

Lady Bay Beach



30 mins

Moderate track

3

992 m Return

38m

This walk leads to a popular nudist (clothing optional) beach on Sydney Harbour's South Head. The walk follows the clear footpath / old roads past several significant historic and beautiful sites before climbing down a set of steps to find the beach. The beach is protected from the main surf on the inside of the headland and provides a great view across the harbour to Middle Head.

4m

13m

Sydney Harbour National Park

Sydney Harbour

Sydney Harbour National Park

0.18
Cannon

Camp Cove

0.05

Start

Lady Bay Road

Lighthouse Road

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 walks 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 Camp Cove car park (gps: -33.8394, 151.28) 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/lbb>

0 | Camp Cove car park

(50 m 1 mins) From the signposted 'Camp Cove Car Park', this walk follows the 'No Through Road' sign to the end of 'Cliff St'. The footpath leads past a 'Camp Cove timeline' information sign then, at the end of the road, turns left, coming to the front of the kiosk at the northern end of Camp Cove Beach.

0.05 | Camp Cove

Camp Cove is home to a lovely, yellow sand, north-east facing beach. The cove is on the protected side of South Head and is a popular spot for swimming and relaxing on the beach. At the northern end of the beach is a kiosk, toilet block and an entrance to Sydney Harbour National Park. The cove was an important location to the Cadigal (Gadigal) people who gathered fresh water, shellfish, launched their canoes and buried some of their people nearby. This cove is also believed to be the first landing place for Europeans in 1788. The name Camp Cove was given during that landing and appears on the earliest maps of Sydney Harbour.

0.05 | Camp Cove Beach

(130 m 3 mins) Veer right: From the front of Camp Cove Beach kiosk, this walk crosses the beach (keeping the water to your left) and climbs up the timber staircase. From the intersection at the top of the stairs, this walk continues straight, along the timber boardwalk that soon turns into a concrete path. The path soon comes to a wide, cobbled sandstone path that leads up a disused cannon, gun emplacement and great harbour views.

0.18 | Cannon

This cannon was placed here prior to 1890, along with the rest of this gun emplacement and rifle walls. The emplacement was designed to protect a military jetty and boat shed from the threat of an invasion. The 'Cobblestone Road' beside the cannon was built during the late 1870s or early 1880s and extends from the jetty in Camp Cove up to Hornby Road above. The road was built to carry supplies and ordnance from Camp Cove to the various military installations on south head. [More info.](#)

0.18 | Cannon

(320 m 7 mins) Continue straight: From the cannon, this walk heads up the path and steps and soon turns left to follow the old road. The walk follows the old road, enjoying sweeping harbour views (to your left). About 170m along this road (as it bends right), it passes a toilet block then finds some garbage bins at the end of the road. Here, the walk heads along the narrower footpath for ~60m until coming to the signposted intersection above 'Lady Bay Beach'.

Turn left : From the intersection, the walk follows the 'Lady Bay Beach' sign down the steps as they wind to the sandy beach below.

0.5 | Lady Bay Beach

Lady Bay Beach is an official nudist beach found on the inside of South Head. Facing west, this beach is surrounded by a long cliff and a rocky shoreline. There are great views across the water to Middle Head. Officially declared a nude bathing beach by Neville Wran in 1976, nudity is only permitted on the beach and water. The beach is also known as 'Lady Jane Beach'. You are welcome to use the beach clothed or unclad. [More info.](#)

