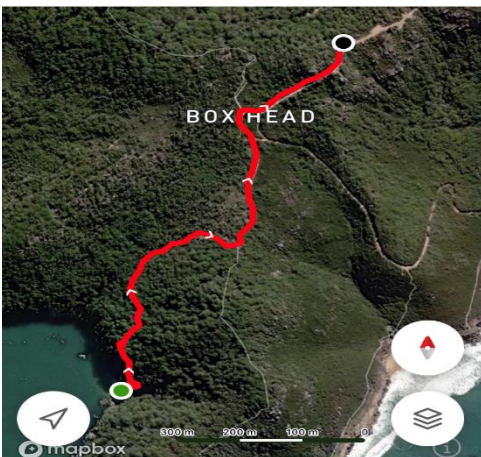


Iron Ladder Beach

Trip and Track Notes



Route route to Iron Ladder Beach



Iron Ladder Beach

Trip Notes

Introduction

Iron Ladder Beach is a small, sandy beach located in a relatively deep water bay on the west side of the Box Head Peninsula near Kilcare, NSW.

With access by both sea and land, the beach provides a pleasant location for swimming and snorkelling. A shallow, yet interesting cave can be found submerged below the small waterfall at the north end of the bay with sea turtles and rays sometimes encountered in the deeper waters.

The beach is best visited at low tide.

Access

The Starting Point to access the area by foot is from a parking area at the end of Hawke Head Drive 4WD Track Ave in Bouddi National Park (CP 3 -33.53407, 151.347210).

ATTW non-4WD vehicles can reach the parking area, however, the road can be very difficult beyond the end of the tarmac (CP 1 -33.528015, 151.358449).



End of the tarmac (CP 1)



View from Bouddi Lookout (CP 2)



Sheer cliffs & unprotected edges



Car parking near end of 4WD Tk (CP 3)

Many visitors choose to park in the vicinity of the end of the tarmac and walk extra the 1.4km to the carpark (CP 3).

If YOU choose to attempt to drive the 4WD track beyond the tarmac, YOU need to accept the possibility of damage to your vehicle.

A number of very spectacular lookouts and viewing areas can be found along the 4WD track including Bouddi Lookout (CP 2 -33.5337973, 151.3479902). These areas are unfenced and unprotected, with many sheer cliffs in the vicinities, so YOU need to exercise due care if you choose to explore them.

Parking

There is only limited parking near the end of the tarmac (CP 1) and if parking in the vicinity please DO NOT block the road or residential driveways in the area.

There is considerable parking at the end of Hawke Head 4WD track (CP 3) and the surrounding areas. However, in recent times the area has become far more popular.

When parking please DO NOT block access to gates. In times of emergency, the Services may need quick and easy access.

Facilities

There are no facilities in the course of the trip or in the destination area. Please ensure you DO NOT leave RUBBISH behind. Take it with you.

“Leave only footprints and take only photos”

Area Conservation

Please pay the area due respect. DO NOT damage the area or leave rubbish.

Water

There is no guaranteed drinking water available in the area, so you need to ensure you carry sufficient water.



Razor-type grass to be avoided



The Locked Gate (CP 4)



Tk Jnt with Flannel Flower Tk (CP 5)



Jnt with the Tallow Beach Tk (CP 6)

If you ever make the decision to drink from local sources, always ensure that YOU know the source of the water is safe.

For suggestions on water usage and other handy items, please refer to the “Equipment Section” of the website.

Modes of Travel

Walking – the trip is suitable for walking.

Mountain biking – the Hawke Head 4WD Tk is suitable for mountain biking and provides an alternate method of reaching the parking area (CP 3). Only the First Section of the trip beyond is suitable for mountain biking

Navigational Requirements

The first section of the trip is easily accessible along well defined 4WD Tks and Ft Tks.

The second section is via a well defined, side foot track that can be steep and challenging in places.

The third section negotiates the cliff down to the beach. This section can be difficult and very exposed to dangerous cliff edges and sheer drops.

Extension 3 provides an alternate course down a nearby creek line that is far less steep or exposed, yet less defined.

The ocean and the Box Head Walking Track provide excellent Navigation Controls and make Basic Directional Navigation in the area easy. However, the turn off to the Ft Tk of Section 2 can be difficult to locate and is easily missed.

The use of a Navigation “App’ is strongly recommended for the trip and can be very useful locating the start of Section 2.

Suggestions on suitable “apps” and their use can be found in the “training and Skills’ Section of the website.

We always recommend carrying a map and compass just in case, and an understanding of the basics of Directional Navigation can be very handy on this journey.



4WD Tk becomes FT Tk (CP 7)



Tk through the rocks to the platform



On the rock platform (CP 8)



Location of the start of the Ft Tk

Further information regarding “Bush Navigation” can be found in the “Training and Skills Section” of the website.

Specialised Equipment.

There is no specialised equipment needed for this trip.

However, a “climbing tape” or similar can be very handy if YOU choose to negotiate the cliff line and descent to the beach via Section 3.

