



# Cape Banks Circuit

(Gadigal & Bidjigal Country)

2 h 15 min to 3 h

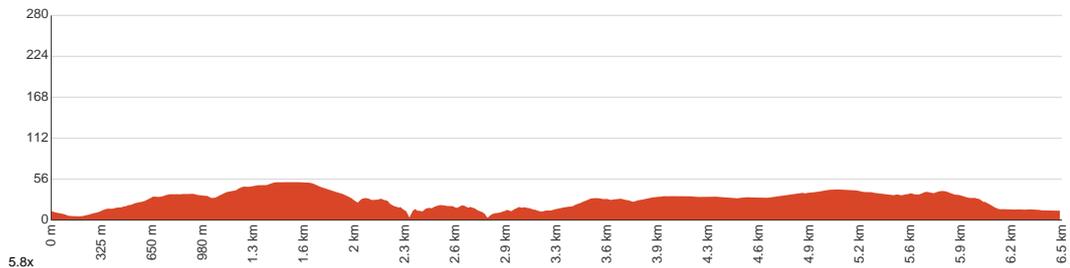
6.5 km  
Circuit

↑ 163 m  
↓ 163 m

4  
Hard track



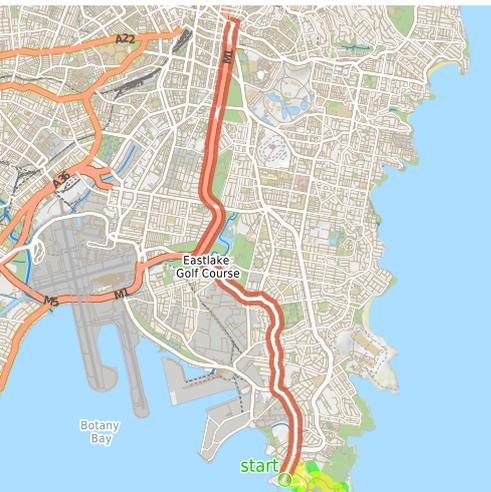
This Cape Banks Circuit has a lot to offer and is thoroughly recommended. The walking travels over beaches, through coastal forest and across exposed headlands. Historically, this walk shows glimpses into the fortifications required during both World Wars. The optional side trip to the coast hospital cemetery, with over 2000 graves, is worthwhile. The Cape Banks Circuit makes for a fascinating walk, both scenically and historically, and is recommended. Let us begin by acknowledging the Gadigal & Bidjigal people, Traditional Custodians of the land on which we travel today, and pay our respects to their Elders past and present.



<b>Class 4 of 6</b> Rough track, where fallen trees and other obstacles are likely	
<b>Quality of track</b>	Rough track, where fallen trees and other obstacles are likely (4/6)
<b>Gradient</b>	Very steep (4/6)
<b>Signage</b>	Minimal directional signs (4/6)
<b>Infrastructure</b>	Limited facilities (such as cliffs not fenced, significant creeks not bridged) (4/6)
<b>Experience Required</b>	Moderate level of bushwalking experience recommended (4/6)
<b>Weather</b>	Storms may impact on navigation and safety (3/6)

**Getting to the start:** From Oxford Street

- Turn on to Oxford Street then drive for 105 m
- Keep right onto Victoria Street and drive for another 15 m
- Turn slight right onto South Dowling Street and drive for another 380 m
- Keep right onto South Dowling Street and drive for another 5.7 km
- Keep left onto Wentworth Avenue Offramp and drive for another 190 m
- Keep left onto Wentworth Avenue Offramp and drive for another 2.2 km
- Turn right onto Bunnerong Road and drive for another 3.8 km
- At roundabout, take exit 2 onto Bunnerong Road and drive for another 1.5 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.

