpath / old roads past several significant historic and beautiful sites before climbing down a set of steps to find the beach. The beach is protected from the main surf on the inside of the headland and provides a great view across the harbour to Middle Head.

Sydney Harbour National Park

Length: 1 km
Time: 30 mins
Climb: 38 m
Style: Return
Rating: Track: Moderate
Where: 1.2 km NNW of Watsons Bay
Transport: bus car



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: -33.8394,151.28



Wildwalks

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The eMagazine is produced by the community at bushwalk.com and the Wildwalks team
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Happy Reading. Matt :)



Camp Cove car park to Camp Cove Beach 0.1km 1 mins

(From S) From the signposted 'Camp Cove Car Park', this walk follows the 'No Through Road' sign to the end of 'Cliff St'. The footpath leads past a 'Camp Cove timeline' information sign then, at the end of the road, turns left, coming to the front of the kiosk at the northern end of Camp Cove Beach.



Camp Cove

Camp Cove is home to a lovely, yellow sand, north-east facing beach. The cove is on the protected side of South Head and is a popular spot for swimming and relaxing on the beach. At the northern end of the beach is a kiosk, toilet block and an entrance to Sydney Harbour National Park.

The cove was an important location to the Cadigal (Gadigal) people who gathered fresh water, shellfish, launched their canoes and buried some of their people nearby.

This cove is also believed to be the first landing place for Europeans in 1788. The name Camp Cove was given during that landing and appears on the earliest maps of Sydney Harbour.



Camp Cove Beach to Cannon 0.1km 3 mins

(From 0.05 km) Veer right: From the front of Camp Cove Beach kiosk, this walk crosses the beach (keeping the water to your left) and climbs up the timber staircase. From the intersection at the top of the stairs, this walk continues straight, along the timber boardwalk that soon turns into a concrete path. The path soon comes to a wide, cobbled sandstone path that leads up a disused cannon, gun emplacement and great harbour views.



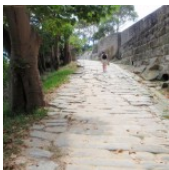
Cannon

This cannon was placed here prior to 1890, along with the rest of this gun emplacement and rifle walls. The emplacement was designed to protect a military jetty and boat shed from the threat of an invasion. The 'Cobblestone Road' beside the cannon was built during the late 1870s or early 1880s and extends from the jetty in Camp Cove up to Hornby Road above. The road was built to carry supplies and ordnance from Camp Cove to the various military installations on south head. [More info](#)



Cannon to Lady Bay Beach 0.3km 5 mins

(From 0.18 km) Continue straight: From the cannon, this walk heads up the path and steps and soon turns left to follow the old road. The walk follows the old road, enjoying sweeping harbour views (to your left). About 170m along this road (as it bends right), it passes a toilet block then finds some garbage bins at the end of the road. Here, the walk heads along the narrower footpath for ~60m until coming to the signposted intersection above 'Lady Bay Beach'.

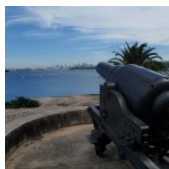


Turn left : From the intersection, the walk follows the 'Lady Bay Beach' sign down the steps as they wind to the sandy beach below.



Lady Bay Beach

Lady Bay Beach is an official nudist beach found on the inside of South Head. Facing west, this beach is surrounded by a long cliff and a rocky shoreline. There are great views across the water to Middle Head. Officially declared a nude bathing beach by Neville Wran in 1976, nudity is only permitted on the beach and water. The beach is also known as 'Lady Jane Beach'. You are welcome to use the beach clothed or unclad. [More info](#)



This is a 'Return' style walk - retrace your steps back to the beginning when you are ready.

