



# KANGAROO ISLAND

## SIGNATURE WALK



4 Day/3 Night guided walk  
along Kangaroo Island's Wilderness Trail with  
cottage accommodation in the national park.





# Welcome to the Kangaroo Island Signature Walk

Journey to remote Kangaroo Island and experience our four-day guided walk with lightweight daypacks along the Kangaroo Island Wilderness Trail. Return each evening to our exclusive accommodation, chef-inspired meals paired with local beer and wine, in the comfort and ambience of the newly restored Cape du Couedic Lightkeeper Cottages, situated in the Flinders Chase National Park.

Kangaroo Island is located 20 kilometres off the South Australian coast and is home to an abundance of native wildlife, you'll be sharing the Island with koalas, sea lions, diverse bird species and, of course, kangaroos.

Immerse yourself in the unique landscape of wild and raw beauty featuring towering sea cliffs and sweeping sunsets of an evening. You'll feel completely at peace in the remote wilderness of Kangaroo Island.

Here you will find everything you need to prepare and get excited about your adventure. From pick-up times, to gear lists, daily distances to accommodation details, this is your Kangaroo Island Signature Walk go-to-guide.

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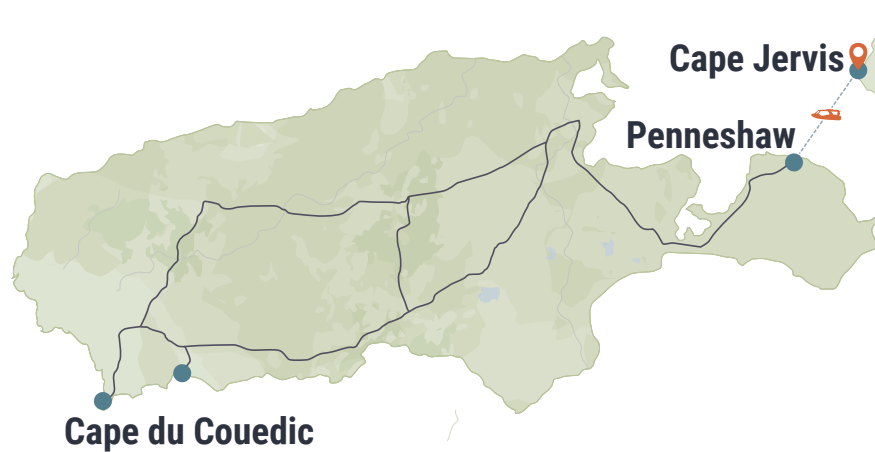
### Acknowledgement to traditional owners

In recognition of the deep history and culture of this land, we acknowledge and pay respects to all Australian Aboriginal people, the past and present custodians of the Land. We are privileged to learn from them in the way we care for and share Australia's diverse nature and culture, and we strive to walk humbly in the footsteps of those who have walked these paths before us.



# KANGAROO ISLAND

## SIGNATURE WALK




## Walk at a glance

 **Trip Duration:** 4 days/3 nights

 **Grade:** Moderate

 **Accommodation:** Heritage-listed Cape du Couedic Cottages

 **Activities:** Coastal and wilderness trekking, with lightweight packs, exclusive accommodation.



## Why walk with us?

We are proudly Australian and have been walking for over 30 years. We offer true Australian hospitality. Our hosts design your meals, our guides connect you, our accommodation comforts and shelters you. Our history and reputation will be with you every step of the way.

The Australian Walking Company was born in September 2017 when the Tasmanian Company journeyed to mainland Australia to undertake its first adventure, The Twelve Apostles. A longstanding brand, Tasmanian Walking Company has been a leader in guided bushwalking since 1985, after winning an expression of interest to build the first lodge-based walk in Cradle Mountain/Lake St Clair National Park.

Since then, we have expanded our portfolio to guide guests into some of the very best walking tracks in the world. Throughout Twelve Apostles, Kangaroo Island and the Larapinta Trail, we deliver unique experiences to our guests, encapsulating what it means to be 'Truly Australian' every step of the way. We offer our guests the chance to build incomparable memories by complementing the pristine natural environment with local produce, world-class guides, local knowledge, lightweight packs and the comfort of knowing that we have you covered -- you don't need to worry about a thing!

