



Seaforth Oval to Roseville Bridge via Bantry Bay (Guringai Country)

 3 h 15 min to 5 h

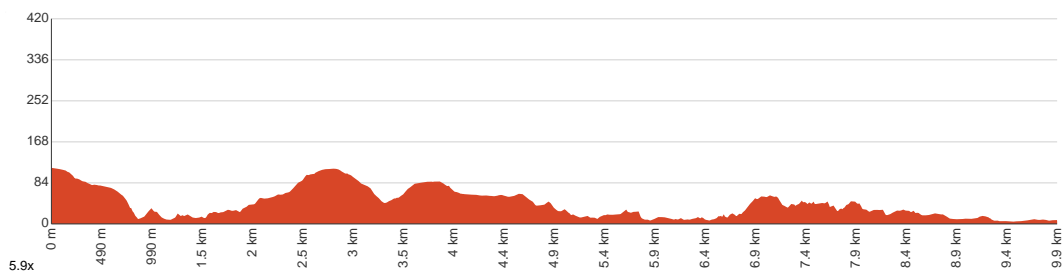

9.9 km
One way


↑ 436 m
↓ 543 m

 4
Hard track



Starting at Seaforth Oval, this walk follows a section of the 'Harbour to Hawkesbury' track along Middle Harbour Creek. The walk has many highlights, including great views of Bantry Bay, the Historic Magazine Buildings and the Natural Bridge. This walk is blessed with great bushland and views of Middle Harbour. Stop and relax, or wet your toes, at Flat Rock beach before the last section to Davidson Picnic Area. 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.



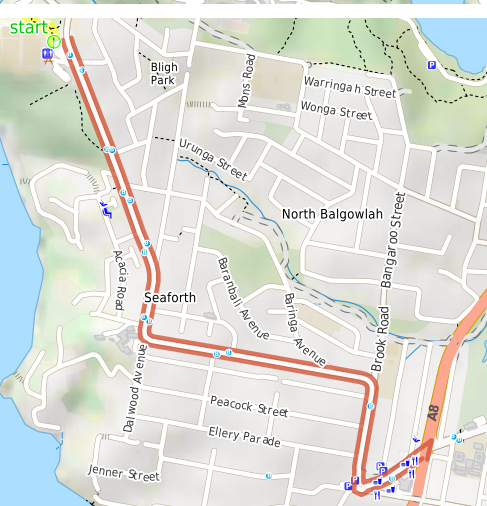
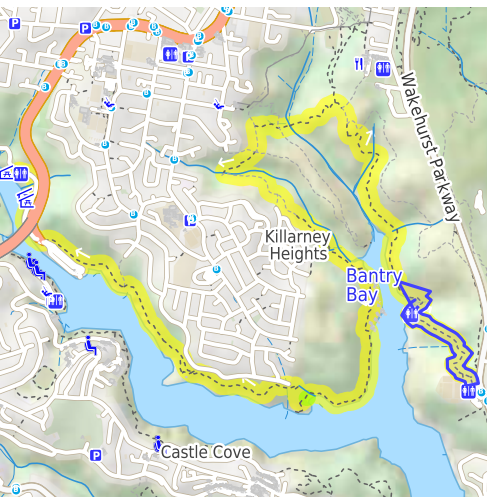
Class 4 of 6

Rough track, where fallen trees and other obstacles are likely

| | |
|---------------------|--|
| Quality of track | Formed track, with some branches and other obstacles (3/6) |
| Gradient | Very steep (4/6) |
| Signage | Directional signs along the way (3/6) |
| 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 Manly Road, A8

- Turn on to Sydney Road then drive for 275 m
- At roundabout, take exit 3 onto Frenchs Forest Road and drive for another 2.6 km



