



# Flat Rock Beach track

(Guringai Country)

 15 min to 20 min

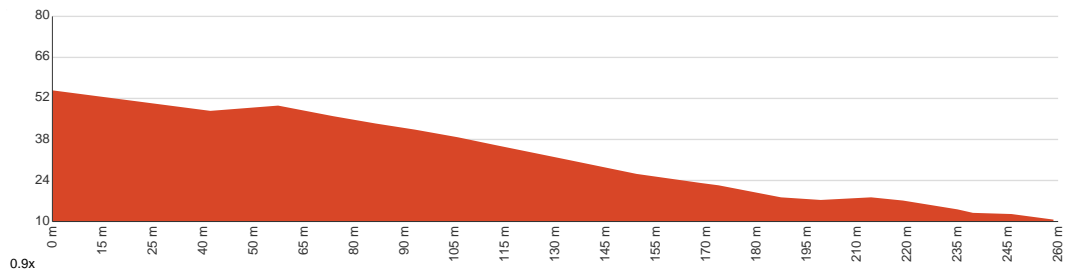
  
520 m  
Return

  
↑ 50 m  
↓ 50 m

  
Moderate track



This short walk starts from the end of Killarney Drive, in Killarney Heights and heads down the hill to Flat Rock Beach. The beach is a secluded sandy area on the shores of Middle Harbour. A nice spot for swimming, relaxing and enjoying the boats as they pass by. 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 3 of 6 Formed track, with some branches and other obstacles	
<b>Quality of track</b>	Formed track, with some branches and other obstacles (3/6)
<b>Gradient</b>	Short steep hills (3/6)
<b>Signage</b>	Directional signs along the way (3/6)
<b>Infrastructure</b>	Limited facilities, not all cliffs are fenced (3/6)
<b>Experience Required</b>	Some bushwalking experience recommended (3/6)
<b>Weather</b>	Weather generally has little impact on safety (1/6)

**Getting to the start:** From Warringah Road, A38

- Turn on to Starkey Street then drive for 285 m
- At roundabout, take exit 2 onto Starkey Street and drive for another 130 m
- At roundabout, take exit 2 onto Starkey Street and drive for another 480 m
- At roundabout, take exit 1 onto Starkey Street and drive for another 1.3 km
- Turn right onto Connemara Avenue and drive for another 130 m
- Turn left onto Hyde Avenue and drive for another 95 m
- Turn right onto Kildare Grove and drive for another 250 m
- Turn left onto Killarney Drive and drive for another 75 m