Share  
Bushwalk.com  
[/j/F7E6O4](https://www.bushwalk.com/j/F7E6O4)





Frenchmans Bay

Frenchmans Bay Reserve

La Perouse

start

Congwong Bay

Botany Bay

Browns Rock

Anzac Parade

Reservoir Street

Dwyer Avenue

Dawes Street

Gipps Avenue

Jennifer Street

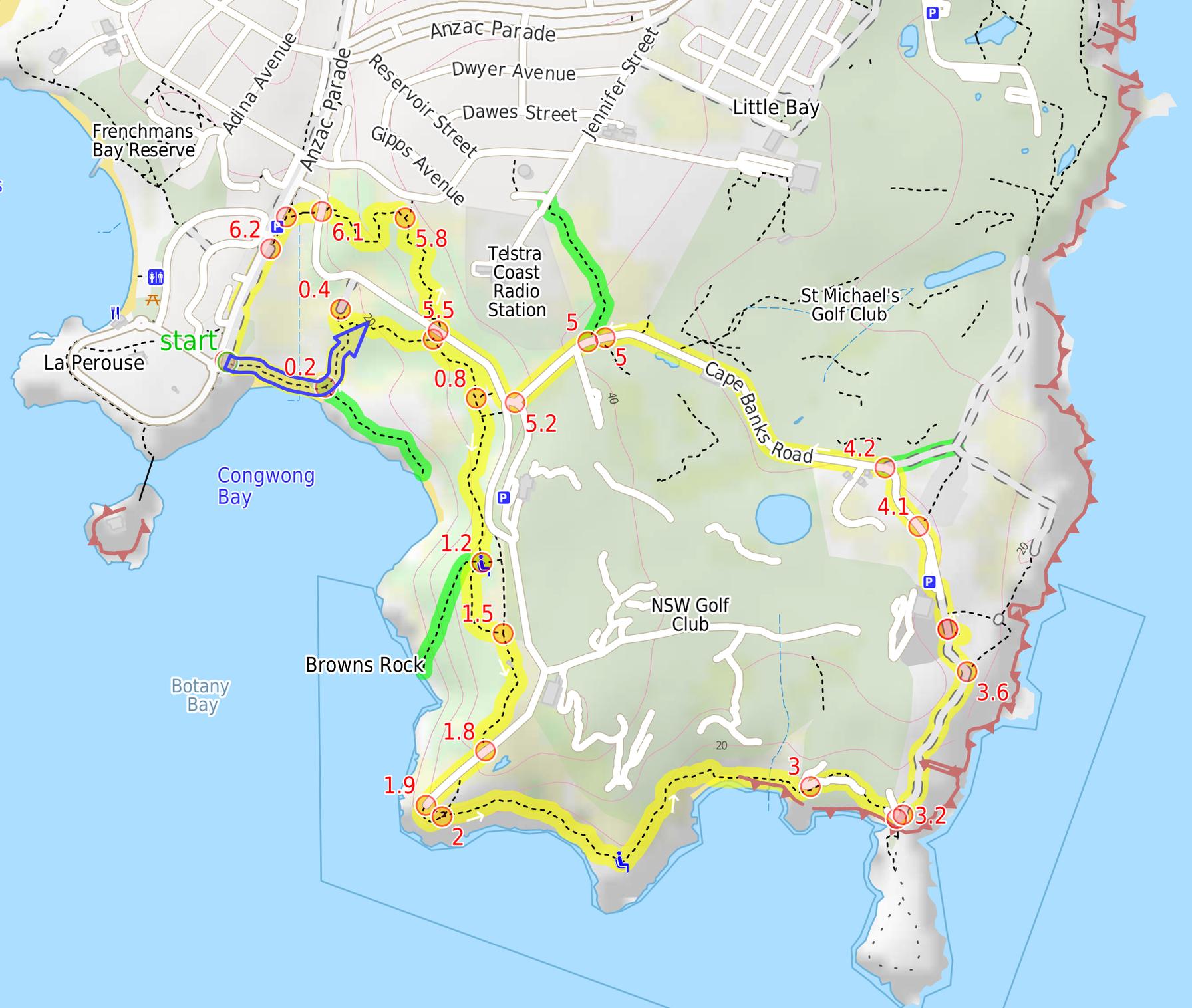
Little Bay

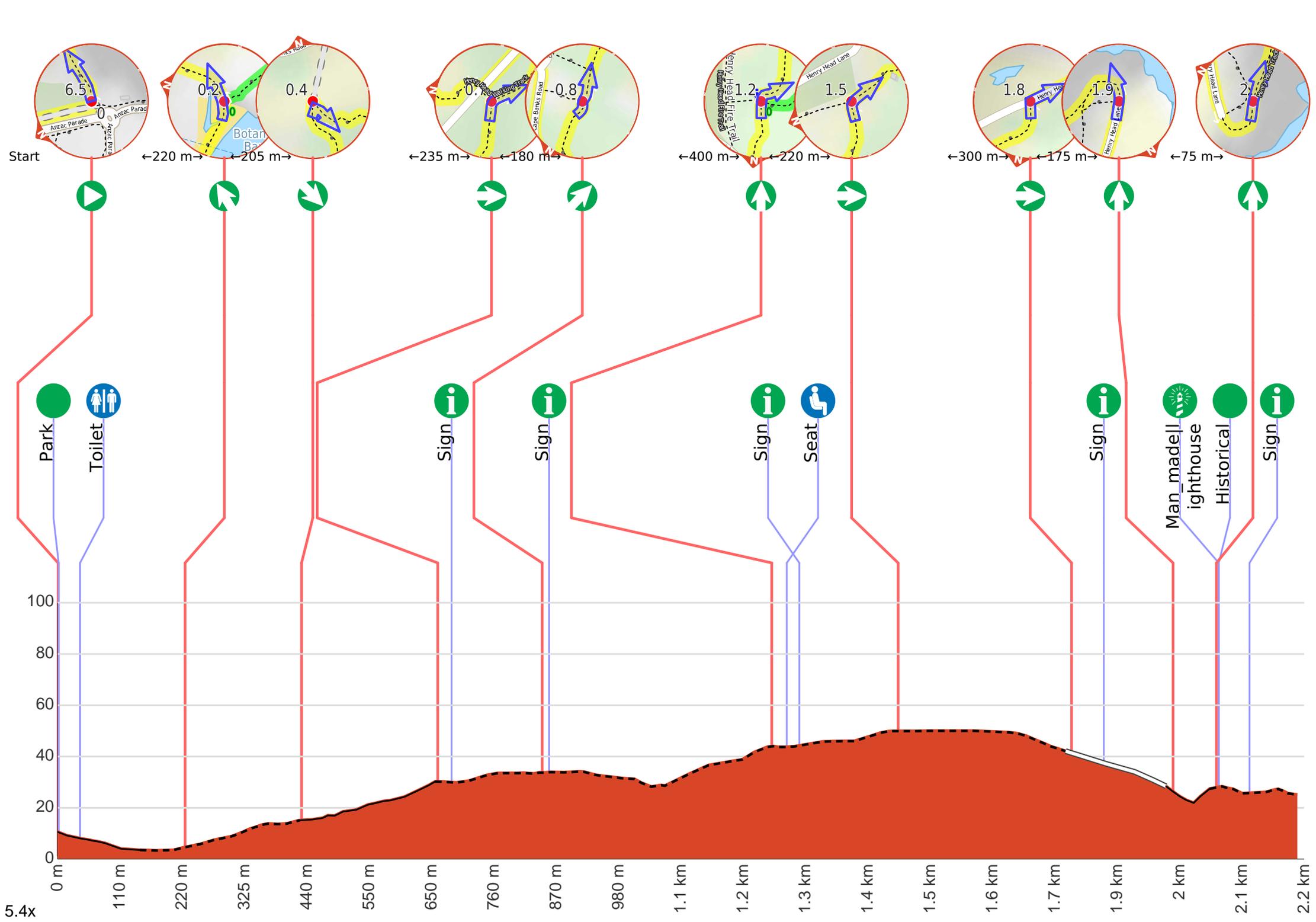
