



Flint and Steel Bay (to White Horse Beach)

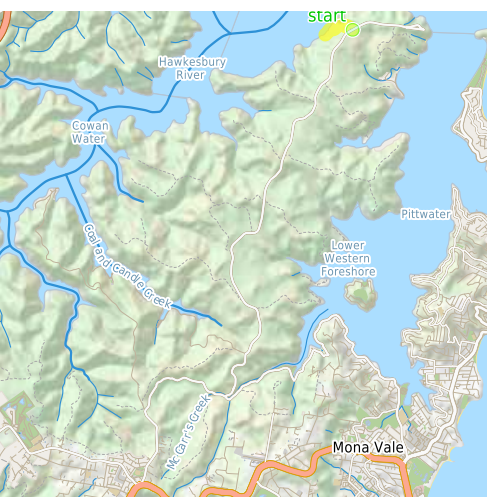
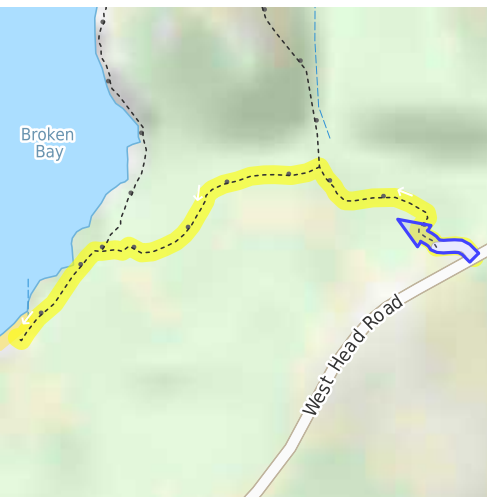
(Guringai Country)

1 h to 2 h

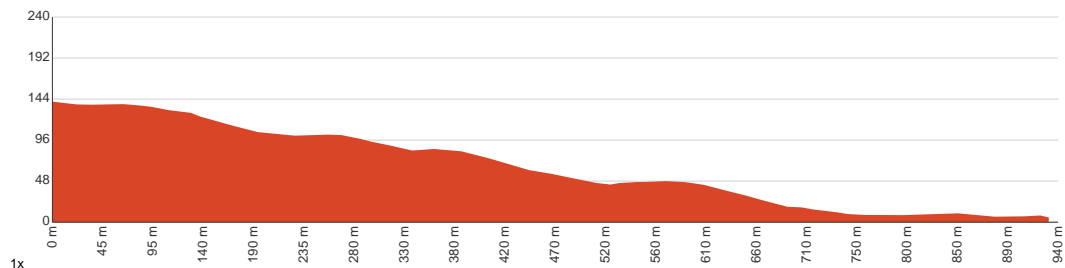
1.9 km
Return

↑ 158 m
↓ 158 m

4
Hard track



This is a nice walk to White Horse Beach on Flint and Steel Bay. The return-style walk passes McGaw's ruins and the old water catchment. From White Horse Beach, there are scenic views across the Hawkesbury River. The ruins are a nice addition to the walk - although overgrown, they add a touch of recent history to the walk. 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 4 of 6 Rough track, where fallen trees and other obstacles are likely	
Quality of track	Rough track, where fallen trees and other obstacles are likely (4/6)
Gradient	Very steep (4/6)
Signage	Minimal directional signs (4/6)
Infrastructure	Limited facilities, not all cliffs are fenced (3/6)
Experience Required	Some bushwalking experience recommended (3/6)
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 11.2 km
- Turn left and drive for another 15 m

