

# Take a hike!

Revitalise your sense of adventure and get on track at some of South Australia's most striking landscapes.

One of the best ways to take in the beauty of national parks is on foot. With hundreds of trails catering to all fitness levels, immersing yourself in nature is easy.



Yurrebilla Trail.

## Heysen Trail

Discover ever-changing landscapes along South Australia's premier trail on its 1200km journey from Cape Jervis on the Fleurieu Peninsula to Parachilna Gorge in the Flinders Ranges.

The Heysen Trail can be enjoyed as a series of short walks, overnight hikes or a full 60-day hiking adventure.

Join at any point along the way and enjoy the trail's exclusive views, from white sandy beaches and dramatic cliffs along the Fleurieu Peninsula to rolling valleys and orchards in the Mount Lofty Ranges. Hike the famous vineyards of the Barossa Valley and ancient mountain peaks and gorges of the Flinders Ranges.

Accommodation along the trail varies from camping to cosy bed and breakfasts, farm stays, historic pubs, youth hostels and pioneer huts.

Some of the most popular sections include:

- **Fleurieu Peninsula:** Tapanappa Campground to Boat Harbour Beach and Tapanappa to Deep Creek Waterfall, Deep Creek Conservation Park (both walks are 4km return).
- **Mount Lofty Ranges:** Mylor to Mount Lofty (18km).
- **Barossa Valley:** Mount Crawford to Tanunda (38km).
- **Southern Flinders Ranges:** Melrose to Mount Remarkable (12km return).
- **Flinders Ranges:** Wilpena Pound to Parachilna Gorge (57km).

*Heysen Trail Northern & Southern* guides (\$22.95 RRP) are available from the DEWNR customer service centre at Level 1, 100 Pirie Street, Adelaide and most outdoor adventure stores, map and tourism retailers.

## Yurrebilla Trail

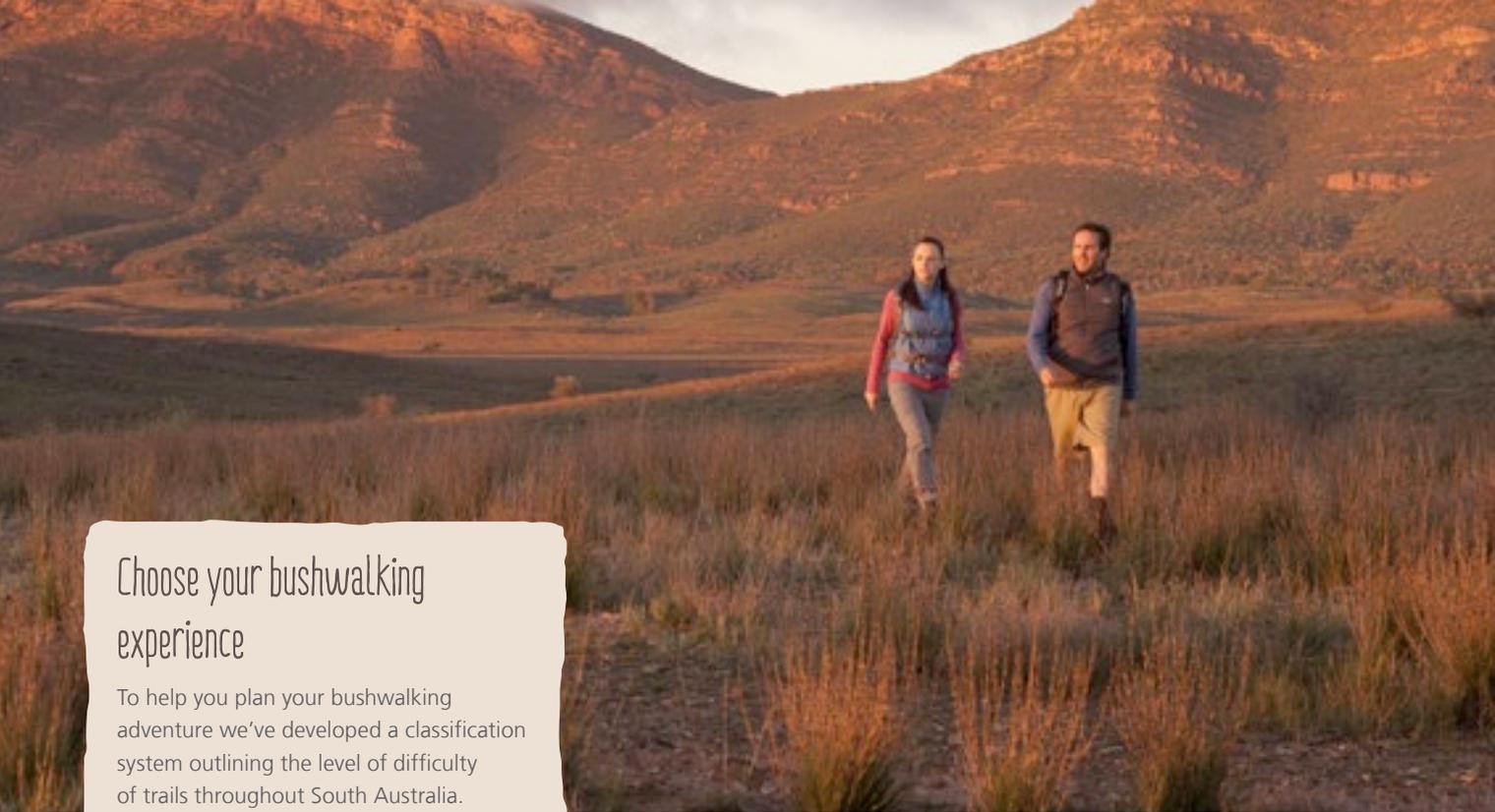
The Yurrebilla Trail offers an exhilarating all-round bushwalking experience. Explore the leafy bushland of the Adelaide Hills, experience sweeping views across the hills and city and enjoy the cafes, wineries and art and craft shops dotted along the way.