All of our walks are built with guest experience and sustainability as top of mind. Our guides are our best assets. They are highly trained and there with you every step of the way, seamlessly bringing together all elements of a great walking experience to make your time with us unforgettable. Our accommodation has been architecturally designed with a commitment to sit gently on the natural environment, whilst maximising natural assets and protecting wildlife.

Our vision is to inspire people to connect with and conserve the natural environment and culture of the Australian wilderness for generations to come. We are committed to making a real difference with sustainable tourism at the heart of what we do.

We want to provide you with an outstanding opportunity to step out of everyday life into nature and be revitalised. To experience a fresh, profound perspective of humanity, the environment and the possibilities they embody.

Let us take care of everything, as we take you on an adventure of a lifetime.





# Itinerary

## At a glance

| DAY          | WALK SECTIONS   | DISTANCE       | STAY                     | MEALS |
|--------------|---|----------------|--------------------------|-------|
| <u>One</u>   | Black Swamp Hike  | 8km (3hrs)     | Cape du Couedic Cottages | -/L/D |
| <u>Two</u>   | Snake Lagoon to Cape du Couedic                         | 15km (7-8hrs)  | Cape du Couedic Cottages | B/L/D |
| <u>Three</u> | Remarkable Rocks to Cape du Couedic (via Sanderson Bay) | 9.5km (5-6hrs) | Cape du Couedic Cottages | B/L/D |
| <u>Four</u>  | Kelly Hill Caves to Hanson Bay                          | 9km (4-5hrs)   | Return to Adelaide       | B/L/- |

Please note this itinerary is subject to change depending on weather conditions. We will endeavour to remain as close to the written itinerary as is practicably possible. Our guides will keep you up to date and informed along the way. Should you have any questions, please feel free to call us on **03 6392 2211** or email [bookings@taswalkingco.com.au](mailto:bookings@taswalkingco.com.au)



↓ From Penneshaw

🕒 Walk time 3hrs  
more in challenging weather  
📏 Distance 8km  
👤 Grade Moderate



## Day 1

8km (Moderate)

### Adelaide to Cape Du Couedic (Black Swamp Hike)

Make sure you come fuelled up, dressed and ready to walk on the morning of day one. Guests will be picked up in Adelaide, ready to travel to Kangaroo Island on the ferry. Shortly after arrival on the Island, you will start a 3-hour hike with your lightweight daypack along the Black Swamp Hiking Trail connecting to the Platypus Waterholes Walking Trail. As you pass through forest and woodland, you will spot a wide range of bird species, common breeds are Spring Orchids and Honeyeaters. Learn the history of Gondwana and its mega-fauna from our knowledgeable guides as you pass through a mixture of scrubland and low-lying country that follows the Rocky River. With plenty of great photo opportunities, be sure to pack your camera in case you come across platypus in the river! Take a break mid-venture and enjoy a secluded lunch on the trail, prepared by your guides.

The destination for the day is your accommodation for the next three nights, the Cape du Couedic Cottages. Take some time to settle into the former Lightkeeper residence, built from hand-carved limestone back in 1907. Thoughtfully restored, these historic quarters feature twin-share rooms and newly renovated bathrooms for a very comfortable stay. Upon arrival at Cape du Couedic, explore the historic lighthouse, Admirals Arch and the nearby Fur Seal colony. Alternatively have a warm shower and put your feet up and enjoy a tippie before dinner. Our communal pavilion – Wickies Lounge – is where we'll share good wine and a barbeque featuring locally sourced produce. Watch the sun sink over the sea while you enjoy fireside chats with a glass of wine.



