





# McKell Park to Flat Rock Point

 20 min to 40 min  
 20 min to 45 min

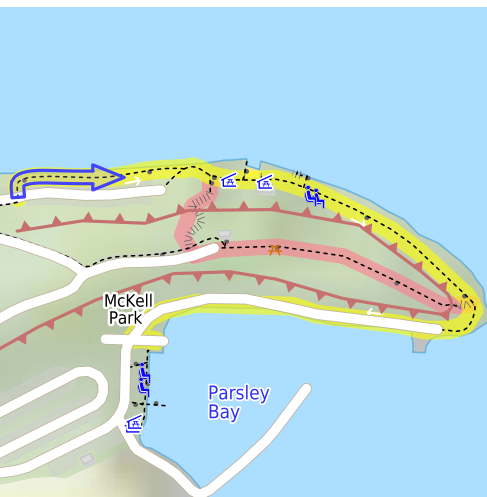
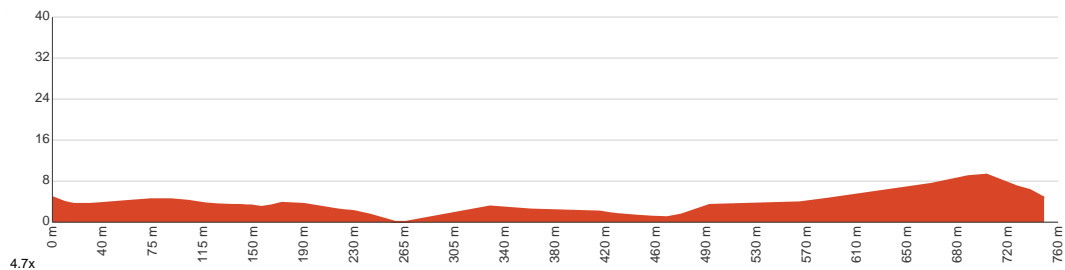
  
1.5 km  
Return

  
↑ 26 m  
↓ 26 m

  
Smooth & flat



This short track is excellent walk for those with young children. The track passes the fantastic McKell Park playground facilities, which stand next to the Federation Interpretive Display. For the warmer months, enclosed beach pool is right next to the track. The views of the Hawkesbury River are quite stunning and the protected Parsley Bay is popular with pelicans. Let us begin by acknowledging the Traditional Custodians of the land on which we travel today, and pay our respects to their Elders past and present.



Class 1 of 6  
Smooth and hardened path

Quality of track	Smooth and hardened path (1/6)
Gradient	Flat, no steps (1/6)
Signage	Clearly signposted (1/6)
Infrastructure	Generally useful facilities (such as fenced cliffs and seats) (1/6)
Experience Required	No experience required (1/6)
Weather	Weather generally has little impact on safety (1/6)

**Getting to the start:** From Pacific Highway, B83

- Turn on to Brooklyn Road then drive for 3.5 km
- Turn left onto Dangar Road and drive for another 120 m
- Turn right onto Dangar Road and drive for another 210 m



