



Remarkable Rocks by
Heidi Who Photos

Welcome to the Kangaroo Island Inala Birding Walk

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

Journey to remote Kangaroo Island. Walk with lightweight day packs with Inala's celebrated birding guides and discover Kangaroo Island's endemic birds. 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, kangaroos and, of course, diverse bird species.

Immerse yourself in the unique landscape of wild and raw beauty featuring towering sea cliffs and sweeping sunsets. 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 go-to-guide.

The Trip

Trip Summary

Trip Duration: 4 days/3 nights

Grade: Moderate

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





Why walk with us?

From the moment you join us, we take care of everything for you, so that you can spend time reconnecting with friends, family, and nature. Our trips are all inclusive, no need to worry about a thing – we have it covered.

Our guides are our most outstanding asset. They are passionate outdoor enthusiasts, educated interpreters and fantastic hosts all rolled into one. Through your guides' interpretation, you can learn about the flora, fauna and local history of South Australia's awe-inspiring wilderness. Our guides are trained in accident prevention, incident management and remote area first aid. They carry communications equipment to ensure that, should it be required, help is only a call away.

Our groups have exclusive use of the newly restored Kangaroo Island Cape du Couedic Cottages, which hold historic significance to the region, standing proudly near the coastline of Flinders Chase National Park. Each historic cottage sits off the main wilderness trail and offers a warm shower and twin share rooms. Your accommodation is an important aspect of the walk, and we believe it should be enjoyed not endured! All meals are designed by our in-house chef. The meals are healthy and delicious, served up with local beer and wine. Our guides will top your drinks while you reminisce and reflect on the adventures of the day.

Visit our website auswalkingco.com.au or contact us on 1300 767 416 to talk to our reservations team.



Cindy Marple -
Australian Pelican

Introducing Inala Nature Tours

For over 30 years, Inala Nature Tours, a family-owned and operated company, has been designing and leading birding and wildlife tours across Australia. From their 1,500-acre private reserve at 'Inala' on Bruny Island, Tasmania, their tours extend across Australia from the lush rainforests of Queensland to the rugged landscapes of the Kimberley and beyond. The Inala conservation reserve is 1,500 acres. They have all twelve endemic bird species living at Inala amongst the rich and diverse conservation habitats.

Their tours are designed and led by Dr Tonia Cochran and her expert team. Among them exists a diversity of talents, from qualified scientists to travel experts. They are united by their passion for wild Australia.

Tonia's team of Inala guides possess the patience, the experience and the knowledge to craft the right birding or wildlife experience for you. They have a diversity of talents, from qualified scientists to travel experts and are united by their passion for wild Australia.



Itinerary

At a glance

DAY	WALK SECTIONS	DISTANCE	STAY	MEALS
One	Black Swamp Hike	8km (3hrs)	Cape du Couedic Cottages	-/L/D
Two	Snake Lagoon to Cape du Couedic	15km (7-8hrs)	Cape du Couedic Cottages	B/L/D
Three	Remarkable Rocks to Sanderson Bay	7km (7hrs)	Cape du Couedic Cottages	B/L/D
Four	Hanson Bay	4km (4hrs)	Return to Adelaide	B/L/-

* Please note this itinerary is subject to change depending on weather conditions and distances may vary on tracking devices. 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.



Jenny Thynne -
Crimson Rosella KI
subspecies

Day 1

8km, 3hrs



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 SeaLink ferry and onto the Flinders Chase National Park Visitor Centre. Shortly after arriving on the Island, you will start a 3-hour hike with your lightweight day pack along the Black Swamp Hiking Trail connecting to the Platypus Waterholes Walking Trail. 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. Passing through forest and woodland offers excellent chances to observe birds and spring orchids. 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. Watch the sun sink over the sea while you enjoy fireside chats with a glass of wine. Independent walks to Admirals Arch and Weirs Cove are possible from the lighthouse. Birds in this area we may find, include the Southern Emu-wren, Spotted Scrubwren, Shy Heathwren, Purple-gaped, Tawny-crowned, White-eared & Crescent Honeyeaters. Offshore birds include the chance of White-bellied Sea-eagle, Caspian Tern and various albatross species, as well as rarer species like Brown Skua or even the ultra-rare Antarctic Tern. In spring-summer, thousands of Short-tailed Shearwaters are present offshore as well.



