



Headland Track (Resolute Track)

(Guringai Country)

 1 h 30 min to 1 h 45 min

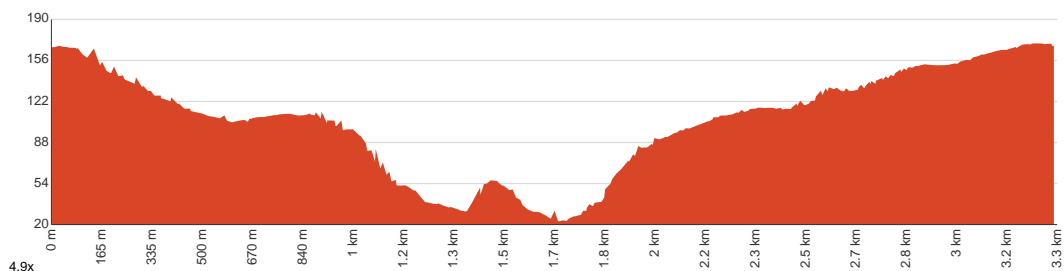

3.3 km
Circuit


↑ 195 m
↓ 195 m


4
Hard track



This walk is a great way to see two major Aboriginal sites and up to three of Ku-ring-gai Chase's beaches. The circuit walk visits Red Hands Cave and some historic engravings, in addition to enjoying expansive views over Pittwater, with Barrenjoey Headland as a feature. The walk includes Resolute and West Head beaches and the option of a side trip to Mackerel Beach as well. To top it all off, this walk has an added bonus of a WWII gun emplacement to explore. 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.



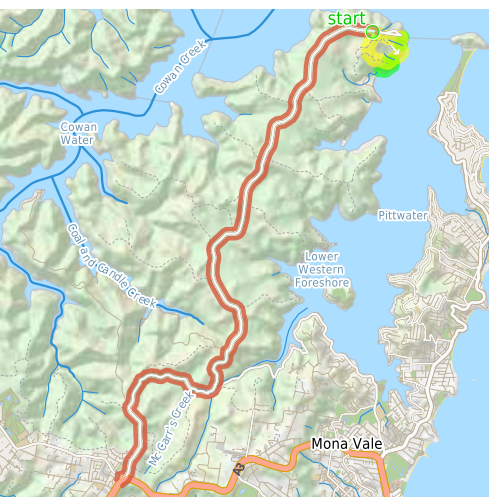
Class 4 of 6

Rough track, where fallen trees and other obstacles are likely

| | |
|---------------------|--|
| Quality of track | Rough track, where fallen trees and other obstacles are likely (4/6) |
| 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 Mona Vale Road, A3, Terrey Hills.

- 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 65 m
- Turn right onto West Head Track and drive for another 3 m