Telstra Coast Radio Station

St Michael's Golf Club

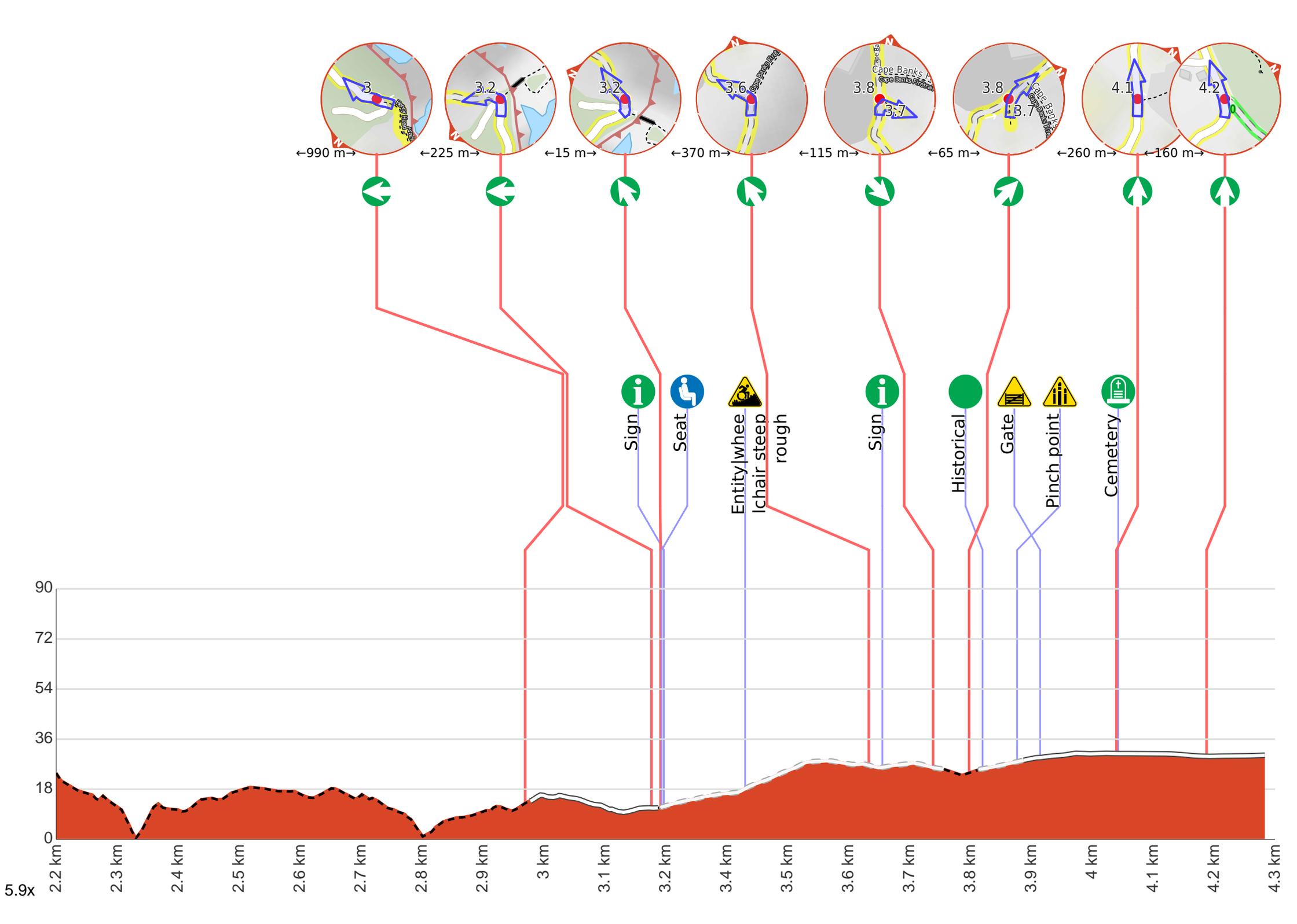
Cape Banks Road

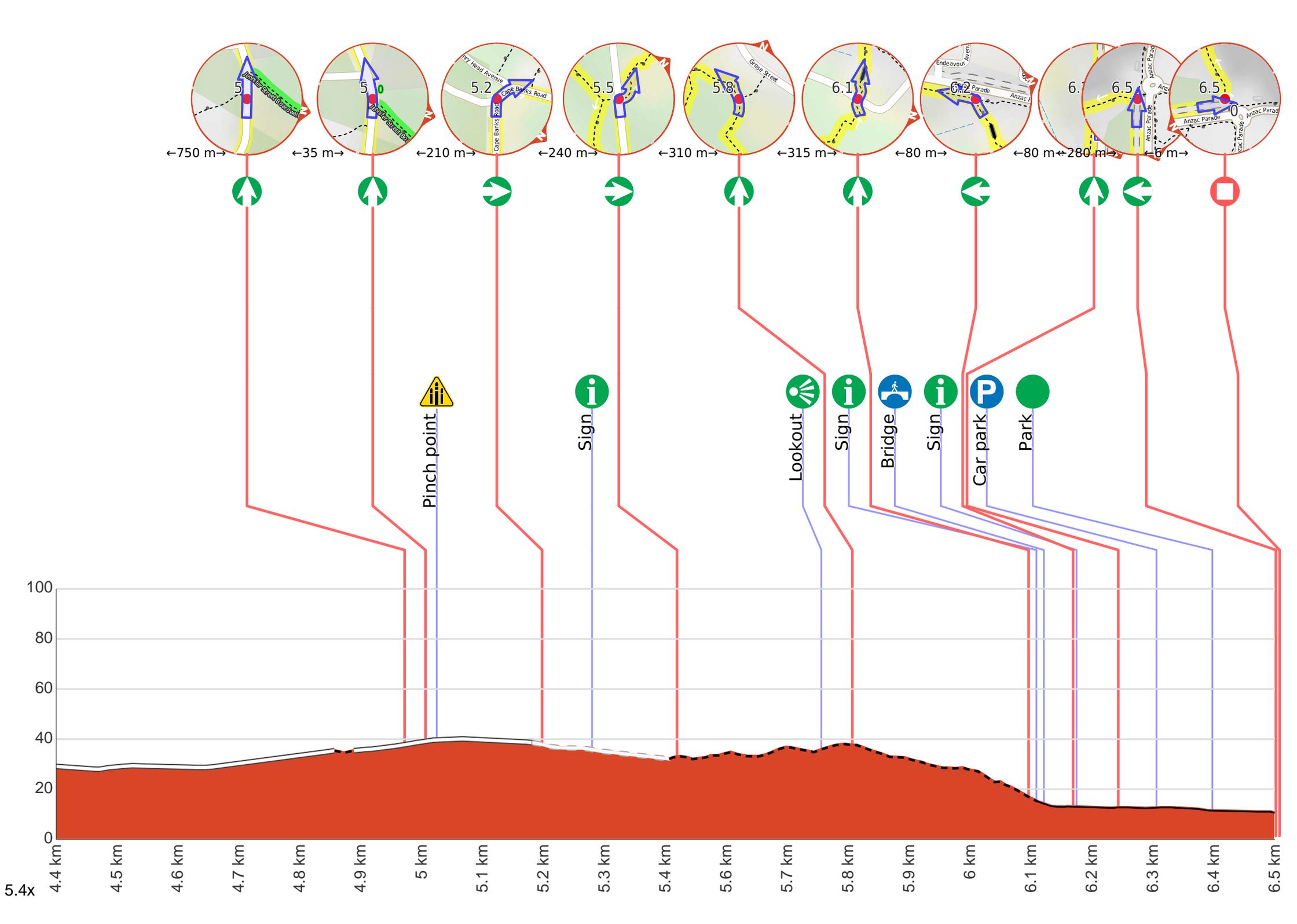
NSW Golf Club



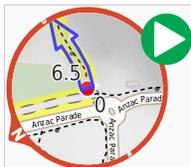


5.4x





**Getting started:** From the southern end of Cann Park, this walk follows the concrete track down a series of stairs, passing the 'Congwong Beach Walk' sign on your right. This walk continues gently downhill on a sandy track for about 40m, to find the western end of Congwong Beach. Then this walk follows the beach, with the water to your right, for about 140m until coming to a three-way intersection, with the 'Henry Head/Little Congwong Beach' sign.



**Start.**

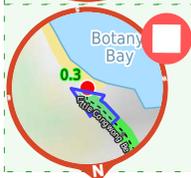
Find the Cann Park at the start.

After 35 m pass the toilet (45 m on your right).

**Start of an optional side trip:** An optional side trip to Little Congwong Beach.



To start this optional side trip turn right here. **Start** heading along *Little Congwong Beach Track*.



