



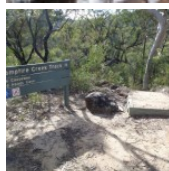
This is a scenic and rather cultural walk, with two significant Indigenous sites along the way. The walk sets out from Campfire Creek car park following the creek of similar name to the amazing Red Hands Caves. The second site is the grinding grooves, which are passed on the return to the car park along the ridge. A great walk with much to see.

Blue Mountains National Park

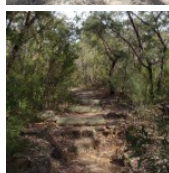
Length: 8.4 km
Time: 3 hrs 45 mins
Climb: 396 m
Style: Circuit
Rating: Route: Hard
Where: 1.5 km S of Glenbrook
Transport: car



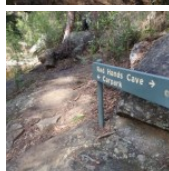
Visit www.wildwalks.com for more info



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: -33.7802,150.6173



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.



National Parks Association of NSW - Learn more about the NPA www.npansw.org.au

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(community announcement)

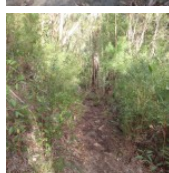
The NPA is more than just a bushwalking club. We are a conservation group that helps protect natural places

As a member you can join any of our 1000 guided walks each year and enjoy our quarterly Magazine 'Nature NSW'.

Membership fee is just \$65 per year, concession fee also available. [Learn More...](#)

Campfire Creek car park to Int. Red Hands Cave and Carpark Trk 0.2km 5 mins

(From S) From the car park, the track follows the 'Campfire Creek' sign down the hill. The track steeply descends the hill, winding to a 'Car Park' sign (pointing back the way you came).



Eastern side of Causeway to Int. Red Hands Cave and Carpark Trk 0.1km 1 mins **Alternative Entry:**

(From 0.19 km) Turn left: From the paved area side of the causeway, the walk crosses the creek via the causeway, then heads to the area beneath the 'Camp Fire Creek Track' sign. The causeway may be impassable after rain.

Turn right: From the causeway, the walk follows the 'Camp Fire Creek Track' sign along the water's edge to the signposts for 'Red Hands Cave' and 'Car park'.

Continue straight to join the main walk, following the notes from 0.19km 'Int. Red Hands Cave and Carpark Trk'.



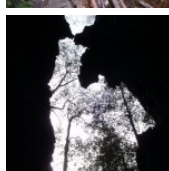
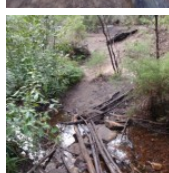
Int. Red Hands Cave and Carpark Trk to Red Hands Cave 3km 1 Hrs 5 mins

(From 0.19 km) Turn left: From the intersection, the walk follows the 'Red Hands Cave' sign, keeping the creek to the right. The track winds and undulates, soon coming to a rock platform which crosses a creek (with the gully on the left). Here, the walk continues along the lower track, not heading up the rock steps. The track continues along the hillside and comes to a sign titled 'Neighbours'.

Continue straight: From the intersection, the walk heads across the small bridge and up the track. The walk soon passes over another small wooden bridge and then continues through the bush, with the creek on the right. Winding for a short time, the track comes to an un-signposted intersection.

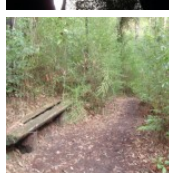
Turn left: From the intersection, the walk heads up the hill, winding above the creek (on the right). The track follows the hillside for quite some time, passing near the creek in places, before coming to a 'Glenbrook Causeway' sign.

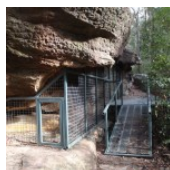
Continue straight: From the intersection, the walk follows the 'Red Hands Cave' sign down across the creek. The track leads over a small rise across another smaller creek, then follows the hillside for a short while, passing a bench seat and then a small log bridge. The track then starts trending left, heading up to a rocky outcrop where the walk arrives at the metal verandah of Red Hands Cave.