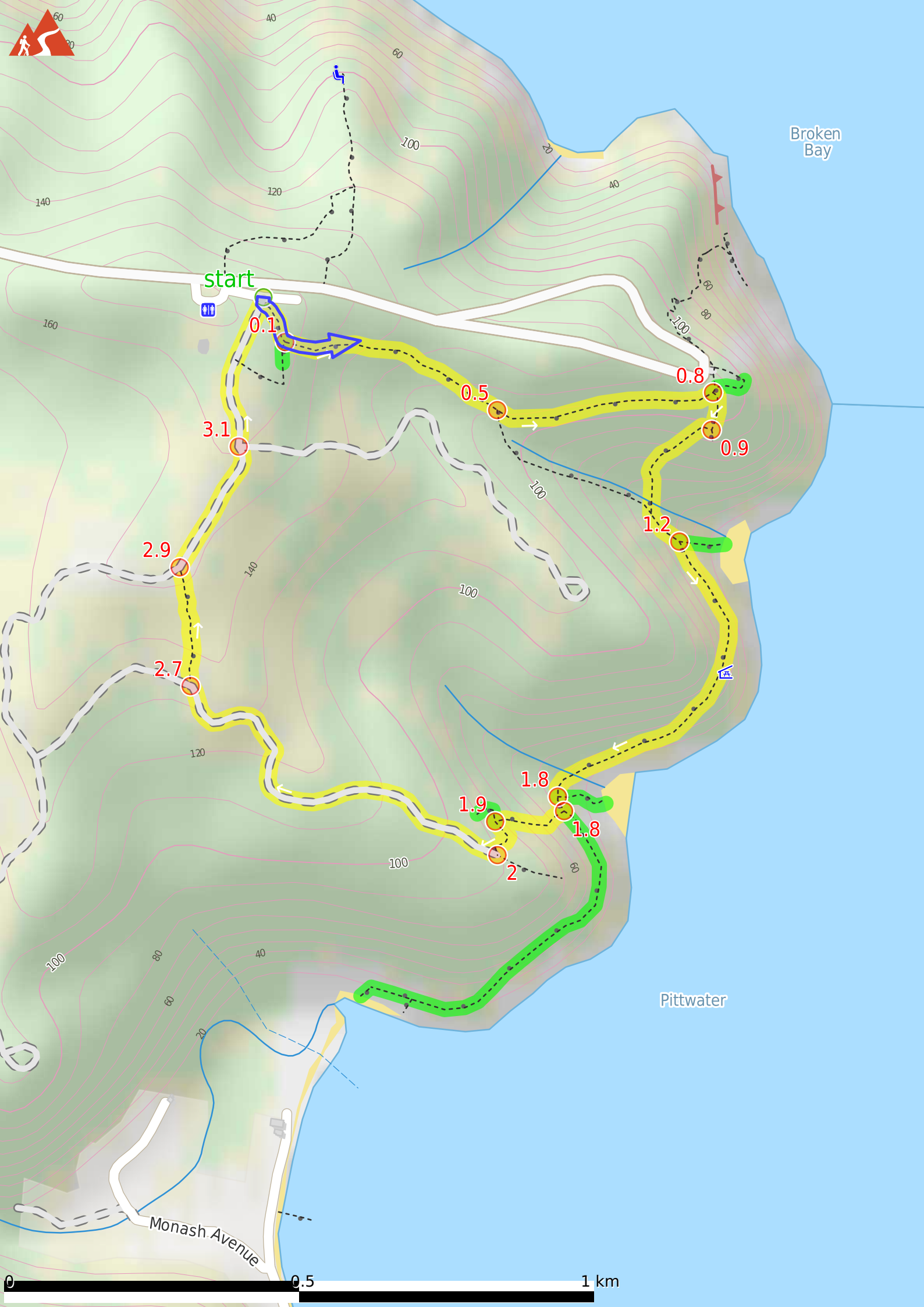
Before you start any journey ensure you;

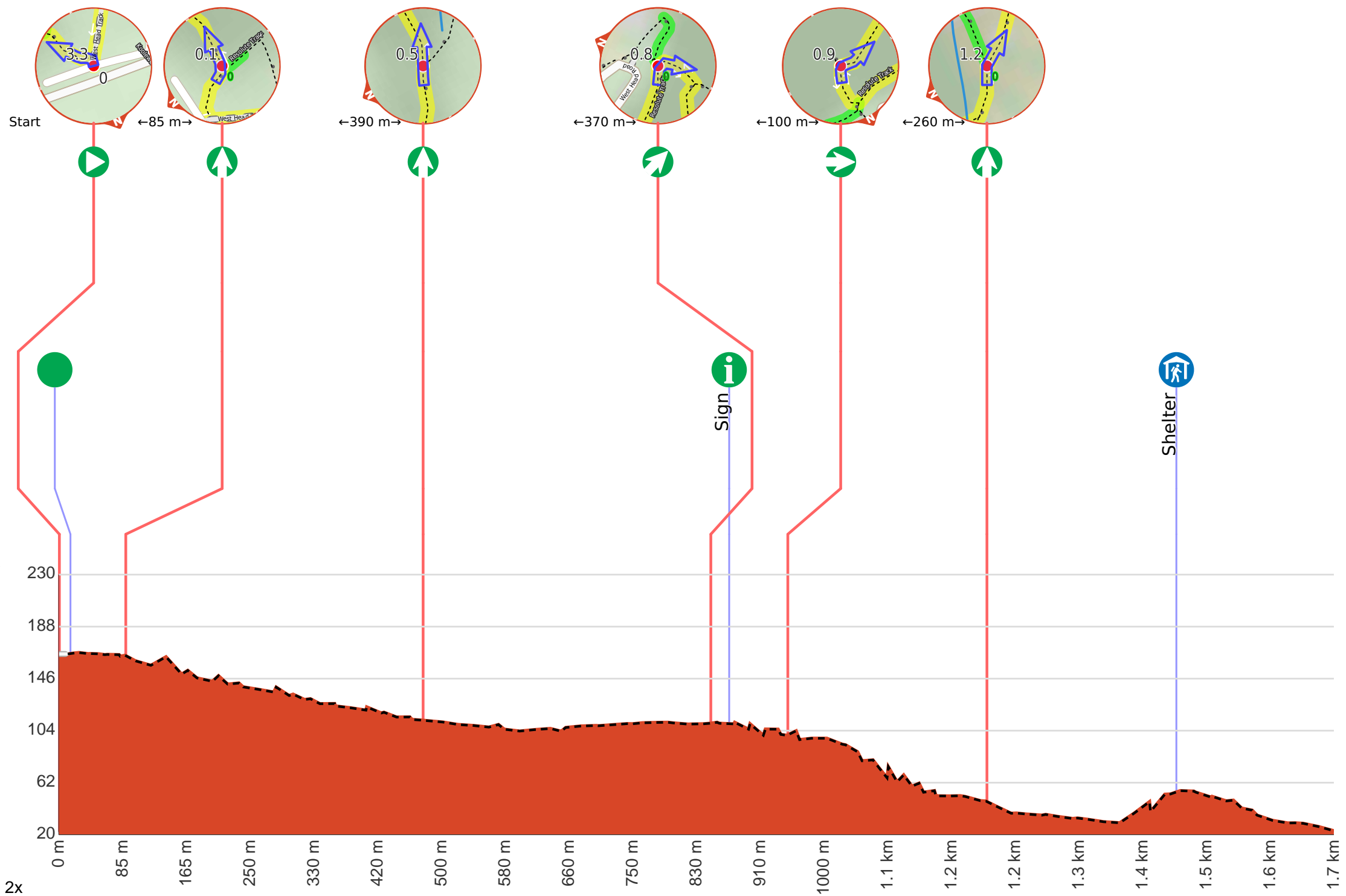
- Tell someone you trust where you are going and what to do if you are late returning
- Have adequate equipment, supplies, skills & knowledge to undertake this journey safely
- Consider weather forecasts, park/track closures & fire dangers
- Can respond to emergencies & call for help at any point
- Are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