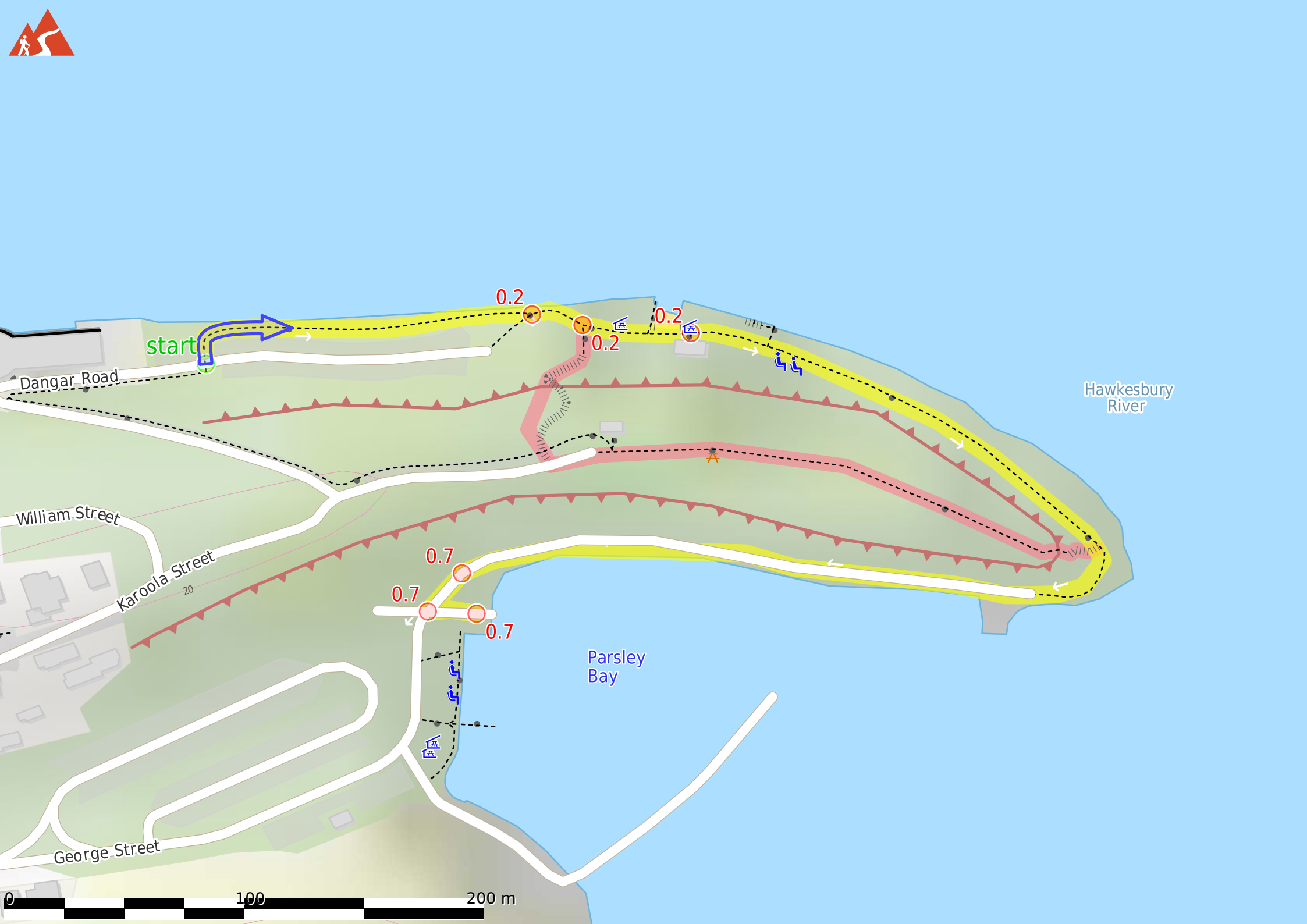
## Before you start any journey ensure you;

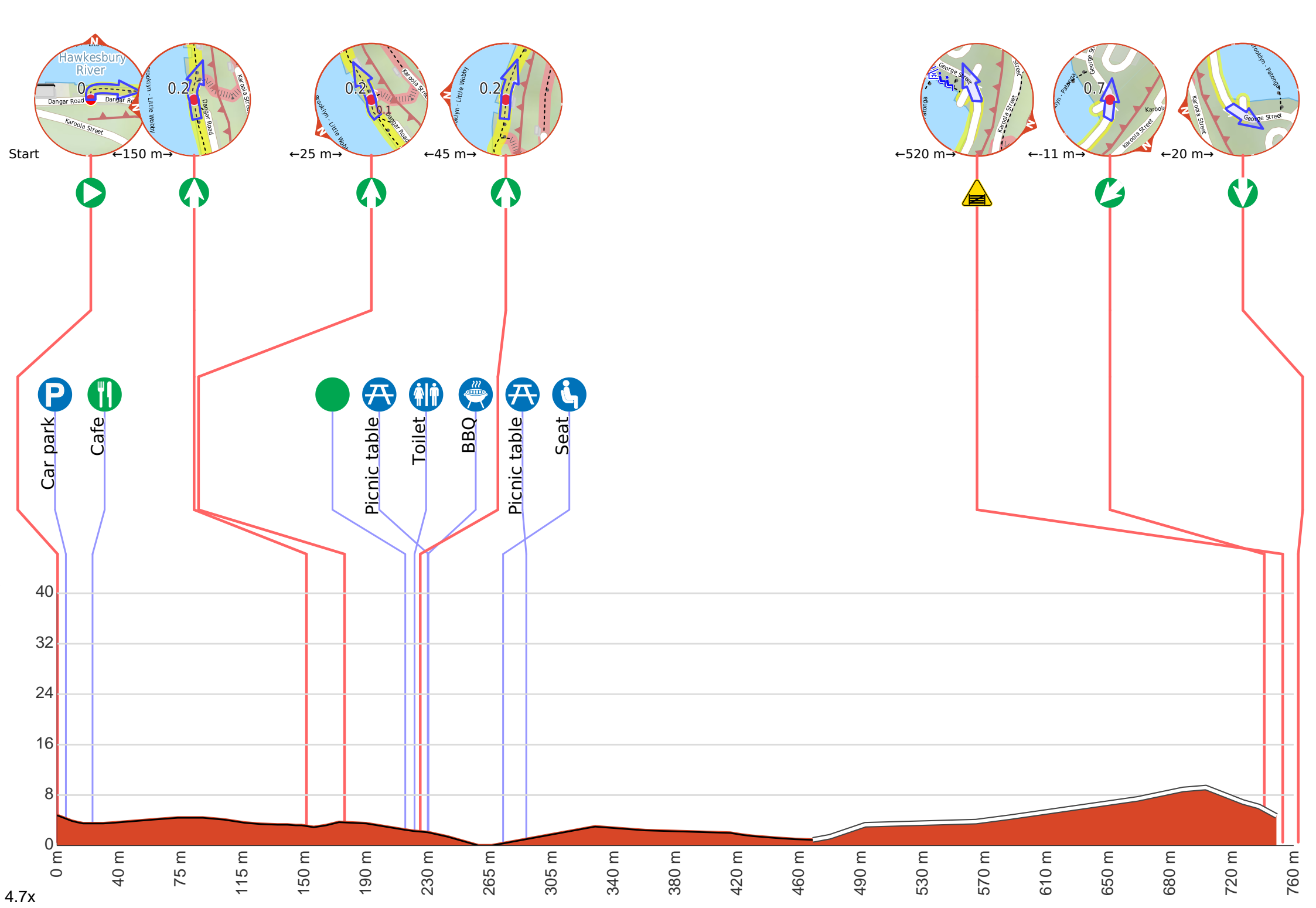
- Tell someone you trust where you are going and what to do if you are late returning
- Have adequate equipment, supplies, skills & knowledge to undertake this journey safely
- Consider weather forecasts, park/track closures & fire dangers
- Can respond to emergencies & call for help at any point
- Are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

