



Wallarrah Peninsula Walk



2 h 45 min to 3 h 30 min



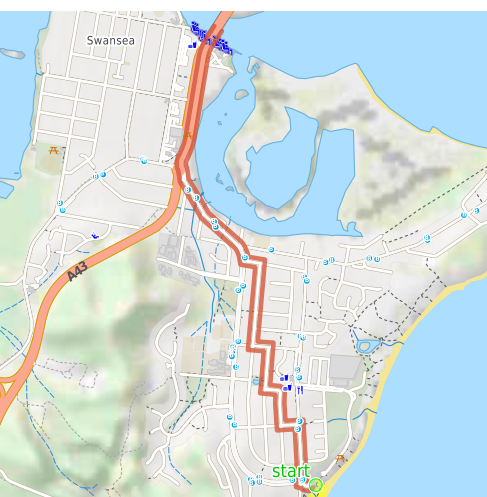
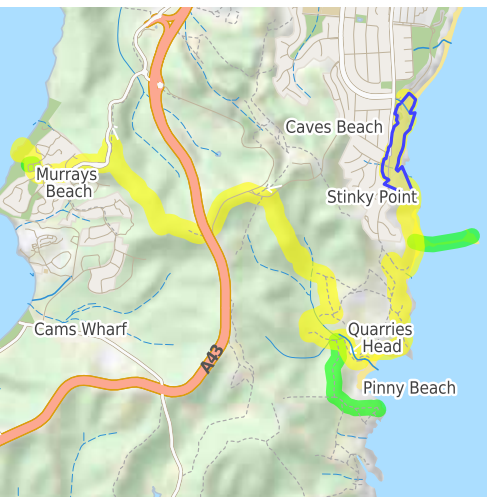
7.9 km
One way



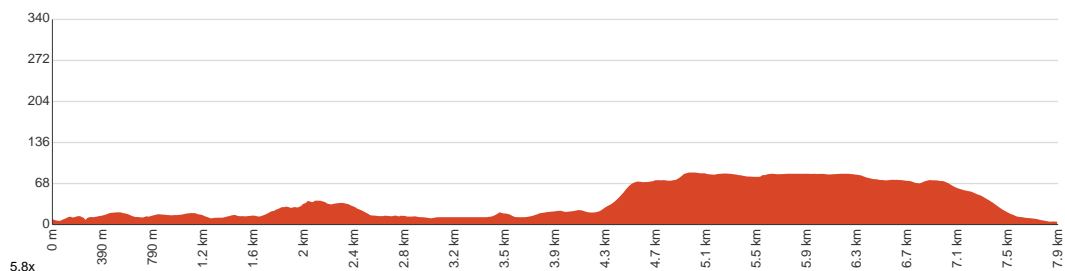
↑ 184 m
↓ 188 m



Hard track



This walk starts at Caves Beach and travels south along the coastline to Pinneys Beach. The walk then heads west, up and over the Wallarah Peninsula to Murrays Beach on the foreshore of Lake Macquarie. Both the Spoon Rocks Spit and Pinney's Headland side trips are worthwhile excursions. The palm gully rainforest, as you journey to the west, is a lovely surprise as well. At Murray's Beach, take some time to relax in the excellent facilities there. A wonderful walk, full of variety. 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 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	Minimal directional signs (4/6)
Infrastructure	Limited facilities (such as cliffs not fenced, significant creeks not bridged) (4/6)
Experience Required	Some bushwalking experience recommended (3/6)
Weather	Weather generally has little impact on safety (1/6)

Getting to the start: From Pacific Highway, A43

- Turn on to Bowman Street then drive for 700 m
- Turn left onto Caldwell Street and drive for another 95 m
- Turn right onto Macquarie Grove and drive for another 490 m
- Turn left onto Civic Avenue and drive for another 95 m
- Turn right onto Pacific Street and drive for another 255 m
- Turn left onto Macquarie Grove and drive for another 295 m
- Turn left onto Middle Street and drive for another 105 m
- Turn right onto Caves Beach Road and drive for another 350 m
- Turn left and drive for another 70 m

Before you start any journey ensure you;

