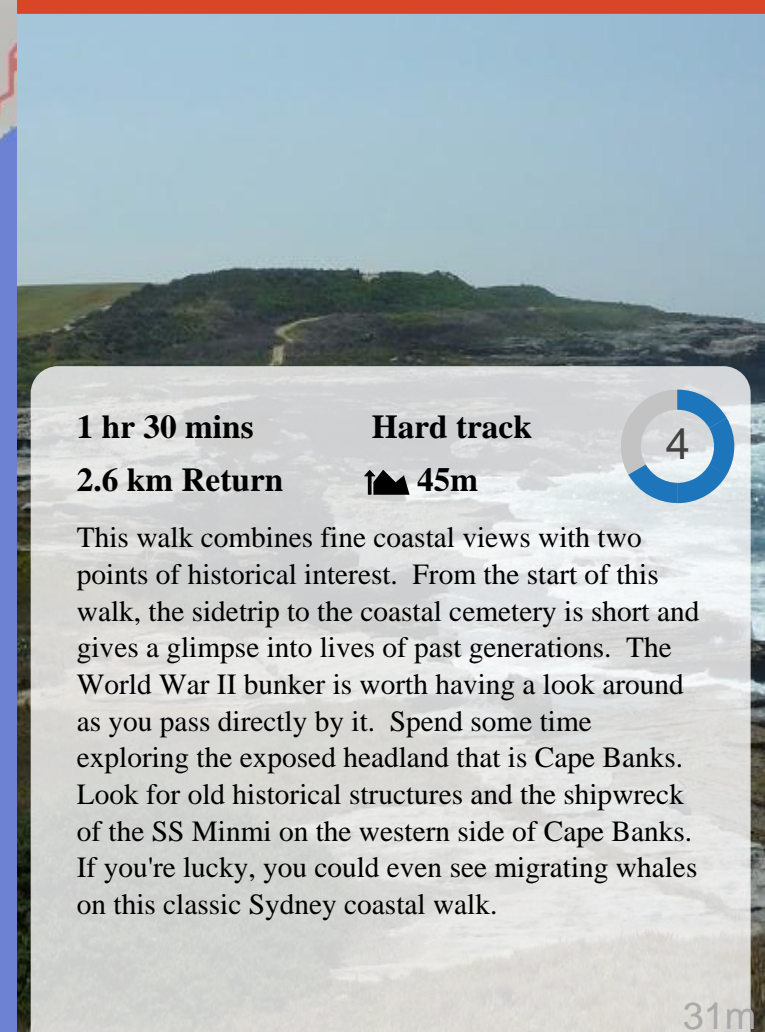
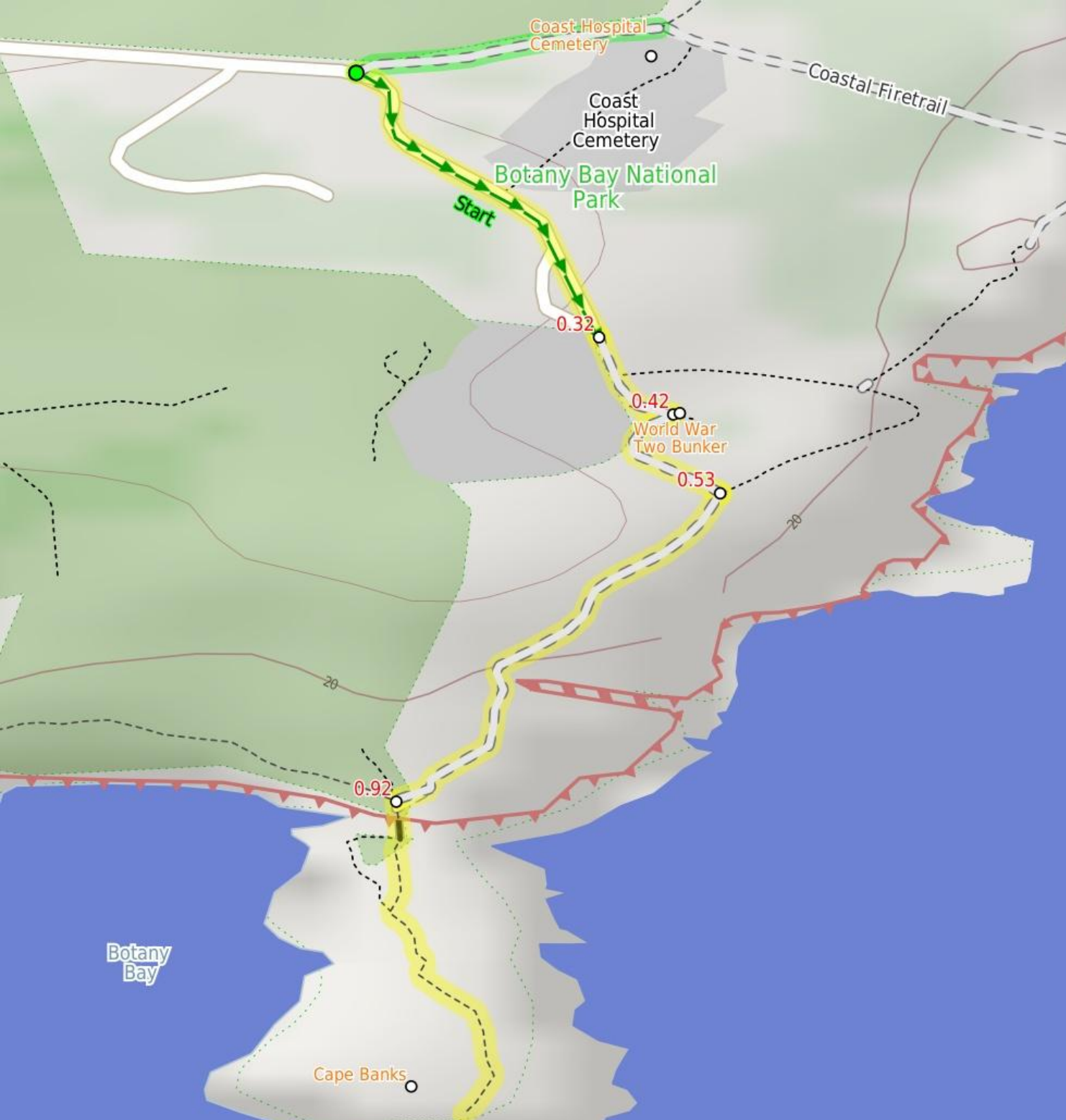


