

cape to cape fact sheet
self-guided inn-to-inn walking holiday



self-guided “inn-to-inn” walking...

During this holiday, you will walk along the entire Cape to Cape Track, staying in comfortable accommodation along the way. You only carry a light daypack each day while the rest of your luggage is moved for you by vehicle. You will walk independently, without a guide, following our detailed walking notes.

On an Auswalk, it is very easy to find your way. We will supply you with a very detailed set of walking notes that are easy-to-follow, as well as maps with the route highlighted. Auswalk's unique Walk Notes will guide you from point to point along the way and provide lots of interesting and valuable information to enhance your walking. As well as describing the walking route, the notes include information about the natural environment you are passing through, average walking times, optional side-trips and many interesting things en route. Our walking notes have been tried and tested over many years!

In addition to the walking notes you'll receive a comprehensive kit of documents packed with information on the area. We provide a marked map showing the walking route and location of each accommodation. There's also information on the flora, fauna, geology, history etc. of the area you walk through and information on public transport and other places of interest.

Self-guided walking offers great flexibility. You can discover an area at your own pace, stopping and starting as you wish. You walk with your own companions (a minimum of two people is required). Most importantly, you choose your own starting date. Once confirmed, we won't cancel the booking, so you can book in the sure knowledge that your walking holiday will operate.

9 day trip itinerary guide...

Day 1: Starts in Augusta anytime after 2pm. This is about 350km south of Perth, and there are daily coach services. Your first host can meet you at the bus stop. If you have time, we recommend a visit to Cape Leeuwin Lighthouse, just 8 km away by road (there is a taxi and your hosts may be able to assist). For a more relaxed activity, stroll along the edge of the pleasant inlet.

Accommodation: Augusta



Day 2: The walking starts at the petrified water-wheel, and heads northwards, leaving Cape Leeuwin behind. The first walk section follows the top of Augusta Cliffs. This is followed by the long Deepdene Beach. One of the highlights today is Cape Hamelin, where there is a beautiful bay surrounded by granite boulders and a kiosk where you can buy drink. Another is unusual solution holes in the limestone rocks.

Walking summary: 20.5km, approx 5.5-6.5 hrs walking. A mix of beaches, interesting rocky platforms, quiet vehicle tracks and elevated walking tracks.

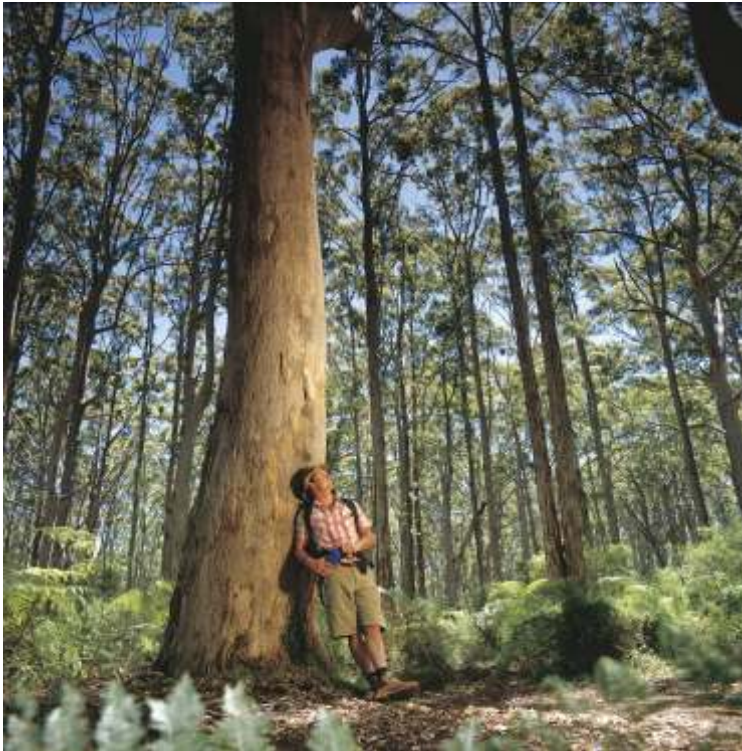
Accommodation: Augusta



Day 3: Today's walking is along a fairly remote stretch of coastline. About 6km is along Boranup Beach, which is usually delightfully firm, but be prepared for a slog if it happens to be soft after stormy weather. Sometimes, 4WD vehicles also use this beach for access to favorite fishing sites. The remainder is easy walking through coastal heathlands, eucalyptus and peppermint woodlands. There is also a section with masses of grass trees and the first of the tall karri forests.

