



Cape To Cape Track

Distance: end to end -135km Duration: 8 Days / 7 Nights



Complete one of the world's great coastal walks with Inspiration Outdoors. The Cape to Cape Track meanders 135km between Cape Naturaliste and Cape Leeuwin, sometimes along the beach, sometimes along cliff-tops, but nearly always with a view of the wonderful Margaret River coastline.

By carrying only a daypack, and walking the track in graded stages, people with a moderate level of fitness should be able to complete the walk. Preparation will make the experience all the more enjoyable. Excellent food, comfortable accommodation and knowledgeable guides will complement your trip.

Level: *Moderate*

Most people do need to do some training before hand, but you do not need to be an elite athlete or anything. It is a good amount of challenge, with mostly moderate terrain, but a couple of long days. The greatest challenge are the beach sections. Approximately 15-20% of the walk is on the beach with the rest of a mix of cliff tops, coastal heath and forest.

What our guests say:

"This 7 day walk was a wonderful way to experience the south-west of WA. There were many highlights - hundreds of humpback whales heading south, amazing wildflowers, wonderful coastal scenery, superb food, great company as well as two fantastic guides who looked after us in every way."

Anne B, Hobart

2020 DEPARTURES:

AUTUMN 2020

21 - 28 March
24 - 31 March
7 - 14 April (EASTER)
9 - 16 April (EASTER)
18 - 25 April
2 - 9 May
23 - 30 May

SPRING 2020

10 - 17 Sep
14 - 21 Sep
18 - 25 Sep
22 - 29 Sep
26 Sep - 3 Oct
1 - 7 Oct
4 - 11 Oct
8 - 15 Oct
12 - 19 Oct
16 - 23 Oct
20 - 27 Oct



Itinerary

Your guides will accompany you each day as you walk between 14 and 26 km. There is no such thing as an easy day on the Cape to Cape! However, with a moderate level of fitness, they are all enjoyable! There are some steep sections and beach walking can be challenging, so we recommend training. Each day we will resume the walk from where we finished the previous day. Please note that on many days there are options to walk half a day; and you are always welcome to take a day off from walking. We will try to help you find suitable alternative activities if you desire. The itinerary plan may alter depending on local conditions and weather.



Day 1

Cape Naturaliste to Yallingup
Distance: 14km

Departing from Perth at 8am, we reach Cape Naturaliste by lunch time. Enjoy the first of many fresh picnic lunches for the week on the lawn at the Cape Naturaliste Lighthouse and get to know your companions for the week.

Today's walk on the Cape to Cape track is relatively easy with mostly cliff-top and some beach walking. Keep an eye out for dolphins!

Note, as we walk on the first afternoon, please wear your hiking clothes on the bus and bring your day pack ready to go. After our walk the bus will meet us at Yallingup and then we will drive to Margaret River.

Day 2

Yallingup to Moses Rock
Distance: 18km (or 10km option)

Some beach walking in the morning, and superb coastal views all day. The red granite boulders, white sand beaches and turquoise waters can be gobsmackingly beautiful.

We'll have lunch at the surfing Mecca, Injidup, visit Quininup Falls and finish with ocean views at Moses Rock.

Day 3

Moses Rock to Gracetown
Distance: 16km

This is a great day, and relatively easy – although there are a few hills and some sandy patches. The magnificent sweeping views of the coast from cliff-top vantage points, and the towering red rocks of Willyabrup are two of many highlights.

If the weather's nice, you might enjoy a refreshing swim in the sheltered bay at Gracetown. Or just soak those feet as you reflect on another great day on the Cape to Cape track.

Day 4

Gracetown to Margaret River Mouth
Distance: 18km (or 12km option)

It's fairly easy walking among coastal heath to Ellensbrook historic homestead, where you can enjoy morning tea and explore the grounds. The track then takes an inland route, which gives us a good appreciation of the landscape away from the ocean for a while.

After lunch we're back on the coast, and a very pleasant beach walk takes us to Cape Mentelle. We finish the day at the Margaret River mouth – a good place for a swim if it's warm.

