



# 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 sea lions, diverse bird species, echidnas, goannas, 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 Tasmanian and have been walking for over 35 years. Our history and reputation will be with you every step of the way. Our hosts design your meals, our guides connect you, our accommodation comforts and shelters you.

The Tasmanian Walking Company was born in 1985, after the Tasmanian Government called for expressions of interest for a commercial operator to develop an “accommodation based” guided walk along the Overland Track in the Cradle Mountain/Lake St Clair National Park.

Since then, we have expanded our horizons and now walk all over Australia, delivering unique experiences to our guests and encapsulating what it means to be ‘Truly Tasmanian’ every step of the way. We offer our guests the chance to build incomparable memories, being immersed in the magic of the remote wilderness 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!

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. Over the years Tasmanian Walking Company has been the proud recipient of many tourism and sustainability awards. In 2020, we launched the Tasmanian Walking Company Foundation ([www.taswalkingcofoundation.com.au](http://www.taswalkingcofoundation.com.au)), a non-for-profit organization to support and advocate for the sensitive environments that we walk amongst.

We want to provide you with an unique opportunity to step out of everyday life into nature and be revitalised. You’ll leave your time with us with a fresh, profound perspective of humanity, the environment and wanting to come back for more.

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>   | Platypus Waterholes Walk                              | 6km (3hrs)    | Cape du Couedic Cottages | -/L/D |
| <u>Two</u>   | Snake Lagoon to Cape du Couedic                       | 16km (7-8hrs) | Cape du Couedic Cottages | B/L/D |
| <u>Three</u> | Remarkable Rocks to Cape Younghusband plus Weirs Cove | 15km (6-7hrs) | Cape du Couedic Cottages | B/L/D |
| <u>Four</u>  | Hanson Bay to Kelly Hill Caves                        | 9km (3-4hrs)  | Return to Adelaide       | B/L/- |

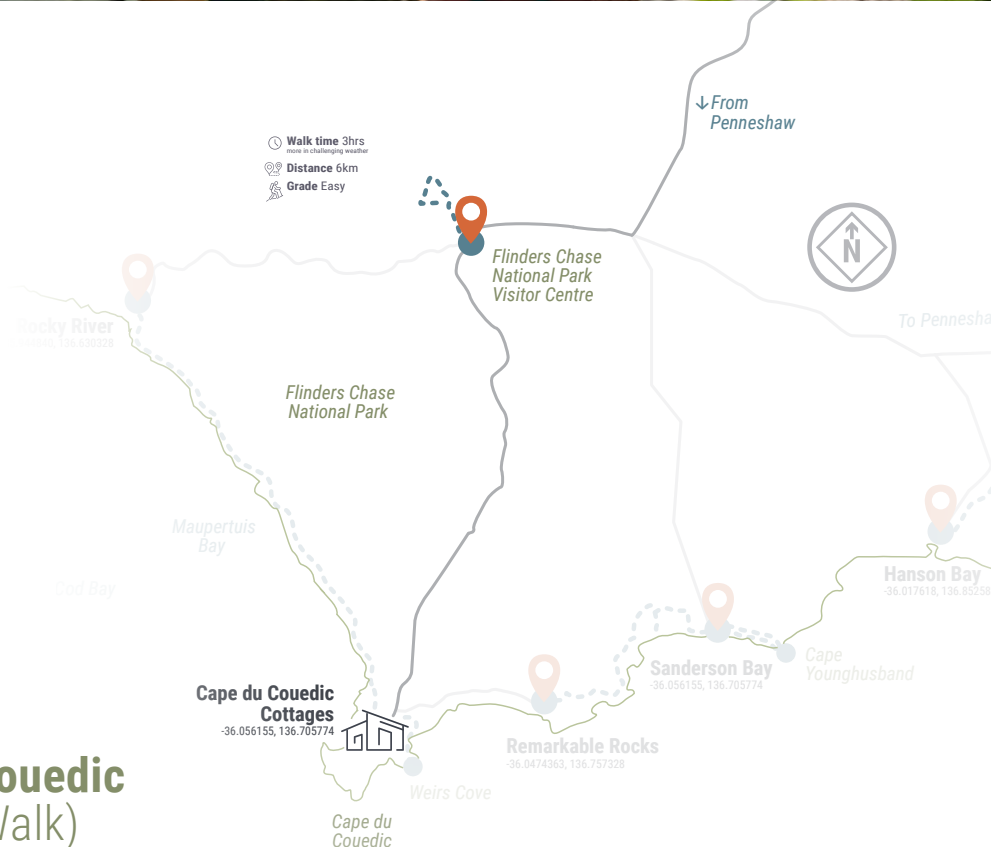
Please note this itinerary is subject to change depending on weather conditions. We will endeavour to remain as close to the written itinerary as is practicably possible. Our guides will keep you up to date and informed along the way. Should you have any questions, please feel free to call us on **03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



# Day 1

6km (Easy)

## Adelaide to Cape Du Couedic (Platypus Waterholes Walk)



Make sure you arrive fuelled up, dressed, and ready to walk on the morning of day one. Guests will be picked up in Adelaide and travel to Kangaroo Island by ferry. After the journey to Flinders Chase National Park, we begin with a visit to the Flinders Chase National Park Visitor Centre, where our guides will use interactive maps to paint a picture of the journey ahead.

