

CAPE TO CAPE  
Explorer Tours



## Cape to Cape Self-Guided 6 Day 'End-to-End' Detailed Itinerary

*E*xperience the full diversity of the Track with an adventure of a lifetime on a Cape to Cape End-to-End self-guided hike. Journey over 124km along the spectacular coastline from Cape Naturaliste to Cape Leeuwin sharing insights and knowledge with Track specialists, Cape to Cape Explorer Tours. And enjoy the best of Margaret River produce with all your meals taken care of!

**Duration:** 7 days / 7 nights package (6 days of hiking)

**Distance:** 124km, walking 20-24 km/day for 6 days

**Difficulty:** Moderate



# What to Expect

Your walk includes stunning and wild coastal landscapes, physical challenge, and delicious meals. Each day indulge in the fresh, local catering that Margaret River is famous for, and walk in the knowledge that your safety and comfort are being taken care of by Cape to Cape to Cape Explorer Tours. Enjoy all that this long distance walk has to offer without carrying a heavy pack.

Our professional, local guides and drivers have extensive knowledge and experience interpreting the natural beauty of the Track. We've been hiking, surfing, fishing, and foraging in this local environment all our lives – nobody knows the local spots, local stories, local food and local wildlife better than us! We are happy to share this knowledge with you whilst transferring you to the track each day.



## Location

*In the far south-west corner of Western Australia, a broad peninsula projects into the Indian Ocean – ancient, wild, and stunning. Running north to south along its western edge, is the Leeuwin-Naturaliste National Park, the setting of the 124km Cape to Cape Walk Track, and backdrop to the Margaret River region.*

*Beginning at Cape Naturaliste in the north, the Cape to Cape Track meanders through windswept limestone ridges, deserted white beaches, giant granite marbles, and towering Karri forest to finish up at Cape Leeuwin in the south.*

*The Margaret River Region is renowned internationally for stunning scenery, world-class beaches, gourmet food, and fine wines.*



# Itinerary

## **Day 1:**

### **Arrival Day**

Arrive in the Margaret River region in your own transport and check into the 4-star Margaret's Beach Resort at the beachside hamlet of Gnarabup.

Today is a day to settle in and enjoy the Margaret River region. Perhaps visit a local winery or two or have a swim at nearby Gnarabup Beach. Relax and prepare for tomorrow's hike. Enjoy a dinner out at one of Margaret River's great restaurants (own expense).

## **Day 2:**

### **Cape Naturalist to Injidup (24km)**

Begin the hike at Cape Naturaliste, the first section of the Cape to Cape Track. This starts with a gentle downhill stroll on the 'access-for-all' section of track to the stunning vistas of Sugar Loaf Rock. The Track then runs along an extended section of carved limestone sea cliffs before reaching the coastal hamlet of Yallingup. After Yallingup, pass over the granite headland at Torpedo Rock and on to the fabled Smiths Beach. From Smiths the topography changes quickly as giant granite marbles dominate near Canal Rocks. Travel high over the ridge and past Rotary Lookout, before dropping back down on to the beach at Injidup. Traverse the first half of the beach and come up the stairs to Injidup carpark, where a CCET staff member will collect you and return you to your accommodation with your evening meal.

## **Day 3:**

### **Injidup to Gracetown (23kms)**

From Injidup, travel up high over the ridge, through the coastal tee tree and back onto the wild south-west facing coast. Weave through stunning areas of limestone cliff and granite before reaching the fantastic Moses Rock.

The Track rises high over several large limestone headlands before flattening out on Willyabrup Beach. A wonderfully constructed staircase then guides walkers up and onto the stunning sea cliffs of Willyabrup Cliffs. After passing the cliffs, the Track drops back down onto the beach, passing the famous surfing breaks of Gallows and Guillotines. The coast then turns decidedly rocky as it weaves over picturesque granite boulders and finally into the pretty hamlet of Gracetown. Relax here and enjoy an afternoon dip before a CCET staff member will collect you with your dinner.

#### **Day 4:**

##### **Gracetown to Margarets Beach Resort (21km)**

Your walk begins at the picturesque hamlet of Gracetown, following the coastline to the historic settlement of Ellensbrook. From Ellensbrook, the Track quickly leaves the coast and meanders through sand dunes and past Ellensbrook homestead and Meekadarbee Falls. Visit the isolated coves of Gnoocardup and the turquoise bay of Kilcarnup. Marvel at the centuries-old osprey nest in Horseshoe Bay and then take in some of the world's finest surfing coastline at Prevelly. You will walk into your accommodation at Margarets Beach Resort in the coastal settlement of Gnarabup this afternoon. Head into Margaret River for dinner at a restaurant of your choosing, or dine at The Common Bistro right on the grounds at Margarets Beach Resort (own expense).

#### **Day 5:**

##### **Margarets Beach Resort to Boranup Forest (21km)**

Walk out of your accommodation and rejoin the Cape to Cape Track. From the limestone ridge at Prevelly head down into the sheltered creek line of Boodjidup Brook. Continue on and experience the white sands of Boodjidup before reaching historic Redgate Beach. Next is very likely one of the best sections of the Cape to Cape Track: the scenic coastal cliffs at Bob's Hollow and Contos (although we may be biased as CCET have adopted and maintain this leg!) Enter the majestic Karri forest, home to the world's

third tallest hardwood! A longer day, but the solid track under foot and afternoon shade of the karri forest make it all seem easy. A CCET staff member will collect you from the forest with a delicious meal for you to enjoy in the comfort of your accommodation.