Cape du Couedic
Lighthouse by
Timothy Poulton

Day 2

15km, 7-8hrs



Snake Lagoon to Cape du Couedic

Breakfast and coffee prepared by your hosts launches day two to a great start! Then it's time to lace up your boots. 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, when it crashed en route to Adelaide, 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.

With a bit of luck, today we'll pick up the coastal-dependent Rock Parrot, as well as Hooded Plover, Sooty Oystercatcher, Crimson Rosella, Beautiful Firetail and Cape Barren Goose. Also in the heathlands along the way, we may be fortunate enough to see the rare and skulking White-bellied Whiptail.



Remarkable Rocks
by Elliot Grafton

Day 3

7km, 7hrs

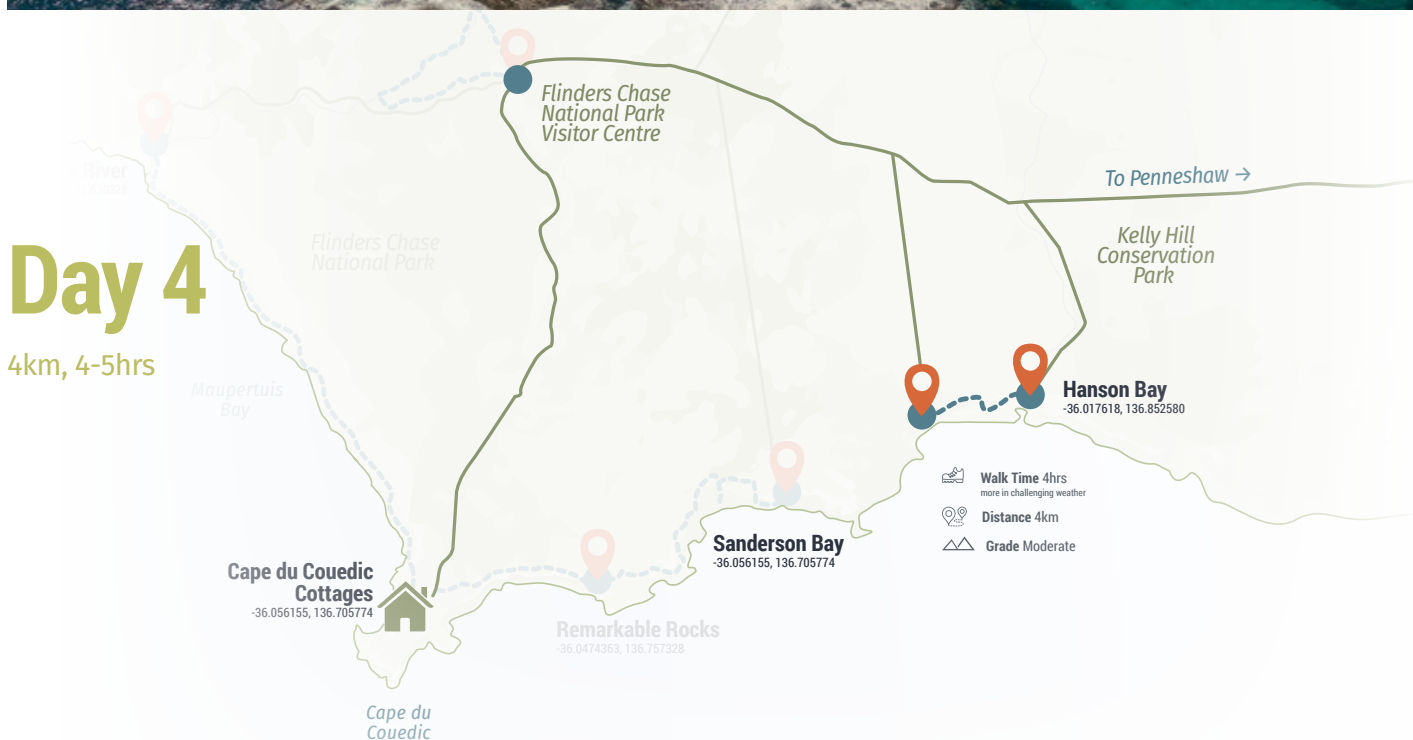


Remarkable Rocks to Sanderson Bay

You can begin your day with an optional early morning independent hike to Weirs Cove.

