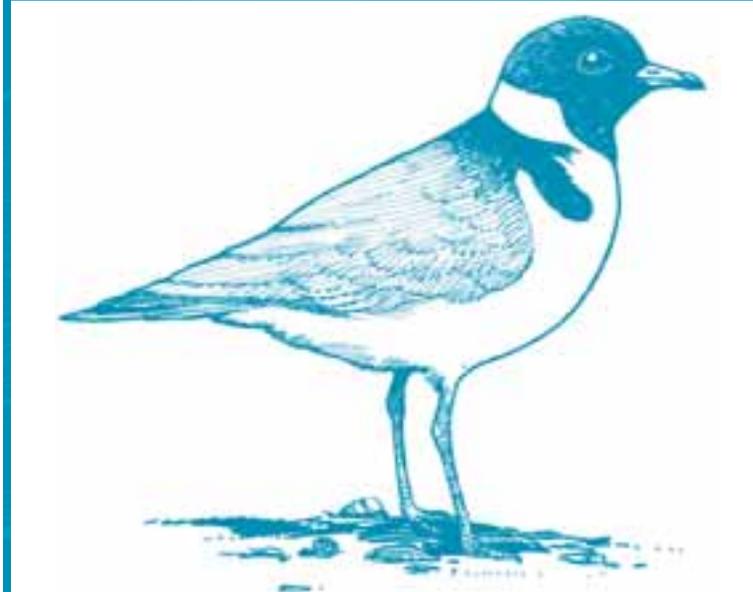


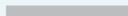
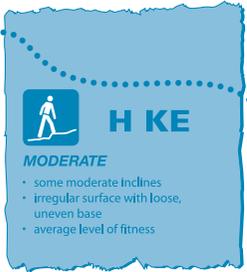
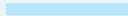
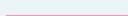
Friends of Southern Eyre Peninsula Parks

## Bushwalking in Lincoln National Park

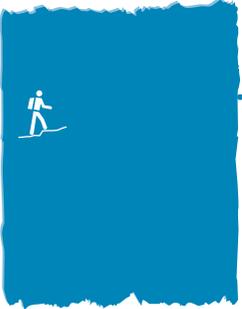


*Healthy Parks  
Healthy People*



Select your trail	Trail		Time*	Distance	Trail Notes
	Stamford Hill to Surfleet Cove		1 hour one way	2.7 km one way	An ideal coastal walk for families
	Surfleet Cove to Spalding Cove		1 hour one way	2.4 km one way	A sheltered walk with views of beautiful Spalding Cove
	Park entrance to Pillie Lake		2.5 hours one way	7.8 km one way	Secluded walk through diverse vegetation
	Pillie Lake to Stamford Hill		4 hours one way	11.6 km one way	Diverse habitats and views of Proper Bay
	Surfleet Cove Loop Hike		1.5 hour loop	4.8 km loop	Eucalypt and tea-tree woodland
	Woodcutters Beach to Spalding Cove		2 hours one way	6.2 km one way	Inland trail through mallee with a variety of bird life
	Spalding Cove to Fisherman Point		2 hours one way	6.0 km one way	Long beach walks and old-growth mallee
	Fisherman Point Loop Hike		3 hour loop	10.7 km loop	Visit beautiful Yachties Beach and varied landscapes
	Fisherman Point to Cape Donington		1 hour 45 minutes one way	4.9 km one way	Views to Boston Bay
	Donington Loop Hike		2 hour loop	6.2 km loop	Explore Donington Peninsula
	Cape Donington to September Beach		30 minutes one way	1.0 km one way	Good family hike along rocky coastline
	September Beach to Carcase Rock		1 hour 45 minutes one way	4.5 km one way	Secluded beaches and scenic granite coastline
	Carcase Rock to MacLaren Point		1.5 hours one way	4.5 km one way	Unspoilt beaches and coastal mallee
	MacLaren Point to Taylors Landing		3 hours one way	8.5 km one way	Spectacular coastal views and long, secluded beaches
	Taylors Landing to Pillie Lake		4 hours one way	12.0 km one way	Inland mallee woodland with diverse bird life
Sleaford Mere to Park entrance		3 hours one way	8.9 km one way	Explore the unique shores of Sleaford Mere	