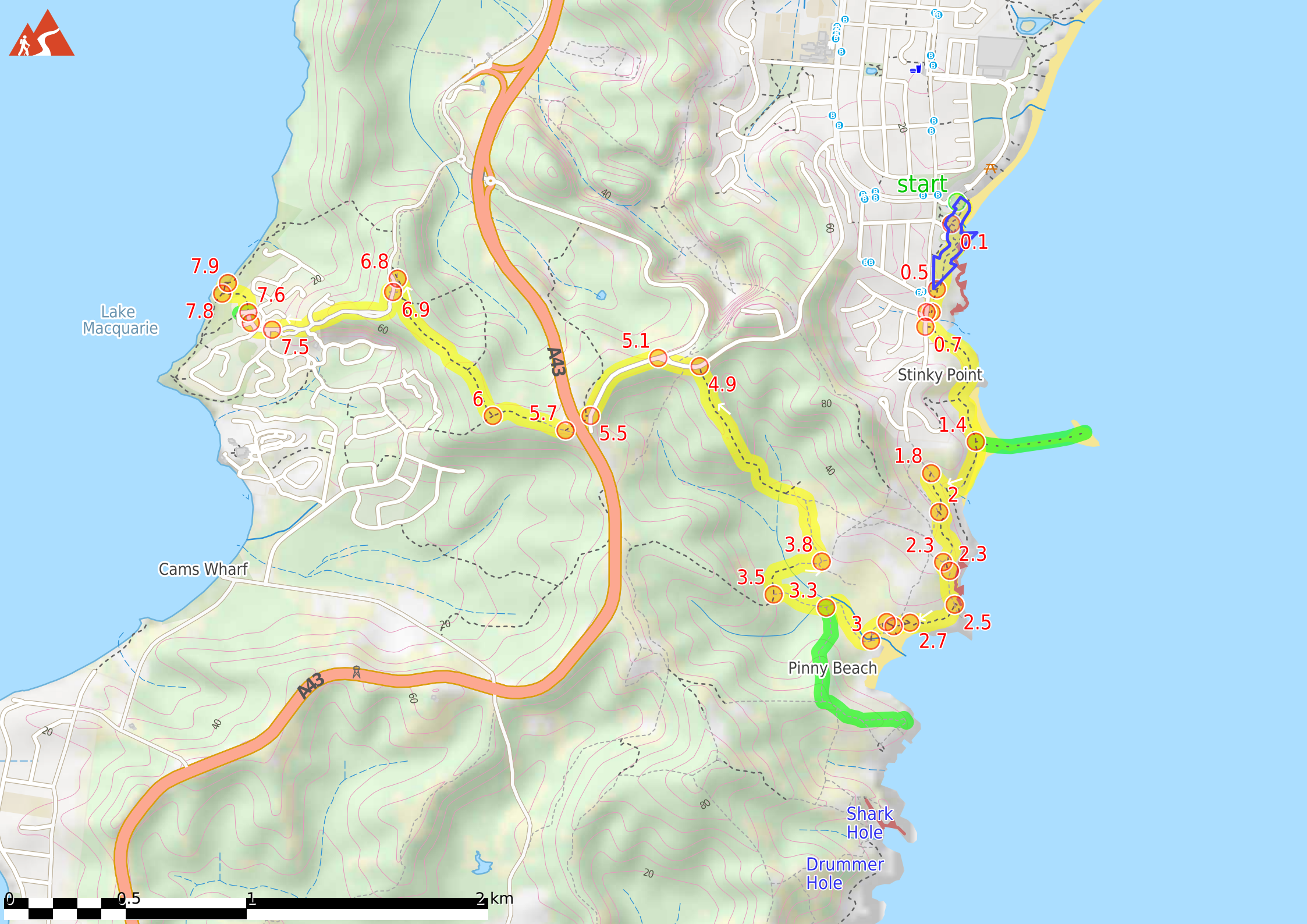
- Tell someone you trust where you are going and what to do if you are late returning
- Have adequate equipment, supplies, skills & knowledge to undertake this journey safely
- Consider weather forecasts, park/track closures & fire dangers
- Can respond to emergencies & call for help at any point
- Are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