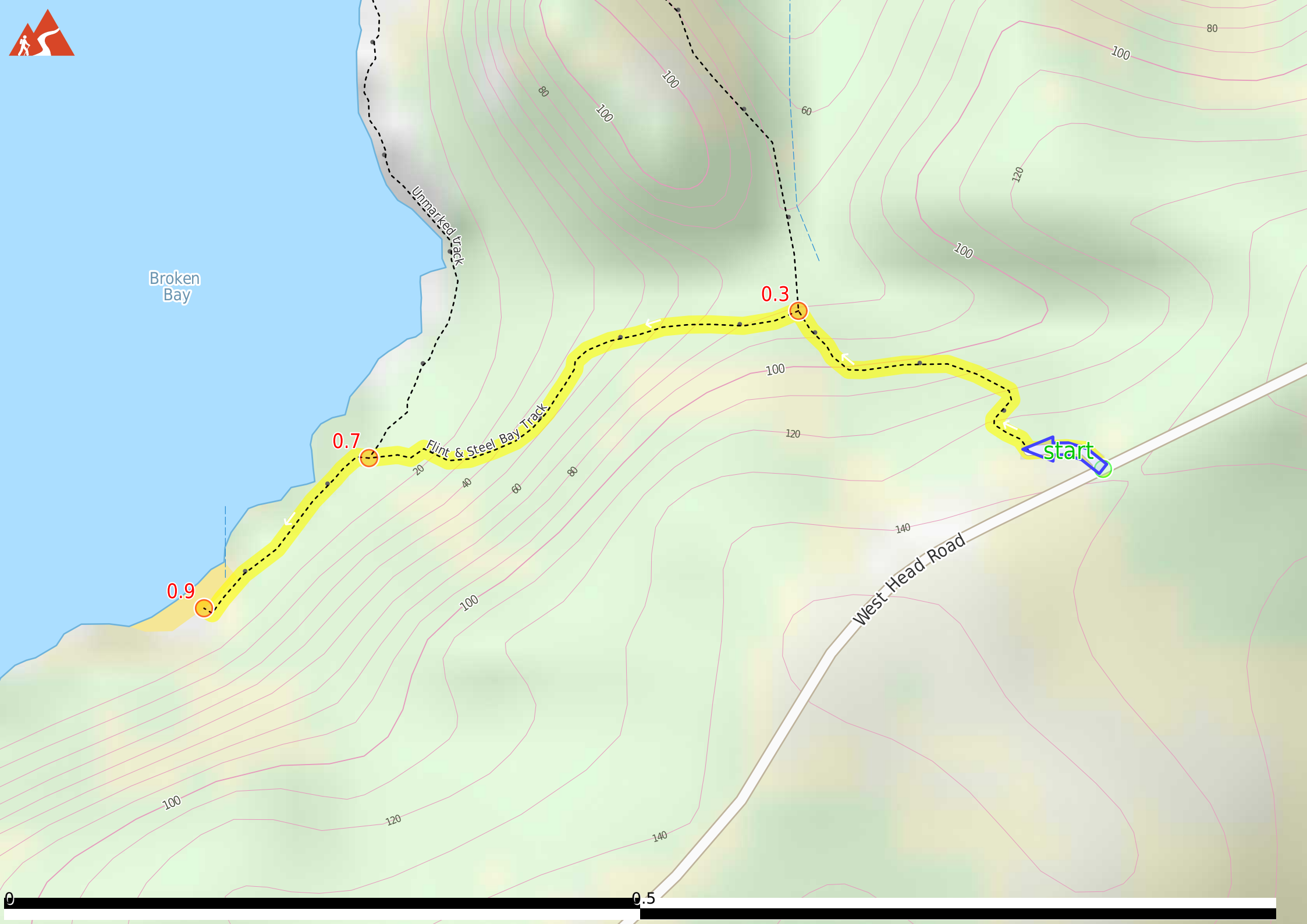
Before you start any journey ensure you;