### **Day 6:**

#### **Boranup Forest to Cosy Corner (20km)**

Start amongst the tall Karris of Boranup Forest, home to an array of wildlife and wildflowers in season. Head south, back into the coastal heath, and down onto the stunningly beautiful Boranup Beach. 7kms of sand walking later, find the protected Hamelin Bay, home to some of the Cape's friendliest stingrays who love a feed of freshly caught fish! Continue on past the many islands and headlands until you arrive at the stunning Cosy Corner. Here, you will be collected with an evening meal to reheat in your room.

### **Day 7:**

#### **Cosy Corner to Cape Leeuwin (20km)**

The last leg of the Cape to Cape Track faces more into the south than the rest of the coast. True wilderness with limited road access, the sights are reserved for the local hooded plovers and you. Granite headlands are broken up by long sections of shoe-sucking sand. Formidable, but every step takes you closer to the Cape Leeuwin Lighthouse and the moment of celebration! You'll be picked up by a CCET team member, presented with your Cape to Cape Track completion certificate, and dropped at your accommodation. Enjoy a final celebratory dinner out (own expense).

### **Departure Day**

Enjoy a leisurely morning and check out of your accommodation by 10:00am.

## Package Includes:

- 6 x days walking one of Australia's most stunning coastal tracks
- 6 x days emergency support and satellite communication equipment
- Comprehensive Track notes and maps to keep you on the right track!
- 7 x nights accommodation at 4-star Margarets Beach Resort
- Morning and afternoon transfers between accommodation and the Track for each day's hike (note: if you choose, you can also leave your own vehicle at the finishing point of some day's hikes for greater flexibility)
- 1 x weekly supply box with a great variety of items for fresh and tasty daily breakfasts. Items are subject to change depending on availability and seasonality, but can include our in-house muesli blend and chia pudding; eggs and breakfast items such as mushrooms, spinach and cherry tomatoes; yoghurt, fresh fruit and wood fired bread.
- 6 x packed lunches, including freshly prepared nutritious meat or salad roll and track snacks
- 4 x delicious evening meals prepared by our in-house catering company; The other nights' meals are left open for you to choose at a local restaurant (at your own cost)
- Alcoholic beverages are not included, but opportunities will be provided for you to purchase beverages of your choice.
- Cape to Cape Track completion certificate.
- All planning, logistical, administrative and on-ground support, including intimate knowledge of weather patterns, creek crossings and Track conditions.

# Training, Fitness and Preparation

The Cape to Cape Track can be a challenging walk at times due to the diversity and nature of the terrain and **requires preparation**. The experience ranges from extended soft sand beach slogs, through to steep (but short) climbs over loose limestone. It involves long, extended hikes that will challenge even the fittest in the group at one time or another. As such, pre-trip preparation is strongly recommended to make the event enjoyable and to reduce the risk of injury.

## **We recommend three key elements to your preparation:**

1. We strongly recommend **training regularly** at least 2 months out from the commencement of the tour. This should include some back-to-back day walks and extended walks greater than 15km. We recommend getting off of footpaths and bitumen for as much as possible. Some sand walking and hill walking will really help to build the fitness need on the track
2. Generally, the main issue to interrupt a walk of this nature is not the fitness of the participants, but problems with feet, socks and / or shoes. We strongly recommend that all participants have very **well worn in boots** that they have trained in extensively prior to the walk. Issues often emerge even with well worn in footwear after 7 days of back-to-back walking. This training should also trial any new socks that may be worn during the walk. Training on a range of surfaces and topography will best test gear, shoes, and your body prior to tackling the diversity of the Track. Having some back up footwear available including runners or hiking sandals often comes in handy on sand stretches or if blisters occur with your main pair of shoes or boots
3. It will be your responsibility to manage your personal foot care during the course of the tour and **address any minor rubbing or 'hotspots' straight away** so as to avoid these becoming significant obstacles to completing the walk. You should carry a range of dressings and equipment to assist you to manage minor issues before they become serious. CCET guides carry a kit for feet treatment in the case of an emergency. Prepare now and reap the rewards during your time on the Cape to Cape Track!

# Gear Packing List

The following provides an indication of the nature of gear that each participant of the Cape to Cape Track End-to-End Experience will need to bring.

## Personal List:

- Solid, reliable walking boots (well worn-in and very comfortable, waterproof a big advantage);
- Alternative walking shoes, also well worn-in, in case of rubbing. You may choose to wear walking sandals on certain stretches;
- Woolen socks (suggest three pairs of quality walking socks, worn-in);
- Gators, if you choose;
- Walking poles (if you feel your knees need them!);
- Lightweight clothing for walking – long pants and long-sleeved shirt recommended for sun protection;
- Sunhat;
- Beanie;
- Fleece jacket;
- Waterproof hiking jacket and pants;
- Swim gear;
- Small towel (microfiber);
- Personal toiletries;
- Water bottles / bladder (we suggest carrying 3L/day);
- Blister protection (recommend at least one pack of Compeed and some Fixamol per person);
- Medications (include sunscreen, insect repellent, analgesics and any personal medication) Please advise CCET staff of the location of any medication you may require urgently; and
- Daypack: comfortable daypack to carry your water, lunch pack and personal items while walking (camera, swim gear, sunscreen etc). Prior to the tour, try to take at least a few walks wearing this pack to prepare your body.



It's not too late to book a massage! Our mobile massage therapist will come to you and set up in the privacy of your own room.

**Specialising in:**

Deep Tissue, Trigger Point Therapy, Myofascial Release, Relaxation & Manual Lymphatic Drainage & will come to your accommodation.

**Price:**

**60 minutes:** \$130

**For bookings please contact us**

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