Walking summary: About 23.5km, approx 5.5-5.6 hrs of walking. Some sandy beach, mostly walking tracks.

Accommodation: Augusta



Day 4: One of the most spectacular sections of coastline today, including a most interesting section beside Boodjidup Brook, a meandering stream connecting Devil Pool with the ocean. Plus more delightful karri forest.

Walking summary: About 22.5km, approx 6.5-7hrs walking time. About half the walk is through inland forest, followed by mainly an undulating walking track through coastal heathlands.

Accommodation: Prevelly

Day 5: An easier day today with a nice mix of walking along the coast and through inland forest. Today's walk also crosses the mouth of Margaret River. Mostly this can be crossed on a sandbar, but if it is flowing hard there is a fabulous canoe crossing option! There is also a delightful café here, with great coffee and fine views up the coast.

Walking summary: about 15km, approx 4.5-5hrs walking time. Mostly on tracks with a short section of sandy beach.

Accommodation: Margaret River area



Day 6: The walk continues past Ellensbrook Homestead, a National Trust property where the original owners also built an operational waterwheel. Limestone is plentiful in the area, and today you'll see Meekadarabee Falls disappearing into a cave. There is also another coffee opportunity at Gracetown, a small settlement overlooking Cowaramup Bay. North Point is an area of attractive lichen-covered granite, where there are pink fairy orchids in spring and a lovely stream during wetter times of the year.

Walking summary: About 21.5km, approx 6.5-7hrs. About 5km soft sand, plus a variety of tracks for the remainder of the day.

Accommodation: Margaret River area

Day 7: Today has the longest distance to cover, but it's scenic nearly all the way. Willyabrup cliffs are popular with rock climbers, and these are the walk starting point. Even though there are more soft sand beaches, there are also granite outcrops and two superb capes at Cape Clairault and Canal Rocks. The beach names along here indicate it's popularity with surfers - The Window, Wildcat and Honeycombs.

Walking summary: About 25km, approx 7-8hrs. Sea views, stony sections of track. Mostly wanders through low vegetation set back from the ocean edge.

Accommodation: Yallingup

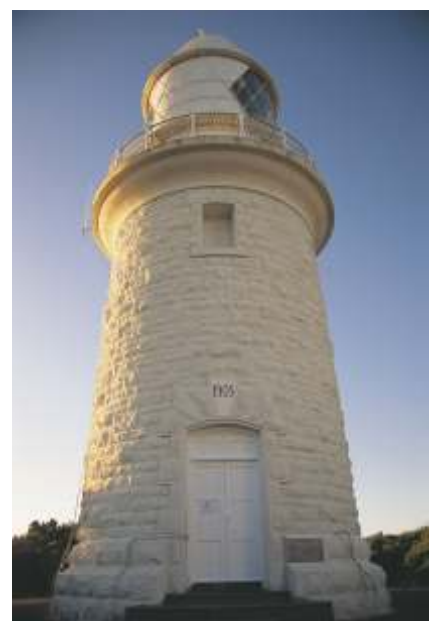
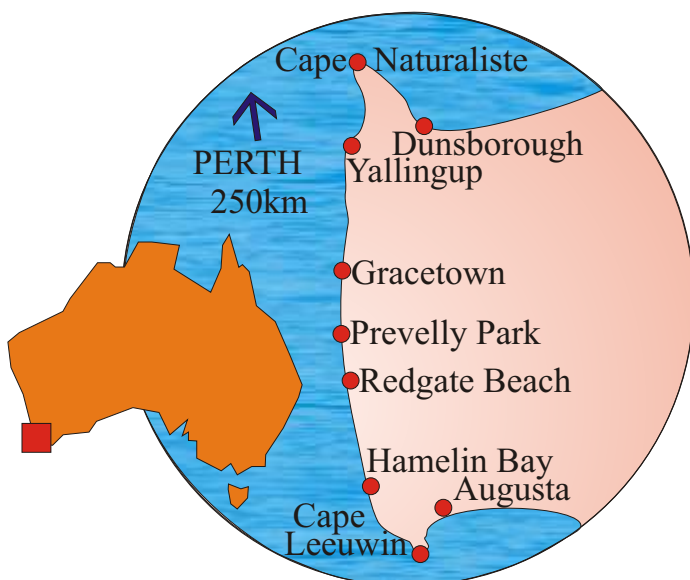