## Day 2

15km (Easy)

### Snake Lagoon to Cape du Couedic

Breakfast and coffee prepared by your guides launches day two off to a great start! Then it's time to lace up your boots again. You'll be shuttled one hour to the start of our walk from Snake Lagoon where you will follow the Snake Lagoon Trail along the Rocky River through eucalypt forest, followed by a 5km walk along Maupertuis Bay beach, a southwest facing stretch of stunning coastline. Learn about Loch Sloy, wrecked in 1899 along with other historic stories.

Soak up the views of crashing waves and breathe in the crispy salt air before a brief climb that will take you along the edge of some spectacular limestone cliffs. With the lighthouse coming in and out of view, home base is within your sights.





## Day 3

9.5km (Moderate)



## Remarkable Rocks to Cape du Couedic (via Sanderson Bay)

Begin the day at an iconic Kangaroo Island site, the spectacular granite formations of the Remarkable Rocks. Shaped by the forces of wild weather over millions of years, it's the perfect spot to capture your iconic Kangaroo Island photo in front of the orange lichen covered rocks. Follow the cliff edges with unobstructed views along 8kms of the southern coast of Kangaroo Island ending at Sanderson Bay. The day isn't over just yet! We pick you up for a quick transfer to Weirs Cove, where we will pop open some bubbles and serve oysters on the beach before making our way back to the Cape du Couedic cottages. Scarlet Robin, Yellow-tailed Black Cockatoo, Striated Thornbill, Red & Little Wattlebirds, Brown-headed Honeyeater and Grey Currawong species can be spotted on day three if you're looking hard enough!

After a day of epic coastline vistas, we'll retire for another evening shared over local wine, beer, cheese and seafood.





## Kelly Hill Caves to Hanson Bay

Wake up on the final day to a hot breakfast, followed by a short shuttle to the start of today's walk from Kelly Hill Conservation Park, home to mesmerizing ancient caves that also serve as a habitat often for threatened and endangered animal species. You'll spend the day walking through various bushland, en route to Hanson Bay Beach where the final lunch will be enjoyed. You will be treated to a celebratory drink before and nibbles as we debrief at Kangaroo Island Spirits before being collected for the return journey back to Adelaide.



## What is included

- Return transfers from Adelaide to Kangaroo Island including the ferry
- Cottage Accommodation
- All meals, non-alcoholic beverages and a selection of local beer, wine and gin
- Use of a backpack and Gore-tex jacket for the duration of the walk
- National Parks Pass for the duration of the walk
- Two qualified guides for the duration of the walk

## Single supplement

All accommodation is twin share. Single travellers may be required to share a twin room with another walker of the same gender if the departure fills to capacity. To guarantee a single room for the duration of the walk a supplementary price of 75% of the full walk fee will apply. This needs to be requested at the time of booking.

## Bedding

Your beds will be waiting with quality linen and quilts upon arrival at the Cape Du Couedic Cottages. Nights can be cool, so we do recommend that you pack thermals for sleeping in. Come prepared to rug up and enjoy our cooler wilderness nights.

## Gear List

We provide the following:

- Daypack (available on the morning of departure)
- Rain jacket (3-layer membrane; weatherproof and breathable, available on the morning of departure)
- Basic toiletries (sunscreen, after sun care, insect repellent, Sorbolene-based moisturiser; available at the lodge)
- Lunch container and cutlery

\* Fly nets, wet weather pants, pack covers, and other weather dependent items are available and offered when required.

\* You're welcome to bring your own backpack and rain jacket if you would prefer. These need to be of an appropriate standard and will be assessed by the guides on the morning of departure.





## Essential Gear List

When you arrive at our walkers' base it would be great if you could have all the gear you intend to take with you separated from any other luggage (perhaps in a garbage bag). This will make the packing process run more smoothly.

## Essential Items

- Please refer to our [footwear guide](#) for specific shoe recommendations for this walk.

We can not over-emphasise the importance of appropriate footwear. Running shoes, sand shoes, elasticised boots and similar are not acceptable. Boots/shoes must be worn in to minimise the risk of blisters. You will be unable to commence the walk without the appropriate footwear, so please feel free to contact us for more details.