Then, it's time to lace up your boots and begin hiking with your lightweight daypack towards Platypus Waterholes. Along the way, our knowledgeable guides will share the fascinating history of Gondwana and its ancient megafauna, while pointing out new-growth forests—a testament to nature's resilience after the 2020 bushfires. Our final stop is Cape du Couedic Lighthouse, standing tall against the rugged coastline, this historic icon will be your beacon for the next four days.

Your accommodation is the historic Cape du Couedic Cottages, former lightkeepers' residences built from hand-carved limestone in 1907 and beautifully restored with twin-share rooms and modern bathrooms for a cozy stay. After a warm shower, unwind with a drink before gathering at Wickies Lounge for a barbecue featuring locally sourced produce, fine wine, and fireside chats. As the sun sinks over the sea, soak in the serenity of Kangaroo Island's spectacular wilderness.



## Day 2

16km (Moderate)

### Snake Lagoon to Cape du Couedic

Breakfast and coffee prepared by your guides launch day two off to a great start! Then, it's time to lace up your boots again. A one-hour shuttle takes you to the starting point at Snake Lagoon, where you'll follow the Snake Lagoon Trail along the Rocky River through eucalypt forest, before a stunning 2km walk along Maupertuis Bay Beach—a rugged, southwest-facing stretch of coastline. Along the way, hear the fascinating story of the Loch Sloy, wrecked in 1899, and other historic maritime tales.

Soak up sweeping ocean views, feel the salty breeze, and listen to the crashing waves before a brief climb along spectacular limestone cliffs. As the lighthouse comes in and out of view, you'll know home base is within reach.

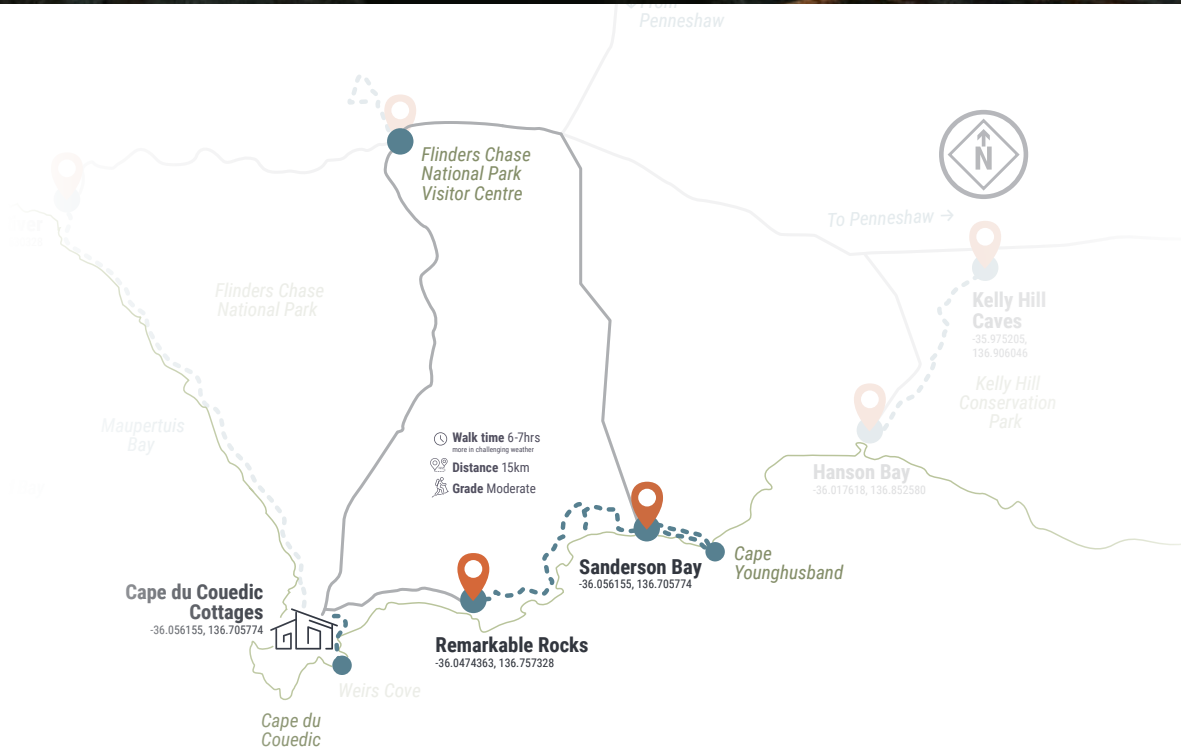
Back at the cottages, you'll be welcomed with soothing foot spas and canapés—an indulgent way to soak tired muscles and reflect on the day's journey





## Day 3

15km (Moderate)



### Remarkable Rocks to Cape Younghusband plus Weirs Cove

Begin the day at an iconic Kangaroo Island site, the spectacular granite formations of 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 before stopping to enjoy lunch at Sanderson Bay. From there, you have the option of continuing on towards Cape Younghusband for more expansive views over the Southern Ocean or having a restful break at the beach.

