

Wilsons Promontory National Park



Walking at Wilsons Prom

The Prom offers wonderful walking opportunities for visitors of all ages and fitness levels. From short walks to day walks, pristine beaches to temperate rainforest, towering sand dunes to lookouts offering spectacular panoramic views, Wilsons Promontory has it all.

Beach access

The west coast of the Prom has a number of beautiful and easily accessible beaches.

Coastal sand dunes are fragile environments that are easily damaged. Please stay on beach or walking track.

1. Norman Beach

(Various access points, distances & times. Easy)

Close to the Tidal River campground and flanked by Norman Point and Pillar Point, Norman Beach offers stunning views of Mt Oberon. Access from 2nd ramp at the Norman Beach car park, from 3rd, 4th or 5th ramp along 34th Avenue (no parking on 34th Avenue) or use one of the Tidal River access points behind 6th Avenue and follow the river to the beach. *Surfing only permitted south of 5th ramp.*

2. Squeaky Beach

(300 metres from car park. Easy)

One of the iconic locations at the Prom, Squeaky Beach has rounded quartz sand that 'squeaks' when you walk on it. The rock formations at the north end of the beach create a maze of passages for fun exploration.

3. Picnic Bay

(400 metres from car park. Moderate)

From the Picnic Bay car park a steep track with some steps leads down to this beautiful beach. Rock formations at both ends of the beach offer a range of intertidal rock pools to explore.

4. Whisky Bay

(400 metres from car park. Moderate)

From the Whisky Bay car park, the track passes through a moist gully and then follows Whisky Creek before passing over a sand dune to a small sheltered beach with rock formations at each end.

5. Darby Beach

(1.1km from car park. Easy)

Commencing at the Darby River car park, a sandy track follows Darby River as it winds its way to the coast. The small exposed beach is embraced at each end by rocky headlands. Please stay on the beach and avoid climbing fragile sand dunes.

For your safety

- Unless otherwise stated, times and distances are given for one way travel at a gentle pace
- *Let someone know before you go.* Tell a responsible friend or family member of your planned itinerary. Stay on walking tracks to avoid getting lost.
- If you require emergency assistance phone **000** for Police, Fire or Ambulance Services
- For park related emergencies only (fire, accident/injury, injured wildlife, significant disturbance and critical maintenance issues), park visitors can contact the Tidal River Duty Officer (24 hours) on **1300 247 594**.
- Mobile Phone coverage cannot be relied on.
- Wear sturdy walking shoes and carry drinking water, sunhat, sunscreen and waterproof clothing
- *The safest swimming beach* on the west coast of Wilsons Promontory is Norman Beach and its associated Tidal River. *Other beaches are generally unsuitable for children.* For example, Squeaky Beach frequently has a strong undertow, a rip and a steep sandy bottom
- Ocean swells or waves can crash along rocky shorelines, catching people unawares. *If fishing or walking along a rocky shoreline always keep an eye to the sea*
- Telegraph Saddle car park is closed during summer school holidays, Easter and on weekends from November to April. During these peak times, a shuttle bus operates between Tidal River and Telegraph Saddle. Timetables are displayed at the Tidal River Visitor Centre and at shuttle bus stops
- Wilsons Promontory National Park will close on Code Red Fire Danger days declared for the West and South Gippsland Total Fire Ban district. For further information refer to the *Wilsons Promontory National Park Code Red Fire Danger Closure* fact sheet or call 13 1963.



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Short walks in the North

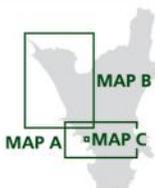
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Short walks around Tidal River

6. Loo-Errn Track (1km, 30 minutes. Easy)

Designed for people with limited mobility, the Loo Errn track follows the south bank of Tidal River and provides access to the Tidal River footbridge. A short boardwalk (with platforms allowing access for fishing) protects the fragile wetlands. Start at the picnic area in the carpark opposite the Visitor Centre or at First Ramp on the west end of 6th Avenue.

7. Squeaky Beach Track (2.1 km, 50 minutes. Moderate)

Starting at the Tidal River footbridge, this popular walk offers spectacular coastal views as it climbs up and over the headland that separates Norman and Leonard Bays and descends to Squeaky Beach.

8. Squeaky Beach via Picnic Bay (2.5km, 1 hour, Moderate)

This coastal track combines the best of both beaches as it winds its way over Leonard Point to Squeaky Beach. Start at the Picnic Bay car park and walk to the southern end of Picnic Beach.

9. Pillar Point (Various distances and times, Easy / Moderate)

Pillar Point is an outcrop of granite boulders providing breathtaking views of Norman and Squeaky Beaches and the Prom's offshore islands. Pillar Point can be accessed from Squeaky Beach (2.8km) or Tidal River (1.8 km).