- Polar fleece jacket (preferred) or woollen jumper/pullover
- Light jumper (warm)
- Beanie
- Gloves or mittens

- Warm, long pants (to wear of an evening)
- Shirts/t-shirts (merino or polypropylene; 3 recommended)
- Socks (3 pairs recommended)
- Underwear
- Lightweight indoor footwear (thongs/ sport sandals)
- Sun hat & sunscreen (small bottle for use during the day)
- Travel towel or body chamois (for swimming)
- Thermal base layer (long-sleeved top and long johns - merino or polypropylene)
- Shorts and/or zip-off light walking trousers
- Water bottle(s) or water bladder (2-litre total capacity required; our packs can fit a water bladder - just ask your guides)
- Head torch or small torch
- Sunglasses
- Any personal medication, including anti-inflammatories and EpiPens

**\* DENIM AND COTTON CLOTHING ARE NOT ACCEPTABLE FOR WALKING**

[Download Footwear Guide](#)



## Recommended Items

- 🌿 Camera

## Optional Items

- 🌿 Bathers
- 🌿 Small mirror (especially if you wear contact lenses)
- 🌿 Ankle gaiters (you're welcome to bring your own)
- 🌿 Waterproof overpants
- 🌿 Walking Poles

### Tip: Layering

Layering of clothing has long been the basis for dressing in the outdoors and the gear list above follows this principle. When the temperature drops, we add another layer of insulation; if it rains, we add a rain shell on top and when it's warm and dry, we strip off a layer.

- \* To ensure sufficient space, we would kindly request that you avoid excessive baggage – refer to Frequently Asked Questions below.
- \* Your comfort and enjoyment are of paramount importance to us, and our intention is to keep your pack weight to a minimum. Aim for one set of warm clothes for evening and another set to wear whilst walking. Thermals are necessary due to their lightweight, quick-drying and warm properties.
- \* Our cottages do not have laundry facilities. If you adhere to the packing list, you should be all set for the duration of your walk.
- \* Please note that guides will do a thorough gear check prior to departure. If you are unsure about anything on the gear list, please call us or talk to your local outdoor adventure store.





## Frequently asked questions

### **When does the trip commence and conclude?**

We ask that guests arrive at the Majestic Roof Garden Hotel (55 Frome Street, Adelaide, 5000) at 7.15am for a walker briefing before starting the venture to Kangaroo Island.

We will arrive back in Adelaide at the Majestic Roof Garden Hotel at approximately 7:45pm.

### **Can I bring a suitcase with me?**

We recommend a small suitcase or wheeled soft bag of no more than 20kg. Being a cottage-based walk, you only carry a daypack each day and the rest of your luggage stays safely in your room. We have limited luggage space in our vehicles.

### **How many guests will be on my trip?**

Each trip requires a minimum of 6 and a maximum of 12 guests..

### **Do you do other pick-ups / drop offs in Adelaide?**

No, we use the Majestic Roof Garden Hotel (55 Frome Street, Adelaide, 5000) as our central pickup location. Other hotels are within a short walking distance of this hotel.

### **Can I bring my own walking gear if I have it?**

Absolutely. If you have a favourite pack, weather proof jacket, etc, you are more than welcome to bring your own.

### **Are hair dryers, shampoo and conditioner supplied in the rooms?**

Yes.

### **Are there power points in the rooms to recharge batteries?**

Yes.

### **How fit do I need to be?**

Our walks can be challenging at times, but easy enough to be within most people's ability. We recommend that you be in good health and be moderately fit to undertake the trip. As each trip has two guides, we can split the group according to ability if necessary, challenging the fit walkers without pressuring walkers who prefer a more leisurely pace. If you are wondering if these walks are within your ability, or perhaps if they are challenging enough for you, please contact us. We would love to have a chat.

### **How much weight do we carry?**

We return to the cottages all three nights so there's no need to carry a heavy pack.



### What do we carry?

All you need to carry is a daypack, containing a drink bottle, lunch, rain jacket and a camera. The guides carry the rest!

### What style of shoes should we have?

Please refer to our [footwear guide](#) for specific shoe recommendations for this walk.