The day isn't over just yet! We pick you up for a quick transfer to Weirs Cove, where we'll pour a gin and serve oysters near the beach before making our way back to the Cape du Couedic cottages. Scarlet Robin, 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.



## Hanson Bay to Kelly Hill Caves

Wake up on the final day to a hot breakfast, followed by a short shuttle to the start of today's walk from Hanson Bay beach where you can enjoy a pre-walk dip. You'll spend the day walking through bushland, passing the stunning Grassdale Lagoons where you'll be rewarded with sightings of woodland and wading birds. A short walk through the taller forest brings the trail to its conclusion at Kelly Hill Caves.

From there we head to False Cape Vineyard where we indulge in a celebratory drink and nibbles as we debrief 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, including bedding and bath towels
- 🌿 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

All gear will be issued once we arrive at Kangaroo Island. 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 cottages)
- 🌿 Lunch container and cutlery

\* 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

On day one, it would be ideal to have all of your items you will hike with separate to allow an easy transfer to your day pack. This will include your water bottle, sun hat and sunglasses, a warm layer (polar fleece or jumper) and your travel mug.

## 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 change of clothes for evenings (casual)
- ❖ Shirts/t-shirts (merino or polypropylene; 2 recommended)
- ❖ Long sleeved shirts (for sun protection; 2 recommended)
- ❖ Socks (3 pairs recommended)
- ❖ Underwear
- ❖ Lightweight indoor footwear (thongs/sport sandals)
- ❖ Sun hat & sunscreen (small bottle for use during the day)
- ❖ 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
- ❖ Travel mug for hot drinks out on track
- ❖ Any personal medication, including anti-inflammatories and EpiPens

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

[Download Footwear Guide](#)



## Recommended Items

- 🌿 Camera
- 🌿 USB-A charging cord for camera and devices.
- 🌿 Walking poles

## Optional Items

- 🌿 Bathers and small towel for swimming
- 🌿 Small mirror (especially if you wear contact lenses)
- 🌿 Ankle gaiters
- 🌿 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.

### **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.

### **Will I have mobile coverage and WiFi?**

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

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

Each trip requires a minimum of 7 and a maximum of 14 guests.

### **How about food?**

The host prepares 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.

### **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 comfy beds (can be configured into twin-share or king) and new bathrooms. Our communal pavilion is where we'll share good beer and wine, foot spa and a barbeque bounty.

### **Are there age restrictions?**

The minimum age for guests walking with us is 12 years old. There are no upper age restrictions, however, for guests walking with us who are 70 or above, we do require a GP to sign off on a letter we provide.



## Accommodation suggestions pre and post-walk

Visit our Walk Benefits page for exclusive deals and discounts on accommodation.

[www.taswalkingco.com.au/walker-benefits/](http://www.taswalkingco.com.au/walker-benefits/)

### **Magestic Roof Garden Hotel**

*55 Frome Street, Adelaide, SA*

Located in the heart of Adelaide, this popular hotel offers the warm, personal service expected of a 4½-star property, blending old-world charm with all the modern essentials to meet the needs of today's guest. Surrounded by eclectic and luxurious shopping, cafés, and restaurants, it's just a short walk from the city's most popular events and features picturesque rooftop views.

This hotel is the departure and drop-off point for our Kangaroo Island Walks, so we recommend guests stay here the night before their walk for a smooth and easy departure on Day 1.



## 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.

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## 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  
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

Cape  
Younghusband

**Remarkable Rocks**  
-36.0474363, 136.757328

Weirs Cove

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

**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)

**p** (03) 6392 2211

**w** [www.taswalkingco.com.au](http://www.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

Don't miss anything. Get news about our walks, special offers, events and behind-the-scenes stories from Tasmanian Walking Company.  
[www.taswalkingco.com.au/stay-in-touch/](http://www.taswalkingco.com.au/stay-in-touch/)

## Tasmanian Walking Company Foundation.

We are committed to inspiring positive change and preserving the wild places we walk through for generations to come. That's why we launched the Tasmanian Walking Company Foundation in 2020, so we can focus on supporting environmental and community projects close to our hearts. Learn more about the Foundation on our website.

[www.taswalkingcofoundation.com.au/](http://www.taswalkingcofoundation.com.au/)

## Walker Benefits

See our valued partner's businesses who provide discounts to our walkers.  
[www.taswalkingco.com.au/walker-benefits/](http://www.taswalkingco.com.au/walker-benefits/)