




Red Hands Cave Circuit

(Guringai Country)

 10 min to 30 min

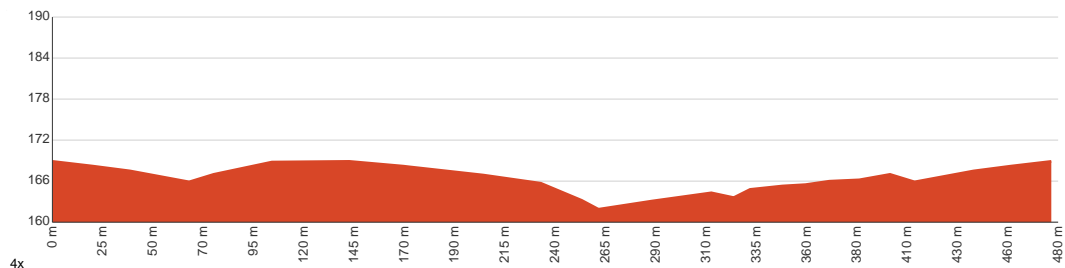

480 m
Circuit


↑ 12 m
↓ 12 m

 3
Moderate track

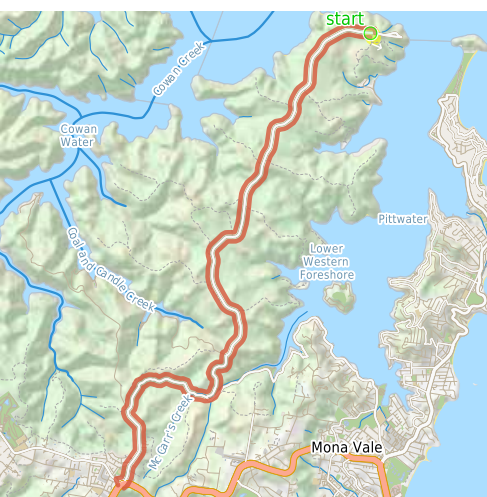


This is a short walk down to Red Hands Cave from the Resolute Picnic Area. The walk loops from the picnic area through the heath and down to the overhang of the cave. The Aboriginal rock art is quite faded but is estimated to be over 2000 years old. This makes for an interesting historic walk, great as an appetiser before a picnic lunch at Resolute 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 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.

