



Aboriginal Heritage Track

(Guringai Country)

 20 min to 45 min

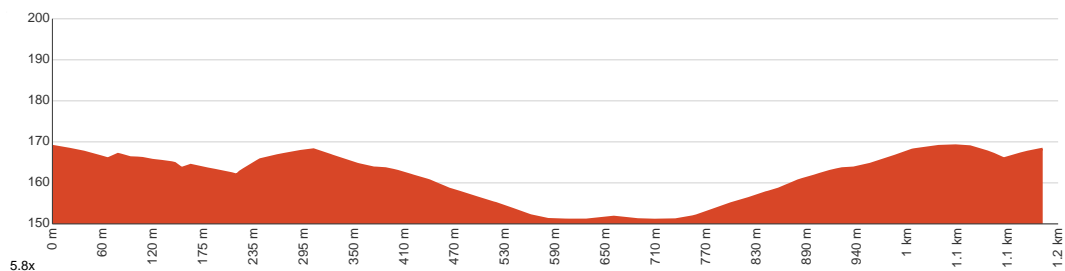
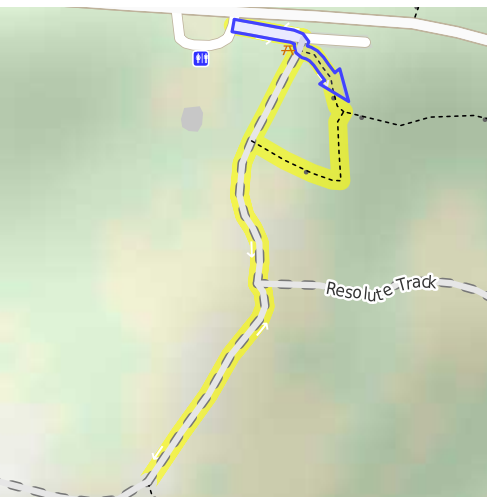

1.2 km
Circuit


↑ 29 m
↓ 30 m


Moderate track



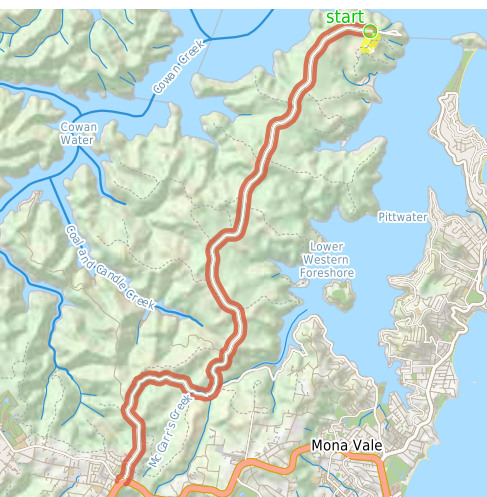
The Aboriginal Heritage Track takes in one of the most popular rock art sites in Ku-ring-gai National Park, and an amazing Aboriginal engraving site. The walk leads out from Resolute Picnic Area to pass by the caves and then continues down the management trail to the engravings. The walk then returns to the picnic area. It is a great way to see historic Aboriginal art in the Sydney region. Let us begin by acknowledging the Guringai people, Traditional Custodians of the land on which we travel today, and pay our respects to their Elders past and present.



Class 3 of 6 Formed track, with some branches and other obstacles	
Quality of track	Formed track, with some branches and other obstacles (3/6)
Gradient	Short steep hills (3/6)
Signage	Clearly signposted (1/6)
Infrastructure	Limited facilities, not all cliffs are fenced (3/6)
Experience Required	No experience required (1/6)
Weather	Weather generally has little impact on safety (1/6)

Getting to the start: From Mona Vale Road, A3

- Turn on to then drive for 30 m
- Turn slight left onto McCarrs Creek Road and drive for another 25 m
- At roundabout, take exit 2 onto McCarrs Creek Road and drive for another 5 km
- Turn left onto West Head Road and drive for another 350 m
- Turn slight left onto West Head Road and drive for another 12.3 km
- Turn right and drive for another 15 m
- Turn left and drive for another 3 m



