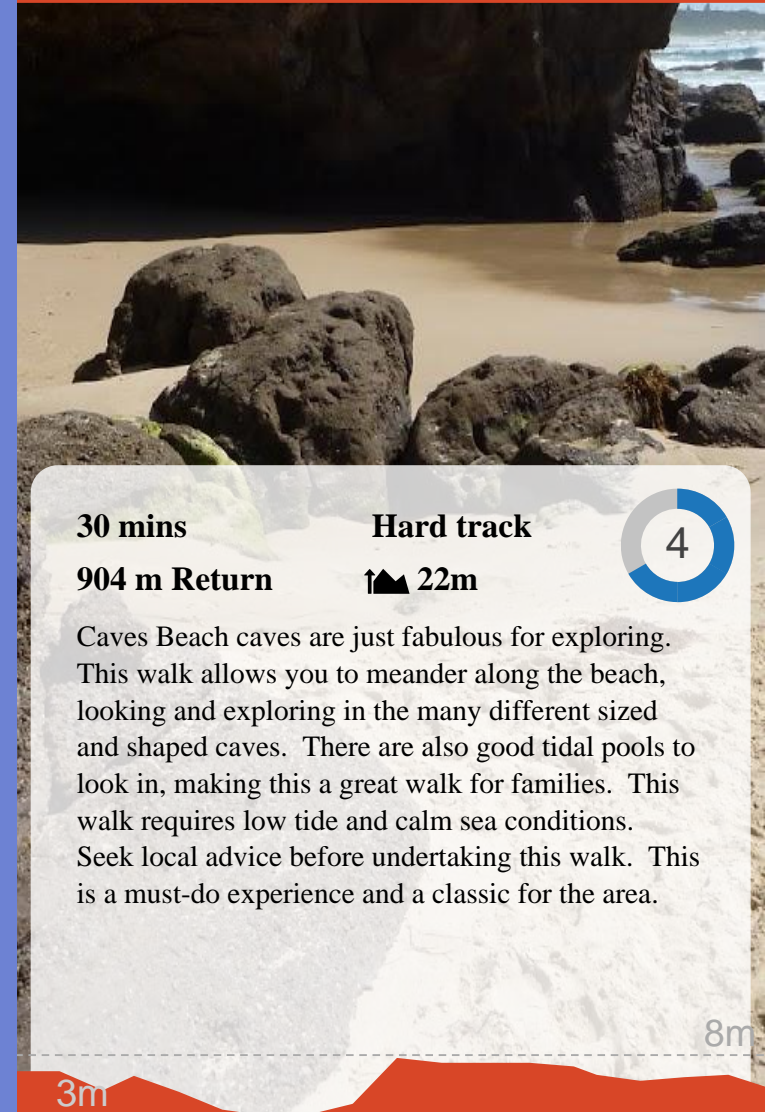# Caves Beach Caves Walk

30 mins   **Hard track**   4

904 m Return   🚶⛰ **22m**

Caves Beach caves are just fabulous for exploring. This walk allows you to meander along the beach, looking and exploring in the many different sized and shaped caves. There are also good tidal pools to look in, making this a great walk for families. This walk requires low tide and calm sea conditions. Seek local advice before undertaking this walk. This is a must-do experience and a classic for the area.

8m

3m

Lake Macquarie LGA

SLSC

Start

Caves at
Caves Beach

0.36

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 walks 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 Cafe Acquablu on Caves Beach (gps: -33.1102, 151.6463) by car or bus. Car: There is free parking available.

This is a return, so you will finish back at the start.

Find up to date and more information inlcuding; travel directions, weather, park closures and walker feedback at http://wild.tl/2j

0 | Stuart Chalmers Park
Named after a cancer victim, Stuart Chalmers Park is a well established park close to Caves Beach. Stuart Chalmers Park has toilets, car parking, water, sheltered electric barbeques and picnic tables. The park has easy access to Caves Beach, the cafe Acquablu and the Caves Beach SLSC.

0 | Caves Beach SLSC
The Swansea-Caves Beach Surf Life Saving Club, south of Newcastle, was founded in 1929. The SLSC looks after Caves Beach, which runs from this southern end of the beach, for 300m to the northern Swansea (Hams) Beach. A road runs the length of the beach, with car parking along much of it. Though Caves Beach faces the south-east, it is afforded a moderate degree of wave protection by reefs in the centre and north and Spoon Rocks to the south-east. More info.

0 | Cafe Acquablu on Caves Beach
(360 m 7 mins) From Cafe Acquablu, this walk leaves the concrete footpath and enters Caves Beach, turning to the right. This walk then follows the sandy beach, keeping the ocean on your left, and after about 80m, crosses a small creek and comes to the bottom of timber steps.

Turn left: From the bottom of the timber steps on Caves Beach, this walk follows the beach while keeping the ocean on your left. This section of the walk is only accessible at low tide and calm seas, and is a particularly hazardous area. If unsure, seek local advice at Surf Life Saving Club. This walk passes many large and attractive caves (on your right) for about 280m, until coming to a narrower section of beach

between rocks, at the next small headland.

0.36 | Caves at Caves Beach
Caves Beach derives its name from the sea caves in the headland at it's southern end. The caves are only accessible at low tide. It is best to ask at the Caves Beach SLSC for local advice before attempting to visit the caves. The caves are roughly broken into two halves, with somewhat easier access to the first section of caves, while access to the second section (further to the south) is certainly restricted to low tide and light conditions. Allow time to return before the tide changes. These caves are pleasantly cool on a hot day and offer plenty of exploring potential. More info.

0.36 | Caves Beach Caves (first section)
(100 m 2 mins) Continue straight: From the end of the first section of Caves Beach, this walk follows the beach (only at low tide, calm seas and with local advice), while keeping the ocean on your left. The walk continues for about 100m (wet feet are likely), passing more caves, until coming to a rock step with deep water beyond.