### Do we need travel insurance?

We strongly recommend travel insurance. Consideration needs to be given to our cancellation policy, injury, evacuation, delayed flights, illness, etc. Please see our [Booking Terms & Conditions](#) for details and contact us if you have any questions.

### How many guides are there?

Every trip has two experienced guides. This allows our guests plenty of opportunities to rest, take photos and walk at your own pace.

### How about food?

The guides prepare scrumptious three-course meals each night with ingredients sourced locally wherever possible. We regularly change the menu, depending on the season and what the local producers have for us that week. We are also quite happy to cater for special dietary requirements, we just need to know in advance.

Evening meals are served with a selection of local beer, wine and non-alcoholic options. All meals are included and expertly prepared by your guides. Healthy (and delicious) snacks are provided throughout the day.

### Will I have mobile coverage and WiFi?

The Cape du Couedic Cottages have no mobile coverage, no landline and no Wi-Fi.

### What is the accommodation like?

We have exclusive access to the newly renovated Cape du Couedic Cottages for the duration of our walk, secluded in the Flinders Chase National park. The cottages are your walking 'home base' at the end of each day. We'll settle into three heritage-listed Lightkeeper residences, built from hand-carved limestone back in 1907. Thoughtfully restored, these historic quarters feature twin-share rooms and new bathrooms. Our communal pavilion – Wickies Lounge – is where we'll share good beer and wine and a barbeque bounty.





## Fitness Training

Multi-day bushwalking/trekking/tramping/hiking is a unique physical activity as it involves endurance, joint stabilisation and strength. Being physically prepared ensures that your experience will be enjoyable. We recommend that you undertake some hiking-specific training in the lead-up, ideally starting 6 months in advance to allow your body time to become conditioned.

Hiking-training is more than just regular walking; your body needs to be prepared for not only the duration of the trek, but also the uneven terrain, undulating hills, pack weight and slippery surfaces. Adequate training months before the trek begins will ensure you are skipping around the hut at the end of the day with a smile on your dial.

## 3-6 months before your walk

If you have limited experience with long-distance treks, ideally you will get started with your training as soon as possible. We recommend starting with a more moderate training program, and gradually increasing the length/difficulty/duration of your walks.

### Ideas:

- ✦ Try parking your car further from work and walking to/from, then every second day increase the distance you park your car from work
- ✦ Getting off your bus a stop earlier and walk the extra distance to work
- ✦ Short bush walks or coastal strolls on the weekend
- ✦ Encourage a friend or family member to walk with you to increase motivation
- ✦ Record distance and duration each day that you walk. Aim to increase either distance or duration each week



## 5 months before your walk

As you become conditioned and can comfortably walk for 30mins to 1hr every second day (3-4 days per week), it is time to start challenging your cardiovascular endurance by adding hills and stair climbs to your weekly routine. Try to find routes that allow you to walk on uneven ground, as this will help strengthen the muscles of your lower limbs. Start by walking at a relaxed speed up the slope or stairs for the first two sessions (record the time it takes you). Focus these sessions on relaxed breathing and your technique (standing up straight, engaging your bottom muscles as you push through your heels when ascending stairs). Each session following try to increase your pace (decreasing your recorded time).

If you haven't already, start "breaking in" your hiking boots to prevent blisters and determine whether your boots are the right fit and feel. If your boots are more than 10 years old there is a good chance the glue will have deteriorated and they will fall apart. It's better to find this out on your training walk than in the middle of the wilderness!

Stability is essential for injury prevention when hiking, especially when carrying a backpack. This includes stability around your spine and pelvis and your more distal joints such as knees and ankles. Therefore balance, yoga and/or pilates based exercises should be added to your training.

### Ideas:

- ☛ Single leg balances, keeping a micro bend in your knee
  - ☛ Advance single leg balance by standing on a rolled towel, foam mat or pillow
  - ☛ Barefoot beach walking on soft sand for ankle stability
  - ☛ Pilates based abdominal exercises (various depending on starting level)
- 

## 4 months before your walk

On your walk you will be carrying a pack, so we strongly recommend that you start wearing a backpack on your training walks. Start with a lighter backpack (~3kgs) and gradually increase the weight of your pack till 100% of the weight you will carry as noted in the Gear List.