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

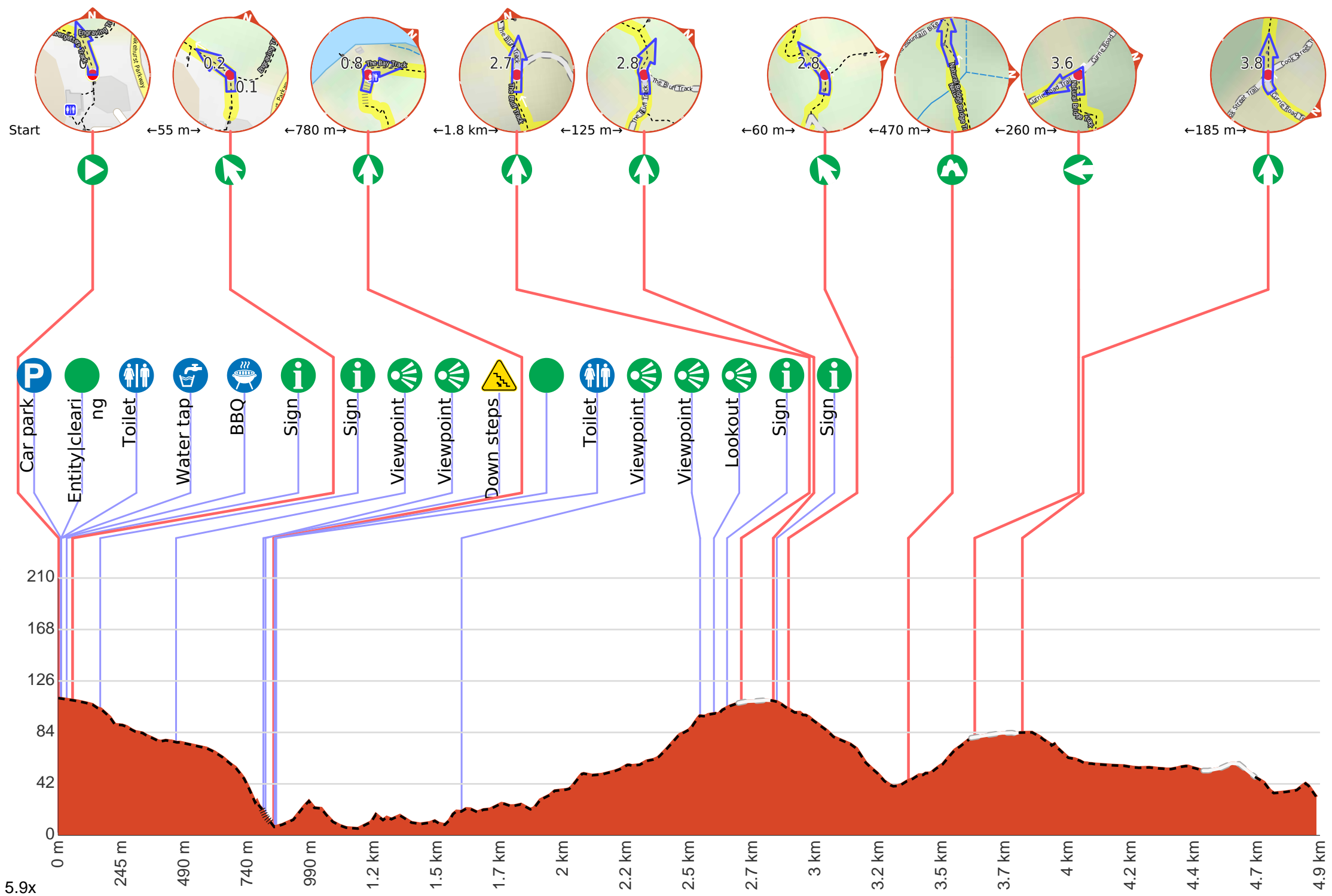
If not, change plans and stay safe. It is okay to delay and ask people for help.