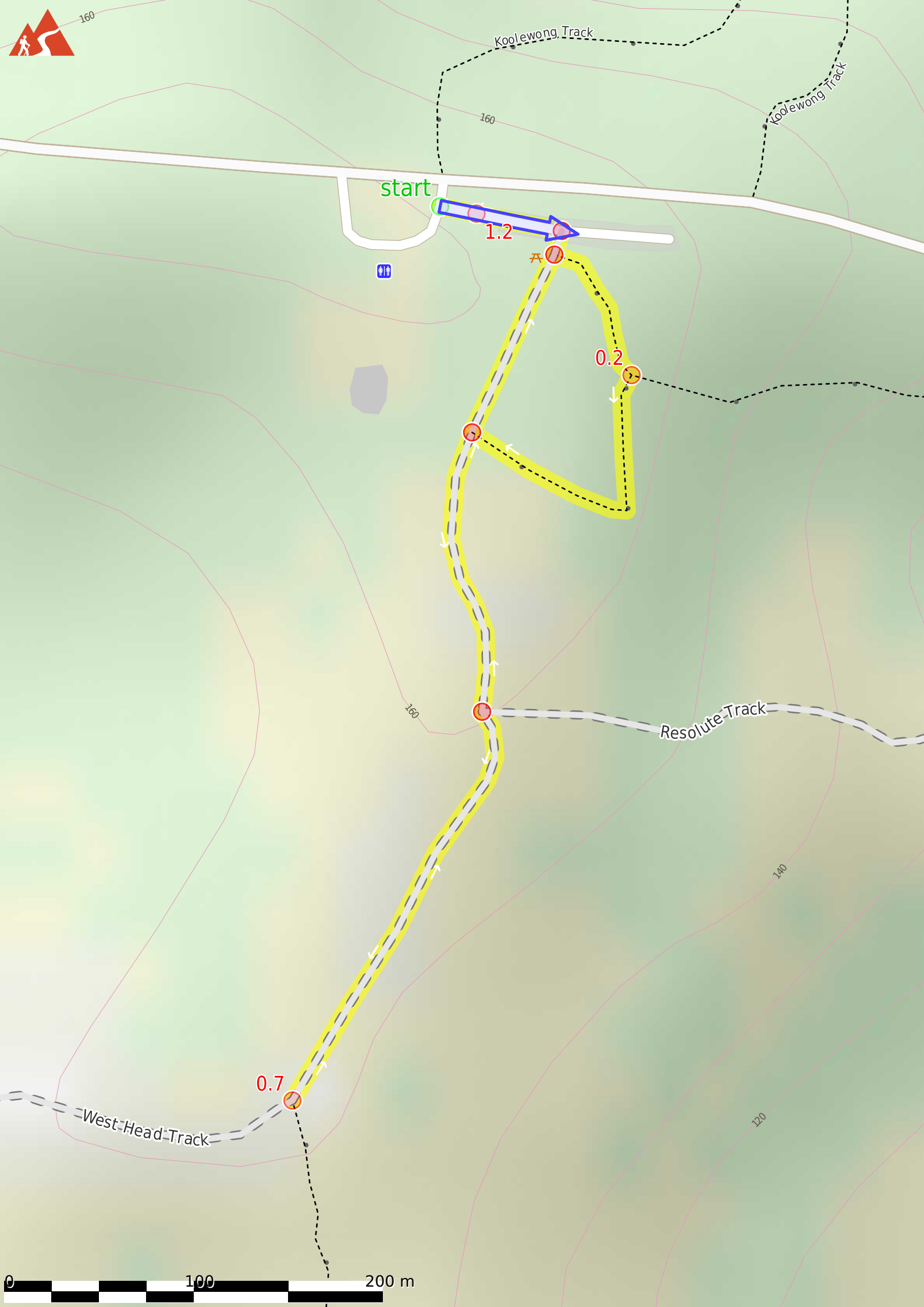
Before you start any journey ensure you;

