



# Flint and Steel track

(Guringai Country)

 1 h to 2 h

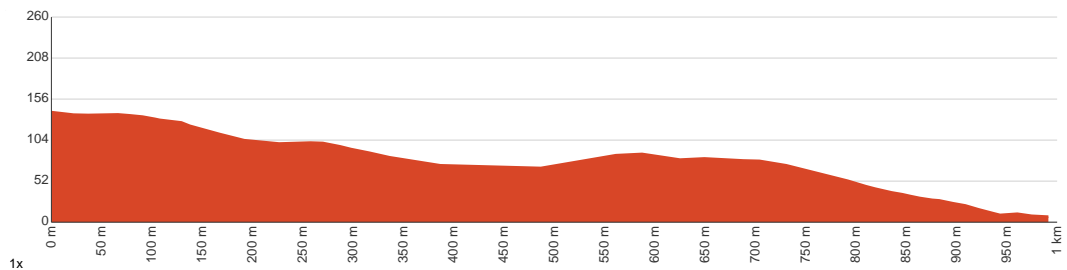
  
2 km  
Return

  
↑ 178 m  
↓ 178 m

 3  
Moderate track



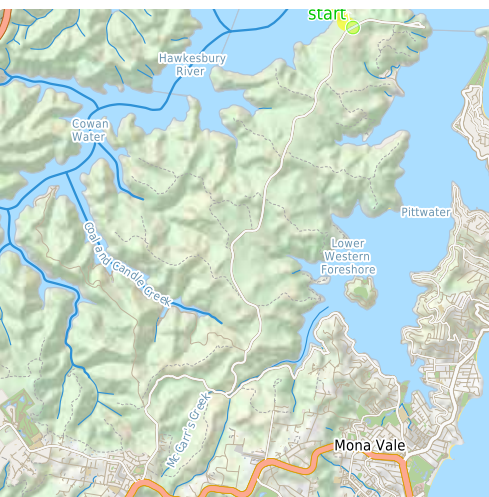
This walk follows a scenic route to the secluded Flint and Steel Beach, which provides views across the Hawkesbury River to landmarks such as Lion Island, Patonga and Box Head. The walk passes through palm, pine and grass tree forests. There is a great diversity of flora and some fantastic sandstone rock formations along the way. 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	
<b>Quality of track</b>	Formed track, with some branches and other obstacles (3/6)
<b>Gradient</b>	Short steep hills (3/6)
<b>Signage</b>	Directional signs along the way (3/6)
<b>Infrastructure</b>	Limited facilities, not all cliffs are fenced (3/6)
<b>Experience Required</b>	Some bushwalking experience recommended (3/6)
<b>Weather</b>	Storms may impact on navigation and safety (3/6)