### Ideas:

- ☛ Start to add a longer walk ~2hours at least once a week; this includes wearing hiking boots and carrying a pack
- ☛ Soft sand walking
- ☛ Walking on dry riverbeds
- ☛ Alternating training walks with selected focuses e.g. Mon= hills, Wed= intervals of increased pace, Fri=distance

No doubt you are starting to discover new muscles and feeling a little tight and stiff. Adding a gentle stretching program (after you have warmed up) will aid in injury prevention. Aim to stretch major muscle groups such as hamstrings, quadriceps, buttocks and calf muscles. A gentle stretch of the muscles should be felt and pain should never be produced. Hold each stretch for at least 30 seconds and avoid bouncing movements.





## 3 months before your walk

Map out a 7km hike in your area consisting of average hills and flat surfaces. Time how long it takes you to walk this distance (wearing hiking boots and backpack). Complete this hike once per week in conjunction with your other walking. Each week, add an extra km to your hike. By the end of the month the goal is to walk 10km comfortably. This hike is a good chance to practice with all the gear that you intend to take on your actual hike. This will enable you to work out where things are best located in/on your pack for your individual preference. Now is also good time to add in more strength based exercises.

### Ideas:

- 🌿 Squats (feet are hip width apart, body weight in your heels). Advance by added weights in each hand or increasing repetitions
- 🌿 Lunges (alternating legs in front, protect your knees by making sure front knee does not come further forward than your ankle, keep torso up straight). Advance by increasing repetitions, adding weights in hands or walking lunges

## 2 months before your walk

The trekking tour is getting closer and now you are comfortable walking on different surfaces at different intensities. On the actual hike, you may be required to walk long distances on consecutive days in all weather conditions. Aim to walk 30mins-1 hour every day of the week, despite the weather (in addition to your weekly 7km hike).

Continue carrying your backpack that you will actually need to carry on the walk. Ideally by the end of this month you will be able to comfortably carry up to 100% of the required weight on all your training walks.

---

## 1 month to go!

This is your "tapering" month, we recommend reducing the intensity of your training in this last month to avoid a burnout. The idea is to keep walking regularly, but decrease your intensity e.g. slower pace, one stair at a time rather than two, decrease your pack weight back to what you will carry on the trek. The last thing you want to do is get an injury just before your walk.

Remember to continue your strengthening and stretching exercises throughout your hike.





**Rocky River**  
-35.944840, 136.630328

Flinders Chase  
National Park

Flinders Chase  
National Park  
Visitor Centre

↓ From  
Penneshaw

To Penneshaw →

**Kelly Hill  
Caves**  
-35.975205,  
136.906046

Kelly Hill  
Conservation Park

**Hanson Bay**  
-36.017618, 136.852580

Maupertuis  
Bay

**Sanderson Bay**  
-36.056155, 136.705774

**Remarkable Rocks**  
-36.0474363, 136.757328

**Cape du Couedic  
Cottages**  
-36.056155, 136.705774

Cape du  
Couedic

**Cape Jervis**

**Penneshaw**

**Cape du Couedic**

**AUSTRALIAN  
WALKING  
COMPANY**

  
**KANGAROO ISLAND**  
SIGNATURE WALK

## Contact us

To make a booking or enquiry:

**e:** [enquiries@taswalkingco.com.au](mailto:enquiries@taswalkingco.com.au)





For existing bookings:

**e** [bookings@taswalkingco.com.au](mailto:bookings@taswalkingco.com.au)

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## Leave a review

Don't forget to pass on your feedback at the end of your trip! Is there an aspect of the walk that amazed you, or is there something we can do better?

Leave us a review on **Trip Advisor** or **Google** to share your stories with other walkers and pass along any feedback for our team.

## Subscribe to our Newsletter

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