Cape Banks Walk



1 hr 30 mins

Hard track

2.6 km Return

↑ 45m



This walk combines fine coastal views with two points of historical interest. From the start of this walk, the sidetrip to the coastal cemetery is short and gives a glimpse into lives of past generations. The World War II bunker is worth having a look around as you pass directly by it. Spend some time exploring the exposed headland that is Cape Banks. Look for old historical structures and the shipwreck of the SS Minmi on the western side of Cape Banks. If you're lucky, you could even see migrating whales on this classic Sydney coastal walk.

10m

31m

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 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 You can get to Int of Pistol Club Rd AND Coastal Cemetery Management Trail (gps: -33.9908, 151.2486) by car or bus. Car: There is free parking available.

This is a return, 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/cbw>

0 | Optional sidetrip to Coast Hospital Cemetery

(150 m 2 mins) From the intersection(which is found about 1km past the 'helicopter sign' off Henry Head Rd), this walk follow the management trail around the locked gate, passing a 'Coastal Cemetery' sign (on the right). Then this walk continues to follow the level trail for about 150m, until coming to a large four-way intersection and the Coastal Cemetery (on the right).

0 | Coast Hospital Cemetery

The Coast Hospital Cemetery on the northern side of Botany Bay, was first established in the early 1880's and now houses as many as 2000 graves. It serviced the Coast (Prince Henry) Hospital, originally a smallpox hospital, as 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 now fallen into disrepair and many of the grave sites are in poor condition .

0 | Int of Pistol Club Rd AND Coastal Cemetery Managem

(320 m 5 mins) Turn left: From the intersection (which is found about 1km past the 'helicopter sign' off Henry Head Rd), this walk follows the road gently uphill for about 140m, to come to views of the coastal cemetery (on the left). Then this walk continues to follow the road gently downhill for about 200m, until coming to a locked gate and 'Botany Bay National Park' sign.

0.32 | Southern End of Pistol Club Rd

(100 m 2 mins) Continue straight: From the southern end of Pistol Club Rd, this walk follows a management trail, passing around a locked gate before coming to a 'Botany Bay National Park' sign after about 10m. Then this walk continues to follow the trail, with a metal ring fence and the 'Westpac Helicopter' sign and shed (on the right) for about 90m, until coming to a World War Two Bunker (on the left).

0.42 | World War Two Bunker

This World War Two bunker is at the southern end of Pistol Rd and across from the Westpac Helicopter Shed. This bunker consists of sheltered concrete ammunition storage rooms below and a circular gun base above, with surrounding coastal views.

0.42 | World War Two Bunker

(110 m 2 mins) Turn right: From the World War Two Bunker, this walk follows a management trail away from the 'Westpac Helicopter' sign and shed, keeping the metal ring fence to the right. The walk follows the trail for about 20m, then turns left at a three-way intersection to head up a gentle hill. After about 35m, the trail starts to descend steeply to a three-way intersection (and views of the water).

0.53 | Int of Cape Banks Management Trail & Westpac Helic

(390 m 8 mins) Veer right: From this intersection, this walk follows the trail gently downhill with the water on the left. Then this walk continues to follow the trail for about 400m to find the southern end of the Coastal Cemetery management trail. The walk then follows a grassy track downhill for about 15m to the 'Cape Banks Aquatic Reserve' sign and bridge beyond.

0.92 | Cape Banks track

(360 m 6 mins) Veer left: From the 'Cape Banks Aquatic Reserve' sign, this walk follows the track for about 20m to cross a metal foot bridge. Then this walk continues to follow the rocky track (passing a golf tee-off green on the right) for about 240m to the exposed Cape Banks headland.

1.28 | 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. [More info.](#)