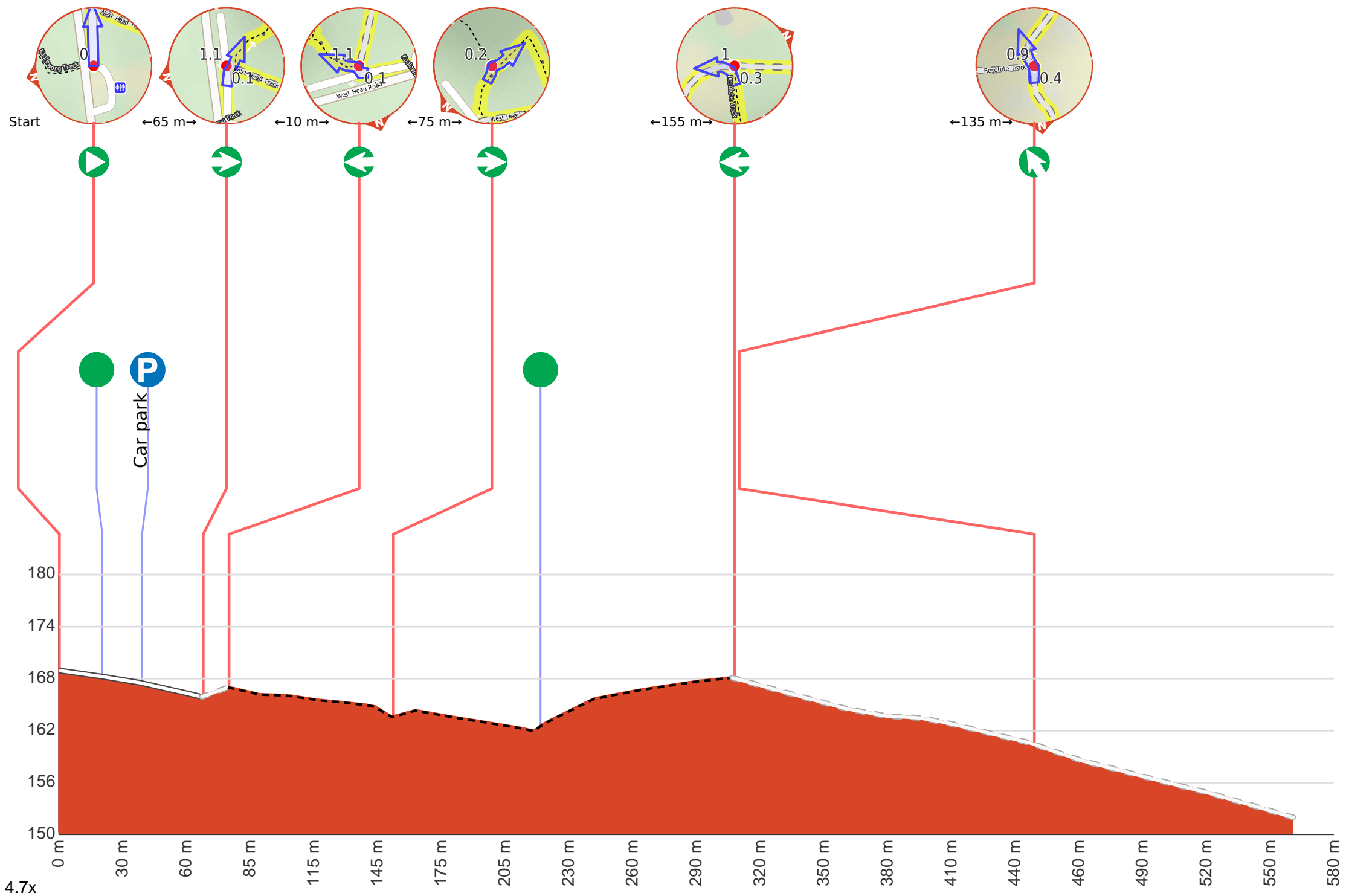
- Tell someone you trust where you are going and what to do if you are late returning
- Have adequate equipment, supplies, skills & knowledge to undertake this journey safely
- Consider weather forecasts, park/track closures & fire dangers
- Can respond to emergencies & call for help at any point
- Are healthy and fit enough for this journey

