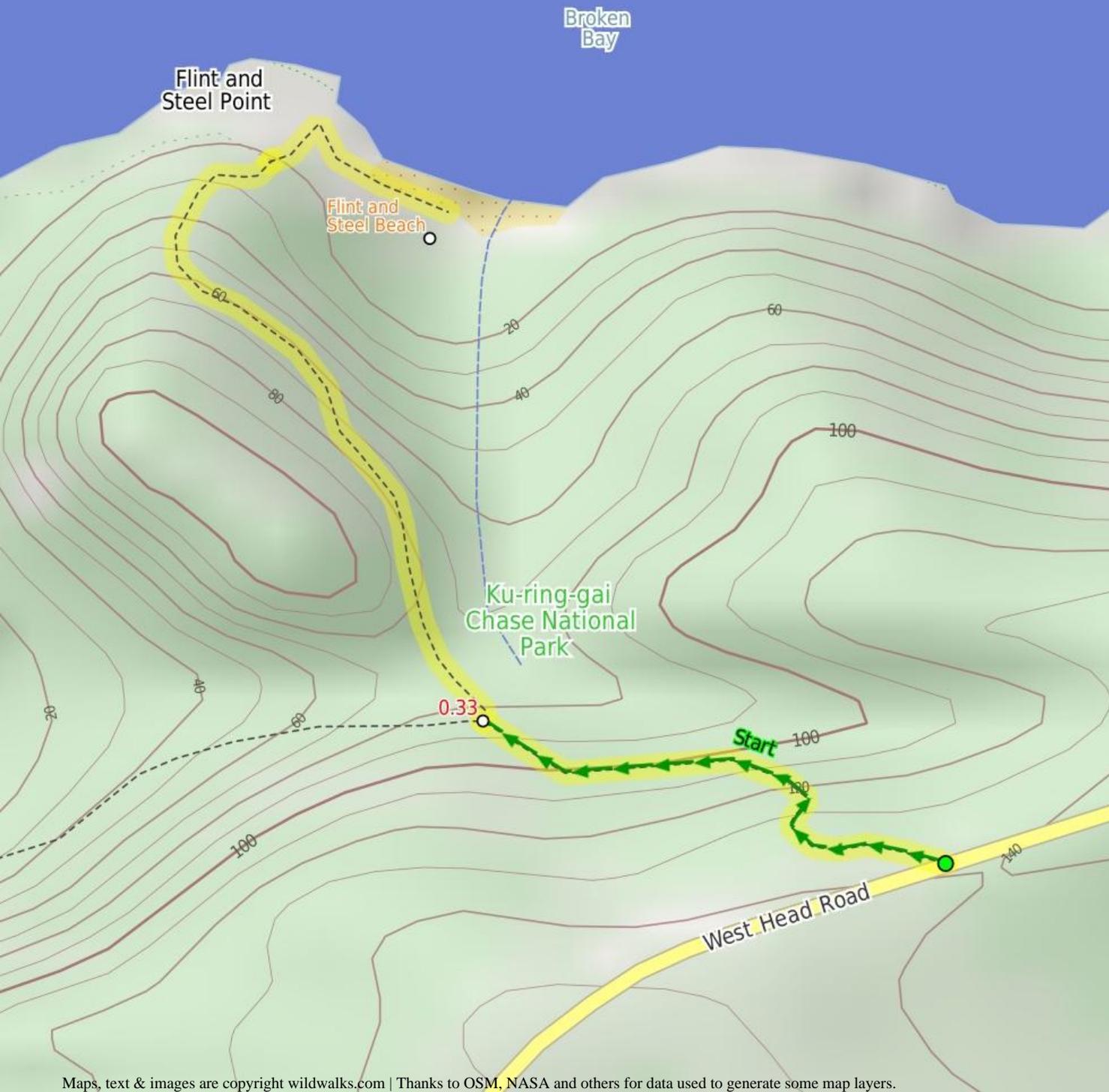


Flint and Steel track



1 Hr

2.1 km Return

Moderate track

↑ 209m

3

This walk follows a scenic route to the secluded Flint and Steel Beach, which provides views across the Hawkesbury River to landmarks such as Lion Island, Patonga and Box Head. The walk passes through palm, pine and grass tree forests. There is a great diversity of flora and some fantastic sandstone rock formations along the way.

140m

3m

Ku-ring-gai Chase National Park

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 Traveling by car is the only practical way to get to Flint and Steel carpark (gps: -33.5789, 151.2888). Car: A park entry fee is required for driving into the park.

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

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

0 | Flint and Steel carpark

(330 m 8 mins) From the back of the car park, the walk follows the 'Flint and Steel Track' sign along the bush track heading down through the bush. The walk drops down some stairs and turns right at the old 'Ku-ring-gai Chase National Park' sign, then left down the side of the hill. After about 100m, the walk continues down a set of stairs and then down the bush track to the signposted intersection.

0.33 | Signpost at Saddle

(740 m 21 mins) Veer right: From intersection, this walk follows the 'Flint and Steel Beach 700m' arrow through a palm grove, along the ridge, with views across Hawkesbury River to Lion Island. The track runs parallel to rock formations on the left before winding its way through the trees and down the boardwalk, with the large rocks to the left. Soon the track heads through some pine trees and comes to an intersection of a bush track, near some large boulders on the left.

Continue straight: From the intersection, this walk follows the track heading straight down the hill towards the beach, splitting for a about 10m before coming to a rock shelf above the waterline. From here, the track turns right and follows this rock shelf for about 20m, onto Flint and Steel Beach.

1.07 | Flint and Steel Beach

Flint and Steel Beach, Ku-ring-gai National Park, is a small north-east facing stretch of sand. The beach is hemmed in by prominent headlands on either side, and backed by a grassy hill. A seat on the grassy hill offers views over the Hawkesbury River to Patonga and Lion Island, with Box Head in the background.