\* Time is generously estimated from an average walking speed varying from 2 to 3 km per hour. Allow extra time for resting and

Select your trail	Trail	Time*	Distance	Trail Notes
	<b>Stamford Hill Hike</b> 	45 minutes return	1.1 km return	Follow in the footsteps of Matthew Flinders for spectacular panoramic views
	<b>Stamford Hill Loop Hike</b> 	2 hour loop	5.2 km loop	Magnificent panoramic views and European history
	<b>Wanna Dunes to Sleaford Mere</b> 	5 hours one way	14.3 km one way	Massive sand dunes and an exposed ocean coastline
 <p><b>TREK</b></p> <p><b>CHALLENGING</b></p> <ul style="list-style-type: none"> <li>• long distance trail with some steep inclines</li> <li>• irregular surface with loose, uneven base</li> <li>• suitable for experienced walkers with navigational skills</li> <li>• high level of fitness</li> </ul> <p>Prior to commencing a trek, we advise you to discuss your desired route with a ranger and fill in a <i>Trip Intentions</i> form.</p>	<b>Investigator Trail - Lincoln National Park entrance to Cape Donington</b> 	12 hours one way	36 km one way	Sheltered bays and sandy beaches. Follow checkpoints 1-15.
	<b>Investigator Trail - Cape Donington to Pillie Lake via Taylors Landing</b> 	10 hours one way	30.7 km one way	Secluded coastal and inland experience. Follow checkpoints 15-20, 3, 2.
	<b>Investigator Trail - Pillie Lake to main park entrance via Sleaford Mere</b> 	9 hours one way	26.3 km one way	Massive sand dunes, wind-swept cliffs and unique Sleaford Mere. Follow checkpoints 2, 3, 21-24, 1.

\* Time is generously estimated from an average walking speed varying from 2 to 3 km per hour. Allow extra time for resting and

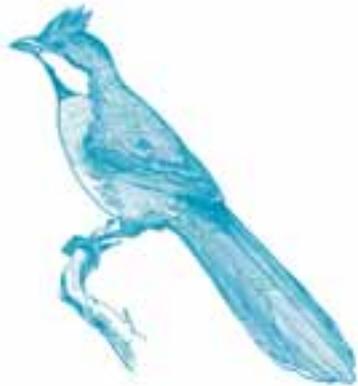
## Bushwalking in Lincoln National Park

Lincoln National Park is a rugged peninsula encompassing some of the most beautiful unspoilt coastline, offshore islands and wilderness experiences in the state.

Granite headlands, scenic bays and sandy beaches fringe Boston Bay, the largest natural harbour in Australia. In contrast, the exposed southern coastline has massive wind-sculpted sand dunes, pounding surf and limestone cliffs.

Lincoln National Park protects coastal vegetation of the Eyre Peninsula and provides a safe refuge for rare fauna. Visitors may encounter stealthy Heath Goannas, elusive Western Whipbirds and, if camping, experience the haunting call of the Bush Stone-curlew.

Due to the rugged coastline and remoteness of the trails, a careful, responsible and well-planned approach to bushwalking is essential for your safety.



The elusive Western Whipbird inhabits dense mallee and heath vegetation. The species is nationally threatened with extinction.



The haunting call of the Bush Stone-curlew may be heard at dusk. Regular fox baiting helps protect these threatened, ground-dwelling birds.

## Walks, Hikes and Treks

**WALK** - Easy Walks are accessible to people of all ages and fitness levels. They are well-defined trails, generally less than three kilometres in length, with even surfaces.