After another 305 m come to the end.

"Little Congwong Beach".



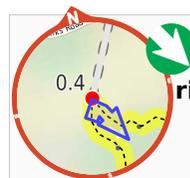
Little Congwong Beach, located at La Perouse, is a sheltered sandy beach that has been described as one of the most beautiful beach oases in Sydney. Little Congwong beach has also been used for over 40 years as an unofficial and secluded nude beach. If you see any offensive behaviour please call Crime Stoppers on 1800 333000 or the Maroubra Police on 02 9349 9299. This beach is very popular on summer weekends and has limited shade in the afternoon.

Turn around and retrace your steps back the 305 m to the main route.

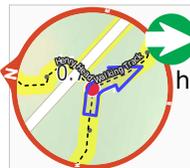
Back at the main route turn right and follow on from the 220 m waypoint.



After another 185 m **veer left**.

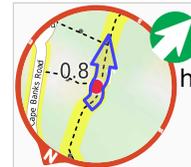


After another 205 m **turn sharp right**.



After another 235 m **turn right**, to head along Henry Head Walking Track.

After another 25 m pass the sign (on your left).

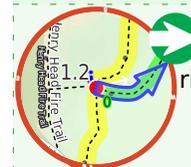


After another 160 m **veer right**, to head along Henry Head Walking Track.

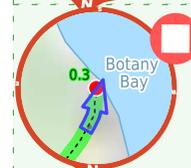
After another 10 m pass the sign (on your left).

After another 30 m **continue straight**, to head along Henry Head Walking Track.

**Start of an optional side trip:** An optional side trip to Browns Rock.



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



After another 305 m come to the end.

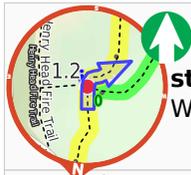
"Browns Rock".



Browns Rock is a popular fishing spot at La Perouse, with an unfenced shelf of rock and concrete from which to cast fishing rods. Unfortunately, this area suffers from littering - Please help by carrying out your own rubbish and a few extra bits where safe (the rangers do a great job, but it is hard to keep up).

Turn around and retrace your steps back the 305 m to the main route.

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



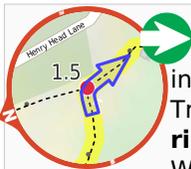
After another 360 m **continue straight**, to head along Henry Head Walking Track.



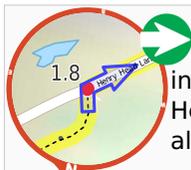
After another 50 m pass the sign (on your left).



Then pass a seat (5 m on your left), has no backrest.



After another 195 m (at the intersection of Henry Head Walking Track & Henry Head Fire Trail) **turn right**, to head along Henry Head Walking Track.



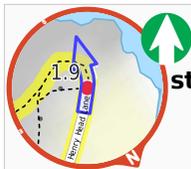
After another 300 m (at the intersection of Henry Head Lane & Henry Head Walking Track) **turn right**, to head along Henry Head Lane (a service road).



After another 55 m pass the sign (on your left).



After another 15 m **continue straight**, to head along Henry Head Lane.



After another 105 m **continue straight**.



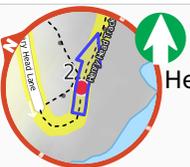
After another 80 m pass the "Endeavour Light" (10 m on your right).



Then find the "Henry Head" (15 m on your right).



The Henry Head Battery is located on the northern side of the entrance to Botany Bay at Henry Head. The battery was constructed on an unfenced headland between 1892 and 1895 and operated until 1910 when it was closed down. The battery and observation posts was re-utilised during World War Two to defend against approaches to Botany Bay. The battery consisted of two disappearing guns, ammunition storage and observation posts. The underground bunker and tunnel complex consisted of vaulted ammunition storage rooms with double walls and ceilings. The doubling-up of walls and ceilings was a preventative measure meant to stop the walls from collapsing in the event of a direct hit. The battery is currently not in use. The white tower on the battery is the Endeavour Tower, not a lighthouse as such, but a red marker light nonetheless.