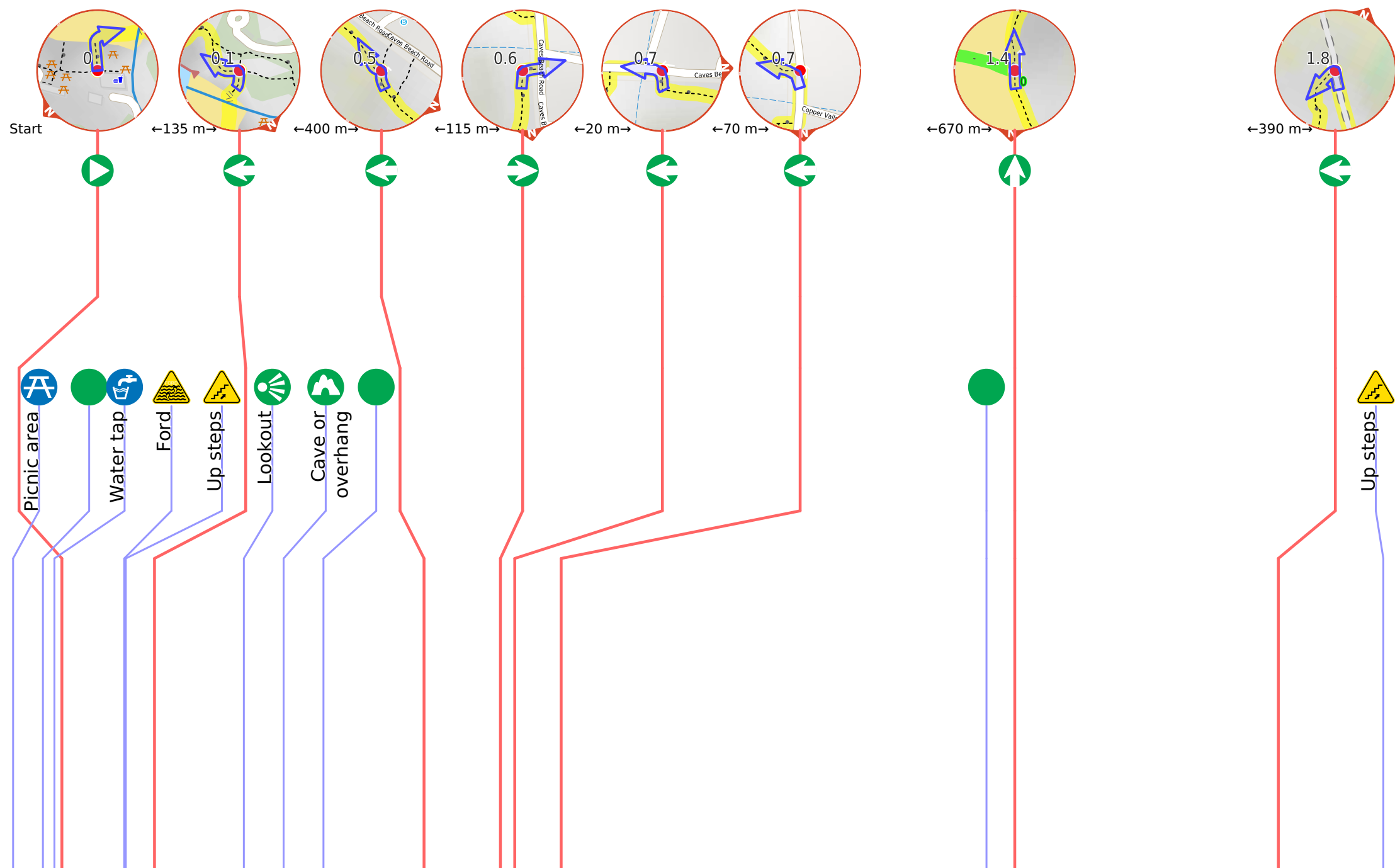
If not, change plans and stay safe. It is okay to delay and ask people for help.

Share

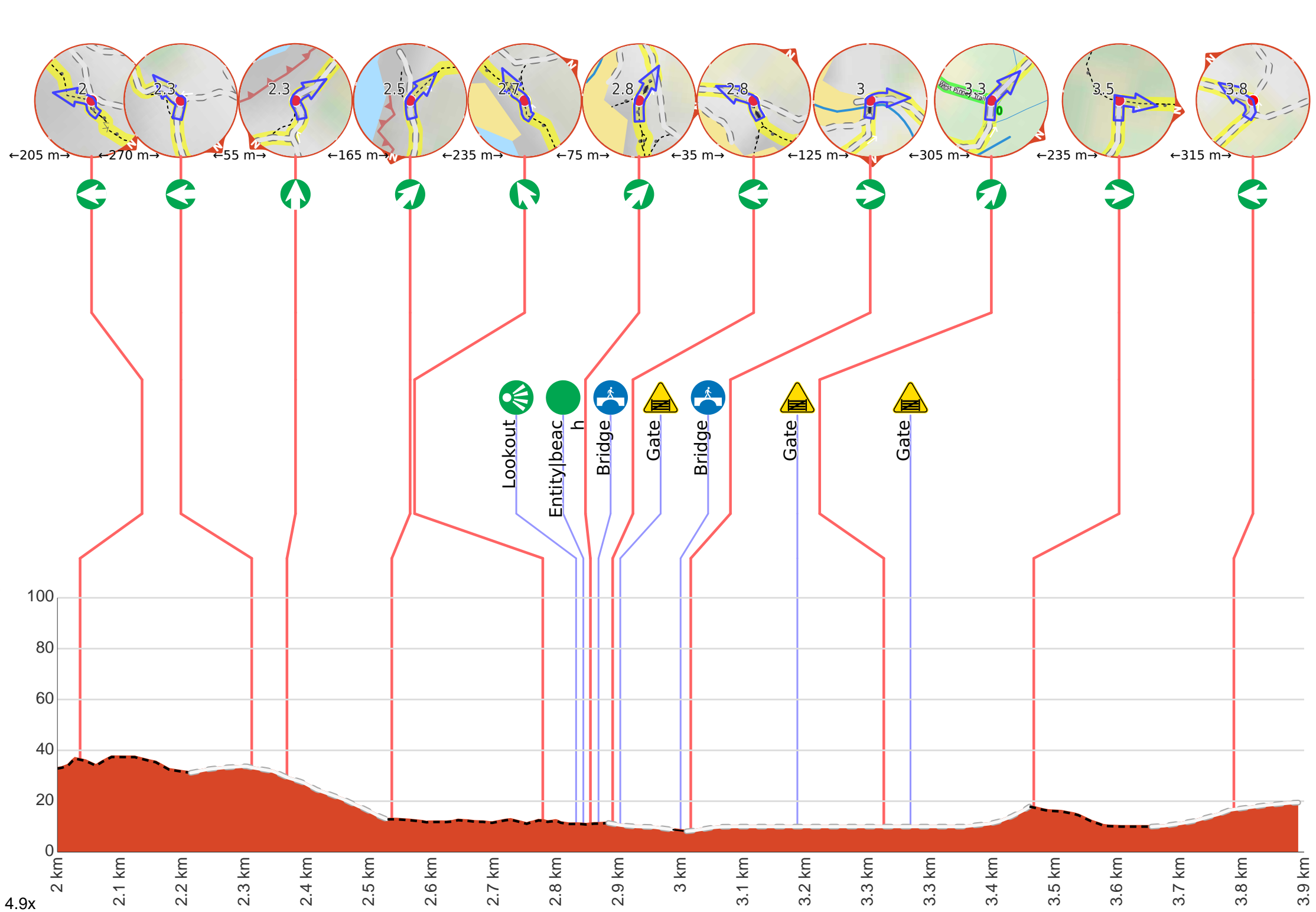
[Bushwalk.com](https://bushwalk.com/ij/O8UXDR)
[/ij/O8UXDR](https://bushwalk.com/ij/O8UXDR)