**HIKE - Moderate** Moderate Hikes are suitable for bushwalkers with an average level of fitness. These trails can be any length and may include moderate inclines and irregular surfaces.

**HIKE - Hard** Hard Hikes require some hiking experience and a reasonable level of fitness, as some sections of the trail can be quite steep and uneven.

**TREK - Challenging** Treks are usually physically demanding, therefore users should be experienced bushwalkers with a high level of fitness and good navigational skills. Treks usually require an overnight stay and may pass through remote areas.

## The Investigator Trail

The Investigator Trail is a long-distance walking trail which takes its name from HMS *Investigator* - the ship commanded by Matthew Flinders while surveying the rugged coastline of Eyre Peninsula in 1802.

The Investigator Trail is made up of sections which can be individually walked or hiked - or trekked as a whole. The Investigator Trail and other trails within the park are clearly defined and marked with checkpoints at strategic locations to orientate yourself.

There are over 100 kilometres of walking trail in Lincoln National Park for you to explore.

The trail continues to the north outside the park for another 31 kilometres via Tulka and Port Lincoln to North Shields. The section through Port Lincoln is called the Parkalla Trail.

Trails at Cape Donington and Stamford Hill provide pleasant loop walks returning you to your vehicle.

Matthew Flinders surveyed the Eyre Peninsula coastline in 1802 in the ship HMS *Investigator*.

Matthew Flinders



## Park entrance to Pillie Lake

---

Skirt the coast on this secluded trail with its varied vegetation and refreshing views of Proper Bay. Superb wildflowers can be seen in spring.

**Access:** This hike begins from the park entrance (checkpoint 1) or the northern end of Pillie Lake (checkpoint 2).

## Pillie Lake to Stamford Hill

---

Discover a variety of habitats as the trail passes through inland mallee woodland and near low coastal limestone cliffs. Pleasant sea views from sections of the trail.

**Access:** This hike begins from the northern end of Pillie Lake (checkpoint 2), Woodcutters Beach (checkpoint 4) or Stamford Hill (checkpoint 7).

## Stamford Hill Hike

---

This hike offers spectacular panoramic views of Lincoln National Park, Boston Bay and numerous offshore islands from the historic Flinders Monument at the top of Stamford Hill. Interpretive signs on the trail provide information about the area's natural history. A reasonable challenge, this trail has some moderate inclines but has a good trail surface.

**Access:** This hike begins from the car park at the base of Stamford Hill (near checkpoint 7).

## Stamford Hill Loop Hike

---

Excellent views, tranquil surrounds and interesting history are features of this hike. Take in the magnificent panorama of Lincoln National Park, Boston Bay and offshore islands from the historic Flinders Monument at the top of Stamford Hill. Discover historic ruins left by the woodcutters (near checkpoint 6).

**Access:** This hike begins from the car park at the base of Stamford Hill (near checkpoint 7).

## Stamford Hill to Surfleet Cove

---

An easy coastal walk along Stamford Beach, past scenic granite headlands framed by the sea, with Boston Island in the distance. A short detour from checkpoint 9 to Surfleet Point offers rewarding views. An ideal family walk.

**Access:** This walk begins from the car park at the base of Stamford Hill (checkpoint 7) or Surfleet Cove campground (checkpoint 10).

## Surfleet Cove Loop Hike

---

A scenic walk along the shores of Proper Bay and Surfleet Cove, returning through eucalypt and tea-tree woodland.

**Access:** This hike begins from Surfleet Cove campground (checkpoint 10).

## Surfleet Cove to Spalding Cove

---

An easy, sheltered walk adjacent to the coast with glimpses of beautiful Spalding Cove. An ideal family walk.

**Access:** This walk begins from Surfleet Cove campground (checkpoint 10) or Spalding Cove, 4WD access (checkpoint 11).

## Woodcutters Beach to Spalding Cove

---

An inland experience through diverse mallee woodland. Here you might encounter Southern Scrub-robins and Superb Fairy-wrens. An ideal place to see native orchids in spring. This trail can be used to create an extended loop hike via the Stamford Hill area.

