Wilsons Promontory National Park

Walking at Wilsons Prom

The Prom offers wonderful walking opportunities for visitors of all ages and fitness levels. From short walks to day walks, pristine beaches to temperate rainforest, towering sand dunes to lookouts offering spectacular panoramic views, Wilsons Promontory has it all.

Be prepared

Carry water with you and/or know how to make untreated water safe for drinking.

Unless otherwise stated, times and distances are given for one way travel at a gentle pace.

Short walks and beach access near Tidal River

1. Norman Beach
   (Various access points, distances & times. Easy)

Close to the Tidal River campground and flanked by Norman Point and Pillar Point, Norman Beach offers stunning views of Mt Oberon. Access from 2nd ramp at the Norman Beach car park or from 3rd, 4th or 5th ramp along 34th Avenue.

Surfing only permitted south of 5th ramp.

2. South Norman / Biddy’s Track
   (1.5km, 30 minutes. Easy)

Offering alternative access to Norman Beach, this walk winds through tea tree shrouded sand dunes to the southern end of the beach. From the Tidal River Visitor Centre, follow the track past the Terrace toilet block and veer left at the junction.

3. Squeaky Beach
   (300 metres from carpark. Easy)

One of the iconic locations at the Prom, Squeaky Beach has rounded quartz sand that ‘squeaks’ when you walk on it. The rock formations at the north end of the beach create a maze of passages for fun exploration.

4. Squeaky Beach via Tidal Overlook
   (3.5km, 1.5 hours, Moderate)

This walk offers the best views of the Prom’s west coast as it climbs the headland between Norman and Leonard Bays before descending to Squeaky Beach. The walk can be started from the Tidal River footbridge or the Lilly Pilly Gully carpark.

5. Tidal Overlook
   (2.4 km, 1 hour. Moderate)

Tidal Overlook is a vantage point between Norman and Leonard Bays. Enjoy the views at the Quiet Place, a special area dedicated to rangers worldwide who have lost their lives in the line of duty. Start at the Tidal River footbridge.

6. Squeaky Beach via Picnic Bay
   (2.5km, 1 hour, Moderate)

This coastal track combines the best of both beaches as it winds its way over Leonard Point to Squeaky Beach. Start at the Picnic Bay carpark and walk to the southern end of Picnic Beach.

7. Picnic Bay
   (400 metres from carpark. Moderate)

From the Picnic Bay carpark a steep track with some steps leads down to this beautiful beach. Rock formations at both ends of the beach offer a range of intertidal rock pools to explore. Picnic Point and Whisky Bay remain closed.

8. Pillar Point
   (Various distances and times, Easy / Moderate)

Pillar Point is an outcrop of granite boulders providing breathtaking views of Norman and Squeaky Beaches and the Prom’s offshore islands. Pillar Point can be accessed from Lilly Pilly Gully carpark (3km), Squeaky Beach (2.8km) or Tidal River (4.2km).

2011 flood recovery advisory

- Tidal River reopened to the public on Friday 23 September 2011.
- Many parts of the Prom remain closed due to extensive flood damage. For your safety and to help the Prom recover, please abide by these closures
- We anticipate reopening closed walking tracks (including overnight hiking tracks) as soon as it is deemed safe to do so.

For more information call the Parks Victoria Information Centre on 13 1963 or visit our website www.parks.vic.gov.au
Wilson's Promontory National Park

Short Walks and Beach access near Tidal River
1. Norman Beach
2. South Norman/Biddy's Track
3. Squeaky Beach
4. Squeaky Beach via Tidal Overlook
5. Tidal Overlook
6. Squeaky Beach via Picnic Bay

MAP A

Short Walks in the North
7. Picnic Bay
8. Yarram Point
9. Yarram Point Link Track
10. Lilly Pilly Gully Nature Walk
11. Lilly Pilly Circuit
12. Mt Bishop Track

MAP A

Day Walks
13. Picnic Bay, Squeaky Beach, Tidal Overlook, Lilly Pilly Carpark
14. Darby Saddle to Tongue Point
15. Darby River to Tongue Point
16. Darby River, Fairy Cove, Tongue Point, Darby Saddle

MAP A

Disclaimer: Parks Victoria does not guarantee that this data is without flaw of any kind and therefore disclaims all liability which may arise from you relying on this information.
Geodetic Datum of Australia (GDA94) Zone 50.
Map produced by Parks Victoria. This map supercedes all previous editions. Data source acknowledgments: State Digital Mapset. The State of Victoria and Department of Sustainability and Environment.