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start

Kool ewong Track

West Head Road

160



0.3

Resolute Track

0.2

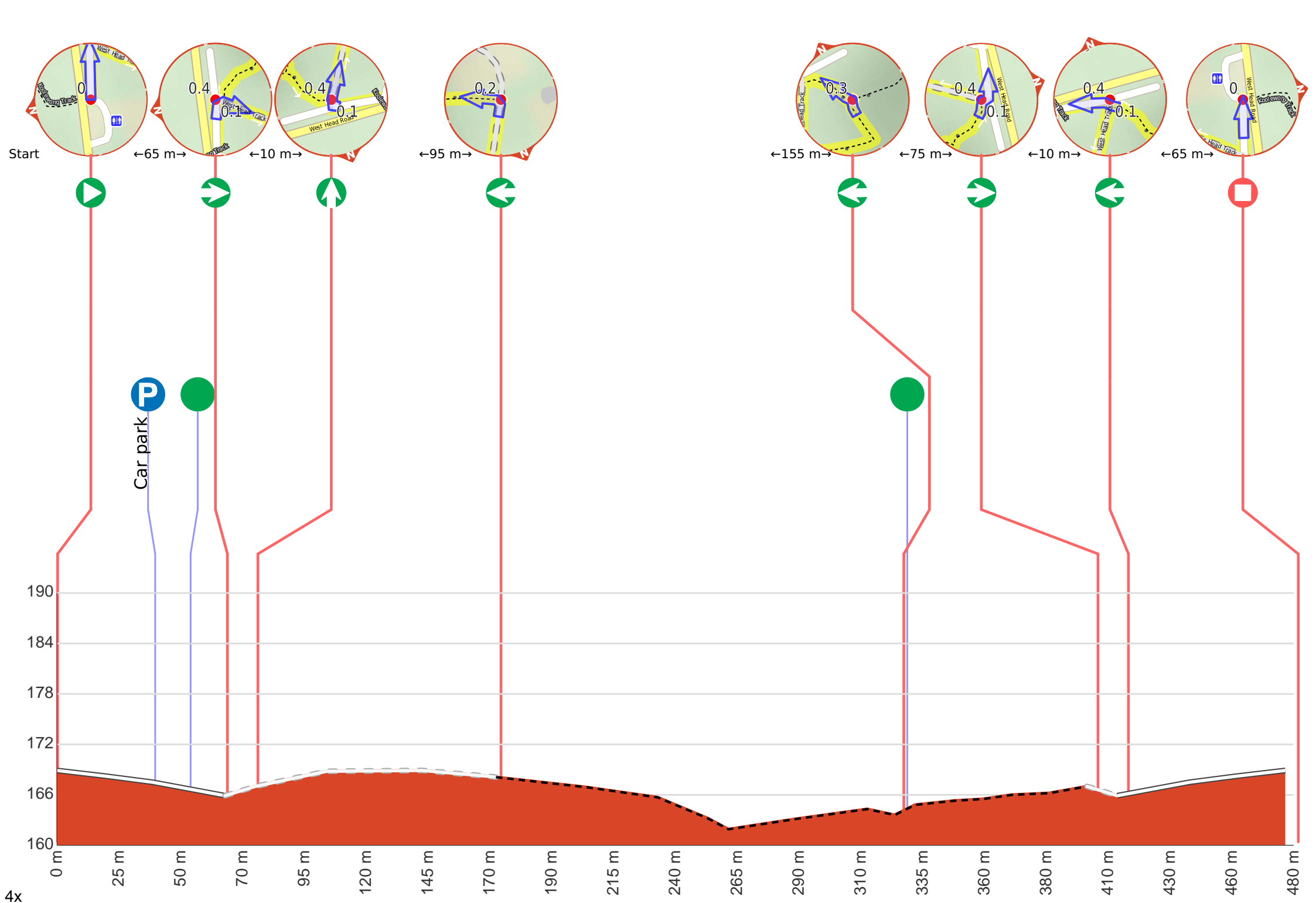
Resolute Track

Resolute Track

097

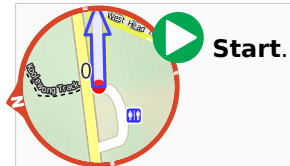
100

0



Getting started: From Resolute Picnic Area, this walk follow the signs for 'Red Hands Cave' away from the picnic area. The track heads down the sandy service trail for approximately 100m to the intersection marked by the sign on the left.

From the intersection, this walk follows the sign to 'Red Hands Cave 0.85km' away from the service trail. The track heads slightly downhill before turning right. The track then drops down some stairs, passing around and down a rock shelf to continue to an overhanging rock - Red Hands Cave. The cave is fenced off and marked with informative signs.

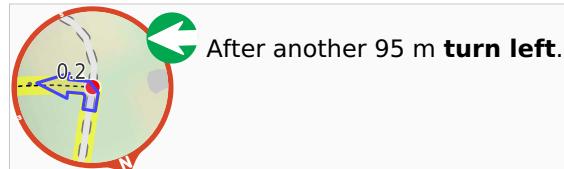
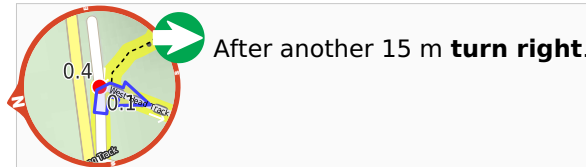


P After 35 m to find the car park.

After another 15 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 155 m find the "Red Hands Cave" (6 m on your right).



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.