**Access:** This hike begins from Woodcutters Beach (checkpoint 4) or Spalding Cove campground (checkpoint 11). 4WD is recommended to access both start points.

## Spalding Cove to Fisherman Point

---

Walk along the magnificent sandy beach at Spalding Cove, and inland through old-growth mallee and tea-tree woodland.

**Access:** This hike begins from Spalding Cove (checkpoint 11) or Fisherman Point campground (checkpoint 13).

## Fisherman Point Loop Hike

---

Encounter a variety of habitats as you hike through old-growth mallee, coastal heath, and the recovering previously farmed environment. This trail visits beautiful Yachties Beach and follows the coast to Carcase Rock, returning inland through mallee.

**Access:** This hike begins from Fisherman Point campground (near checkpoint 13).

## Fisherman Point to Cape Donington

---

Enjoy the rich granite hues and sandy beaches of the northern tip of Lincoln National Park. The trail offers panoramic views to Port Lincoln, Boston Bay and offshore islands. Donington Cottage, overlooking Spalding Cove, was built around 1899 by farmer and lighthouse keeper, William Argent.

**Access:** This hike begins from Fisherman Point campground (checkpoint 13) or Cape Donington lighthouse (checkpoint 15).

## Donington Loop Hike

---

Admire offshore islands, granite outcrops and sandy beaches as you explore Donington Peninsula. Populations of Australian Sea-lions and New Zealand Fur-seals inhabit Donington Island near the lighthouse.

**Access:** This hike begins from Cape Donington lighthouse (checkpoint 15) or September Beach campground (checkpoint 16).

## Cape Donington to September Beach

---

A short, easy hike through coastal heath. Enjoy the refreshing sea views and rocky coastline.

**Access:** This hike begins from Cape Donington lighthouse (checkpoint 15) or September Beach campground (checkpoint 16).

## September Beach to Carcase Rock

---

Scenic granite coastline with some of the most beautiful, secluded beaches in Lincoln National Park.

**Access:** This hike begins from September Beach (checkpoint 16) or from Carcase Rock (between checkpoints 18 and 19).

## Carcase Rock to MacLaren Point

---

Sheltered behind the foredunes, the trail weaves through coastal mallee to an unspoilt beach.

**Access:** This hike begins from Carcase Rock (between checkpoints 18 and 19) or MacLaren Point. 4WD access to both start points.

## MacLaren Point to Taylors Landing

---

The trail offers spectacular coastal views from cliff tops and follows a long, secluded beach near Taylors Landing.

**Access:** This hike begins from MacLaren Point (4WD access) or Taylors Landing campground (checkpoint 20).

## Taylors Landing to Pillie Lake

---

Hike inland through open shrubland and mallee woodland. The diverse flora provides excellent habitat for many native bird species, including the elusive Western Whipbird.

**Access:** This hike begins from Taylors Landing (checkpoint 20) or Pillie Lake car park (checkpoint 2).

## Wanna Dunes to Sleaford Mere

---

Low mallee woodland leads to a vantage point providing a panorama overlooking the park. An excellent camp shelter for bushwalkers, the Brian Clarke Hut, is found at checkpoint 23. Massive wind-sculptured sand dunes are a feature of the Sleaford Bay coastline. The exposed Southern Ocean beaches and limestone cliffs provide an invigorating experience.

**Access:** This hike begins from the car park (just south of checkpoint 22).

## Sleaford Mere to Park entrance

---

Follow the shore of unique Sleaford Mere. The salty waters provide an environment that allows microscopic organisms to form stromatolites, which can be seen at the water's edge. A trail leads back to Tulka through shrubland.

