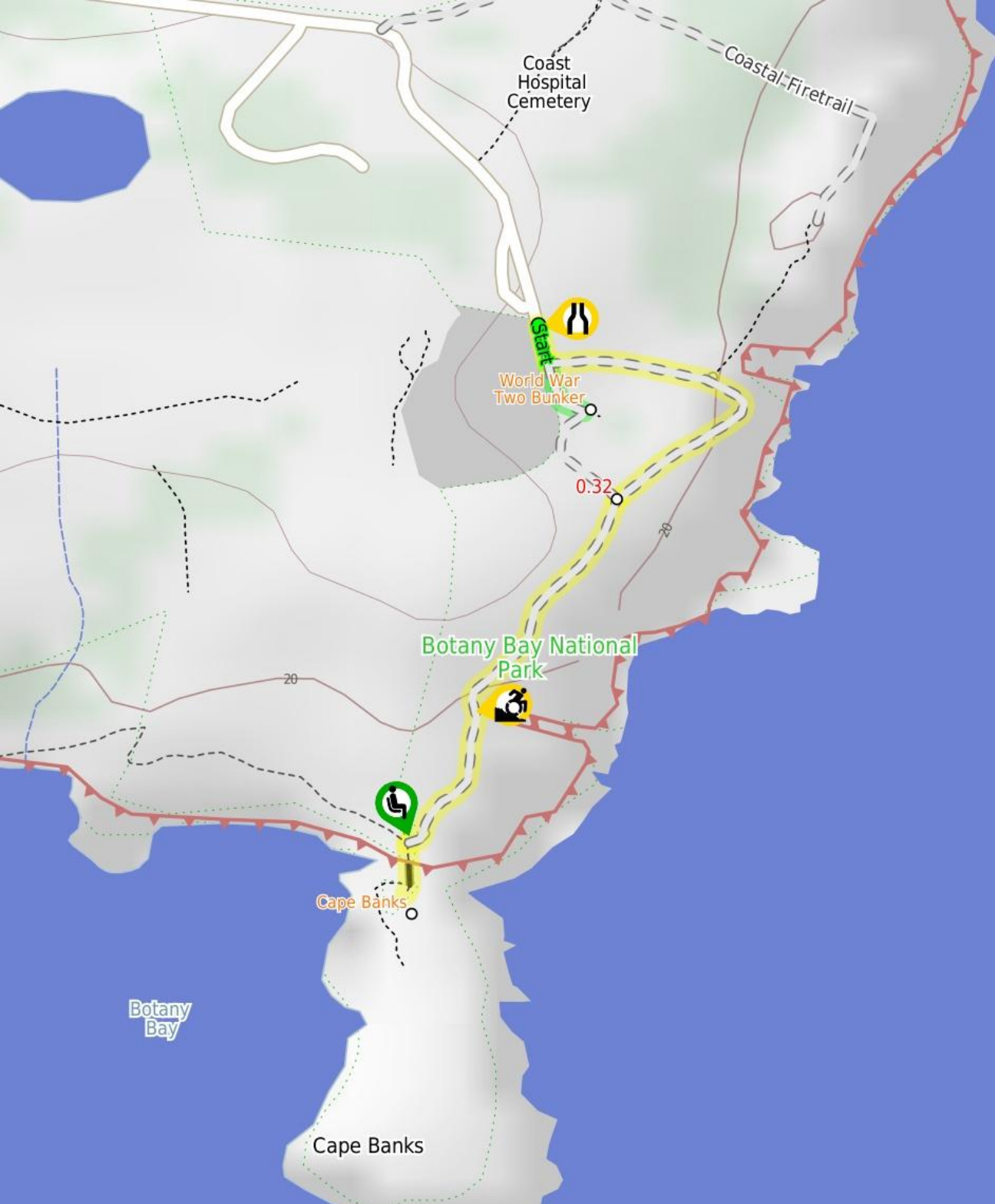


Cape Banks Island walk



45 mins

Hard track

1.5 km Return

47m

4

On this walk, you will explore Cape Banks island surrounded by the aquatic reserve and a beautiful coast line of Kamay Botany Bay NP. Starting from the end of Cape Banks Rd, you pass a historic gun emplacement, then explore the grassy coastline down to the water and edge of NSW Golf Course. There is a foot bridge to give access to the island and a novel T for the golf course. The island has a series of faint rough tracks that allow you to explore the bald island and views.