Red Hands Cave

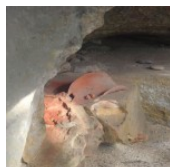
Red Hands Cave, in the Glenbrook area of the Blue Mountains National Park, is found near the end of Red Hands Cave fire trail. The cave has quite a few hand stencils and prints of various colours (including red). The cave is well protected, with a perspex and steel cage. There are some information signs and some artifacts to help visitors learn more about the people who made these prints over 1600 years ago. In 1913, when searching for a lost child, this cave was found by Europeans and is now protected.





Red Hands Cave to Red Hands Cave car park 0.5km 10 mins

(From 3.21 km) Continue straight: From Red Hands Cave, the walk heads up the stairs, winding to be above Red Hands Cave. The track then continues across the rocky surface, slowly climbing through the bush and leading away from the rock outcrop. The track winds through a few rocky outcrops, tending right, before coming to a car park and 'Red Hands Cave' sign (pointing back to the cave).



Red Hands Cave Picnic Area

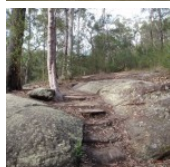
Red Hands Cave Picnic Area is found at the end of the Red Hands Cave Fire Trail in the Glenbrook area of the Blue Mountains National Park. The small picnic area is next to the car park and has a couple of platforms (to act as both a table and seat) as well as a fire place and toilet. The toilet itself is wheelchair accessible, but access to the toilet is over moderately rough terrain. A good spot to rest when exploring Red Hands Cave.



Red Hands Cave car park to Axe Grinding Grooves 2.1km 40 mins

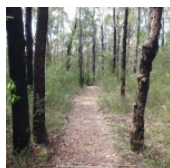
(From 3.71 km) Turn left : From Red Hands Cave car park, the walk follows the sign for the 'Link Track' past the bench and fireplace and into the bush. The track winds down the hill via many steps, winding for quite some time, then comes near a creek, which it loosely follows. The walk then crosses this creek to the signposts on the other side.

Turn left: From the creek intersection, the walk follows the 'Glenbrook Causeway' sign, keeping the water on the left. The track continues up to a rock overhang from where it heads down the hill, coming near the creek again. The track follows the creek to a junction with another creek. To the left is a large sandstone area and approximately 10m along the track is a sign explaining the grooves in the sandstone.



Axe Grinding Grooves

These well-defined axe grinding grooves are found on the sandstone bed of Camp Fire Creek. The grooves were formed by Aboriginal people when sharpening axes (or forming axe blanks). Rubbing the axe blanks would sharpen the stone into a more useful tool, and the process would also wear the sandstone, leaving these markings. These sites are typically found near water, as the water was added to make the stone more abrasive. Sites like this will fade in time due to erosion of the sandstone - please help them last as long as possible by not walking on, or close to the grooves. [More info](#)



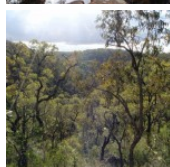
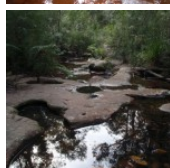
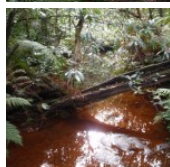
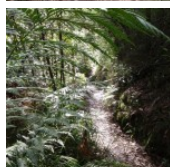
Axe Grinding Grooves to Campfire Creek car park 2.6km 50 mins

(From 5.8 km) Turn sharp right: From where the main track crosses the small side creek (just above the axe grinding site), this walk follows the rocky side creek south-east, upstream. After about 20m, the gully splits in two. This walk follows a narrow track on the spur between these two creeks. The track heads up the spur line and crosses a number of rocky outcrops. Near the top of the hill, the bush becomes quiet dense. The track then opens out on the wide Oaks cycleway.

Turn left: From the intersection, this walk follows the wide track north as it bends to the right and heads down the hill into the more open forest. The track soon passes a blue 'Shared use' sign and comes to an intersection with a short but wide road access track.

Continue straight: From the intersection, the walk heads up the management trail, away from the road and the blue sign. The trail winds for a short time, follow a 'Cycling Track' sign down a track. The track winds down through the bush to an area where the track splits and then joins back together again. The walk then comes to a clearer area with access to the road on the right and a few log stumps in the clearing.

Veer left: From the log stumps in the intersection, the walk heads down the hill, keeping the road on the right. The track winds down to a very sandy section of track before heading up and across the hill. The track passes over a few rocky surfaces and passes a road-access track (on the right) before heading down the hill. The track is very rocky as it leads down to the hairpin corner in the road, where the car park is located. The track heads across the car park, keeping the road on the right, and arrives at the signpost.