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

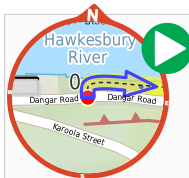
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[/ZFITSS](https://bushwalk.com.au/ZFITSS)







**Getting started:** From the car park, this walk follows the gravel path along the foreshore (keeping the car park to your right). After about 100m, the walk heads along the concrete footpath and past the metal and glass 'Federation' interpretive signs, coming to an intersection on the other side of the fenced children's playground.



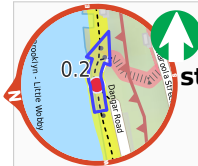
**Start.**



Find the car park at the start.



Find the King Tide Cafe at the start.



After another 130 m **continue straight.**



After another 25 m **continue straight.**



After another 35 m come to the "McKell Park". McKell Park is an excellent spot for an afternoon with the kids. It has a large fenced playground, interpretive display about Australia's federation, a swimming area, electric BBQ's, seating, toilets and change room facilities. The park overlooks the boats in the Hawkesbury River and is very close to the car park at the end of Dangar Rd.



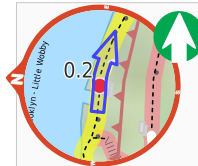
After another 15 m pass the picnic table (10 m on your left).



Then pass the toilet (on your right).



After another 8 m pass the BBQ (10 m on your left).



**Continue straight.**



After another 65 m pass the picnic table (5 m on your right).



Then pass a seat (6 m on your right)., has a backrest.

**Start of an alternate route:** An alternative route linking Flat Rock Point to Upper McKell park.



To take the alternate route turn right here. **Start.**



Then head down the steps (about 10 m long)



After 20 m come to the viewpoint (on your left).



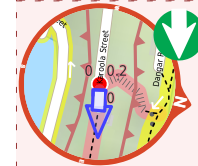
After another 175 m pass the picnic table (10 m on your left).



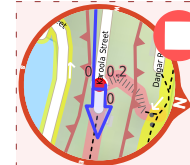
After another 50 m pass the BBQ (9 m on your left).



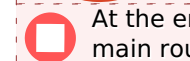
"Upper McKell Park Picnic Area". McKell Park Picnic Area is perched on the headland above Parsley Bay. The picnic area provides a pleasant grassy area with picnic shelters, electric BBQ's and toilets. The picnic area also has a lookout over the Hawkesbury River.



**Turn around.**



After another 40 m come to the end.



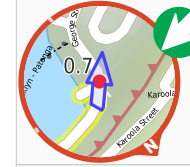
At the end of this alternate route, rejoin the main route.



After another 150 m **continue straight.**



After another 320 m head through/around the gate.



**Turn sharp left.**



About 120 m past the end is a toilet.



Turn around here and retrace the main route for 750 m to get back to the start.