8m

Botany Bay National Park

Are you ready to have fun?

Please ensure you and your group are well prepared and equipped for all possible hazards and delays. Check park closures, weather information and Fire Danger Rating before setting out. Optional side trips and alternate routes noted are not included in this walk's overall grade, length or time estimate. Please allow extra time for resting and exploring areas of interest. The authors, staff and owners of wildwalks take care in preparing this information but will not accept responsibility for any inconvenience, loss or injury you may experience. Please take care, have fun - Happy Walking.

Getting there Traveling by car is the only practical way to get to Southern End of Cape Banks Rd (gps: -33.9935, 151.2497). Car: There is free parking available.

This is a return walk, so you will finish back at the start.

Find up to date and more information including; travel directions, weather, park closures and walker feedback at <http://wild.tl/cbiw>

0 | Southern End of Cape Banks Rd

(40 m 1 mins) From the car park at the southern end of Cape Banks Rd, La Perouse, this walk follows a management trail, passing around a locked gate to then pass the 'Botany Bay National Park' sign after about 10m. Then this walk continues to follow the asphalt trail beside the 'Westpac Helicopter' shed (on the right) for about 30m, to come to a 3-way intersection marked with an NPWS arrow post, just past a concrete building.

0.04 | Optional sidetrip to World War Two Bunker

(60 m 1 mins) Continue straight: From the intersection, this walk follows the asphalt trail, keeping the large fence to the right for about 40m to come to an intersection just below the WW2 gun emplacement and bunker (on the left). At the end of this side trip, retrace your steps back to the main walk then Turn right.

0.04 | World War Two Bunker

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.

0.04 | Old toilet block int.

(280 m 6 mins) Turn left: From the intersection, this walk follows the NPWS arrow gently downhill along the gravel trail, directly away from the fence and helicopter shed. The trail leads past the disused toilet buildings then over a rise for 120m to find wide ocean views. Here the trail bends right then undulates along the cliff line for 130m to come to a 3-way intersection marked with a life jacket signpost.

0.32 | Lifejacket intersection

(390 m 8 mins) Continue straight: From the intersection, this walk heads gently downhill along the grassy management trail keeping the ocean to the left. After about 30m the trail descends steeply down a rough 30m section, then leads more gently downhill for 100m before leading down another very steep and rough section of trail mostly flattening out near the apex of a large cleft in the sea cliff. Here the trail continues more gently downhill for another 160m towards the golf course and ocean, passing a large rock platform (on the left) coming to concrete footpath marked with two 'Cape Banks Aquatic Reserve' signs just after the 'Cape Bank' map signpost. Be mindful of golfers and golf balls.

0.71 | Cape Banks bridge int.

(50 m 1 mins) Turn left: From the 'Cape Banks Aquatic Reserve' sign, this walk follows the concrete footpath gently downhill, away from the seat, for about 20m to then cross over to the island on the 20m long (1.1m wide) metal foot bridge. Then this walk continues over the rocky track to come beside the golf tee-off green (on the right).

0.76 | Cape Banks

Cape Banks on the northern side of the entrance to Botany Bay, offers possibly the best view in Botany Bay National Park. From the unfenced cliff top, you can watch the power of the ocean as waves crash into the sandstone rock face below, or watch boats of all shapes and sizes, sail peacefully across the sheltered waters of the bay. If you are lucky, you can enjoy the spectacle of migrating Humpback and Southern Right whales reasonably close to shore, spouting and sometimes breaching as they make their way northward and southward in pods of three or four. The shipwreck of the SS Minmi can be seen at low tide, lying on rocks on the western side of Cape Banks. There are concrete foundations of buildings remaining on Cape Banks, from when World War Two servicemen were stationed there.