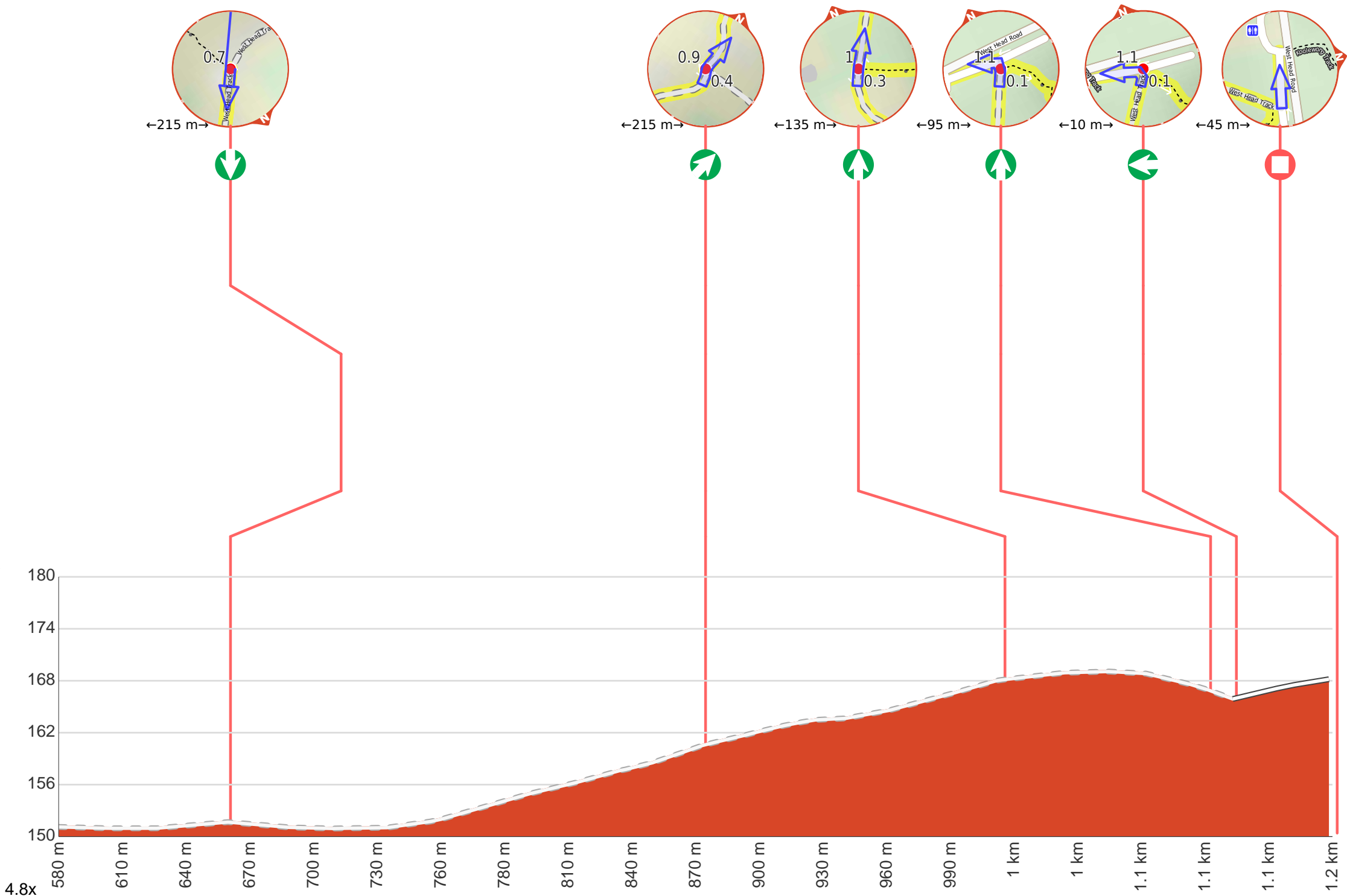
If not, change plans and stay safe. It is okay to delay and ask people for help.