**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 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.

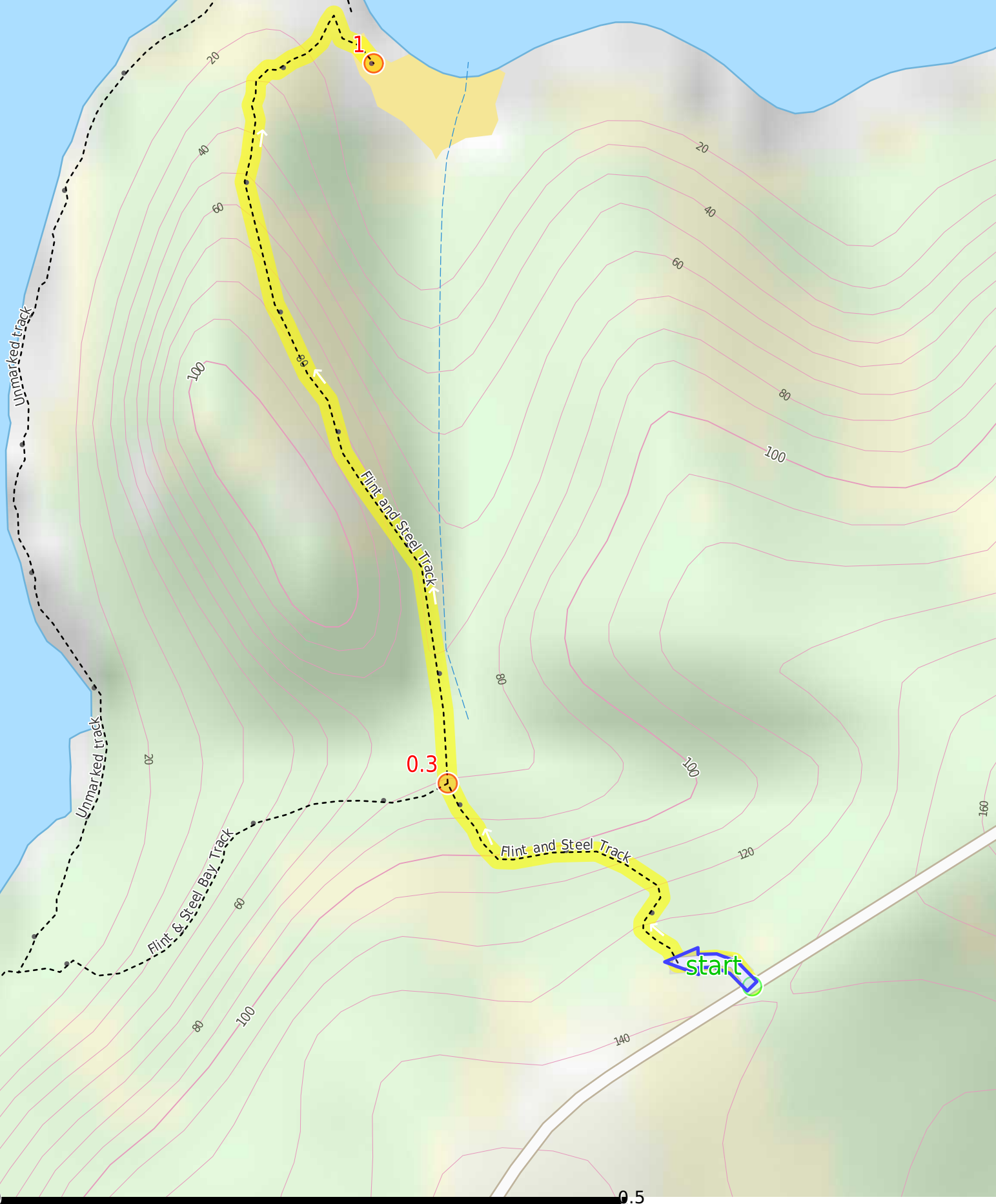
Share  
Bushwalk.com  
[/j/MD49JK](https://bushwalk.com/j/MD49JK)