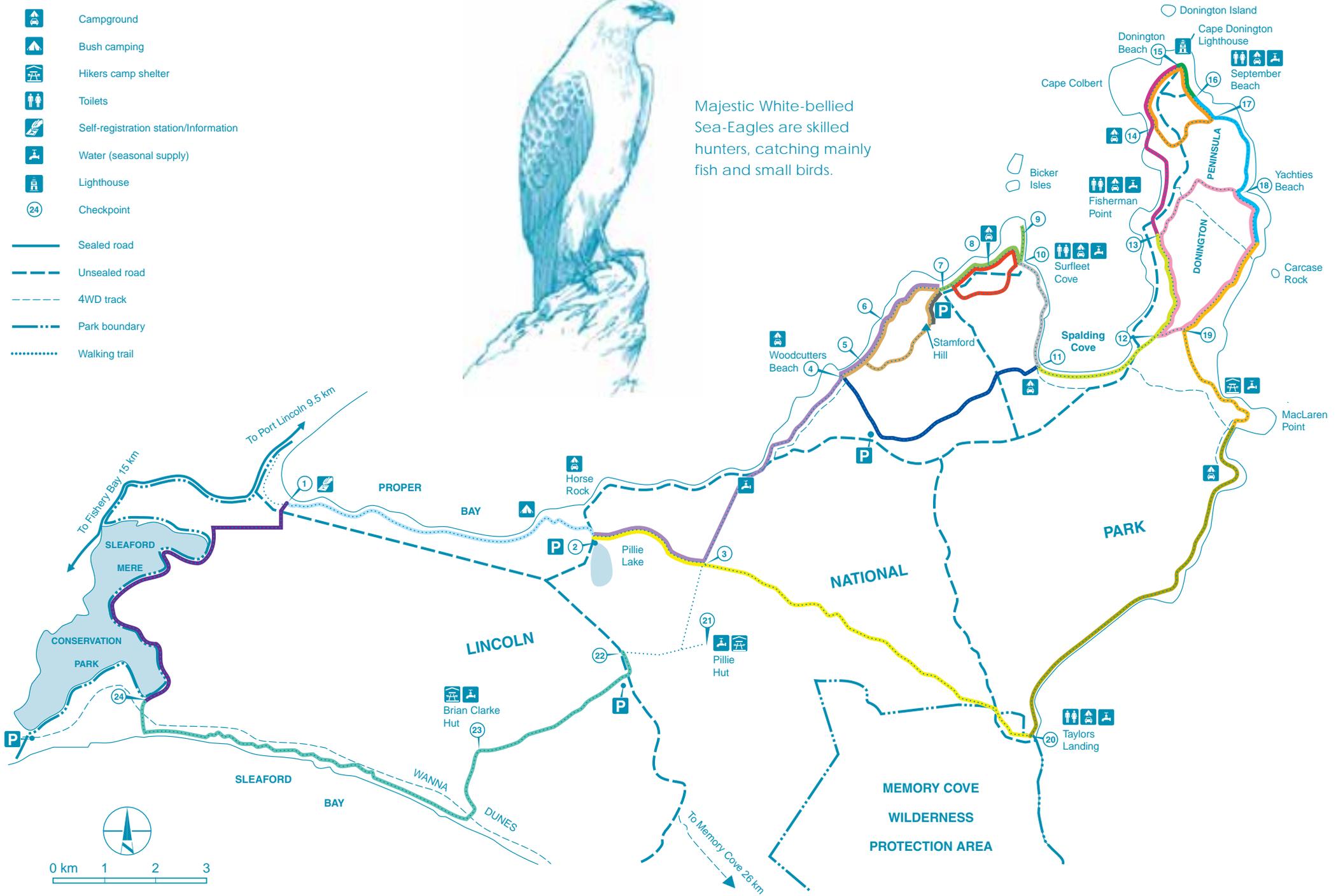
**Access:** This hike begins from Sleaford Mere (checkpoint 24) or from the main park entrance (checkpoint 1).