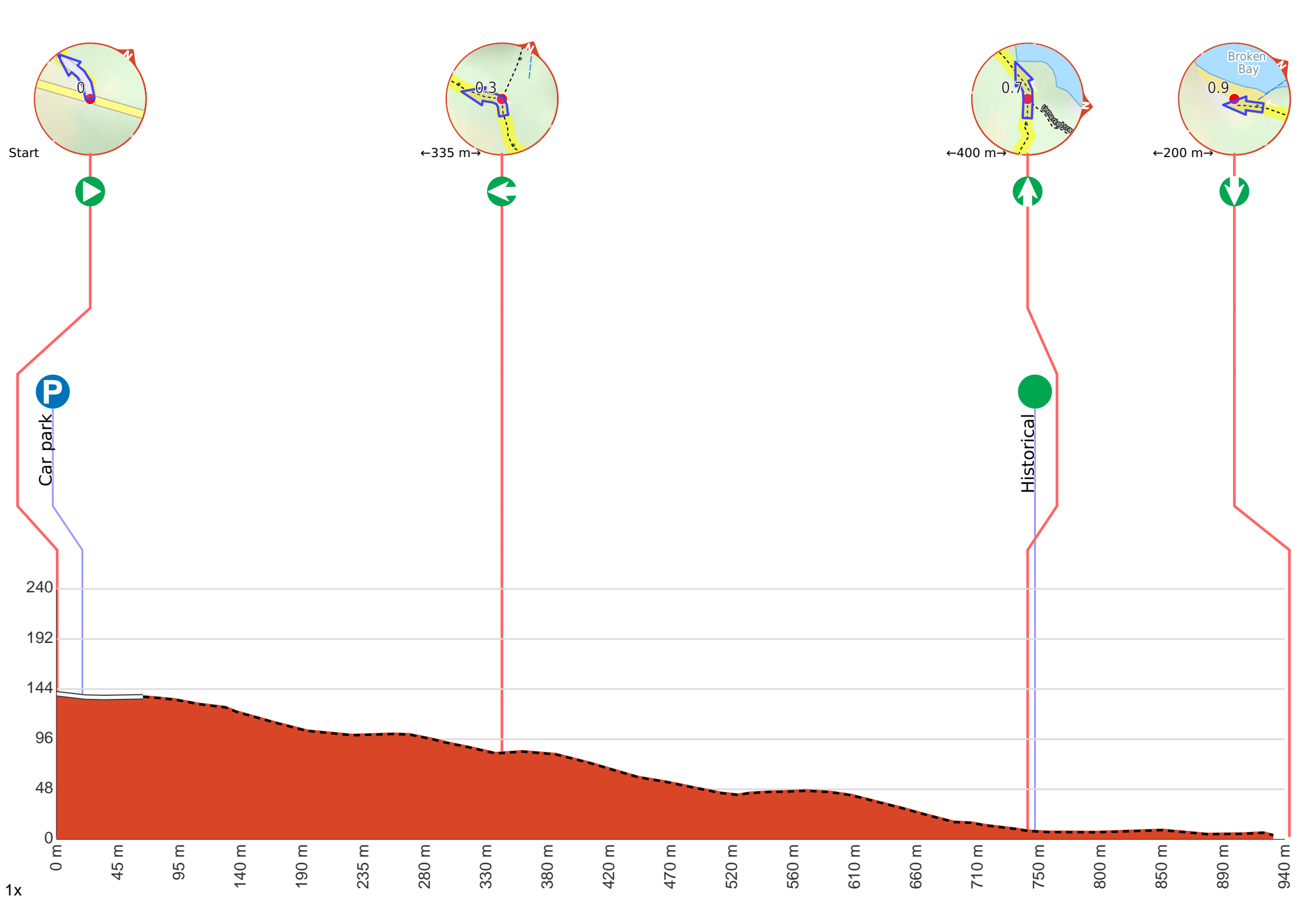
- Tell someone you trust where you are going and what to do if you are late returning
- Have adequate equipment, supplies, skills & knowledge to undertake this journey safely
- Consider weather forecasts, park/track closures & fire dangers
- Can respond to emergencies & call for help at any point
- Are 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
/i/YESGB8





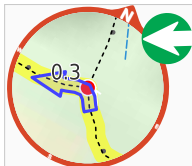


Getting started: From the back of the car park, the walk follows the 'Flint and Steel Track' sign along the bush track heading down through the bush. The walk drops down some stairs and turns right at the old 'Ku-ring-gai Chase National Park' sign, then left down the side of the hill. After about 100m,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



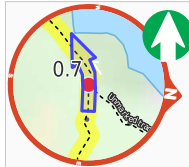
Start.

P Find the car park at the start.

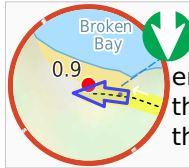


After another 315 m **turn left**.

After another 400 m find the "McGaw Ruins" (35 m on your right).
The McGaw ruins are situated north-west of White Horse Beach, on West Head in Ku-ring-gai Chase National Park. The property was originally owned by John Miller, who also owned large areas of West Head. The property was sold to Mr Eardley McGaw in 1928, on the condition that he built a house there. Mr McGaw built a two-storied house with several other smaller buildings, including a wharf. Mr McGaw and his wife lived there until he became ill, when they moved to Narrabeen and NSW National Parks took over management of the land. The house and other buildings were lost during a 1971 bushfire, leaving the sandstone foundations and ruins to be grown over with vegetation.



Continue straight.



Continue another 200 m to find the end. Then turn around here and retrace the main route for 930 m to get back to the start.

About 70 m past the end is "White Horse Beach".
White Horse Beach, Ku-ring-gai Chase National Park, is a 30m stretch of sand sitting on the coast of Flint and Steel Bay between rocky boulders. The beach, backed by a steep hill, provides north-westerly views over the Hawkesbury from Patonga, Broken Bay Sport and Recreation Centre and up the river towards Brooklyn.