10. Tidal Overlook (1.9 km, 40 minutes. Moderate)

Tidal Overlook is the highest point between Norman and Leonard Bays. A short side track leads to the *Quiet Place*, a special area dedicated to rangers worldwide who have lost their lives in the line of duty. Start at the Tidal River footbridge.

11. Tidal Overlook Circuit

(3.8 km, 1.5 hours return. Moderate)

Incorporating walk 10, this walk loops around the headland between Norman and Leonard Bays before descending to the Lilly Pilly Link Track junction. Turn right to return to Tidal River.

12. Lilly Pilly Link Track

(1 km, 20 minutes. Easy. Suitable for prams)

Commanding stunning views of Norman Beach and Tidal River this easy stroll links Tidal River with walks starting from the Lilly Pilly Gully car park. Spectacular spring wildflower displays can be seen in the coastal heathland. Start at the Tidal River footbridge.

13. Lilly Pilly Gully Nature Walk

(2.6 km, 1 hour. Easy. Suitable for prams)

Starting at the Lilly Pilly Gully car park, this walk provides a glimpse of the Prom's interior, traversing heathland, eucalypt forest and a boardwalk through magical stands of warm temperate rainforest. Retrace your steps to the car park.

14. Lilly Pilly Gully Circuit

(5.8 km, 2 - 3 hours return. Moderate)

Starting at the Lilly Pilly Gully car park (to the left of the toilets) the walk climbs across the southern face of Mt Bishop through stringy-bark forest before descending to the lush rainforest of Lilly Pilly Gully. Return to the car park via walk 13 described above.

15. Mt Bishop Track (3.7 km from carpark 1 hour. Moderate)

Follow the circuit track (walk 14) and turn off at the side track that leads to the rocky summit of Mt Bishop. Magnificent views are offered of the Prom's west coast and off shore islands. Retrace your steps to the car park or return via Lilly Pilly Gully (walk 13).

16. Picnic Bay to Whisky Bay

(700m, 20 minutes. Moderate)

Commencing at the Picnic Bay carpark, this delightful walk meanders across coastal heathland to Whisky Bay. A viewing platform provides spectacular coastal views.

The Picnic Point track between Whisky Beach and Picnic Bay has been permanently closed. Please do not access this area.

17. South Norman Beach, Norman Point, Little Oberon Bay

(4.1 km, 1.5 hours. Easy / moderate)

Starting at the Terrace toilet block, the track veers left at the junction and climbs over Tea Tree shrouded sand dunes to the southern end of Norman Beach (1.5 km) then winds across Norman Point to Little Oberon Bay. The walk provides fantastic views across Wilsons Promontory Marine National Park to the Anser and Glennie Island groups. Norman Point is 300 metres from the main track. *Beware of unprotected cliffs.*

Short Walks in the North

18. Millers Landing Nature Walk (2 km, 40 mins. Easy)

Start at Five Mile car park and turn left after the management gate. The walk passes through open banksia and stringybark woodland to Millers Landing and Corner Inlet. The Landing protects the southernmost stand of mangroves in the world.

19. Vereker Outlook (3 km, 1 hour. Moderate)

Starting at Five Mile car park, the track winds through open banksia woodland. Panoramic views to Darby Saddle, Corner Inlet and Cotters Beach are offered as the track climbs through stringybark forest and a tumble of granite boulders.

20. Millers Landing Link Track (1 km, 20 mins. Easy)

Winding through open heathy woodland, this short track provides great wildflower spotting opportunities and allows the visitor to combine both the Millers Landing (walk 18) and Vereker Outlook walk (walk 19). The link track can be approached from either end.

21. Big Drift (2 km, 40 mins. Moderate)

Starting at Stockyard Campsite near the park entrance, follow the signposts to the northern flank of Big Drift, an extensive series of inland sand dunes. It's easy to get lost in Big Drift so be careful to mark your path to find the track out again. *There is no beach access from Big Drift.*

22. Shallow Inlet (400 metres, 15 mins. Easy)

Commencing at Hourigan Camp Lane at the northern tip of the Prom, this short walk provides beach access to Shallow Inlet via a sheltered gully of coastal tea-tree and swamp paperbark.

23. Prom Wildlife Walk

(2.3 km return, 45 minutes Easy)

Located behind the wildlife viewing area, this walk provides perfect opportunities to view native wildlife including kangaroos, wallabies, emus and wombats.

24. Cotters Lake and Beach (1.2 km, 30 mins. Easy)

This easy walk passes through the often dry basin of Cotters Lake to Cotters Beach - a wild, windswept stretch of coast. Wildlife, including kangaroos and emus, are often sighted in this area. Start at the Cotters Lake car park and follow the management vehicle track past the gate.