A suggested list of other, “standard” equipment and other information can be found in the “Equipment Section” of the website.

General Safety

The “bush” is a foreign and uncontrolled environment in which you need to use common sense and due care to ensure your own safety, the safety of those with you and the safety of those with who you may come into contact.

There are a number of hints and ideas contained in the “Safety Section” of the website that can help ensure a safer trip into the bush.

Remember the emphasis for safety is ON YOU ... if you can't accept it, don't go!!!

Track Notes

Approximate Return Distance – X.X kilometres (from Hawkes Head 4WD Carpark)

Approximate Return Travel Time – 3.0 hours (very easy pace)

Degrees of Difficulty:

1. Overall – Challenging (1) (via Section 3)
2. Sections :
 - Section 1 – Easy (2)
 - Section 2 – Easy (3)
 - Section 3 – Challenging (3)
 - Extension 3 – Easy (3)

Start Point : The parking area at the end of Hawke Head 4WD Tk (CP 3 -33.534080, 151.347265).

End Point : Back at the Start Point.



The start of the Ft Tk



Ft Tk soon becomes well defined



View from small rock platform (CP 8)



Ft Tk contours hillside from CP 10

Dangers.

Many of the Lookouts and viewing points have large cliff lines with sheer edges that are unfenced and unprotected. Extreme care needs to be exercised in these areas.

The track via Section 3 crosses the cliff line and descends across a small “plank bridge” before a climb down through a rock crevice to the beach. If YOU decide to follow this route you do so at YOUR own risk. Extreme care needs to be exercised in this area. The alternate route via Extension 3 provides a much safer (yet less adventurous) option.

“Razor grass” type plants are found throughout this area. DO NOT grab hold of these for support or to aid in climbing. The leaves are very sharp and will leave nasty cuts.

The beach and surrounding bay holds spots of deep water and shifting sands. Children should ALWAYS be closely supervised around waterways.

If YOU make the decision to visit this area you do so at your own risk and YOU need to exercise appropriate caution.

Margins of Error.

“Electronic coverage” throughout the area is quite good and there are minimal “electronic blackspots.” Margins of error are minimal.

Course:

**Section 1 – 4WD Track & Foot Track :
Approximately 520m**

- A. From the Start point in the car park gate (CP 3 -33.534080, 151.347265) follow the 4WD Tk (which becomes Tallow Beach Track) SE down the hill about 80m to the locked gate (CP 4 -33.534713, 151.346783).
- B. From CP 4 continue down the 4WD track for about another 150m to the Jnt with the Flannel Flower Walking Track. (CP 5 -33.535394, 151.345421).



Top of the cliff and rocks at CP 11



Ft Tk down the rocks towards CP 12



Tk to the plateau with "reference rock"



Tk Jnt with the direct Tk to the cliffline

- C. From the Jnt (CP 5), continue down the hill on the Tallow Beach Track for about another 70m, at which point the Track divides into two (CP 6 -33.535945, 151.345621). The RHS becomes the Box Head Walking Track.
- D. From the Jnt (CP 6) follow the Box Head Walking track down hill to the south for about 160m. At this point the 4WD Tk narrows to a Ft Tk (CP 7 -33.537331, 151.345603).
- E. From CP 7, continue south on the Ft Tk. After about 60m the track leads through some rocks to a rock platform (CP 8 -33.537959, 151.34352). It is in this location that the side track down to Iron Ladder Beach is found.
- F. Once on top of the main area of the rock platform, if you look carefully to the RHS, a less defined foot track can be found heading through the bush and down the slope. This is the start of the foot track.

Section 2 – Foot Track : Approximately 250m

- G. Whilst the start of the FT can be a little hard to locate and is not well defined, once you follow it downhill for about 20m it becomes obvious whether or not you are on the right track.
- H. After following the FT Tk down the hill for about 60m, a small rock platform (CP 9 -33.537817, 151.344774) can be found on the LHS of the TK. It provides a great viewing point over the area.
- I. From CP 9, the TK winds its way down the hillside for about 160m, after which it begins to flatten out (CP 10 – 33.538684, 151.343574) and contour along the hillside.
- J. From CP 10, the TK contours the hillside for about 100m to the top of an area of cliffs and large rocks (CP 11 -33.539470, 151.343680). CARE must be taken in the later parts of this section as there are sheer drops and unprotected edges adjacent to the track.



Top of cliff line at CP 13



“Plank bridge” to the rock crevice



Rock crevice to the beach



View of the rock crevice fm the beach

- K. From CP 11, the TK works its way down the cliff line and through the rocks for about 50m to a large open plateau area (CP 12 -33.539838, 151.343348).
- L. From CP 12, a number of options are available for the final stage of the trip down to the beach. Section 3, detailed below, is the more challenging and difficult route, whilst Extension 3 provides for an easier way down. There are quite a number of tracks off the plateau area that can be used to reach the beach, but we believe these two courses provide the better options. No matter which track YOU choose, YOU need to take due care as the area is bounded by sheer and unprotected cliff lines. YOUR safety of YOUR RESPONSIBILITY.