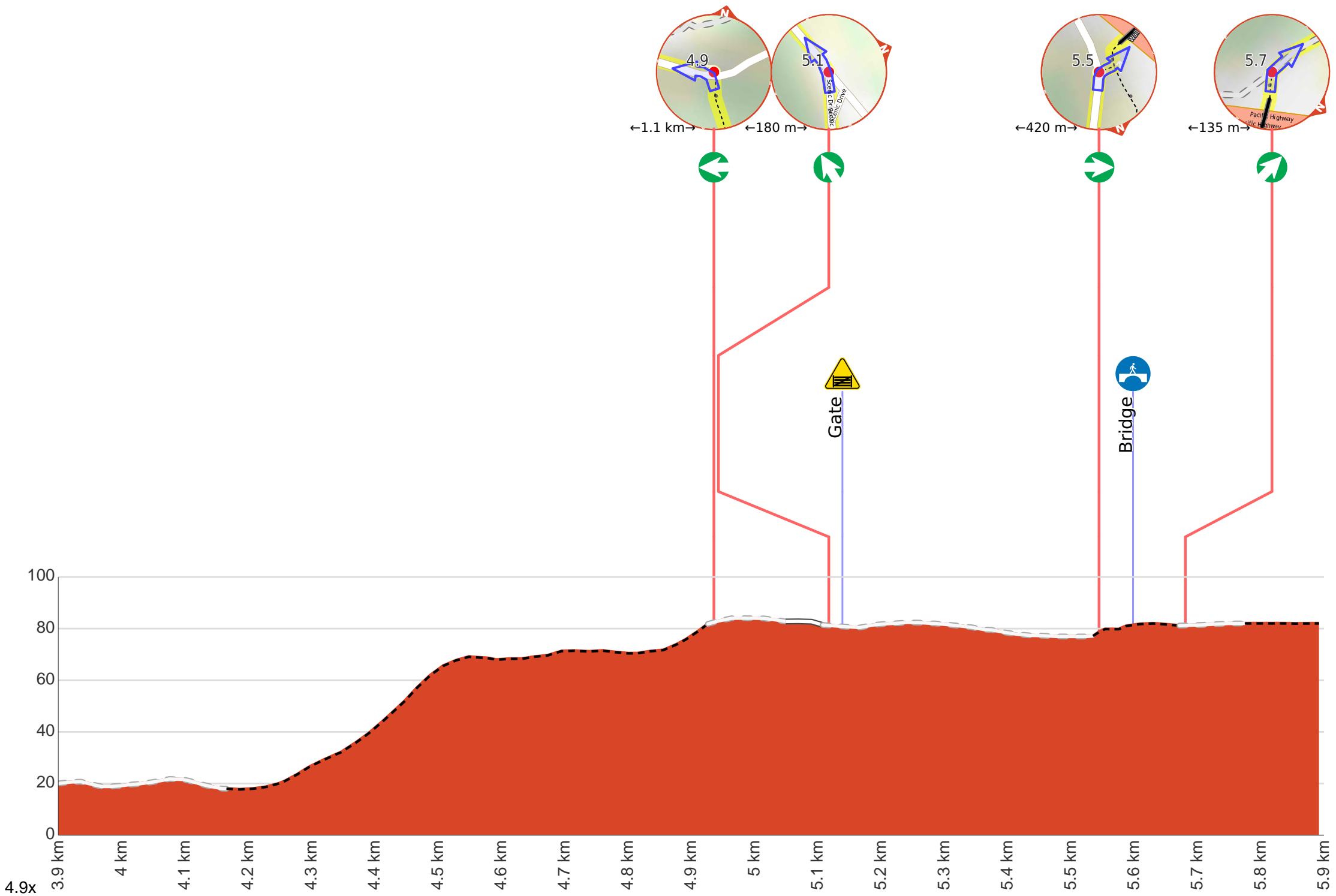


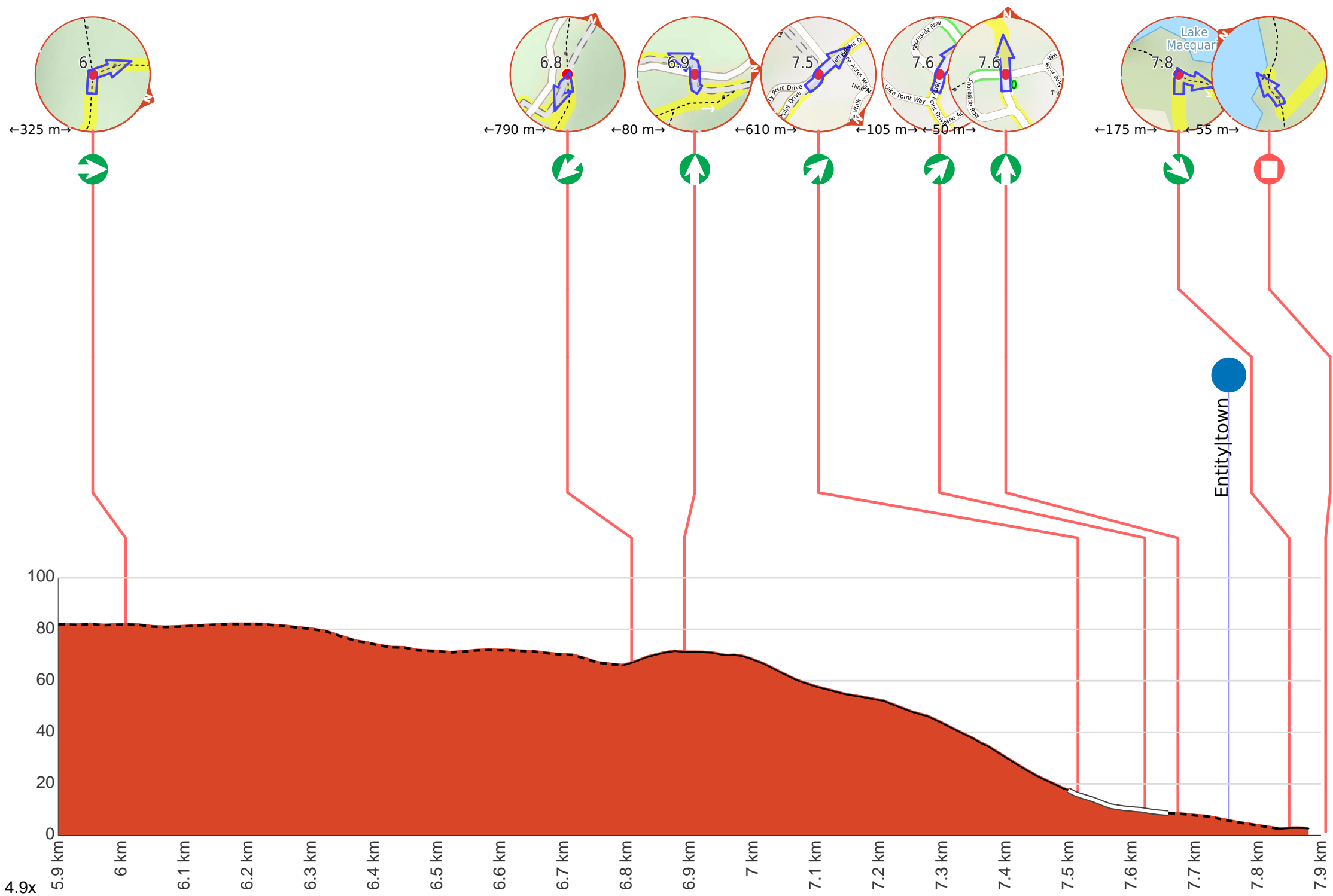




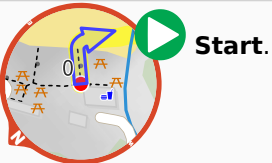
Shape must have at least 2 pairs of points









Getting started: From Cafe Acquablu, this walk leaves the concrete footpath and enters Caves Beach, turning to the right. This walk then follows the sandy beach, keeping the ocean on your left, and after about 80m, crosses a small creek and comes to the bottom of timber steps.



 Stuart Chalmers Park (about 70 m back from the start).





