

# Dhilba Guuranda-Innes National Park



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## Walking Trails

Dhilba Guuranda-Innes National Park has excellent walking trails that cater for people with different interest and abilities. The park provides some of the best coastal views in the state, including the Stenhouse Bay Lookout Walk and West Cape Headland Hike. The Thomson-Pfitzner Plaster Trail Hike from Historic Inneston Township to Stenhouse Bay, leads walkers through sites rich in European heritage. Abundant opportunities exist to observe native plants and animals along the many trails.

For your safety and to protect native vegetation, please remain on formed tracks at all times. Make sure you carry adequate water and tell someone where you are going. Weather conditions may quickly change so dress accordingly. Don't forget your hat and sunscreen.

Trail	Time	Distance
<b>Inneston Historic Walk</b>	<b>1 hr return*</b>	<b>2 km loop</b>
This well marked trail takes the visitor back to the early 1900s and the gypsum-mining era. Interpretive signs tell the story of the close-knit community of Inneston Village. The lonely ruins stand proudly as a reminder of those bygone days. A very popular walk, starting from just inside the gate at the Inneston car park. Be aware of unstable ruins.		
<b>Stenhouse Bay Lookout Walk</b>	<b>1 hr return*</b>	<b>2 km loop</b>
This trail starts from the jetty car park and leads you around the cliff tops on a formed trail through low closed coastal heath. Nine lookouts with interpretive signs provide an insight into some of the natural and cultural history of the area. The spectacular views over Investigator Strait and the offshore islands area some of the best in the park and should not be missed.		
<b>Pondalowie Boardwalk</b>	<b>40 min return*</b>	<b>1.2 km Return</b>
The Boardwalk provides a connection from the Pondalowie Beach Access Carpark to the popular surf break at Pondalowie Bay. The boardwalk goes over the sand dunes to the water and the beach is accessed from a long viewing platform. Steps lead down to the beach in three locations with a long stretch of white sand in either direction.		
<b>West Cape Headland Hike</b>	<b>30 min return*</b>	<b>1 km loop</b>
A short hike taking in the spectacular coastal views of Pondalowie Bay, Wedge and Althorpe islands. The loop trail takes visitors past the fragile weathered coast vegetation to the operational stainless steel lighthouse at the head of the cape. Exhilarating views of the high-energy coastline are another feature of this memorable hike.		
<b>Thomson-Pfitzner Plaster Trail Hike</b>	<b>3 hrs return*</b>	<b>7.6 km Return</b>
The Thomson-Pfitzner Plaster Trail Hike follows the old wooden railway line that runs from Inneston to Stenhouse Bay. The hike begins just after the horse stable ruins along the Inneston Historic Walk at Inneston. Colorful interpretive signs take you back in time to relive those days of yesteryear.		
<b>Royston Head Hike</b>	<b>2 hrs return*</b>	<b>4 km Return</b>
Spectacular views of the rugged peninsula coast and blue ocean. There is a fantastic lookout point from the cliffs at Royston Head with a tranquil beach below. Plant identification labels are displayed along the walk.		
<b>Gym Beach Hike</b>	<b>4 hrs return*</b>	<b>11 km Return</b>
A diverse hike that takes in the unique flora and fauna and high sand dune areas between Browns Beach and Gym Beach. You may see a wide variety of birdlife and native orchids as you pass through the dense mallee vegetation.		

\* Time is generously estimated for an average walking speed of 3 km per hour—allow extra time for resting & sightseeing