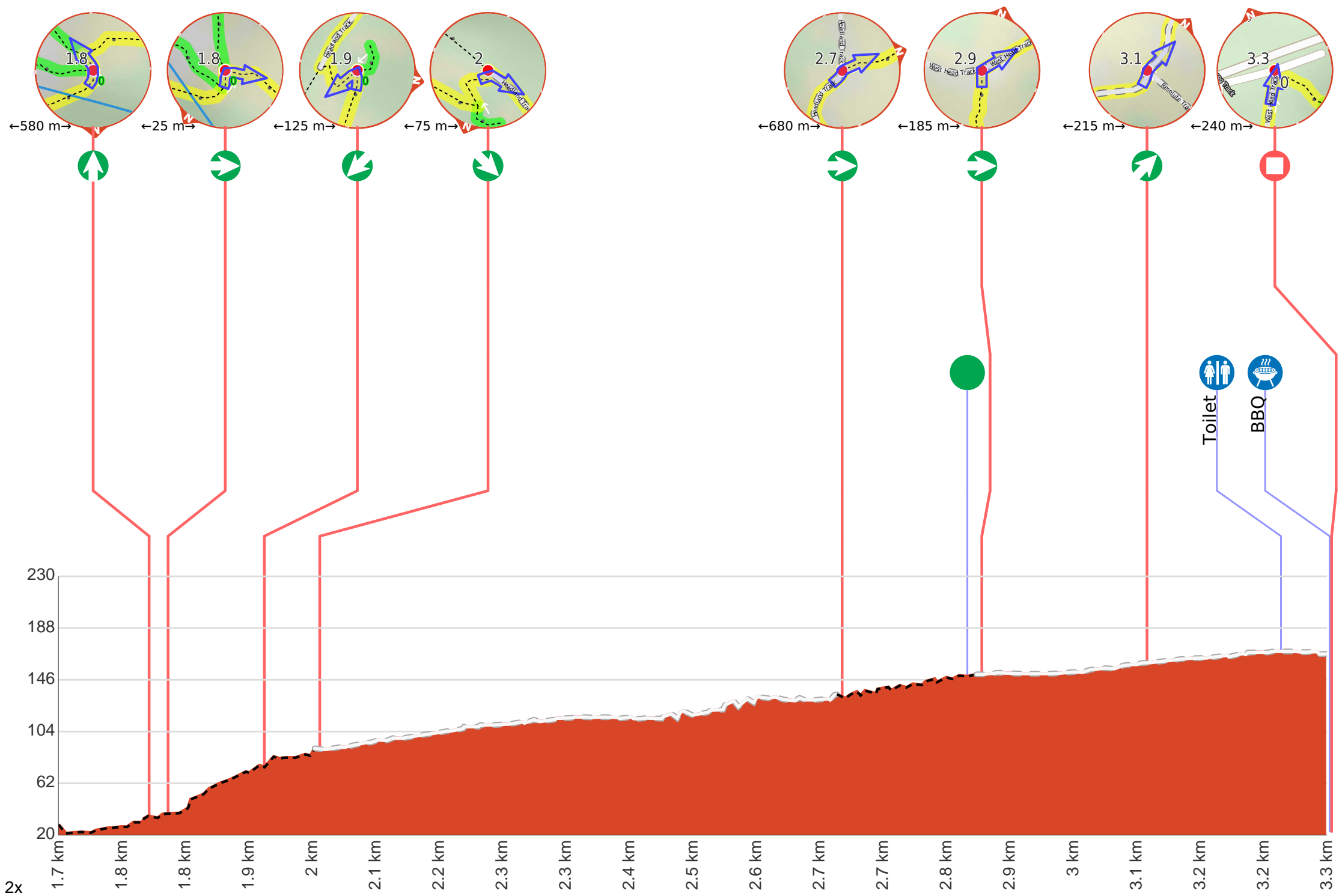
If not, change plans and stay safe. It is okay to delay and ask people for help.

