Sturt Gorge Loop along the River Trail

A walk along the Sturt Gorge in the lower western part of Sturt Gorge Recreation Park. The walk follows the River Trail along Sturt River, with river crossings, and passing a Kaurna camp oven in a small cave in a cliff. The trail climbs out of the Gorge, following the Lomandra Trail with views over the Adelaide Plains, before returning back in to the gorge via the Spring Creek Trail.

Walk Notes

- Commence walk at end of Edgar Street, Bedford Park. The trail here is not named or sign-posted, but is clearly defined.
- Alternate start points are 1B (Flinders University Ring Route), or 1C (Riverside Reserve, end of Riverside Drive, Bedford Park).
- Cross the boundary and enter the Sturt Gorge Recreation Park. Trail signage begins here, where the Tillite Track crosses the River Trail. Continue following the River Trail.
- The River Trail crosses a ford (with stepping stones).
- Continue past the de Rose Trail (another river ford with stepping stones).
- Continue past the second exit for the Tillite Track.
- Continue along the River Trail. You return through 4 later.
- Watch out for the Kaurna camp oven, a very small cave on the north facing cliff immediately beside the trail.
- Turn off the River Trail, and then on to the Parrianna Link Trail. This turn is natural, and the continuation of the River Trail is easily missed here. Climb up the Parrianna Link Trail, which turns into a fire track.
- At Gate 12, turn on to the Lomandra Trail.
- Follow the Lomandra Trail over Vincent Track, a wide fire track.
- Take a shortcut down the Starlight Track to the Spring Creek hike.
- Alternatively, continue further along the Lomandra Trail and pick up the end of the Spring Creek Hike, or even further along the de Rose Trail back to 3.