This page is designed to give you a sense of the facilities that help improve access for people with disabilities or mobility restrictions. See tracknotes and map for navigation, point of interest and other information. See the Accessibility Details page for specific information about each facility.

Parking: There are 0 designated accessible parking areas on this walk.

Toilets: There are 0 toilets on this walk.

Seats: There are 1 seats on this walk.

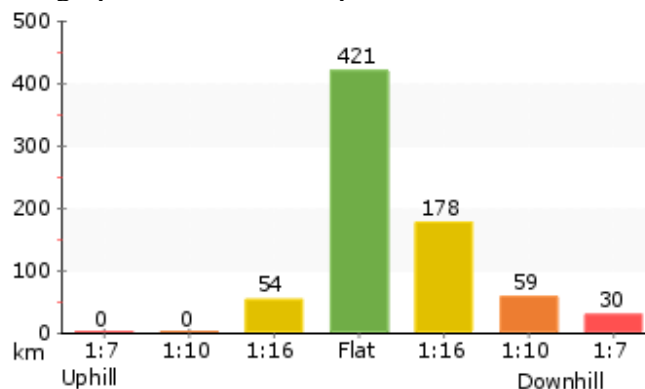
Surface

The majority of the walk follows a short grass/dirt management trail, rough in places. There is 100m of asphalt trail at the start and a 50m footpath across to the island.

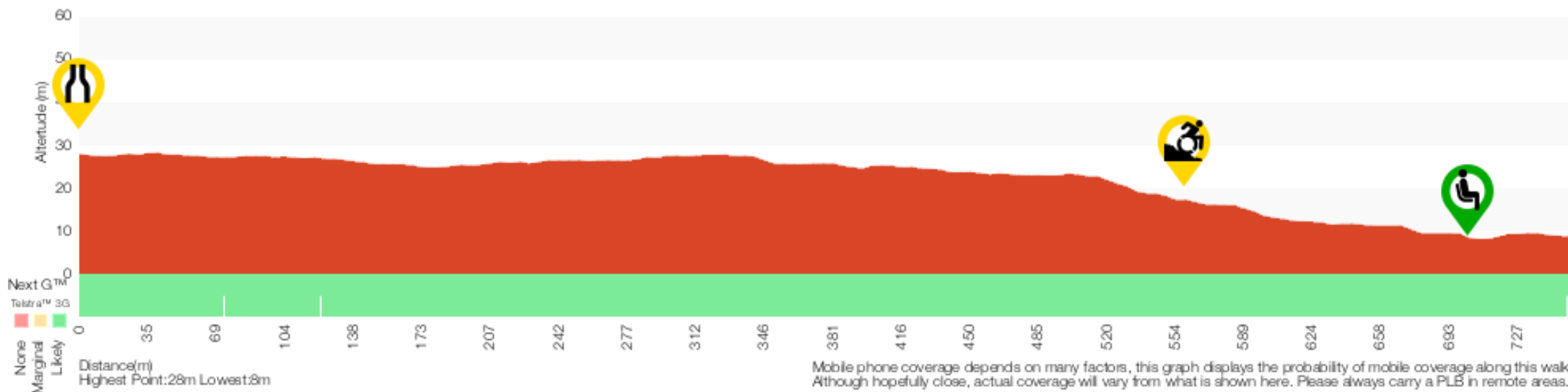
Steepness

This walk has two very steep and rough sections. Even in an all terrain wheelchair, assistance will likely be required.

This graph shows how steep the track is.



Length	1.5 km Return
Time	45 mins
Quality of track	Clear and well formed track or trail (2/6)
Signs	Directional signs along the way (3/6)
Experience Required	Some bushwalking experience recommended (3/6)
Weather	Weather generally has little impact on safety (1/6)
Infrastructure	Limited facilities, not all cliffs are fenced (3/6)



Mobile phone coverage depends on many factors, this graph displays the probability of mobile coverage along this walk. Although hopefully close, actual coverage will vary from what is shown here. Please always carry a PLB in remote areas.



1 Pinch Point (0m)

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



2 Wheelchair Steep Rough (560m)

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



3 Seat (700m)

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