A list of paper topographical maps that cover this walk

[Sydney Heads](#) 1:25 000 Map Series

Sydney 1:100 000 Map Series



Nearby outdoor and camping stores

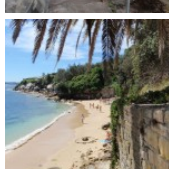
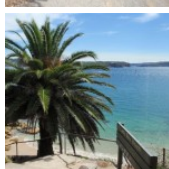
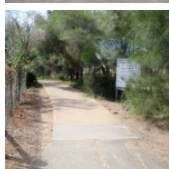
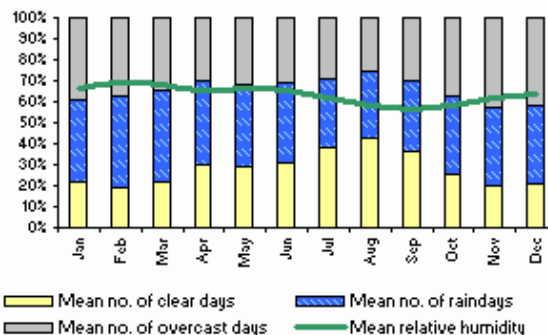
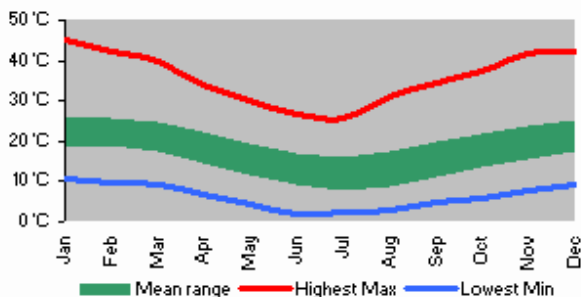
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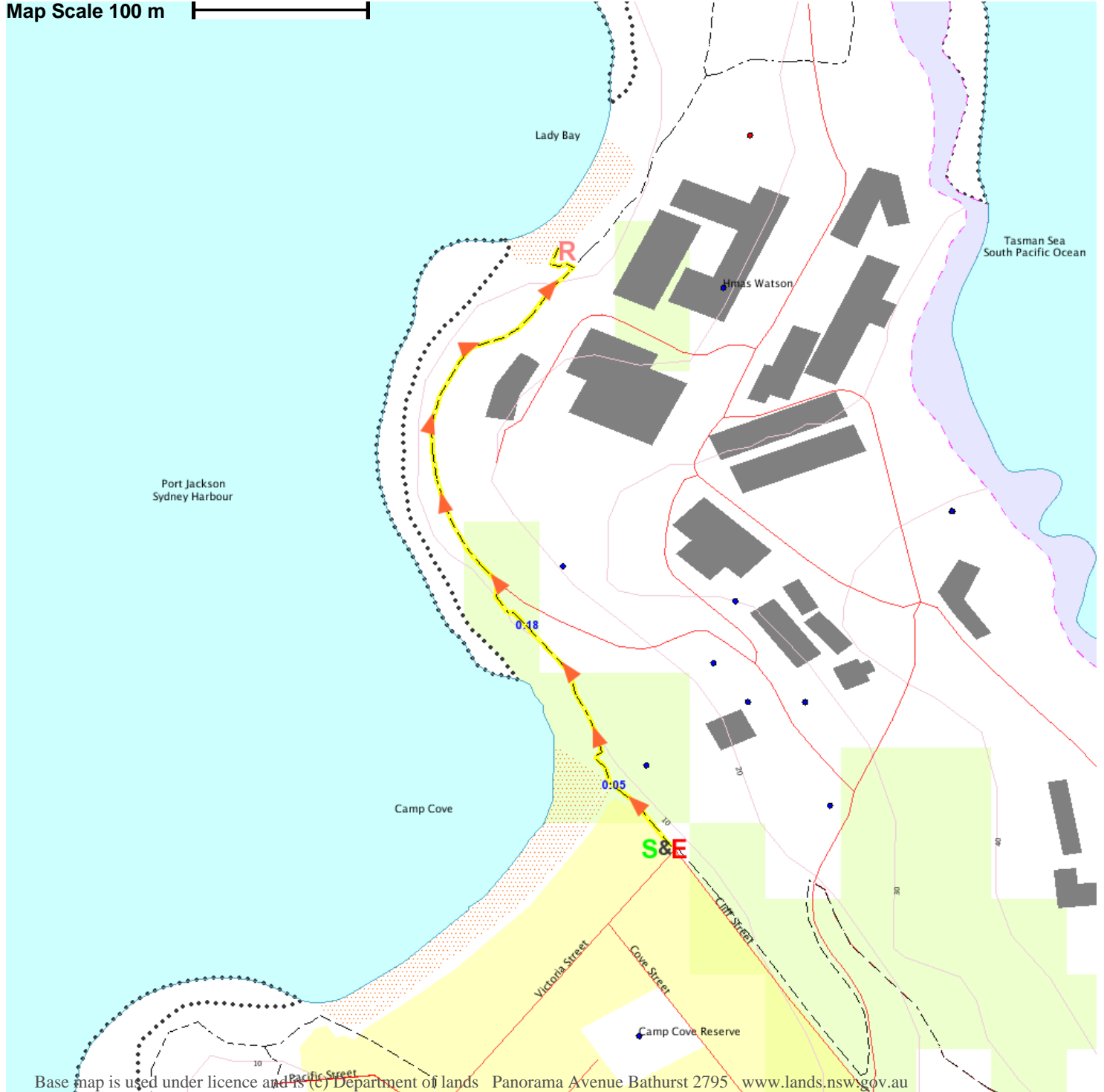
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A walk for every body



Map Scale 100 m



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