**Before you start any journey ensure you;**

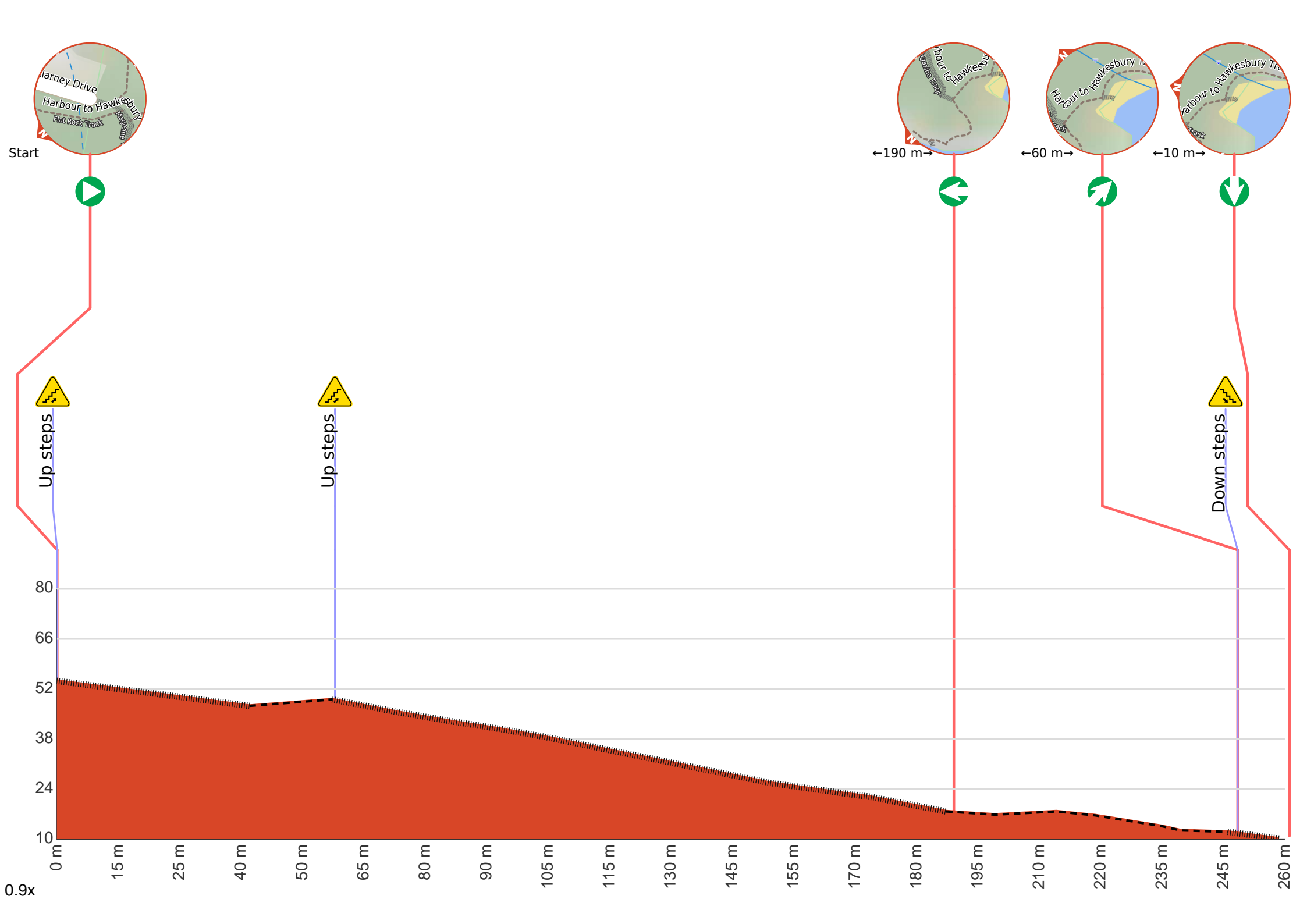
- Tell someone you trust where you are going and what to do if you are late returning
- Have adequate equipment, supplies, skills & knowledge to undertake this journey safely
- Consider weather forecasts, park/track closures & fire dangers
- Can respond to emergencies & call for help at any point
- Are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

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

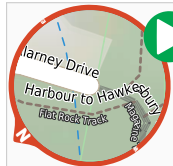
Share  
Bushwalk.com  
[/i/5XUA8T](https://bushwalk.com/track/5XUA8T)







**Getting started:** From the end of Killarney Drive, this walk heads past the 'Garigal National Park' sign and along the bush track, winding through the bush and down the rocky hill for a little while before coming to the intersection of 'Magazine Track' and 'Flat Rock Track'.



 **Start.**




Then head up the steps (about 40 m long)



After another 20 m head up the steps (about 130 m long)



 From the Magazine Track **turn left**, to head along Magazine Track (a walking track).




 After another 60 m (from the Magazine Track) **veer right** (a steps).



Then head down the steps



 Continue another 10 m to find the end. Then turn around here and retrace the main route for 260 m to get back to the start.

About 55 m past the end is "Flat Rock Beach".



Flat Rock Beach is a small, south-facing beach on Middle Harbour, in Garigal National Park. The sand is deposited on a rock shelf that pokes through in places, forming interesting sculptures. The beach is frequented by walkers and boaters enjoying their day by the water. The beach can be accessed by a bush track from the end of Killarney Drive, Killarney Heights. Historically, the beach was a popular picnic area and serviced by a ferry in the early 1900's. Today, there are no facilities, but some shade is provided by the trees at the back of the beach.