



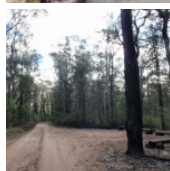
This walk visits Attic Cave, a camping cave in the lower Blue Mountains. The cave is large enough to sleep a small party, providing a great shelter to rest. The walk first visits Pisgah Rock, by walking along an old management trail, and includes a very short side trip to the great view up Erskine Creek. From Pisgah rock the track becomes much less distinct, and involves a rock scramble down a gully.

Blue Mountains National Park

**Length:** 2 km  
**Time:** 1 Hr  
**Climb:** 74 m  
**Style:** Return  
**Rating:** Route: Hard  
**Where:** 8 km SSW of Glenbrook  
**Transport:** car



Visit [www.wildwalks.com](http://www.wildwalks.com) for more info

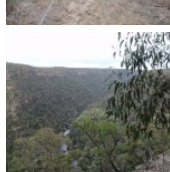
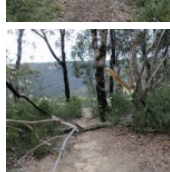
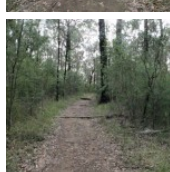
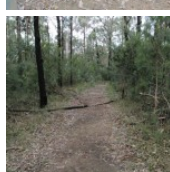
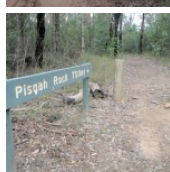


*Side trips and Alternate routes mentioned in these notes are not included in the tracks overall rating, distance or time estimate. The notes only describe the side trips and Alternate routes in one direction. Allow extra time for resting and exploring areas of interest. Please ensure you and your group are well prepared and equipped for all possible hazards and delays. The authors, staff and owners of wildwalks take care in preparing these notes but will not accept responsibility for any inconvenience, loss or injury sustained by using these notes or maps. Please take care and share your experience through the website.*

*Please check park closures, weather information and Fire Danger Rating just before leaving for your walk. Walk maybe closed during Total Fire Ban.*

*GPS for start and end of this walk: -33.8285,150.5717*

*This walk passes through a remote area and sections have no visible track. At least one person in your group should have training and experience in off track walking and navigation. Even with these notes and a GPS these extra skills and equipment are required.*



## Wildwalks

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The eMagazine is produced by the community at [bushwalk.com](http://bushwalk.com) and the Wildwalks team

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Happy Reading. Matt :)

### Pisgah Rock track head to Pisgah Rock Intersection 0.8km 10 mins

(From S) From the Pisgah Rock car park (2.2km further along Nepean Lookout Fire Trail from the Oaks Picnic Area), this walk follows the 'Pisgah Rock 700m' sign along the old management trail. The track meanders through the Eucalypt and Casuarina forest as it climbs a gentle hill and then heads down the other side. The track soon comes to an intersection with a small bush track off to the left, from the intersection there are glimpses of the valley views.

### Pisgah Rock Intersection to Pisgah Rock 0km 1 mins **Optional Side Trip:**

(From 0.76 km) Veer left: From the intersection this walk takes the short bush track toward the view of the valley. The track comes to the unfenced cliff and great view from the top of Pisgah Rock and a sign posted 'take care when walking near cliffs'.

(Retrace your steps back to the main track, then veer left to continue along this walk.)

### Pisgah Rock

Pisgah Rock, is a short walk from Nepean Lookout Fire Trail in the lower Blue Mountains, and provides excellent views up Erskine Creek Gorge. The informal lookout is not fenced, and the surface is uneven with large crevasse like cracks. The view is simply amazing, with great views right up the middle of Erskine Creek Gorge. There are also great views to the left, down Erskine Creek Gorge and across the flats of the southern parts for greater Sydney. The rock presumably derives its name from the height point on Mount Nebo, where the Bible reports Moses seeing the promised land for the first time. In Hebrew pisgah refers to a high place. This Pisgah Rock is very much a high place, with great views.

### Pisgah Rock Intersection to Attic Cave 0.2km 5 mins

(From 0.76 km) Turn right: From the intersection, the walk follows the old management trail that very soon narrows into a bush track as it heads away from the view (keeping the valley to the left). The tracks then emerges from the bush to cut across a rock shelf and into the scrub again. Once in the gully the track turns left to climb down the 'V' in the rock. At the bottom of the climb the walk heads right under the now obvious sandstone cave. The walk continues following the base of this cliff line along a fairly clear track passing several interesting sandstone overhangs. Soon the track comes to a large overhang and fire circle at Attic camping cave.