Named after a cancer victim, Stuart Chalmers Park is a well established park close to Caves Beach. Stuart Chalmers Park has toilets, car parking, water, sheltered electric barbeques and picnic tables. The park has easy access to Caves Beach, the cafe Acquablu and the Caves Beach SLSC.


 Caves Beach SLSC (about 30 m back from the start).

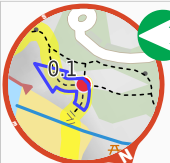



The Swansea-Caves Beach Surf Life Saving Club, south of Newcastle, was founded in 1929. The SLSC looks after Caves Beach, which runs from this southern end of the beach, for 300m to the northern Swansea (Hams) Beach. A road runs the length of the beach, with car parking along much of it. Though Caves Beach faces the south-east, it is afforded a moderate degree of wave protection by reefs in the centre and north and Spoon Rocks to the south-east.


 There is water tap (about 10 m back from the start).

 After 105 m cross the ford.

 Then head up the steps (about 15 m long)


 After another 30 m **turn left**.

 After another 60 m **continue straight**.

 After another 70 m find the "Caves Beach Lookout" (on your left).




The Cave Beach Lookout, on the southern headland of Caves Beach, is easily accessible via wheelchair from the car park nearby. The lookout offers excellent views over the caves of Caves Beach and also to the north and south. There are is a large stone viewing platform on which to sit and enjoy the views.

 After another 60 m find the "Caves at Caves Beach" (50 m on your left).



Caves Beach derives its name from the sea caves in the headland at it's southern end. The caves are only accessible at low tide. It is best to ask at the Caves Beach SLSC for local advice before attempting to visit the caves. The caves are roughly broken into two halves, with somewhat easier access to the first section of caves, while access to the second section (further to the south) is certainly restricted to low tide and light conditions. Allow time to return before the tide changes. These caves are pleasantly cool on a hot day and offer plenty of exploring potential.

 After another 60 m find the "Wallarah Peninsula" (30 m on your right).



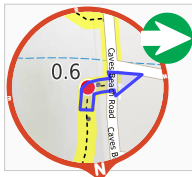
Wallarah Peninsula, also referred to as the Swansea Peninsula, is surrounded by water and includes the Wallarah National Park. The Wallarah Peninsula stretches from Lake Macquarie in the west to the ocean in the east, from Swansea and Caves Beach in the north to Catherine Hill Bay and Lake Munmorah in the south. Within the Wallarah National Park, there are plenty of things to do, including walking, fishing, swimming and surfing. The coastal views are spectacular, and this is also a good whale watching spot. The Wallarah National Park co-operates with its park neighbours, including Stockland Wallarah Peninsula Pty Ltd, on a wide range of issues relating to the management of the Wallarah Peninsula through a joint management agreement.



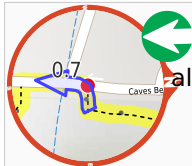
After another 110 m **continue straight**.



After another 40 m **turn left**.



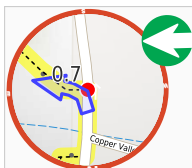
After another 115 m **turn right**.



After another 20 m **turn left**, to head along Caves Beach Road.



After another 20 m (at the intersection of Copper Valley Close & Caves Beach Road) **continue straight**, to head along Caves Beach Road.



After another 50 m **turn left**.



After another 450 m **continue straight**.

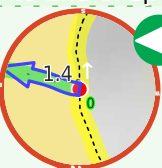


After another 180 m find the "Spoon Rocks Beach" (85 m on your left).

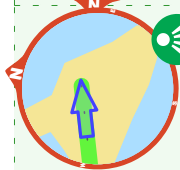


Spoon Rocks Beach, south of Caves Beach is a sheltered sandy beach. Spoon Rocks breakwater forms the southern end of the beach and has allowed sedimentation of sand to occur and created this attractive beach. The beach is 300m long, faces north-east and is good for swimming. The Spoon Rocks Beach is worth the walk in to it.

Start of an optional side trip: An optional side trip to End of Spoon Rocks Spit.



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



After another 460 m come to "Spoon Rocks Spit".



Spoon Rocks Spit is a wide breakwater extending 500m out into the ocean. This breakwater was originally designed as a coal loading facility to offload coal mined from the nearby Wallarah seam. The rocks were cut from the cliff face below the spit. Over time, the force of the ocean waves have breached the breakwater. Sedimentation from these ocean forces has established a safe and protected swimming and beach area to the north of the spit.



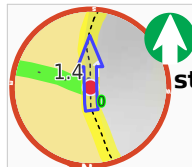
The end.



Turn around and retrace your steps back the 460 m to the main route.



Back at the main route turn left and follow on from the 1.4 km waypoint.



After another 40 m **continue straight**.



After another 290 m **continue straight**.



After another 95 m **turn left**.