Our guided hike begins at the iconic 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. We walk the cliff-hugging trail ahead, delivering unobstructed views along the southern coast of Kangaroo Island. The day's walking concludes at Sanderson Bay where the Southern Ocean dumps huge waves across the shore. Birds today include Scarlet Robin, Yellow-tailed Black-cockatoo, Striated Thornbill, Red & Little Wattlebirds, Brown-headed Honeyeater and Grey Currawong.

After a day of epic coastline vistas, we'll retire to the cottages for another evening shared with like-minded naturalists over local wine, beer, cheese and seafood.



Hanson Bay

This small, secluded bay sits along the south coast of Kangaroo Island just west of the famous Kelly Hill Conservation Park. The return morning walk is flexible and depends upon the birding opportunities and speed of the group. It travels through coastal heathland and low lying forest, possibly as far as an inland large lagoon system that holds water permanently with abundant opportunities for viewing waterbird species. Here we may see large numbers of Australian Shelduck, as well as Musk Duck, Australasian Shoveler & Chestnut Teal. Wading birds include Banded Stilt and Pied Stilt, and in spring-summer migratory shorebirds such as Sharp-tailed Sandpiper or Red-necked Stint.

Guests are treated to a celebratory drink and nibbles as we debrief at Kangaroo Island Spirits before the return bus and ferry journey back to Adelaide. This scheduled stop at a local distillery provides the opportunity for guests to freshen up, share a celebratory drink and purchase local produce prior to their departure.



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 daypack, ankle gaiters, walking poles and waterproof jacket
- / Two qualified guides for the duration of the walk
- / National Parks Pass 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, quilts, comfy pillows and warm throw rugs upon arrival at Cape du Couedic. 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.



Pradeep Pandiyan
- White-bellied Sea
Eagle

Gear Checklist

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)
- / Ankle gaiters
- / Walking poles
- / Basic toiletries (sunscreen, after sun care, insect repellent)
- / Lunch container, cutlery

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



Essential Items

- / Lightweight lace-up walking boots or shoes with treaded soles (full-grain leather or Gore-Tex with Vibram soles recommended). We cannot 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. We are more than happy to discuss footwear with you.
- / Face masks – enough for the duration of your walk, keeping in mind we don't provide laundry facilities. These are for use indoors when it is not possible to socially distance, e.g., during transfers and in communal areas.
- / Polar fleece jacket (preferred) or woollen jumper/pullover
- / Light jumper (warm)
- / Beanie
- / Gloves or mittens
- / Thermal base layer (long-sleeved top and long johns – merino or polypropylene)
- / Binoculars
- / Shorts and/or zip-off light walking trousers
- / 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 and sunscreen (small bottle for use during the day)
- / Travel towel or body chamois (for swimming)
- / Water bottle(s) or water bladder (2L total capacity required, our packs can fit a water bladder – just ask your guides)
- / Head torch or small torch
- / Any personal medication, including anti-inflammatories and EpiPens
- / Sunglasses

* DENIM AND COTTON CLOTHING ARE NOT ACCEPTABLE





Recommended Items

- / Camera

Optional Gear List

- / Bathers for swimming
- / Small mirror (especially if you wear contact lenses)
- / Ankle gaiters (you're welcome to bring your own)
- / Waterproof overpants

* To ensure sufficient space, we would kindly request that you avoid excessive baggage – refer to Frequently Asked Questions below.

* Tip: 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.

* 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, but they do have a drying room. 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.



Remarkable Rocks
by Isaac Forman

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) at 6.15am 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 5pm with an Adelaide airport drop off between 4pm–4.15pm.

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 8 and a maximum of 12 guests.

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.

Do you do other pick-ups / drop offs in Adelaide? No, we use the Majestic Roof Garden Hotel (55 Frome Street, Adelaide) as our central pick-up location. Other hotels are within a short walking distance of this hotel.

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.



Dennis Braddy - Purple-gaped Honeyeater

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? We recommend lightweight boots, sturdy walking shoes or trail running shoes that you have worn in to avoid blisters.

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. We do not refund for such occurrences, therefore travel insurance is your only safeguard.

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 phone number can I give to my family or work in case of emergency? 1300 767 416 (Office) is the best number to give out. Our staff can take messages and contact you on the trail in the event of an emergency.