This 54km trail can be taken in half-day sections or as a three-day hike. Bed and breakfast and cosy pub-style accommodation is available en route.

*Yurrebilla Trail: A Hiker's Guide* (\$9.95 RRP) is available from the DEWNR customer service centre at Level 1, 100 Pirie Street, Adelaide and most outdoor adventure stores, map and tourism retailers.



Heysen Trail.



Flinders Ranges National Park.

## Choose your bushwalking experience

To help you plan your bushwalking adventure we've developed a classification system outlining the level of difficulty of trails throughout South Australia.



### WALK

EASY

- even surfaced trail
- suitable for small children

A **Walk** is accessible to people of all ages and fitness levels. These are well defined trails, generally less than 3km in length, with even surfaces.



### HIKE

MODERATE

- some moderate inclines
- irregular surface with loose, uneven base
- average level of fitness

A **Moderate Hike** is 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

- some steep inclines
- irregular surface with loose, uneven base
- average level of fitness
- some hiking experience

A **Hard Hike** requires some hiking experience and a reasonable fitness level, as some sections of the trail can be quite steep and uneven.



### TREK

CHALLENGING

- long distance trail with some steep inclines
- irregular surface with loose, uneven base
- suitable for experienced walkers with navigational skills
- high level of fitness

A **Trek** is generally physically demanding. Users should be experienced bushwalkers with good navigational skills. Treks are often overnight and pass through remote areas where the trail is unmarked. Prior to commencing a trek, bushwalkers must discuss their route with a ranger and complete a trip intentions form.

## Walk safely

- Stick to defined trails.
- Wear sturdy shoes with good grip, thick socks, a hat and sunscreen.
- Weather conditions can change quickly – ensure you have wet weather gear, particularly on long walks.
- Keep stocked up on your body's natural fuel by drinking plenty of water.
- Carry sufficient water for you and your travelling companions (at least four litres of water per person per day). Do not rely on tanks or creeks in parks for drinking water.
- Take your rubbish with you.
- Move quietly near stock and wildlife.
- Carry insect repellent and first aid supplies.
- Find more safety information on page 6.

## Top hikes

- **Waterfall Gully to Mount Lofty Summit**, Cleland Conservation Park (moderate hike)
- **First Falls Valley Walk**, Morialta Conservation Park (easy walk)
- **Devil's Nose Hike**, Para Wirra Recreation Park (moderate hike)
- **Stamford Hill Hike**, Lincoln National Park (easy walk)
- **Deep Creek Circuit Hike**, Deep Creek Conservation Park (moderate hike)
- **Mount Remarkable Summit Hike**, Mount Remarkable National Park (moderate hike)
- **St Mary's Peak**, Flinders Ranges National Park (hard hike)
- **Weetootla Gorge Hike**, Vulkathuna-Gammon Ranges National Park (moderate hike)
- **The Dutchmans Stern Hike**, The Dutchmans Stern Conservation Park (moderate hike)
- **Flinders Chase Coastal Trek**, Flinders Chase National Park (trek)
- **Hanson Bay Hike**, Kelly Hill Conservation Park (moderate hike)
- **Cape Buffon Walk**, Canunda National Park (easy walk)
- **Stenhouse Bay Lookout Walk**, Innes National Park (easy walk)