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www.parks.vic.gov.au
9. Lilly Pilly Link Track  
(1 km, 20 minutes. Easy. Suitable for prams)  
Starting at the Lilly Pilly Gully Carpark (to the left of the toilets). Take the circuit track (walk 11) and turn off at Mt Bishop track. The rocky summit of Mt Bishop offers magnificent views of the Prom's west coast and offshore islands. Retrace your steps to the Lilly Pilly Gully track (walk 10) described above.

10. Lilly Pilly Gully Nature Walk  
(2.6 km, 1 hour. Easy. Suitable for prams)  
Starting at the Lilly Pilly Gully car park, this walk provides a glimpse into the Prom's forested interior, traversing heathland, eucalypt forest and a boardwalk through stands of warm temperate rainforest. After soaking up the magic of the rainforest, retrace your steps to the car park.

11. Lilly Pilly Gully Circuit  
(5.8 km, 2 - 3 hours return. Moderate)  
The circuit track starts at the Lilly Pilly Gully Carpark (to the left of the toilets) and climbs across the southern face of Mt Bishop through stringybark forest and granite boulders (A side track leads to the Mt Bishop summit. See walk 12). Enjoy the views before descending to the lush rainforest of Lilly Pilly Gully. Return to the carpark via walk 10 described above.

12. Mt Bishop Track  
(3.7 km, 1 hour. Moderate)  
Start at the Lilly Pilly Gully Carpark (to the left of the toilets). Take the circuit track (walk 11) and turn off at Mt Bishop track. The rocky summit of Mt Bishop offers magnificent views of the Prom's west coast and offshore islands. Retrace your steps to the car park or return via Lilly Pilly Gully (walk 10). Beware of unprotected cliffs.

13. Millers Landing Nature Walk  
(2 km, 40 mins. Easy)  
Starting at Five Mile car park, turn left just after the management gate. This delightful walk meanders gently downhill through open banksia and stringybark woodland to Millers Landing. Located on the southern coast of Corner Inlet, the Landing protects the southernmost stand of mangroves in the world.

14. Vereker Outlook  
(3 km, 1 hour. Moderate)  
Starting at Five Mile car park, the track winds through open banksia woodland with a heathland understorey. Panoramic views to Darby Saddle, Corner Inlet, Shellback Island and Cotters Beach are offered as the track climbs through stringybark forest and a tumble of granite boulders.

15. Millers Landing Link Track  
(1 km, 20 mins. Easy)  
Winding through open heathy woodland, this short track provides great wildflower spotting opportunities and allows the visitor to combine both the Millers Landing (walk 13) and Vereker Outlook walk (walk 14). The link track can be approached from either end.

16. Big Drift  
(2 km, 40 mins. Moderate)  
Starting at Stockyard Campsite near the park entrance, follow the signposts to the northern flank of Big Drift, an extensive series of inland sand dunes. On a clear day, Big Drift offers stunning views across to Corner Inlet, Shallow Inlet, and Cape Liptrap. It is easy to get lost in Big Drift. On windy days your tracks will be quickly erased. Be careful to mark your path to find the track out again. There is no beach access from Big Drift.

17. Shallow Inlet  
(400 metres, 15 mins. Easy)  
Commencing at Hourigan Camp Lane at the northern tip of the Prom, this short walk provides beach access to Shallow Inlet via a sheltered gully of coastal tea-tree and swamp paperbark. With the right tide conditions, it is possible to walk to the Inlet entrance.

18. Woodland Walk  
(7.6 km return, 2.5 hours. Moderate)  
Located behind the wildlife viewing area, 13kms into the park, this newly opened walk provides perfect opportunities to view native wildlife including kangaroos, wallabies, emus and wombats.

Day walks  
Plan carefully to ensure that you have enough daylight to complete these walks.

19. Picnic Bay, Squeaky Beach, Tidal Overlook, Lilly Pilly Gully car park  
(6.6 km, 3.5 hours)  
This spectacular two beach walk combines all the features of walks 4 and 6 allowing the walker to fully experience the beauty of both land and sea at the Prom. Travel alternates between track and beach walking. The walk can be done in either direction however a car shuttle is required.

20. Darby Saddle To Tongue Point  
(5.6 km, 2.5 hours. Moderate / Hard)  
Tongue Point is a coastal headland jewelled with tumbled stacks and boulders of weathered granite.

The Darby Saddle track provides spectacular coastal and forest scenery as it climbs through stringybark and casuarina forest. At 2.1km a side track (300 metres) leads to Sparkes Lookout which offers views as far as the pyramid-shaped Rodondo Island in the south and Shallow Inlet in the north.