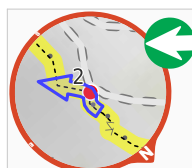
After another 155 m head up the surface|wood steps (about 15 m long)



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



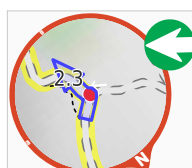
After another 5 m come to the viewpoint.



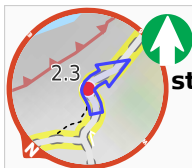
After another 20 m **turn left**.



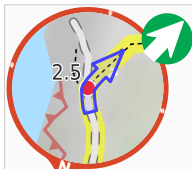
After another 240 m **continue straight**.



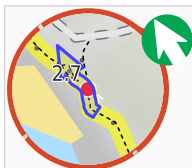
After another 30 m **turn left**.



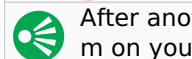
After another 55 m **continue straight**.



After another 165 m **veer right**.



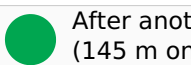
After another 235 m **veer left**.



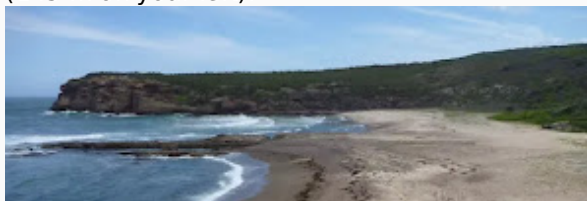
After another 50 m find the "Pinneys Lookout" (6 m on your left).



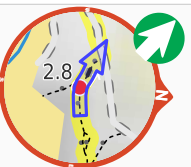
Pinney's Lookout overlooks the northern side of Pinney's Beach on the Wallarah Peninsula. From this timber platform, the whole of Pinney's Beach can be seen, including Pinney's Headland to the south. Some of the timber on this lookout was missing when visited, so take care.



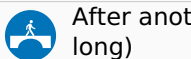
After another 10 m find the "Pinneys Beach" (145 m on your left).



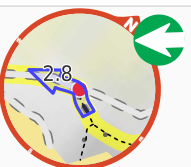
Pinney's Beach is a good beach for fishing, surfing and swimming. This beach is accessible on foot, via the coastal walk. This beach is not patrolled and rock platforms can be dangerous, even when the seas appear calm. Personal fishing is permitted off all the coast in Wallarah National Park, although a licence is needed. A midden (dated to about 1200 years old), with about 20 stone artefacts, was discovered here in the 1960s, but unfortunately 4WD vehicles have caused erosion to this site.



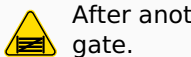
After another 10 m **veer right**.



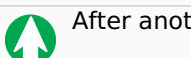
After another 15 m cross the bridge (about 6 m long)



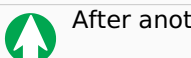
After another 15 m **turn left**.



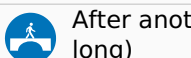
After another 10 m head through/around the gate.



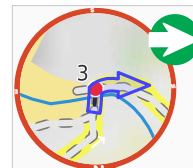
After another 7 m **continue straight**.



After another 75 m **continue straight**.



After another 10 m cross the bridge (about 15 m long)

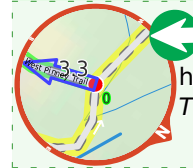


After another 4 m **turn right**.



After another 170 m head through/around the gate.

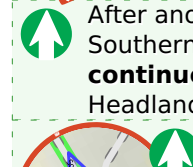
Start of an optional side trip: An optional side trip to Int of Coastal Track & Pinneys Lookout.



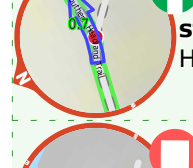
To start this optional side trip turn left here. **Start** heading along *West Pinney Trail*.



After another 460 m (at the intersection of Southern Headland Trail & West Pinney Trail) **turn left**, to head along Southern Headland Trail.



After another 70 m (at the intersection of Southern Headland Trail & Shark Hole Trail) **continue straight**, to head along Southern Headland Trail.



After another 120 m **continue straight**, to head along Southern Headland Trail.



After another 200 m come to the end.



About 40 m past the end is "Pinney's Headland Lookout".



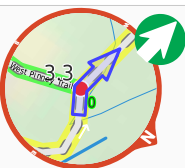
There are magnificent vistas from Pinney's Headland Lookout, particularly to the north. The headland is accessed on foot via the Wallarah Peninsula coastal walk, and the headland itself has a loop walking trail on it. At the southernmost point of this walking loop, there are unfenced rock platforms forming the ocean shoreline - take care.



Turn around and retrace your steps back the 850 m to the main route.



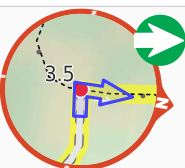
Back at the main route turn left and follow on from the 3.3 km waypoint.



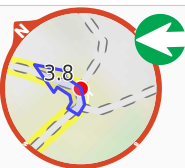
After another 135 m **veer right**.



After another 40 m head through/around the gate.



After another 195 m **turn right**.