### Attic Cave

Attic Cave, near Pisgah Rock in the lower blue mountains is a large sandstone overhang. The cave has been used by walkers as an overnight camp for many decades. The cave could comfortably sleep about 5 people. There is a log book in a tin cake box on the rock shelf, making for some interesting reading, and awaiting your story. There is a fire circle, and the cave is reasonably well protected from the weather. The name Attic Cave is said to have come from the hole, a shelf, in the top of the cave, forming an attic.

This is a 'Return' style walk - retrace your steps back to the beginning when you are ready.

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Great photos



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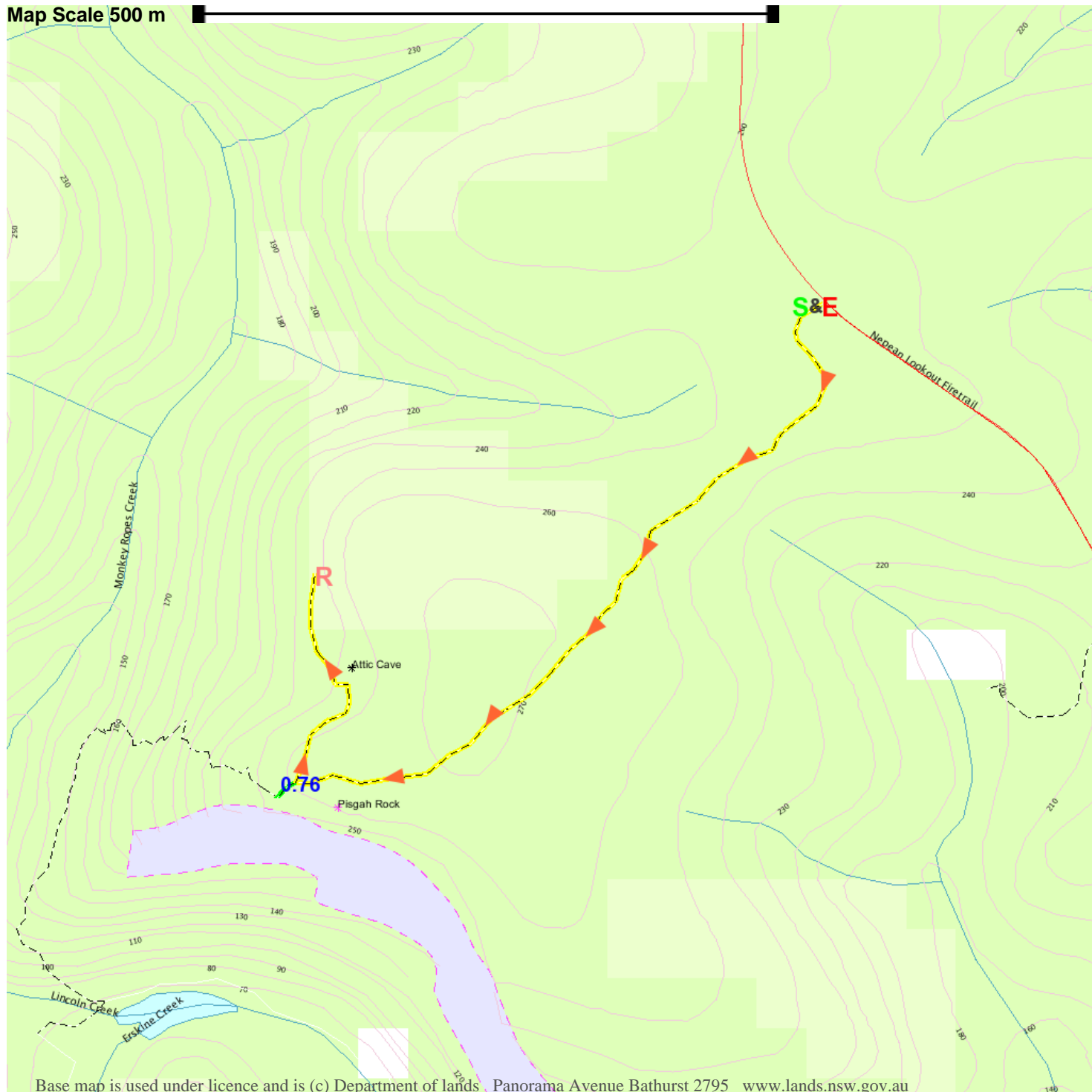
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