



## WILD SOUTH COAST WAY ADVENTURE

First 5 Days of the Heysen Trail

5 days | 4 nights

### OVERVIEW

Join Big Heart Adventures as we capture the beauty and challenge of the Wild South Coast Way in Kurna and Ngarrindjeri (Ramindjeri) Country.

In this fully supported adventure we walk pack-free (daypacks only) along the first 5 sections of the iconic Heysen Trail. We follow coastline from Cape Jervis along spectacular cliff tops, farmland, and along white sandy beaches. Trekking alongside the wild Southern Ocean on our way to Encounter Bay. We then have the opportunity to taste our way through McLaren Vale and local eateries as we celebrate the end of our trek with locally produced delights. We share with you the most spectacular and rugged sections of the Heysen Trail, also known as the Wild South Coast Way. Allowing you time and opportunities to connect deeply with Mother Nature. All transport, meals, trail snacks and superb ocean view accommodation with spa is included.

Bring your comfortable walking boots and an adventurous spirit for this unique and iconic South Australian trail.

### DETAILS

- Type: Challenge Trek Guided
- Adventure: Wild South Coast Way Adventure
- Destination: Fleurieu Peninsula, South Australia

- Traditional Country: Kurna and Ngarrindjeri (Ramindjeri)
- Group Size: Max 10 plus leaders

### ITINERARY

#### Day 1 | Depart Adelaide / Heysen Trail (Cape Jervis to Cobbler Hill)

We depart from Adelaide at 8am and head south towards Cape Jervis.

We call in to the cute little town of Yankalilla for morning tea and coffee. Then journey to the official starting point of the Heysen Trail at Cape Jervis.

We expect to be walking for most of the afternoon with a picnic lunch en-route. The trail meanders through properties and spectacular Deep Creek Conservation Park. Following undulating trails along coastline and cliff tops.

We spot spaceship accommodation before popping out onto Blowhole Beach. Cross a tidal creek and start our biggest climb of the day up to Cobbler Hill. Our awaiting bus will deliver us to our oceanside accommodation for the next 4 nights.

Meals Included: Lunch, Trail Snacks, 2 Course Dinner  
Walking Distance: 14km

**BIG HEART ADVENTURES**  
more than just a trek...

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## Day 2 | Heysen Trail (Cobbler Hill to Tapanappa)

Today we head back to Cobbler Hill then hike to Tapanappa via the Deep Creek waterfall.

We will definitely need our hill legs today as we venture deep into valleys and over creeks. Passing seasonal waterfalls and Eagle Waterhole we head uphill where the landscape opens revealing the skies above. This area undergoes regular controlled burns to reduce fire risk and can be in a constant state of regrowth and regeneration.

Hills dominate this section of Deep Creek Conservation Park with steep declines and inclines plus rocky terrain to overcome the challenging contours.

We break at Trig for a picnic lunch knowing we have completed the hardest part of our days walk.

Then we continue downhill, rock hop to cross a creek, before reaching Deep Creek Waterfall. Our final push uphill is gradual and with a few switchbacks, we will find our bus waiting for us at Tapanappa.

Enjoy sundowners with us and a recap of our adventures while relaxing with ocean views from our accommodation.

*Meals Included: Breakfast, Lunch, Trail Snacks, 2 Course Dinner*  
*Walking Distance: 15km*

## Day 3 | Heysen Trail (Tapanappa to Balquidder)

After a good rest and big breakfast, today we conquer another challenging section of the Heysen Trail.

Along inland coastal scrub, the trail descends. Rising again we hug the hillside covered in bracken undergrowth and grass trees. A steep decline takes us to Boat Harbour Beach where rock hopping and creek crossings see us leave Deep Creek Conservation Park and onto rolling clifftops.

We then make our way down onto a soft sandy beach. Making this section of our journey a tough one and giving our legs a different kind of work out. There is only one way off this beach – a steep up. Defining our calf muscles we leave the coast behind us.

Rolling hills and farmland greet us for the final part of our days trek. We hit our finish point via country roads at Balquidder.

*Meals Included: Breakfast, Lunch, Trail Snacks, 2 Course Dinner*  
*Walking Distance: 16km*

## Day 4 | Heysen Trail (Balquidder to Waitpinga)

Today we leave from Balquidder. After the challenges and climbs of yesterday, our trek today is a little more leisurely but no less stunning. We have our best chance to spot dolphins, whales and a

variety of bird life.

Weaving our way through a creek lined valley to the coastline once more. We have two sections of beach walking today with clifftops between them. We experience some remote and wild sections of the Wild South Coast Way today.

Rolling hills and creek crossings await before we cover Parsons and Waitpinga beaches. Both beaches are popular surf spots.