-  Campground
-  Bush camping
-  Hikers camp shelter
-  Toilets
-  Self-registration station/Information
-  Water (seasonal supply)
-  Lighthouse
-  Checkpoint

-  Sealed road
-  Unsealed road
-  4WD track
-  Park boundary
-  Walking trail



Majestic White-bellied Sea-Eagles are skilled hunters, catching mainly fish and small birds.



## The National Parks Code

Help protect your national parks by following these guidelines:

- Leave your pets at home. 1080 poison, lethal to pets, is used in the park to control foxes.
- Take your rubbish with you.
- Observe fire restrictions usually 1 November to 30 April. Check CFS hotline 1300 362 361.
- Conserve native habitat by using liquid fuel or gas stoves.
- Camp only in designated areas.
- Respect geological and heritage sites.
- Keep our wildlife wild. Do not feed or disturb animals, or remove native plants.
- Keep to defined vehicle tracks and walking trails.
- Be considerate of other park users.

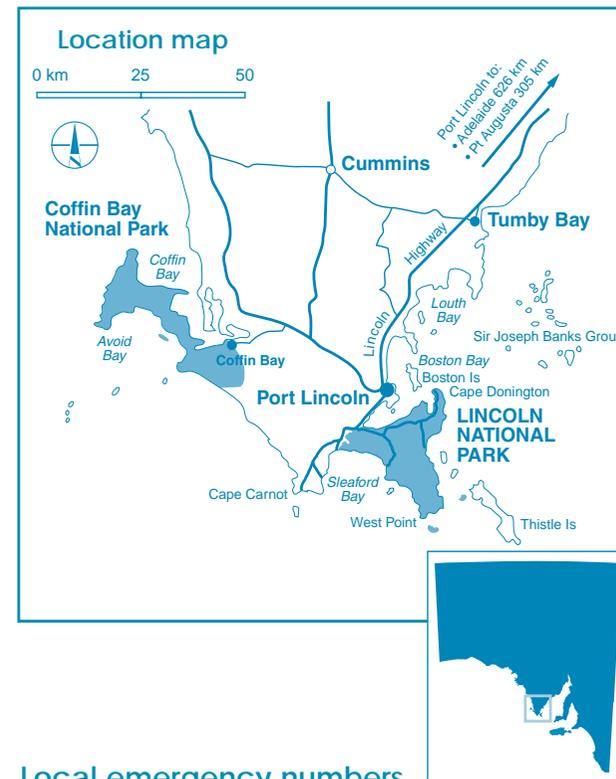
Thank you for leaving the bush in its natural state for the enjoyment of others.

## Walk Safely



Be prepared when bushwalking:

- Wear sturdy shoes, hat and sunscreen.
- Carry sufficient food and drinking water. Allow two litres of water per person per half day. Do not rely on tanks in the park for water.
- Keep to the defined walking trail and follow the markers.
- Take care when walking near any coastal area. Fragile cliff edges, slippery rocks, freak waves and rips can occur.
- Inform a responsible person of your proposed route and expected time of return.
- Prior to commencing a trek, we advise you to discuss your desired route with a ranger and fill in a *Trip Intentions* form.
- Weather conditions can change quickly. Ensure you have appropriate wet-weather clothing.



## Local emergency numbers

Police (08) 8688 3020

Fire/Ambulance 000

## For further information contact:

Department for Environment and Heritage  
75 Liverpool Street  
PO Box 22  
Port Lincoln SA 5606  
Phone (08) 8688 3111 Fax (08) 8688 3110

Phone Information Line (08) 8204 1910  
Email [dehinformation@saugov.sa.gov.au](mailto:dehinformation@saugov.sa.gov.au)  
Website [www.parks.sa.gov.au](http://www.parks.sa.gov.au)

This brochure is endorsed by the  
Department for Environment and Heritage.

© Friends of Southern Eyre Peninsula Parks  
July 2007 • FIS 2831.07  
Cover: Hooded Plover *Thinornis rubricollis*