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 — The Commons — is where we'll share good beer and wine and a barbeque bounty.



Admirals Arch by Michael Waterhouse Photography

Level of fitness & walk preparation

Our guided walks take you through a large diversity of terrain. We recommend you be in good health and moderately fit to undertake this trip. Ring us if you're unsure! This walk is graded as moderate. That means you'll be walking with a light daypack (3-5kg) on uneven trails up to 8 hours a day, pacing about 3km/hour. Keep in mind the guides will be there to encourage and help you through, and with some good preparation your walk will be all the more enjoyable.

We suggest that at least 6–8 weeks prior to departure, you begin walking for at least one hour each day at a reasonable pace. Speed is not the essence to bushwalking, rather stamina and confidence on uneven trails. Some of the terrain on Kangaroo Island is rough and uneven underfoot, tracks are not well formed which can be challenging for some walkers. There is also approximately 1.5km of soft sand that you will need to walk through on day two, so incorporating some beach training into your regime is a good idea!



Training Tips!

Do what you can! Any walking training is better than no walking. Your training walks should be around 7-9km in length to walk comfortably on your trip. Now is also a good time to add more strength-based exercises.

- / Consistency and persistence are key.
- / The best training you can do is hiking with a pack and in the boots you plan to wear on the track.
- / Work up to carrying a pack weight at least equal to your anticipated trip pack - remember that this will include your gear, lunch, water (2L), snacks and rain gear.
- / If possible, train on terrain similar to your hike - find a steady incline, bush track, hill, or set of stairs near home to practise on.
- / Get to know the walk - check your trip notes so you are familiar with the features of the walk - call us if you need advice about anything!
- / Walk in all weather - try and train in cold, windy, rainy and sunny conditions. This helps you prepare mentally and physically and select the right gear for the weather conditions.
- / Build exercise into your day, walk where possible and take the stairs as much as you can.
- / Try out walking poles. If you plan to use poles, practise with them on stairs and hills. Your poles should be going in front of you on the way up and down, supporting your whole weight to reduce the stress on knees, hips and ankles.
- / Listen to your body - if you feel unwell, or excessively tired, then rest and recover.
- / Aim to fit in yoga or a stretch session before and after your walks. This will show you where you hold tension or become tight while walking. Take note of this as it's important to look after those muscles that become tight to prevent injury during your training, but also while on the track.
- / Strength training, focussed on the lower body will greatly benefit your fitness and recovery during your walk. Focus on powering up glutes, hamstrings, quads and calves.

3-6 months before your walk

If you have limited experience with long-distance walking, 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 of your walks. Use the 10% rule: from one week to the next, do not increase your total weekly distance, or the distance of your long walk by more than 10%.

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.
- / Short bush walks or urban hill and stair climbs can be a great quick training fix for busy weekdays.
- / 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. Phone apps like Strava, Nike and other health apps are a great tool to track your progress.

To help with motivation during your training, download outdoor podcasts and audiobooks to listen to. This will put you in the adventure mindset leading up to your hike. Our guides recommend some of the following podcast channels:

- / Wild Ideas Worth Living
- / TedTalks
- / The Dirtbag Diaries
- / Sounds of the Trail
- / Outside/In

And audiobooks:

- / *Wild* by Cheryl Strayed
- / *Walk in the Woods* by Bill Bryson
- / *Becoming Odyssea* by Jennifer Pharr Davis
- / *Tracks* by Robyn Davidson
- / *On Trails* by Robert Moore

2-3 months before your walk

Training commitment: One short walk, one cross-training session and one long walk per week.

IDEAS:

- / Midweek walk: The aim should be to walk for an hour at a reasonably brisk pace. This helps develop leg speed as well as helping get in condition for your hike.
- / Long weekend walking – research bush trails in your local or surrounding areas. Try and tick off a different one every second weekend. Variety in your training will build up your leg muscles and endurance. Start with shorter walks and build up to half-day and full-day hikes.
- / If possible, try and pick walks that have some inclines and declines to condition your joints.
- / Carry a comfortable daypack of 2-3 kgs, preferably with hip-support.
- / Cardio cross-training – mix up your training to reduce your risk of injury, improve your endurance and keep the training interesting. Choose something you enjoy, cycling or spin class, running, Stairmaster, hot yoga or swimming.