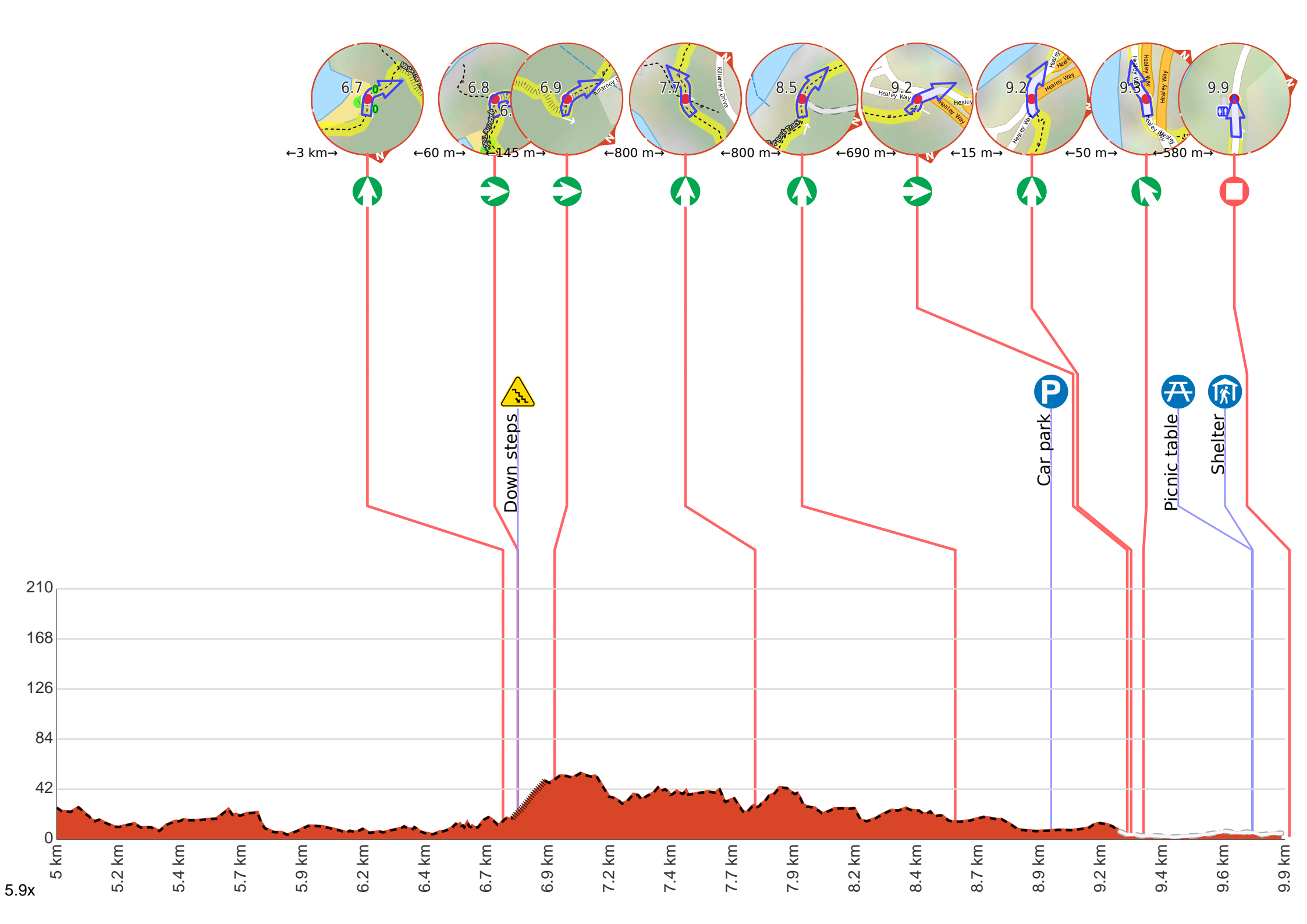
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[Bushwalk.com](https://bushwalk.com/ij/AW8BWI)
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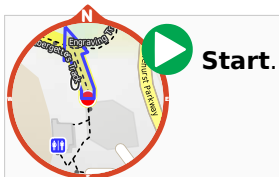








Getting started: From the corner of the car park with the information signs, the walk heads into the bush and down the wooden steps to the bottom, where it flattens out at the signposted intersection with the Engraving Track.



Start.

P Find the car park at the start.

● Find the Seaforth Oval at the start.



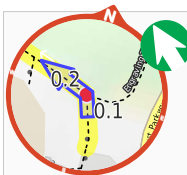
Seaforth Oval is a large playing oval on the Wakehurst Parkway in North Balgowlah. It is managed by Manly Council, who have also recently been upgrading the Timber Getters Track in association with NPWS. There is a distant view of Chatswood from the oval. There are toilets, but they are usually locked. There is a large car park, shelter and sign with information about the Harbour to Hawkesbury walk.

♂ ♀ Find the toilet at the start.

💧 Find the water tap at the start.

BBQ Find the BBQ at the start.

i Find the sign at the start.



After another 25 m **veer left**.



After another 110 m pass the sign.



Continue straight.



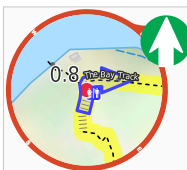
After another 345 m come to the viewpoint.



After another 350 m come to the viewpoint.



Then head down the steps (about 35 m long)



After another 6 m **continue straight**.



Then find the "Bantry Bay Picnic Area" (10 m on your left).



The area of Bantry Bay has been popular with day visitors since the late 1800s. In the early 1900s, the picnic area was also home to a dance hall (foundations still visible), dining room, picnic ground and overnight accommodation. Today, the picnic area has a picnic table and a number of fireplaces. There is also a public wharf, toilets, open grassy area, shade from trees and a great view across the water. There are no garbage facilities. The picnic area is at the bottom of the Timber Getters Track, below Seaforth Oval, on the eastern shore of Bantry Bay.



After another 6 m pass the toilet (7 m on your right).



After another 720 m come to the viewpoint.



After another 930 m come to the viewpoint.



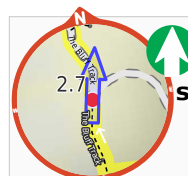
After another 55 m find the "Bluff Lookout" (5 m on your right).



The Bluff is a large, unfenced rocky hilltop, in Garigal National Park, that provides great views up Middle Harbour. The views extend across the bushland of the National Park, along Bantry Bay, to the city of Sydney (You can even see Centrepont Tower). Apart from the distant views, the bluff is also an interesting rock feature, with a number of caves containing honeycomb rock formations.



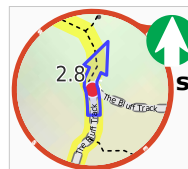
After another 50 m pass the sign.