**Continue straight**, to head along Henry Head Track.



After another 60 m pass the "Henry Head" (on your right).



After another 300 m pass the "Henry Head to Cape Banks" (on your left).



After another 100 m come to the viewpoint (on your right).



Then pass a seat (on your right), has a backrest.



After another 320 m pass the sign (on your left).



After another 100 m pass the sign (on your left).



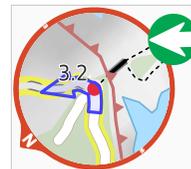
After another 50 m pass the sign (on your left).



After another 55 m pass the sign.



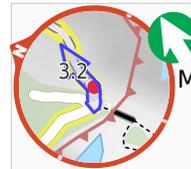
After another 5 m **turn left**.



After another 225 m **turn left**.



After another 20 m pass the "Cape Banks Aquatic Reserve" (10 m on your right).



**Veer left**, to head along Cape Banks Management Trail.



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



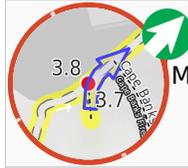
A timber slat bench seat, 60cm high, 30cm deep and 1.8m wide with no armrests or backrest.



After another 150 m find the "Wheelchair Steep Rough" (on your right).



There are two very steep and eroded sections of trail each about 20m long.



**Veer right**, to head along Cape Banks Management Trail.



After another 35 m (at the intersection of Cape Banks Management Trail & Cape Banks Firetrail) **continue straight**, to head along Cape Banks Management Trail.



After another 90 m head through/around the gate.



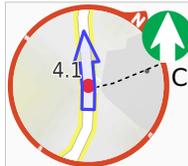
Then find the "Pinch Point" (on your right).



Metal bollard pinch points at edge of carpark, beside gate. The gap between the bollards is 55cm they are 85cm high.

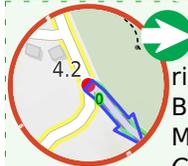


After another 180 m pass the "Coast Hospital Cemetery" (20 m on your right).



**Continue straight**, to head along Cape Banks Road.

**Start of an optional side trip:** An optional side trip to Coast Hospital Cemetery int..



To start this optional side trip turn right here. at the intersection of Cape Banks Road & Coast Cemetery Management Trail **Start** heading along *Coast Cemetery Management Trail* (a vehicle track).



After 65 m head through/around the gate.



After another 25 m find the "Pinch Point" (on your left).



Metal bollard pinch points at edge of carpark, beside gate. The gap between the bollards is 48cm they are 85cm high.



Then come to the "Wheelchair Rough".



A 20m section of the trail has exposed sandstone cobbles.



After another 75 m come to the end.



After another 220 m (at the intersection of Cape Banks Firetrail & Cape Banks Management Trail) **veer left**, to head along Cape Banks Management Trail.



After another 25 m pass the sign (on your right).



After another 90 m **turn sharp right**.



After another 90 m find the "World War Two Bunker" (on your left).



This World War Two bunker is near the Westpac Helicopter Shed. This bunker consists of sheltered concrete ammunition storage rooms below, and a circular gun base above, with surrounding coastal views. There are rusted and damaged parts, so take care when exploring.

About 35 m past the end is "Coast Hospital Cemetery".



The Coast Hospital Cemetery on the northern side of Botany Bay was first established in the early 1880s and is now home to as many as 2000 graves. It serviced the Coast (Prince Henry) Hospital, originally a smallpox hospital. People who died of smallpox were required to be buried at the hospital grounds. The hospital was built far enough from the city to provide quarantine and for this reason, the hospital in time became an infectious diseases hospital, also treating patients with influenza, bubonic plague, typhoid fever and leprosy. Unfortunately, the cemetery has at times fallen into disrepair and some of the headstones are difficult to read. Many of the graves are unmarked. On the eastern edge of the cemetery is an information sign explaining that in the area are also buried the ancestral remains of the La Perouse Aboriginal people returned from museums. A place steeped in history and worthy of respect.

Turn around and retrace your steps back the 155 m to the main route.

Back at the main route veer right and follow on from the 4.2 km waypoint.

After another 160 m (at the intersection of Coast Cemetery Management Trail & Cape Banks Road) **continue straight**, to head along Cape Banks Road.