Day 8: This is the final section of track. Walk from Yallingup to Cape Naturaliste, then to Bunker Bay for the night. You'll pass Sugarloaf Rock, summer home to red-tailed tropic birds. Much of the coast here is limestone cliff, with short beaches and low rocky areas. Along the way there are striking views of Sugarloaf Rock.

Walking summary: About 17km, approx 4.5-5hrs walking time. Beaches are mostly firm sand, sections of soft sand inland, some sections of stony track, a couple of rocky headlands to go over.

Accommodation: Resort at Bunker Bay

Day 9: Finish at Bunker Bay after breakfast, from where it's a short taxi ride to Dunsborough, for public transport connections to Perth or Augusta.



how hard is the walking?...

35% easy, 50% moderate, 15% more challenging. 15-25km, 5-7 hours walking time each day and one 8 hour day. Distances can be shortened. Mostly coastal foot tracks, some 4WD tracks, some sandy beach sections. It's a rewarding expeditionary hike, and at 145km, it's the longest coastal walk in Australia.

RECOMMENDATION: This is a long walk so we highly recommend incorporating at least one rest day. Treat yourself to a rest day after day 5 - by this time you'll have done a bit over half of the walking and you'll be in an excellent location from which to do a Margaret River winery tour or simply put your feet up and relax. Another recommendation is to reward yourself at the end of the walking with an additional night at the delightful Bunker Bay Resort. They are right on the beach and have an excellent day spa facility. We can arrange these extra nights for you, but only at the time of booking.

For many people, the walking distances on this holiday are more than you are likely to do at home and you may be quite weary by the end of each day. The best preparation is a program of regular walking. We suggest at least one hour of walking each day, preferably in an area with lots of ups and downs. Plus a full day of walking each week. Do this for at least three weeks before the start of your holiday. Alternatively take up an active sport like aerobics, tennis or swimming. A bit of sweat now will make your walking holiday much more enjoyable.



getting there...

This Auswalk trip starts at Augusta, near the southern end of the Cape to Cape Track. There is a daily bus service from Perth to Augusta. If you are driving from Perth, head south through Bunbury to Dunsborough (about 4 hours driving). We recommend you leave your car at the last accommodation property at Bunker Bay, about 10km from Dunsborough, and use public transport to get to Augusta. This will save you time at the end of your holiday and mean your car will be waiting for you at your last accommodation.

at the end of the trip...

This trip finishes after breakfast on the last day. If you arrived by public transport, you'll need to catch a local taxi for the short distance to Dunsborough where you can connect with public transport back to Perth or to Augusta. We can provide more detailed information for you.

weather information...

For an overview of weather conditions in this area, click on the link below:

[Bureau of Meteorology](#)

what's included...

8 nights accommodation, 8 breakfasts, 3 lunches, 5 dinners, luggage transfers, vehicle transfers required for the itinerary, information booklets, insulated lunch bag, map case, National Park fees, walking notes, maps.

More details:

- Accommodation. Typical accommodation on this trip includes B&Bs, a country retreat and luxury seaside resorts. Detailed information about your accommodation, including address and phone numbers, will be provided in your comprehensive Walk Notes.
- Meals as specified above. A cooked or continental breakfast is provided each morning. On some days you'll be given a picnic lunch to carry on the walk, on other days you'll need to buy your own picnic lunch at the local bakery as some of the accommodations are not able to include this. Some dinners are included - when not included, there will be restaurants nearby for you to dine at. If you have any special dietary requirements (eg. allergies or don't eat red meat etc) please ensure that you notify us and we will then pass this information on to the accommodation properties you will be staying at.
- Luggage transfers on days where accommodation changes. This is an important part of all Auswalk INN-to-INN holidays. We move your luggage ahead while you are out walking.
- All National Park fees. Australian National Parks charge a daily fee, which is incorporated into the cost of your walk.
- Insulated lunch container. This will keep your lunches cool and fresh and is yours to keep.