After another 55 m **continue straight**.



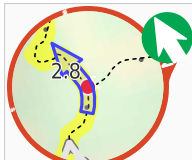
After another 80 m **continue straight**.



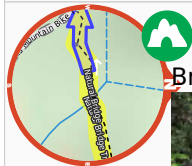
After another 45 m **continue straight**.



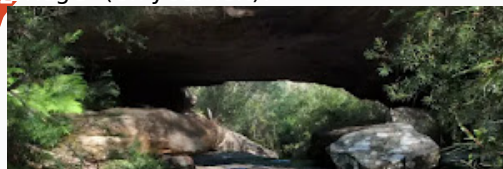
After another 15 m pass the sign (on your left).



After another 45 m **veer left**.



After another 470 m find the "Natural Bridge" (on your left).



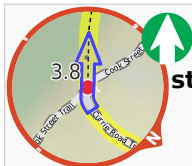
The Natural Bridge is a sandstone arch in Garigal National Park. The arch spans an unnamed creek feeding into Bantry Bay. The Natural Bridge track uses this arch to cross the creek, and is not always noticed by walkers as the surrounding vegetation hides the full view of the feature from the track. The arch has formed the eroding forces of water flowing down the creek. The arch provides an interesting natural feature to explore and enjoy.



After another 40 m **continue straight**.



After another 220 m **turn left**.



After another 185 m **continue straight**.



After another 1.5 km **veer right**.

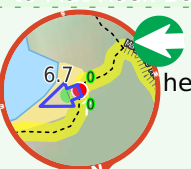


After another 410 m find the "Bantry Bay Explosives Magazine complex" (30 m on your left).



The Magazine Buildings were the premier storage facility for merchants' explosives between 1915 and 1974. During this time, the carefully constructed building where crucial for the safe storage of explosives used for building public works such as the Sydney Harbour Bridge, and additionally used by the Australian Navy during World War II. There is currently no public access to the site, and the buildings are best viewed from across the water at Bantry Bay Picnic Area, or anywhere on the other side of Bantry Bay.

Start of an optional side trip: An optional side trip to Flat Rock Beach.



To start this optional side trip turn left here. **Start**.



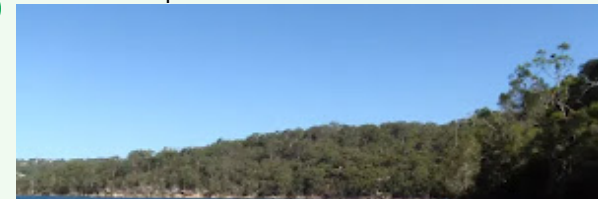
Then head up the steps



After another 10 m come to the end.



About 55 m past the end is "Flat Rock Beach".



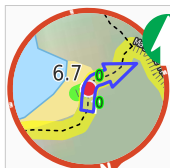
Flat Rock Beach is a small, south-facing beach on Middle Harbour, in Garigal National Park. The sand is deposited on a rock shelf that pokes through in places, forming interesting sculptures. The beach is frequented by walkers and boaters enjoying their day by the water. The beach can be accessed by a bush track from the end of Killarney Drive, Killarney Heights. Historically, the beach was a popular picnic area and serviced by a ferry in the early 1900's. Today, there are no facilities, but some shade is provided by the trees at the back of the beach.



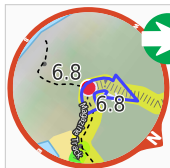
Turn around and retrace your steps back the 10 m to the main route.



Back at the main route veer left and follow on from the 6.7 km waypoint.



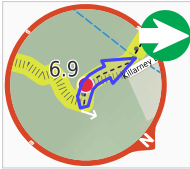
After another 1 km **continue straight**.



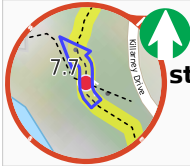
After another 60 m **turn right**.



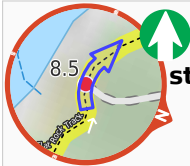
Then head down the steps (about 130 m long)



After another 20 m **turn right**.



After another 800 m **continue straight**.



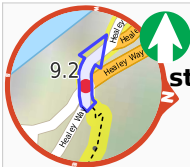
After another 800 m **continue straight**.



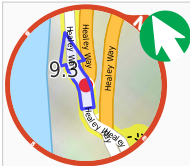
After another 380 m pass the car park (30 m on your left).



After another 305 m **turn right**.



After another 15 m **continue straight**.



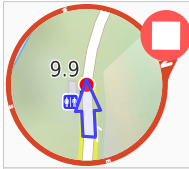
After another 50 m **veer left**.



After another 430 m pass the picnic table (30 m on your left).



Then pass the shelter (80 m on your left).



After another 145 m come to the end.



About 20 m past the end is a toilet.