On Saturday I visited the Grotto Point Aboriginal engravings site on Garigal land. It is in the Sydney Harbour National Park. I accessed the site by foot as part of the Spit to Manly Walk, the site is 3.8km east of The Spit Bridge and 5.7km west of Manly. The engravings in the sandstone rock include fish, whales, boomerangs and wallabies. The Garigal clans lived in family groups and moved around the sea – the coast provided an abundant food supply with fish being the staple diet. The 3.5 hour walk through the coastal bush with constant harbour views allows ample time to reflect on the lifestyle of the original inhabitants of the land. A beautiful and educational day.