*Meals Included: Breakfast, Lunch, Trail Snacks, 2 Course Dinner*  
*Walking Distance: 13km*

## Day 5 | Heysen Trail (Waitpinga to Petrel Cove) / McLaren Vale / Drive to Adelaide

We head out early today to complete our Wild South Coast Way adventure on a high. Enjoying the most spectacular and dramatic section of clifftop walking.

You may see echidnas today, plus dolphins and seals playing in the waves. If the tides are with us the fish traps used by First Nations People may also be visible. The trail gently undulates today with only a few short steep sections. It winds us along dramatic cliffs and beach towards our finish line at picturesque Petrel Cove and The Bluff. This stand out land formation steeped in cultural and maritime history is where we celebrate over lunch at Whalers Restaurant.

Heading back to Adelaide we pass through McLaren Vale for an afternoon wine tasting at Wirra Wirra cellar door. Arriving back to the city around 5:30pm.

*Meals Included: Breakfast, Lunch, Trail Snacks*  
*Walking Distance: 15km*

## INCLUSIONS

### Travel

*Comfortable private vehicle transport*

### Meals

*All meals and snacks as per the itinerary*

*2 course dinners*

*B x 4 | L x 5 | D x 4*

### Accommodation

*Bluff Resort Apartments*

*4 nights ocean view apartment + spa (2 person separate bedrooms)*

### Activities

*Professionally guided walks*

*Winery tasting*



## Safety

*Each trip has 2 Guides/Leaders*

*Group First Aid kit and emergency communication device*

*Leaders certified in Remote Area/Wilderness First Aid*

*Qualified Bushwalking Leaders*

## Environmental

*Small group guided experience*

*Leave No Trace principles*

*Invitations to connect with nature*

*Reduce waste through recycling, reusing and composting*

*National Park entry fees*

## Big Heart Extras

*Big Heart Adventures designed ioMerino hiking top*

*Big Heart Adventures designed head sock*

*Big Heart Adventures journal*

*Guided pre-departure training walks and or program (trip specific)*

*Discount card for pre-departure purchases at Exurbia*

*A charity contribution to our Give Back program*

- Travel Insurance is recommended. Get a quote from Covermore or Go Insurance
- Note weather, group member welfare and a range of circumstances outside our control can mean last minute changes to our itinerary are necessary once on tour
- A limited number of single rooms with ocean views are available on a first-come basis
- Please contact us before booking any flights. Depending on flight arrival and departure times extra nights accommodation may be required at own expense
- A minimum number of travellers are required for this trip to depart so ask someone to join you. If minimum numbers aren't reached, we may decide to still go or we will provide a full refund
- If this trip departs during Fire Ban Season – last minute changes to our itinerary or walking days may be required for safety reasons
- Rooming is 2 person shared ocean view apartment with spa (separate bedrooms)
- Private transport to and from Fleurieu Peninsula is included from Adelaide, with multiple pick up points available in transit between Adelaide and Cape Jervis
- Private transport on Fleurieu Peninsula plus daily trail transfers is included
- If you have additional needs please connect with us, we're committed to being inclusive and accessible

## EXCLUSIONS

- Comprehensive Travel Insurance
- Meals and drinks not stated on itinerary
- Items of a personal nature

## FITNESS REQUIREMENT

- A good level of fitness is required to walk the trails on this trip
- You will be walking pack free (day packs only)
- You will walk on a variety of surfaces including undulating trails, steep sections, rocky trail, and soft sand
- Our longest walking day is 16km and we walk 5 consecutive days on this adventure
- Trail rating: Moderate-hard

## IMPORTANT INFORMATION

- Eligible Past Traveller Discount applies if you've travelled with us on any of our guided tours which were 5 days duration or longer
- Read terms and conditions before booking
- Itinerary and price subject to change at any time

## ADVENTURE LEADERS

Our team is qualified, experienced and super friendly. We will ensure you have a fun and connecting adventure. Leaders are certified in Remote or Wilderness First-Aid. All leaders carry a group first-aid kit, emergency communications device, emergency documentation and equipment.

## PACKING LIST

A detailed packing list is provided prior to travel

- Gear you will need:
- Rainproof jacket and pants
- Daypack (35 litre approx.)
- Water bottles/hydration kit (min 2Ltrs)
- Personal medications
- Clothing suitable for walking that is quick drying and breathable – consider merino/synthetic clothing
- Sun protection such as hat, sunglasses and sunscreen, insect repellent
- Sleeping attire

## ACCESSIBILITY

There are stairs, uneven surfaces and moving luggage to and from accommodation, plus walking bush trails on this trip. Please talk to us about your accessibility needs before booking