Day 5

Margaret River Mouth to Boranup Forest
Distance: 25km (or 14km option)

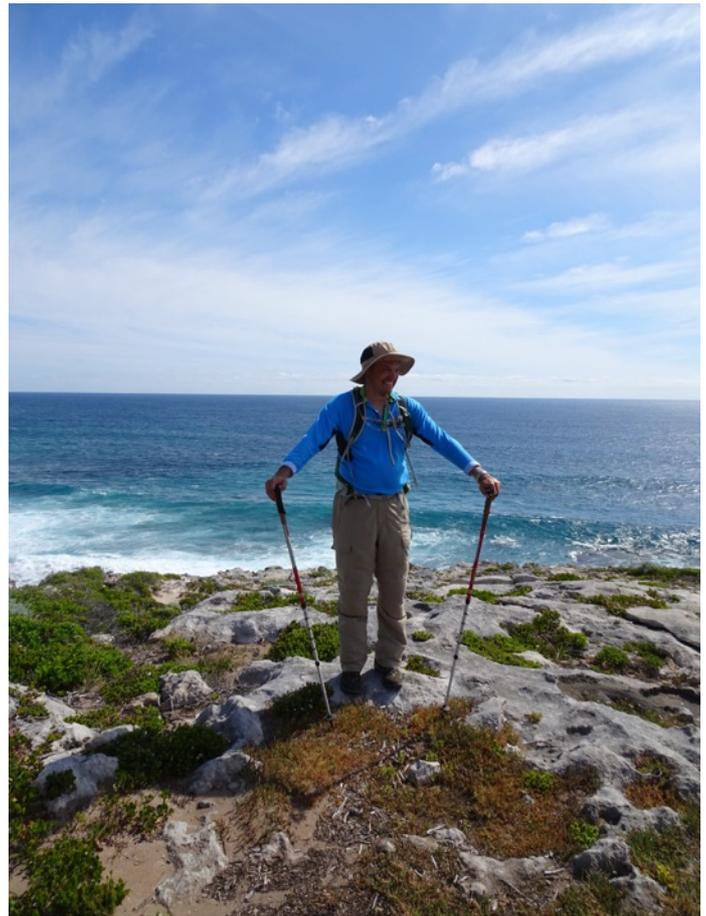
A very varied day today! We'll head inland again to start with, and enjoy morning tea beside the Boodjidup Brook. A beach walk takes us to Redgate for lunch and then a spectacular stretch of cliff-top walking sees us reach shady Contos Campground by afternoon tea.

The final part of the day is through the cool peaceful forest on firm, easy tracks. It's a wonderful end to a wonderful day on the Cape to Cape track. Despite the distance, today is not usually considered the most difficult.

Day 6

Boranup Forest to Cosy Corner
Distance: 21km (or 14km option)

This morning we continue through the karri forest before making our way down to the aqua-blue waters of Hamelin



Bay. This 6 km beach stretch can be very enjoyable, with the right mindset. Enjoy the peace, the view and the moment as you walk into Hamelin Bay for a picnic lunch.

After lunch it's a short but challenging hike up to the tiny Foul Bay Lighthouse, with sweeping views back along the coast. Then before you know it, you'll reach the end of another beautiful day.

Day 7

Cosy Corner to Cape Leeuwin
Distance: 21km

This can be an exciting last day, especially if it's windy! Much of the walking is along a limestone ledge close to the sea, complete with blowholes!

There is a long beach stretch where you can daydream about all that you've achieved this week. After that we head inland, occasionally sighting the Cape Leeuwin Lighthouse, signalling the end of your walk. Your Cape to Cape track 'end to end' journey officially finishes at the Cape Leeuwin waterwheel but we'll take a walk up to the lighthouse, if time permits. Tonight we will celebrate your wonderful achievement!

Day 8

Return to Perth

Enjoy a sleep in and a leisurely breakfast this morning before we drop you into Margaret River where you can enjoy a coffee and perhaps a spot of shopping. Pick up some take-away lunch (own expense) before we head back to Perth, arriving by mid afternoon (usually between 2.30 and 3pm).



The Fine Details

Cost: \$2,300 per person

(\$2,700 single supplement)

What's included:

- All transport: private coach transport to and from Perth; as well as transport to and from the track each day
- Professional guiding and support each day
- Emergency support: guides carry satellite phones and a full first aid kit
- 7 night's comfortable accommodation
- 7 healthy breakfasts – cereal, fruit, yogurt, toast
- 8 morning teas, carried by your guide
- 7 lunches – some packed and some delivered picnics
- Pre-dinner nibbles each night
- 7 delicious two course dinners
- Excellent itinerary and planning drawn from 14 yrs experience

Where do we start from?