Section 3 – Foot Track, “Plank Bridge” & Rock Scramble : Approximately 50m

- M. The final stage of the Tk down from CP 11 passes a large and obvious rock at the start of the flat plateau. This rock provides an excellent reference point. From the rock, a main Tk heads west towards the beach for about 10m before it divides into a number of smaller tracks. One of which continues west down the side of the hill. This is the most direct, yet challenging route to the beach.
- N. The Tk descends down the hillside for about 20m before reaching the top of the beach cliff line (CP 13 -33.540012, 151.343093). There are a number of “razor grass type” plants in the area as well as sheer and unprotected edges. EXTREME care needs to be exercised in this area if YOU choose to follow this route.
- O. At CP 13, the Tk turns left along the top of the cliff for a short distance before reaching the “plank bridge” which spans part of the descent and leads into the rock crevice down to the beach. There is absolutely no guarantee of the safety of the “plank bridge” or this route and it is up to YOU to assess the RISK and take responsibility if you decide to follow it



Iron Ladder Beach at lower tides



Loc of Ext 3 Ft Tk Sth end plateau



Start of the Extension 3 Ft Tk



Extension 3 Ft Tk along the hillside

- P. Once across the “plank bridge”, there is a short climb of about 10m down the crevice to some large “sea rocks” on the beach. These rocks can be wet and slippery, so DUE CARE needs to be taken.
- Q. From the rocks it is a short scramble across to the sand (CP 14 -33.540761, 151.343288), the amount of which is visible will very much depend on the tide.

The Destination – Iron Ladder Beach

- R. At the north end of the bay is small waterfall with a shallow, submerged cave below the water line and the south end provides a nice area for snorkelling. Sting rays and sea turtles have been seen on a number of occasions in the deeper waters of the bay.
- S. The beach and surrounding bay contain areas of deep water, cold spots, submerged rocks and shifting sands. Children should ALWAYS be closely supervised around waterways.

Extension 3 – Foot Track : Approximately 50m

- T. Extension 3, provides an easier and safer course to the beach.
- U. From the “reference rock” on CP 12, if you look up the slope to the LHS and to the very end of the clearing, close to the hillside, an ill-defined FT Tk can be found. ATTW there are some track markers in place.
- V. The Tk becomes more distinct as you follow south along the edge of the hillside. A number of “alternate tracks” break off at varying points and head down in different directions towards the beach.
- W. If you continue on the main track, it breaks ways from the hillside and eventually commences down the hillside to a junction with a creek line (CP 15 -33.540602, 151.343539). The overall distance from CP 12 is only about 150m.



Ext 3 Ft Tk downhill side to the Ck



Exit point of Ext 3 Ft Tk on the beach

- X. From CP 15, there is a short, sharp climb of about 20m down the creek line to the sand. The creek can be steep and slippery so due care should be exercised.

Return

The return journey follows one of the same routes back up from the beach to the plateau (CP 12). The Ft Tks and 4WD Tks of the original route and are then followed back to the Start Point at the Carpark.

If you would like to further clarify any of the Trip or Track information, please email your questions to Aussieoutdoorkids@mail.com .

Summary Of Check Points

CP	Longitude	Latitude	Description	Notes	Distances
CP 1	-33.528015	151.358449	End of the tarmac on Hawkes Head Drive		
CP 2	-33.5337973	151.3479902	Bouddi Lookout		
CP 3	-33.534080	151.347265	Car parking at the end of Hawkes Head Drive	Start Point	Fm CP 1 1400m
CP 4	-33.534713	151.346783	Locked Gate	Locked Gate	Fm CP 3 80m
CP 5	-33.535945	151.347265	Jnt with Flannel Flower Walking Track	Track Junction	Fm CP 4 150m
CP 6	-33.535945	151.2693482	Jnt of Track to Tallow Beach	Track Junction	Fm CP 5 70m
CP 7	-33.537331	151.345603	Start of the Foot Track	4WD Tk narrows to Ft	Fm CP 6 160m
CP 8	-33.537959	151.34352	Rock platform	St of Ft to beach	Fm CP 7 60m
CP 9	-33.537817	151.344774	Rock platform	Viewing area beside Tk	Fm CP 8 60m
CP 10	-33.538684	151.343574	Track flattens out	Contours hillside	Fm CP 9 160m
CP 11	-33.539470	151.343680	Top of the rocks	Before descent	Fm CP 10 100m
CP 12	-33.539838	151.343348	The plateau		Fm CP 11 50m
CP 13	-33.540012	151.343093	Top of the cliff	Above the beach	Fm CP 12 40m
CP 14	-33.540761	151.343288	Iron Ladder Beach		Fm CP 13 20m
CP 15	-33.540602	151.343539	Tk and Ck jnt	Extension 3 Ft Tk	