Flint and Steel Point

Broken Bay



start

1

0.3

Unmarked track

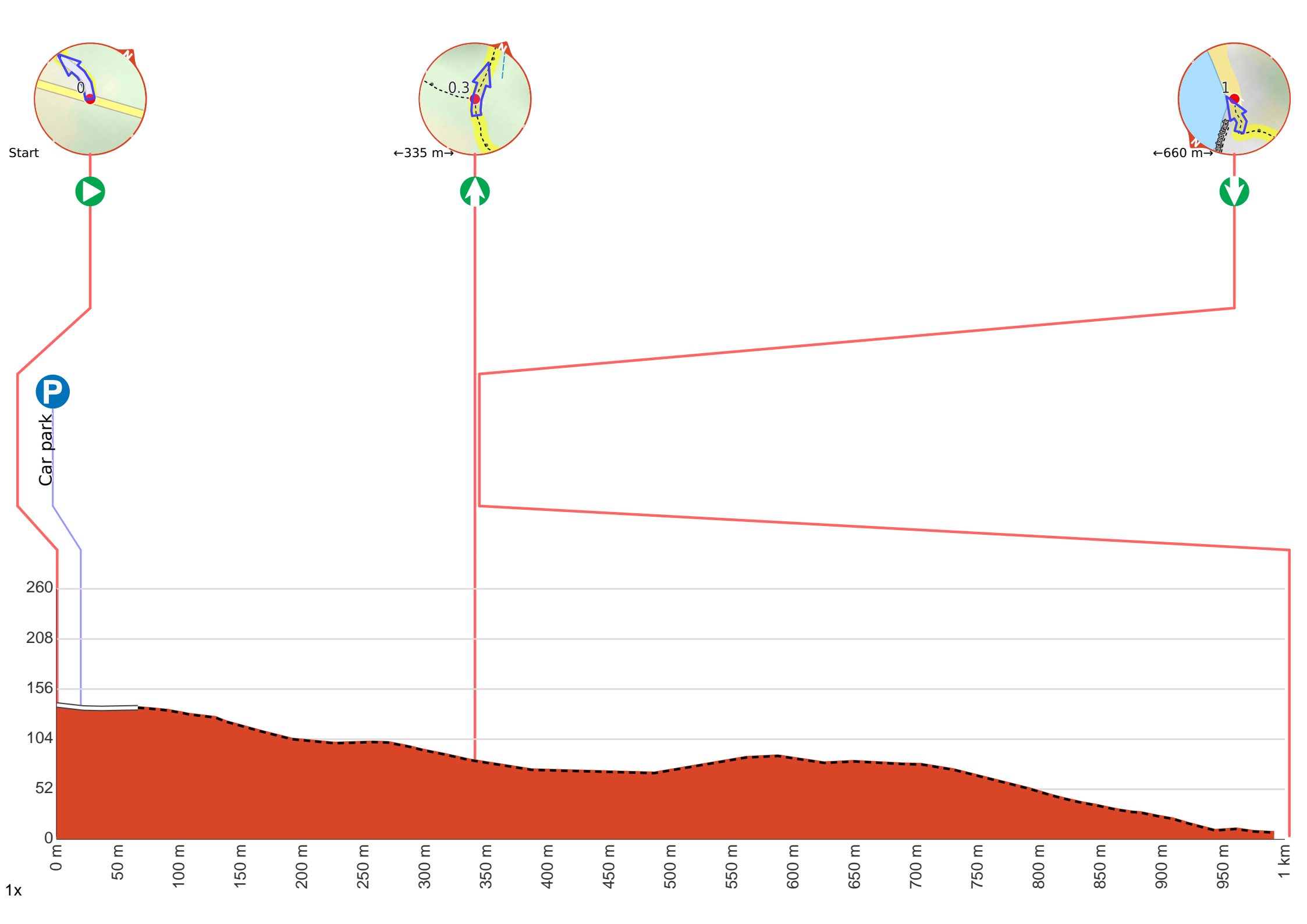
Unmarked track

Flint & Steel Bay Track

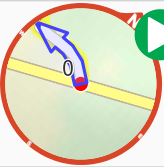
Flint and Steel Track

Flint and Steel Track

0.5



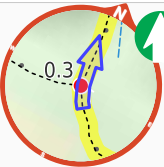
**Getting started:** From the back of the car park, the walk follows the 'Flint and Steel Track' sign along the bush track heading down through the bush. The walk drops down some stairs and turns right at the old 'Ku-ring-gai Chase National Park' sign, then left down the side of the hill. After about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



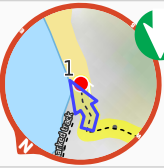
**Start.**



Find the car park at the start.



After another 315 m **continue straight.**



Continue another 660 m to find the end. Then turn around here and retrace the main route for 990 m to get back to the start.



About 20 m past the end is "Flint and Steel Beach".

Flint and Steel Beach, Ku-ring-gai National Park, is a small north-east facing stretch of sand. The beach is hemmed in by prominent headlands on either side and backed by a grassy hill. A seat on the hill lends views over the Hawkesbury River to Patonga and Lion Island, with Box Head in the background.



About 80 m past the end is "Flint and Steel Beach".

Flint and Steel Beach, Ku-ring-gai National Park, is a small north-east facing stretch of sand. The beach is hemmed in by prominent headlands on either side, and backed by a grassy hill. A seat on the grassy hill offers views over the Hawkesbury River to Patonga and Lion Island, with Box Head in the background.