We will mail you a final document package about one month prior to your holiday and after you have paid for your trip in full. It includes:

- Comprehensive Daily Walk Notes. These are the simple instructions you follow each day, to guide you along the walking route and to the next accommodation. They also provide interpretation of the environment along the way.
- Maps. These have the walks highlighted so you can easily gain an overview of the route.
- Waterproof map case. You can put your map and daily walking notes in this map case, so everything stays dry no matter what the weather.
- Cape to Cape Track guidebook. This provides useful additional information about the area.

If you are coming from overseas, we can mail the package to any address in Australia for no additional charge. However, if you want the documents sent overseas, we charge an extra \$20 to New Zealand and \$35 to other countries. The package weighs between 0.5kg and 1kg so we recommend mailing it to your first Australian accommodation, so you can collect it when you first arrive in the country. It is important that you receive your documents at least a few days before you start your walking holiday.

what's not included...

Transport to/from the start/finish point, alcohol, meals not specified.

departure dates & prices...

These can be found on our website by clicking on these links:

[Departure dates](#)

[Prices](#)



typical accommodations...

On some nights you'll stay B&Bs or country retreats. Here are some photos of typical properties we use.



The other nights will be spent at a range of luxury apartments and resorts.





what to bring with you...

- Walk notes, map, map case and lunch bags (provided in your final document pack).
- Casual clothing for dinner - skirts and jackets are not required in the restaurants.
- Suitable footwear. Lightweight boots are best. They should have ankle support and a strong patterned sole for good grip. Wear thick socks, or two pair of thin ones. Sandals and thongs are totally unsuitable.
- Daypack. The best daypacks have padded shoulders and a waist/hip strap. Make sure it is large enough to carry waterproof clothing, a warm jumper, water, picnic lunch, camera etc. Most packs leak in rain so bring a plastic bag to line the pack with.
- Walk clothing for warm weather - lightweight materials, shorts and short-sleeved shirts.
- Walk clothing for cold weather - choose synthetics, thermals, polar fleece or wool. Note that cotton trousers (eg. jeans) are miserable and cold if they become wet.
- Quality waterproof coat. The best jackets are made of goretex or similar fabrics. It is important that the material is completely waterproof. Avoid padded jackets because they are too hot and usually not waterproof. Ideally your jacket should be long enough to cover your thighs. A large hood is essential and long sleeves are desirable.
- Gaiters - essential for keeping sand out of your boots, and they also help deter snakes (see our gear advice section on the website if unsure).
- Sun hat - choose a wide-brimmed one
- Warm hat - wool or polar fleece (you lose 40% of your heat through your head!)
- Sunglasses - essential for beach walking
- Water bottles. It is necessary to carry adequate drinking water for the entire day - between one to two litres per person. On a hot day you may need even more than this. You should not drink water from the streams as it may be contaminated.
- Sunscreen (at least 15+). Apply it liberally. One application will not last all day, even when the conditions are overcast
- Toilet paper - just in case! Bury everything at least 15cm deep, and well away from water/streams.
- Matches and small torch
- Small first aid kit containing at least two rolls of crepe bandage, a small pair of scissors and some wide adhesive bandage (in case you get a blister).
- Camera / binoculars (optional)
- Mobile phone (essential - note that reception is not available in all walk areas)
- Walking stick (optional). Some people find that the use of a walking stick reduces stress on knees and ankles, particularly when walking downhill. Modern collapsible models fit neatly into most suitcases for travelling.
- Thermos for hot drinks (optional)
- Insect repellent
- Insect net hat (optional)
- It will be best if you bring everything you need with you. You can get basic supplies along the way but there are no good outdoors stores anywhere along the track.

luggage...

You can bring as many items of luggage as you wish. However, you must limit the weight of each bag to a maximum of 20 kilograms (about 40 pounds).

insurance...

We charge a cancellation fee if you cancel your Auswalk holiday after we have confirmed it. Details are clearly listed in our AUSWALK BOOKING CONDITIONS in our brochure and web page. We strongly recommend you purchase a travel insurance policy, so you are insured if you have to cancel this tour. This can be arranged through Auswalk's website.

auswalk's inn-to-inn walking holidays...