Share
[Bushwalk.com](https://bushwalk.com/j/E44V8)
[/j/E44V8](https://bushwalk.com/j/E44V8)

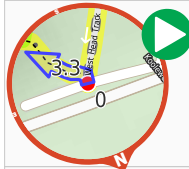








Getting started: From Resolute Picnic Area car park, the walk heads through the picnic area, away from the road, to follow the 'Red Hands Track 50m' sign. The walk then descends a flight of stairs to the intersection at the bottom.



Start heading along *West Head Track*.

Find the Resolute Picnic Area at the start.



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.

Turn left.

Start of an optional side trip: An optional side trip to Red Hands Cave.



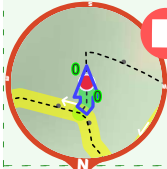
To start this optional side trip turn right here. **Start** heading along *Resolute Track*.



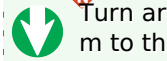
After another 35 m come to "Red Hands Cave".



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.



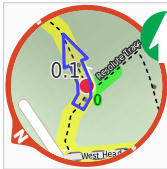
Continue another 0 m to find Red Hands Cave at the end.



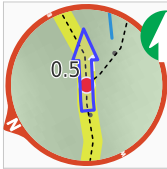
Turn around and retrace your steps back the 35 m to the main route.



Back at the main route turn sharp right and follow on from the 85 m waypoint.



After another 75 m **continue straight**, to head along Resolute Track.



After another 390 m **continue straight**, to head along Resolute Track.



After another 400 m pass the sign (on your right).

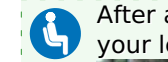
Start of an optional side trip: An optional side trip to West Head Lookout.



To start this optional side trip continue straight here. **Start**.



After another 10 m **veer right**.



After another 35 m find the "Seat" (15 m on your left).



A series of 4 timber slat bench seats, 48cm high, 43cm deep and 2.1m wide with no backrest or armrest.



Then find the "Lion Island View" (20 m on your left).



The upper viewing platform at West Head Lookout provides great views framed by trees to Lion Island and surrounding waterways. There are a few bench seats and some information signs about the 'West Head Battery'. A lovely spot among the eucalypt and angophora forest. After another 15 m find the "Seat" (7 m on your right).



A series of 3 timber slat bench seats, 48cm high, 43cm deep and 2.1m wide with no backrest or armrest.



Then find the "Seat" (7 m on your right).



A series of 3 timber slat bench seats, 48cm high, 28cm deep, 2.1m wide, a 38cm back rest and no armrest.



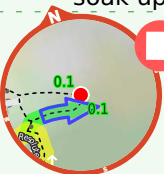
Then pass the sign (on your right).



Then come to "West Head Lookout".



West Head Lookout, Ku-ring-gai Chase National Park is a large paved sandstone viewing area with fantastic views and some interesting interpretive signs. The view spans across the Hawkesbury River to Lion Island to Patonga (Central Coast) also across the Pittwater to Barrenjoey Headland and out to sea. The lookout has a series of bench seats and a low (50cm) stone wall. A lovely place to just sit and soak up the views, and history of the area.