The tour starts and finishes in the Perth CBD. We pick up our guests from the Tourist Coach Stand at 490 Wellington Street, near the corner of William Street at 8am on the morning of the departure. We can also pick up from Fremantle at 7:20am from the Parry Street car park (just let us know). In the weeks prior to the tour we will provide you with a map to this location.

As we are walking on the first day of the tour, it is not advisable to fly into Perth on the morning of the tour departure. We recommend staying (at least, it's a great city) one night in Perth before the tour. At the end of the tour, we generally return to Perth at around 2:30/3pm, and then on to Fremantle at 3/3:30pm.

If you are looking for accommodation in Perth close to the pick up spot, we recommend;

- The Ibis (on Murray Street)
- The Royal (on Wellington Street)
- Mantra on Murray (on Murray Street)
- Four Points by Sheraton (on Wellington Street).

All are within easy walking distance of the pick up spot.

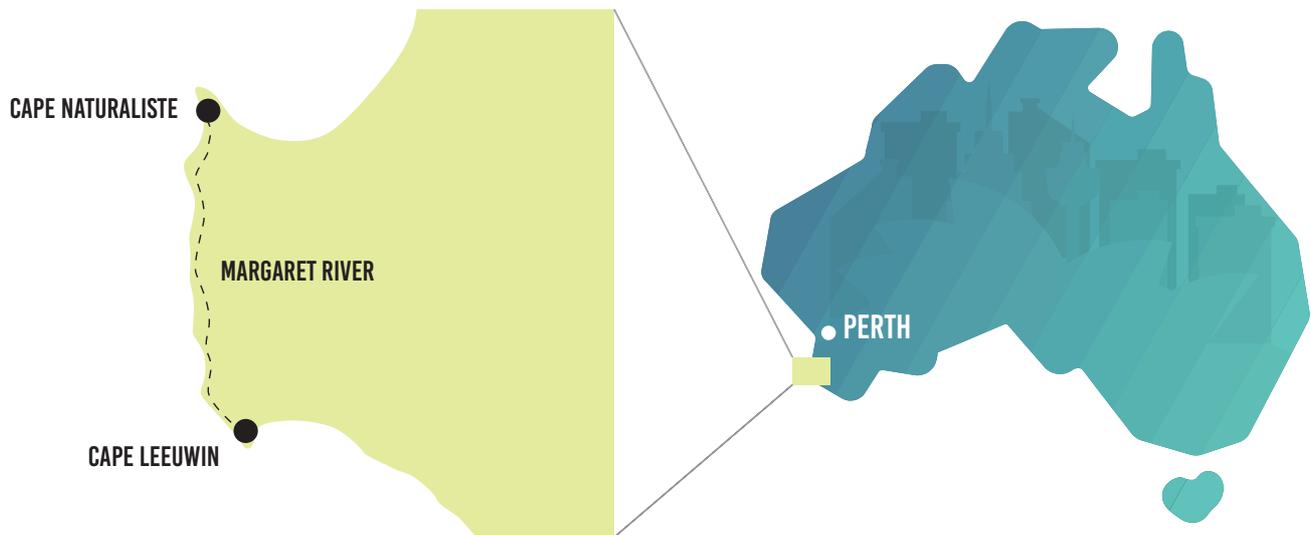
Where do we stay?

Accommodation is allocated on a double or twin share basis. A limited number of single supplements are available for an additional \$400. Single supplements are not mandatory for solo travellers, we will room solo travellers with a fellow solo traveller of the same gender.



Each night we return to our accommodation in Gnarabup at "the Break - Margaret River Beach Houses". We will spread out over two or three houses and come together for breakfast and evening meals in one of the houses. We always stay in

CAPE TO CAPE TRACK, WA. NEAREST AIRPORT: PERTH



one location for the duration of the tour. This means that you can unpack your bags once and just relax for the week.

Dietary requirements?

From vegetarians to pescatarians to meat loving carnivores with an aversion to cucumbers we cater for all dietary requirements and will make sure you are well fed and looked after on tour.

Average Temperature (degrees):

Autumn Departures: **Mar:** 13 min - 26 max

Apr: 11 min - 21 max **May:** 10 min - 19 max

Spring Departures: **Sep:** 8 min - 18 max

Oct: 9 min - 19 max **Nov:** 11 min - 21 max

What's the average age of walkers?

The average age of our guests are between 55-75 years young but we welcome any adult on our tours.