On an INN-to-INN walking holiday, you walk from one place to the next while your luggage is moved ahead for you. They are all available self guided and some can be done guided any day of the year.

- Blue Mountains Traverse & Blue Mountains Weekender - near Sydney, there's much more here than the famous 3 Sisters!
- Cape to Cape Track - near Perth, hike from Cape Leeuwin to Cape Naturaliste in Western Australia's Margaret River wine region
- Gold Coast Hinterland Walk - near Brisbane, traverse the Lamington Plateau then hike Springbrook
- Grampians Hike - near Melbourne, Auswalk's home base and our favourite place, rugged rocky ranges, a fabulous place to hike amongst native animals
- Great Alpine Walk - near Melbourne, traverse the Victorian Alps from one alpine village to the next, hike the Razorback Ridge and walk from Falls Creek to Mt Hotham
- Great Ocean Walk - near Melbourne, long distance track from Apollo Bay to the 12 Apostles, magnificent coastal scenery, secluded beaches, tall forests and lots of koalas
- Great South West Walk - near the Vic/SA border, hike the entire 250km track or do just the highlights
- Roof of Australia - in the Snowy Mountains near Canberra, hike from one alpine village to the next, see ancient glacial lakes, climb Australia's highest mountain

we also offer guided group trips...

- Australia's South West - circuit trip from Perth, 9 days, featuring highlights of the Bibbulmun Track plus the Porongorups and Stirling Ranges
- Blue Mountains Hiker - starts in Sydney, 4 days, based at Blackheath
- Cape to Cape Track - starts in Perth, 9 days, coastal hike in the Margaret River region
- Carnarvon Gorge - starts in Brisbane, 8 days, also includes the Bunya Mountains & Cania Gorge
- Flinders Island - starts on the island, 7 days, stunning hiking in the mountain ranges and coastline
- Flinders Ranges - starts in Adelaide, 8 days, hike Alligator Gorge, Dutchmans Stern, Wilpena Pound
- Gold Coast Hinterland Walk - starts at the Gold Coast, 6 days, hike in the Lamington National Park from O'Reillys to Binna Burra then up to Springbrook Plateau
- Grampians Hiker - starts in Melbourne, 7 days, highlights of the region, based in Halls Gap
- Great Alpine Walk - starts in Melbourne, 7 days, traverse the Vic Alps from one village to the next
- Great Ocean Walk - starts in Melbourne, 7 days, hike from Apollo Bay to the 12 Apostles
- Great South West Walk - starts in Melbourne, 7 days, walk the highlights of this track including the Lower Glenelg River and the Three Capes section.
- Kangaroo Island - starts in Adelaide, 7 days, staying in wilderness lodge and lighthouse cottages
- Lord Howe Island - accessible by plane from Sydney or Brisbane, 7 days, hike this World Heritage Area, cruise around the island by boat and much more
- Red Centre - starts in Alice Springs, 7 days, includes Uluru, Kata Tjuta (the Olgas), Kings Canyon and sections of the Larapinta Trail in the West Macdonnell Ranges
- Roof of Australia - starts in Canberra, 7 days, hike inn-to-inn, traversing the Snowy Mountains, stay in alpine ski lodges and climb the highest mountain in Australia
- Tasmanian Coastal Hiker - starts in Launceston & finishes in Hobart, 7 days, includes Bay of Fires, Freycinet & the Tasman Peninsula
- Tasmanian Wilderness Hiker - starts in Hobart & finishes in Launceston, 9 days, includes Mt Field, Lake Pedder, Lake St Clair and Cradle Mountain
- Tropical Hiker - starts in Cairns, 8 days, includes the Daintree, Mossman Gorge, Atherton Tablelands, Mission Beach and Dunk Island
- Waterfall Way - starts in Coolangatta, 7 days, includes stunning waterfalls and escarpments of New England National Park, Dorrigo, Wollomombi Falls, Dangars Gorge, Cathedral Rock and more

PLUS Sydney's Bushtracks, Bays & Beaches - based in Sydney, guided, 5 or 7 days, starts any day except summer, for a minimum of 2 people booking together, walk in National Parks close to Sydney

how to contact us...

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