The end.



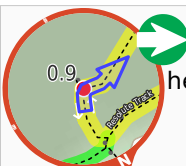
Turn around and retrace your steps back the 65 m to the main route.



Back at the main route turn left and follow on from the 850 m waypoint.



Veer right, to head along Resolute Track.



After another 100 m **turn right**, to head along Resolute Track.



After another 195 m **continue straight**, to head along Resolute Track.

Start of an optional side trip: An optional side trip to West Head Beach.



To start this optional side trip continue straight here. **Start.**



After another 80 m come to the end.



About 15 m past the end is "West Head Beach".



West Head Beach, Ku-ring-gai Chase National Park, is a small stretch of sand sitting on the West Head Peninsula. The beach has an easterly aspect, facing out of steep hills over Pittwater to the Barrenjoey Headland.



Turn around and retrace your steps back the 80 m to the main route.



Back at the main route turn sharp left and follow on from the 1.2 km waypoint.

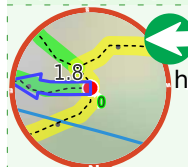


After another 65 m **continue straight**, to head along Resolute Track.

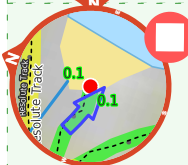


After another 245 m pass the shelter (on your left).

Start of an optional side trip: An optional side trip to Resolute Beach.



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



After another 85 m come to the end.



About 15 m past the end is "Resolute Beach".



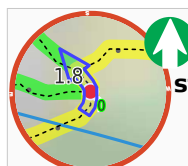
Resolute Beach, Ku-ring-gai Chase National Park, is a small stretch of sand sitting on the West Head Peninsula between steep headlands. The easterly aspect of the beach overlooks Barrenjoey Headland across the Pittwater.



Turn around and retrace your steps back the 85 m to the main route.

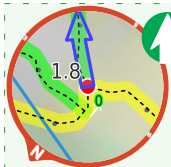


Back at the main route turn left and follow on from the 1.8 km waypoint.



After another 330 m **continue straight**, to head along Resolute Track.

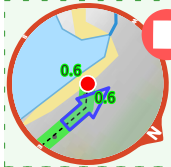
Start of an optional side trip: An optional side trip to Palm Trees North end of Mackerel Beach.



To start this optional side trip continue straight here. **Start.**



After another 530 m **continue straight.**



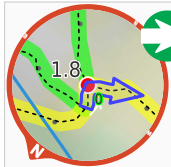
After another 95 m come to the end.



Turn around and retrace your steps back the 620 m to the main route.

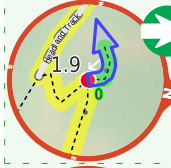


Back at the main route turn left and follow on from the 1.8 km waypoint.

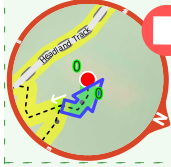


After another 25 m **turn right**, to head along Resolute Track.

Start of an optional side trip: An optional side trip to an Aboriginal occupation cave.



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



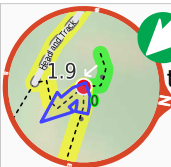
After another 45 m come to the end.



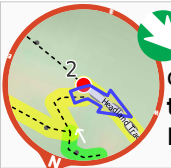
Turn around and retrace your steps back the 45 m to the main route.



Back at the main route turn left and follow on from the 1.9 km waypoint.



After another 125 m **turn sharp left**, to head along Resolute Track.



After another 75 m (at the intersection of Headland Track & Resolute Track) **turn sharp right**, to head along Headland Track (a vehicle track).



After another 680 m **turn right.**



After another 165 m find the "Engravings - West Head Track" (on your right).



The engravings on West Head were made by the indigenous Guringai people. The engravings depict a man, shark/whale and two eels.



After another 20 m **turn right**, to head along West Head Track.



After another 215 m (at the intersection of West Head Track & Resolute Track) **veer right**, to head along West Head Track.



After another 135 m (at the intersection of West Head Track & Resolute Track) **continue straight**, to head along West Head Track.



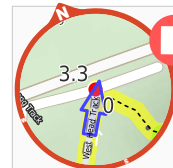
After another 40 m pass the toilet (75 m on your left).



After another 65 m pass the BBQ (15 m on your left).



A picnic table.



After another 10 m come to the end.