A list of paper topographical maps that cover this walk

[Penrith 1:25 000 Map Series](#)

[Penrith 1:100 000 Map Series](#)



Red Hands Cave Circuit via Campfire Creek

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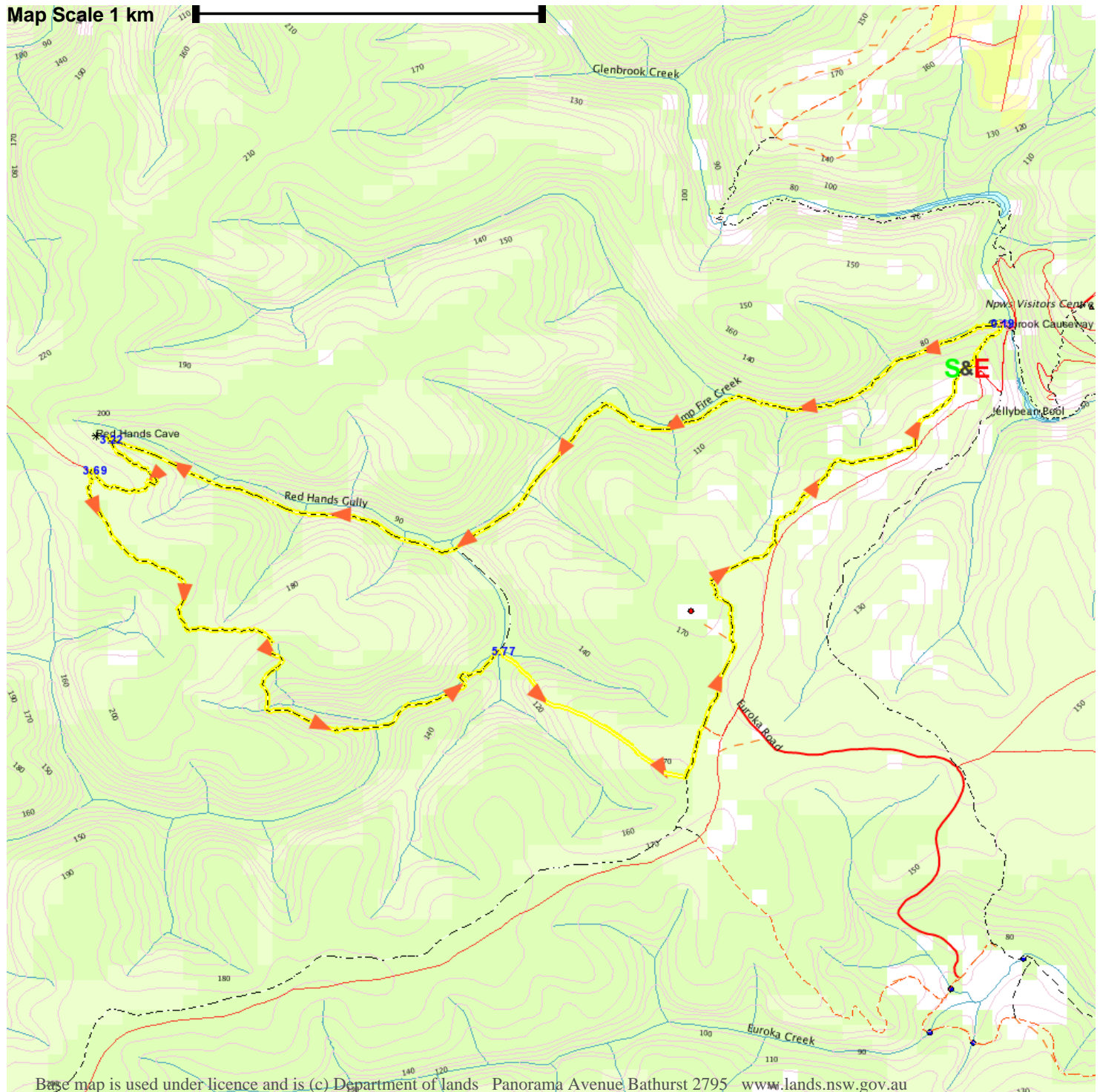
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Map Scale 1 km



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