Share
[Bushwalk.com](https://bushwalk.com/j/EVXMLT)
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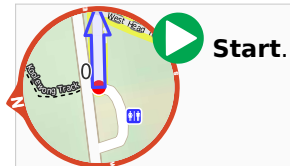






Getting started: From Resolute Picnic Area car park, the walk heads through the picnic area, away from the road, to follow the 'Red Hands Track 50m' sign. The walk then descends a flight of stairs to the intersection at the bottom.

From the intersection, the walk heads down the hill, following the rocky outcrop to the right of the track. The walk follows this for approximately 30m to the interpretation signs for Red Hands Cave.



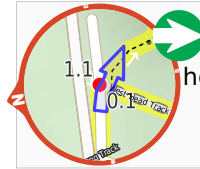
After 20 m find the "Resolute Picnic Area" (5 m on your left).



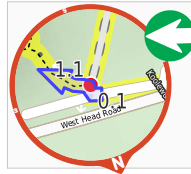
Resolute picnic area, Ku-ring-gai Chase National Park, is a large grassed area with benches, shelter, interpretive signs, electric BBQ's and an environmentally-friendly toilet block. The picnic area does not have drinking water, but does have a pay phone and wheelchair-accessible bathroom with baby-changing area. Resolute picnic area is a great place for lunch, with Red Hands Cave, West Head and Resolute Beach and West Head Lookout tracks starting from the picnic area. The picnic area has adequate parking and a bus turn-around area.



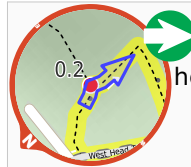
After another 20 m to find the car park.



After another 30 m **turn right**, to head along West Head Track.



After another 10 m **turn left**.

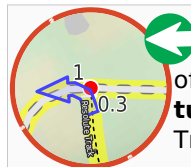


After another 75 m **turn right**, to head along Resolute Track.

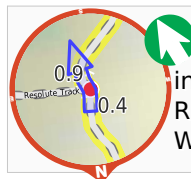
After another 65 m find the "Red Hands Cave" (6 m on your left).



Red Hands Cave, Ku-ring-gai Chase National Park, is a small rock overhang just near Resolute Picnic Area. The red hands are made by ochre, clay, being blown over an outspread hand. This Aboriginal rock art has been given an estimation of approximately 2000 years in age.



After another 90 m (at the intersection of West Head Track & Resolute Track) **turn left**, to head along West Head Track (a vehicle track).

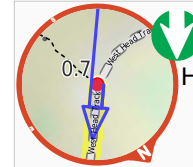


After another 135 m (at the intersection of West Head Track & Resolute Track) **veer left**, to head along West Head Track.

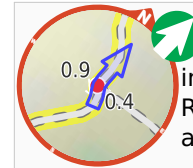
After another 255 m find the "Engravings - West Head Track" (25 m on your left).



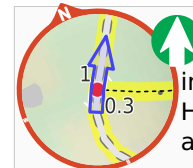
The engravings on West Head were made by the indigenous Guringai people. The engravings depict a man, shark/whale and two eels.



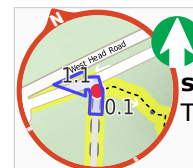
Turn around, to head along West Head Track.



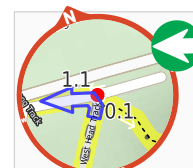
After another 215 m (at the intersection of West Head Track & Resolute Track) **veer right**, to head along West Head Track.



After another 135 m (at the intersection of Resolute Track & West Head Track) **continue straight**, to head along West Head Track.



After another 95 m **continue straight**, to head along West Head Track.



After another 10 m **turn left**.



After another 45 m come to the end.