For further information

Parks Victoria
Information Centre
Call 13 1963

or visit the
Parks Victoria website
www.parks.vic.gov.au

Tidal River Visitor Centre
(03) 5680 9555
Open 7 days
8.30am - 4.30pm EDST
8.30am - 4.00 EST

Regional Visitor Information Centres

To find out about other attractions in South Gippsland or to book accommodation outside the Prom, visit www.visitpromcountry.com.au

or contact the Prom Country Information Centre
1800 630 704 or
(03) 5655 2233

Open 7 days 9am - 5pm

Please do not throw this park note away. Keep it, return it for others to use, or recycle it

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Day walks

Plan carefully to ensure that you have enough daylight to complete these walks.

25. Norman Beach, Tidal Overlook, Squeaky Beach, Picnic Bay, Whisky Bay (6 km, 3 hours. Easy/Moderate).

This spectacular four beach walk combines all the features of walks 7 and 8 and 16 allowing the walker to fully experience the beauty of both land and sea at the Prom. Travel alternates between track and beach walking.

26. Darby River to Tongue Point (3.8 km, 2 hours. Moderate)

Start at the southern end of Darby River car park. Offering magnificent views of Darby Swamp, Vereker Range and Darby and Cotters Beach, this walk climbs gently through windswept coastal vegetation before turning off to Tongue Point - a coastal headland jewelled with stacks of weathered granite. The track ends prior to the semi-attached island. *For your safety don't attempt to cross over to it.*

27. Darby Saddle to Tongue Point (5.6 km, 2.5 hours. Moderate /Hard)

The Darby Saddle track provides spectacular coastal and forest scenery. At 2.1km a side track (300 metres) leads to Sparkes Lookout which offers views as far as the pyramid shaped Rodondo Island in the south and Shallow Inlet in the north.

From the turnoff, the track climbs steeply to Lookout Rocks which offer views across to Norman Island. The track then descends steeply through low heathland to join the Darby River track which continues to Tongue Point. The track ends prior to the semi-attached island.

For your safety don't attempt to cross over to it.

28. Darby River, Fairy Cove, Tongue Point, Darby Saddle

(9.4 km, 3 - 3.5 hours. Moderate / Hard)

This track combines all the features of walks 26 and 27, allowing the visitor to fully enjoy the stunning Tongue Point coastal area. The walk can be done in either direction however walkers will need to organise a car shuttle.

29. Mount Oberon Summit

(3.4 km, 1 hour. Moderate / Hard)

Starting from the Telegraph Saddle car park, this iconic Prom walk follows the management vehicle track up Mount Oberon. Steps below the rocky summit lead to postcard perfect, panoramic views over Tidal River, the coast and offshore islands. Be prepared - even in summer months the summit can be windy, cool and clouded. *Beware of unprotected cliffs.*

30. Telegraph Saddle to Tidal River, via Oberon Bay

(16.9 km, 5.5 hours. Easy / Moderate)

From Telegraph Saddle car park, follow Telegraph Track for 6 km and turn right to Oberon Bay. From Oberon Bay, the walk to Tidal River alternates between beach and track. Once at Norman Beach, either return to Tidal River along the beach or take the track signposted to Tidal River.

Make arrangements to collect your car.

31. Sealers Cove

(9.5 km, 3 hours. Moderate)

One of the most popular walks at the Prom, the Sealers Cove track climbs steadily to Windy Saddle and then downhill through beautiful forest to a boardwalk over Sealers Swamp.

In March 2011, the Sealers Cove walking track was extensively damaged after a major flood event at Wilsons Promontory National Park.

For your safety, we strongly advise not attempting this walk during or after heavy rainfall events as rocks and soil may dislodge and track surfaces may deteriorate.

Overnight hiking

The Prom provides some of Victoria's best coastal overnight or multiple night hiking opportunities. Bookings are essential and an overnight hiking permit is required before departing. For more information please refer to the *Overnight Hikes* park note.

Living lightly at the Prom

Help us look after this magnificent park by following these guidelines:

- Firearms and dogs, cats and other pets are not permitted in the park.
- All plants, animals, other natural features and cultural sites and features are protected and must not be disturbed or removed.
- Fires (including solid fuel 'heat beads') are not permitted in the park.
- Use a gas or liquid fuel stove for cooking. Free gas BBQs are available in the picnic areas at Norman Bay and Tidal River.
- It is an offence to feed, offer food or leave food out for wildlife. Feeding wildlife is not only bad for their health – it could also be bad for your pocket, as a penalty applies.
- Ensure that all food is securely stored, preferably in your vehicle if camping.
- Bicycles are not allowed on any walking track or management vehicle track



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