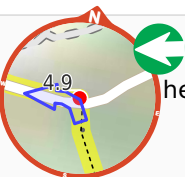
After another 315 m **turn left**.



After another 300 m **veer left**.



After another 90 m **continue straight**.



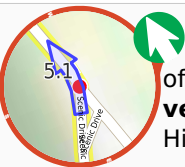
After another 740 m **turn left**, to head along Scenic Drive.



After another 60 m **continue straight**, to head along Scenic Drive.



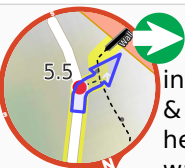
After another 60 m **continue straight**, to head along Scenic Drive.



After another 55 m (at the intersection of Old Pacific Highway & Scenic Drive) **veer left**, to head along Old Pacific Highway (a vehicle track).



After another 20 m head through/around the gate.



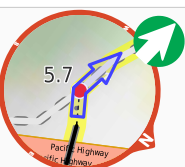
After another 400 m (at the intersection of Wallarah Peninsula Track & Old Pacific Highway) **turn right**, to head along Wallarah Peninsula Track (a walking track).



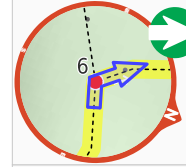
After another 20 m **turn left**, to head along Wallarah Peninsula Track.



After another 35 m cross the bridge (about 50 m long)



After another 30 m **veer right**.



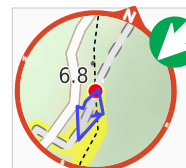
After another 325 m **turn right**.



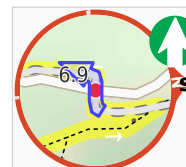
After another 245 m **continue straight**.



After another 440 m **continue straight**.



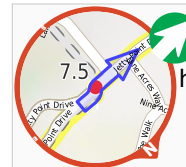
After another 100 m **turn sharp left**.



After another 80 m **continue straight**.



After another 430 m **continue straight**.



After another 180 m **veer right**, to head along Jetty Point Drive.



After another 15 m (at the intersection of Jetty Point Drive & Lake Forest Drive) **continue straight**, to head along Jetty Point Drive (a residential road).



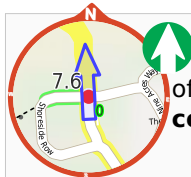
After another 20 m (at the intersection of Nine Acres Way & Jetty Point Drive) **continue straight**, to head along Jetty Point Drive.



After another 30 m (at the intersection of Jetty Point Drive & Lake Point Way) **veer right**, to head along Jetty Point Drive.



After another 40 m (at the intersection of Jetty Point Drive & Shoreside Row) **veer right**, to head along Jetty Point Drive.



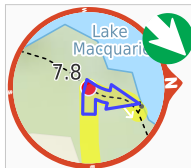
After another 50 m (at the intersection of Shoreside Row & Jetty Point Drive) **continue straight** (a walking track).



After another 80 m find the "Murrays Beach" (60 m on your right).



Murrays Beach is an idyllic residential development. Recently developed with the environment as a core philosophy, the developer, Stockland Murray Beach was awarded the Residential Lifestyle Development of the Year, 2008, by the HIA. Murrays Beach has a vibrant village green, jetty, kiosk, foreshore picnic area, children's playground, barbeque's and bush walking trails. With its magnificent natural setting and tasteful facilities a trip to Murrays Beach is well worth a visit.



After another 95 m **turn sharp right**.



About 60 m past the end is "Murrays Beach Picnic Area".

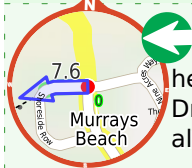


The Murrays Beach Picnic Area on the shores of Lake Macquarie provide a picturesque spot for picnics with family and friends. There are well maintained grasslands amongst open forest with a public jetty, a kiosk, a toilet, water, a children's playground and picnic tables. The kiosk is open 11am till 4pm on weekends, otherwise the Lake House Cafe can be used. Excellent easy walks are available to the north and south along the lake foreshore.



The end.

Start of an optional side trip: An optional side trip to The Lake House Cafe.



To start this optional side trip turn left here. at the intersection of Jetty Point Drive & Shoreside Row **Start** heading along *Shoreside Row* (a residential road).

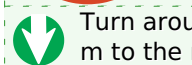
About 40 m past the end is "The Lake House Cafe (Murrays Beach)".



The Lake House Cafe at Murrays Beach offers an award-winning dining experience with excellent views out across Murrays Beach and Lake Macquarie. The Lake House Cafe is open 7 days (7am â€" 4pm) for breakfast and lunch. It is also open for dinner on Fridays and Saturdays from 6pm. The Cafe is open every day except Christmas Day. The Lake House Cafe is located at 11 Shoreside Row, Caves Beach NSW 2281, Australia. Phone +61 2 4971 1745.



The end.



Turn around and retrace your steps back the 35 m to the main route.

Back at the main route ERROR >360 and follow on from the 7.6 km waypoint.