After the turnoff, the main track climbs steeply to Lookout Rocks, a vantage point offering views across to Norman Island. From here the track descends steeply through low heathland joining the Darby River track and continuing to Tongue Point. The track ends prior to the semi-attached island. For your safety don't attempt to cross over to it.

21. Darby River to Tongue Point  
(3.8 km, 2 hours. Moderate)  
Start at the southern end of Darby River Carpark. Offering magnificent views of Darby Swamp, Vereker Range and Darby and Cotters Beach, this walk climbs gently through wind swept coastal vegetation before following the headland towards Tongue Point. The track ends prior to the semi-attached island. For your safety don't attempt to cross over to it.

Just before the Darby Saddle track junction, a short side track with some steps leads down to the delightful and secluded Fairy Cove. For your safety, check tides before you go.

22. Darby River, Fairy Cove, Tongue Point, Darby Saddle  
(9.4 km, 3 - 3.5 hours. Moderate / Hard)  
This track combines all the features of walks 20 and 21, allowing the visitor to fully enjoy the stunning Tongue Point coastal area. The walk can be done in either direction however walkers will need to organise a car shuttle.
Temporary Closures at the Prom

On 22 March 2011, Wilsons Promontory National Park was subjected to widespread flooding which caused extensive damage throughout the park. The following roads, tracks (including all overnight hiking tracks), visitor facilities and natural features at Wilsons Promontory National Park remain closed until necessary flood repair works are completed.

Around Tidal River
- Loo-Erm Boardwalk and fishing platforms
- Tidal River boat ramp
- Tidal Overlook West Track from Tidal River Bridge to Pillar Point turnoff track
- Norman Beach to Oberon Bay track
- Mt Oberon Road
- Mt Oberon Summit track
- Telegraph Saddle car park
- Whisky Bay car park and beach access track

Southern Prom
- Telegraph Saddle to Sealers Cove track
- Sealers Cove campsite
- Sealers Cove to Refuge Cove track
- Refuge Cove campsite
- Refuge Cove to Little Waterloo Bay track
- Little Waterloo Bay campsite
- Little Waterloo Bay to Telegraph Saddle track
- Telegraph Track to Oberon Bay track
- Telegraph Saddle car park to the Lighthouse track
- Roaring Meg campsite
- Halfway Hut campsite
- Little Waterloo Bay to the Lighthouse track
- South Point track

Northern Prom
- Cotters Lake and Cotters Lake track
- Darby River beach access track
- Five Mile Road beyond Five Mile Road car park
- Five Mile Road car park to Barry Creek Camp track
- Barry Creek Camp
- Barry Creek Camp to Five Mile Beach Camp track
- Five Mile Beach Camp
- Five Mile Beach Camp to Johnny Souey Cove track
- Johnny Souey Camp
- Johnny Souey Cove to Lighthouse Point track
- Lighthouse Point to Tin Mine Cove track
- Tin Mine Cove Camp
- Tin Mine Cove to Lower Barry Creek Camp track
- Lower Barry Creek Camp
- Lower Barry Creek to Five Mile Road track

For Your Safety

- “Let someone know before you go”. Tell a responsible friend or family member of your planned itinerary
- If you require emergency assistance phone 000 for Police, Ambulance or Fire or contact Parks staff on (03) 5680 9525
- A public phone is located beside the Tidal River Store
- Mobile Phone coverage cannot be relied upon within the national park
- Stay on walking tracks to avoid getting lost
- Carry drinking water and waterproof clothing

Living lightly at the Prom

Help us look after this magnificent park by following these guidelines:
- Firearms and dogs, cats and other pets are not permitted in the park.
- All plants, animals, other natural features and cultural sites and features are protected and must not be disturbed or removed.
- Fires (including solid fuel ‘heat beads’) are not permitted in the park.
- Use a gas or liquid fuel stove for cooking. Free gas BBQs are available in the picnic areas at Norman Bay and Tidal River.
- It is an offence to feed or offer food to wildlife. It encourages aggressive behaviour in animals and is bad for their health.
- Ensure that all food is securely stored, preferably in your vehicle if camping.
- Please separate recyclable material from rubbish and ensure that all rubbish, including food scraps, is disposed of in the appropriate bins.
- Fishing is only permitted in certain areas. A recreational licence is required and can be purchased at the Tidal River Visitor Centre.
- Use water wisely at the Prom.
- Stay on walking tracks to prevent erosion and damage to plants
- Bicycles are not allowed on any walking or management vehicle track

Park notes available:
- Wilsons Promontory National Park Visitor Guide
- Tidal River Camping and Accommodation Guide
- Wilsons Promontory Marine National Park – Victoria’s Blue Wilderness

November 2011
Printed on Australian-made 100% recycled paper