After another 50 m **continue straight**, to head along Cape Banks Road.

After another 700 m **continue straight**, to head along Cape Banks Road.

**Start of an optional side trip:** An optional side trip to Int of Jennifer Street Boardwalk & Jennifer Street.

To start this optional side trip turn sharp right here. at the intersection of Cape Banks Road & Jennifer Street Boardwalk **Start** heading along *Jennifer Street Boardwalk* (a footpath).

After 100 m find the "Seat" (6 m on your right).



A timber slat bench seat, 45cm high, 32cm deep and 2.1m wide with a 38cm high backrest.

After another 35 m find the "Wheelchair Steep" (8 m on your right).



An approximalty 15m section of the boardwalk is 1.5:12 steep.

After another 205 m find the "Seat" (on your left).



A timber slat bench seat, 42cm high, 31cm deep and 2.1m wide with a 38cm high backrest.

Then pass the sign (on your left).

After another 30 m find the "Jennifer Street Boardwalk" (on your left).



Jennifer Boardwalk provides you with an elevated view through a rare and endangered ecological community known as the Eastern Suburbs Banksia Scrub. This community of native plants is protected under the Threatened Species Conservation Act. These Banksia once occupied around 5,300 hectares of land between North Head and Botany Bay in Sydney's eastern suburbs. Currently, surviving stands totalling approximately 146 hectares have been recorded by the local government areas of Botany, Randwick, Waverley, and Manly .

After another 3 m (at the intersection of Jennifer Street & Jennifer Street Boardwalk) **turn right**, to head along Jennifer Street (a residential road).

After another 15 m come to the end.

Turn around and retrace your steps back the 380 m to the main route.

Back at the main route continue straight and follow on from the 5 km waypoint.

After another 35 m (at the intersection of Jennifer Street Boardwalk & Cape Banks Road) **continue straight**, to head along Cape Banks Road.



After another 20 m find the "Pinch Point" (on your left).



Timber bollard pinchpoints around edge of carpark. The gap between the bollard are 84cm they are 85cm high.



After another 10 m **continue straight**, to head along Cape Banks Road.



After another 180 m (at the intersection of Cape Banks Road & Henry Head Avenue) **turn right**, to head along Cape Banks Road (a vehicle track).



After another 20 m (at the intersection of Cape Banks Road & Henry Head Avenue) **continue straight**, to head along Cape Banks Road.



After another 30 m **continue straight**, to head along Cape Banks Road.



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



After another 150 m (at the intersection of Henry Head Walking Track & Cape Banks Road) **turn right**, to head along Henry Head Walking Track (a walking track).



After another 255 m find the "Henry Head Viewpoint" (10 m on your left).



The Henry Head view point is located above Henry Head Lane and offers good views on the surrounding coastline. From the unfenced sandstone platform, good views are available to the west, south and east, including Bare Island, the Barracks Tower and Henry Head.



After another 55 m **continue straight**, to head along Henry Head Walking Track.



After another 330 m pass the sign (on your left).



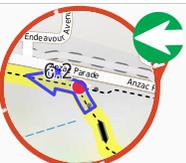
At the intersection of Henry Head Walking Track & Cape Banks Road **continue straight**, to head along Henry Head Walking Track.



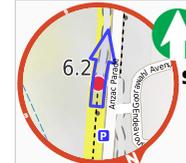
After another 25 m cross the bridge (about 15 m long)



After another 45 m pass the sign (on your left).



**Turn left.**



After another 80 m **continue straight**.



After another 70 m pass the car park (10 m on your right).



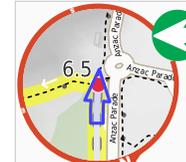
After another 100 m pass the "Cann Park" (on your left).



After another 115 m come to a water tap.



About 130 m past the end is "Driftwood".



**Turn left.**



After another 6 m come to "Parking Accessible".



There are more than 50 car parking bays in the area. Two are marked mobility parking bays. The mobility parking area is concrete, 2.6m wide and 6m deep, with a shared 2m gap between the parks.



About 120 m past the end is a car park.



The end.



About 55 m past the end is a water tap.