



Cape St Albans 4 Day / 3 Night Itinerary

Day 1

Arrive on Kangaroo Island by ferry or plane. If you arrive early in the morning, we recommend exploring Penneshaw and surrounds. We personally like to start our Kangaroo Island getaway with great coffee and breakfast at Millie Mae's Pantry, our favourite cafe for locally sourced produce and gifts.

We recommend exploring Penneshaw on foot, following the signs of the Penneshaw Town Walk. The first section starts in the town centre leading towards Baudin National Park, taking in the spectacular views of Backstraight Passage - which if you arrive on ferry, you have just crossed. Discover Baudin Beach, Frenchmans Rock, Aboriginal heritage at Contemplation Seat and excellent outdoor art along the Penneshaw Sculpture Trail.

Before making your way to Cape St Albans, we suggest you stop at the Penneshaw IGA to stock up on amazing Kangaroo Island food and beverages for picnics, lunch and dinner. We also recommend stopping at Cape False Wines if you like to drink wine. We like to fill our gourmet picnic basket with a bottle of Cape False Pinot Grigio, or the Captain Cabernet Sauvignon - pair with a selection of local cheeses, crackers, olives, olive tapenade, beetroot relish and figs, KI Dukka with olive oil and sourdough bread. Don't forget to pick up a bag of KI honey popcorn which is simply a delicious treat - keep an eye out for this at local stores.

3pm Arrival and Self-Check-In

As you turn off Cape Willoughby Road and drive towards the entrance to Cape St Albans, you'll be delighted by the natural beauty of the eucalyptus tree archway. Follow the signs to your allocated CABN X and be mesmerized by the rolling hills and ocean views that greet you.

Unpack your shopping into the indoor and outdoor fridge, make yourself a cuppa or pour a wine and sit on the deck, enjoying the stunning ocean views of Antechamber Bay overlooking the South Australian coastline. This special, peaceful place is your home for the next three nights - take in the bush smells, spot a kangaroo or wallaby in the distance or an echidna digging in the dirt nearby. The peace and tranquility will trigger an immediate sense of relaxation and reconnection.

Go for a wander down to Kona Beach and search for the shipwreck of the Kona, a four-mastered American schooner that fell victim to mighty power of the ocean in 1917.

Once the sun begins to set, we recommend embarking on a self-guided dusk wildlife spotting experience at Cape St Albans which can be an exciting way to see wildlife in the wild (refer to the self-guided dusk wildlife spotting tour description and map).



Alternatively, enjoy the restorative powers of an in-house sauna, gazing through the picture window at the kangaroos grazing at dusk.

Finish your first day with a relaxing bath – indoor or outdoors, the choice is yours!

Day 2

Start the day with a perfect cup of coffee to wake up followed by a walking meditation to relax body and mind. Our favourite locations for walking meditations are Kona Beach and the trail towards Cape St Albans Lighthouse highlighted on the map. Walking meditations are a great way to let go of any worrying thoughts and experience the natural elements in an immersive way (refer to the Cape St Albans Walking Meditation experience for further details).

Once you are back at your CABN X you may feel ready for a healthy breakfast featuring locally sourced produce, included in your CABN X experience.

If you now feel like venturing out, we suggest visiting Cape Willoughby Lighthouse station where you could join a guided tour or go on a self-guided walk. You may also want to visit Lashmar Conservation Park including the pristine long sandy beach of Antechamber Bay, a favourite with all beach lovers.





For lunch, we recommend indulging in some local produce at Cape False Wines, both only a short drive away from Cape St Albans. If you prefer local seafood, we suggest driving a bit further to the Oyster Farm at American River. At the farm-gate you can taste the freshest local oysters plus local aquaculture and sustainable seafood including King George Whiting, Wild Marron, Abalone and more. On your way back from American River, stop at Prospect Hill and climb the 500 steps to the highest point of Kangaroo Island to enjoy excellent views of the island.

Cape St Albans is a bird watching paradise at dusk, so why not grab the pocket telescope from your CABN X and head to the birdwatching locations marked on the map and record your sightings. The bird species that can be found at Cape St Albans include a breeding pair of endangered, White-bellied Sea-Eagles, the Hooded Plover (between August to March), Glossy Black Cockatoos, and Wedge-tailed Eagle. Other bird species include the Pied Currawong, Grey Shrike-thrush, Superb Fairywren, Australian Raven and various species of parrots and finches.

Finish your second day with a nice BBQ meal cooked on the Weber Q.

A stay at Cape St Albans is not complete without a star gazing experience given the darkness of the night sky and lack of light pollution compared to the mainland. The stargazing highlights are the Southern Cross, the Milky Way and planets such as the Venus, Mars, Jupiter and Neptune. When ready for bed, you do not need to stop your star gazing experience, we simply suggest keeping the skylight open as you slowly drift off to a good night sleep.





Day 3

Start the day with your favourite tunes, a cup of coffee and then grab the CABN X yoga mat and set yourself up on your deck or at one of the wellness locations highlighted on the map. Being in nature during yoga or pilates practice allows you to connect more deeply with your body and surroundings allowing for a rich sensory experience that enhances the mindfulness of the practice.

If you are a new to Yoga and Pilates, simply refer to the Yoga and Pilates scripts that we have prepared to help guide you through the practice (refer to the Cape St Albans Beginner Yoga Experience or Pilates Experience). After all this body, mind, and spirit work you'll be ready for a hearty breakfast.

Even though Cape St Albans is a beautiful microcosm of Kangaroo Island, we still recommend you visit Kangaroo Island's iconic highlights at the Western end of the island including Seal Bay, Little Sahara, Hanson Bay Wildlife Sanctuary, and Flinders Chase National Parks featuring Remarkable Rocks and Admirals Arch. If you have time, on your way back you may want to stop at what the locals simply call KIS. Kangaroo Island Spirits (KIS) is an internationally acclaimed boutique distillery, well-known for its gin, vodka, and liquors which are all available for tasting at the cellar door. KIS have even recently branched out into a world class whisky program, so be sure to check them out.

Please be careful returning to Cape St Albans late afternoon and dusk; it is one of the best times to spot wildlife and this also means while driving. Plan ahead to allow for slower driving at this time of day.

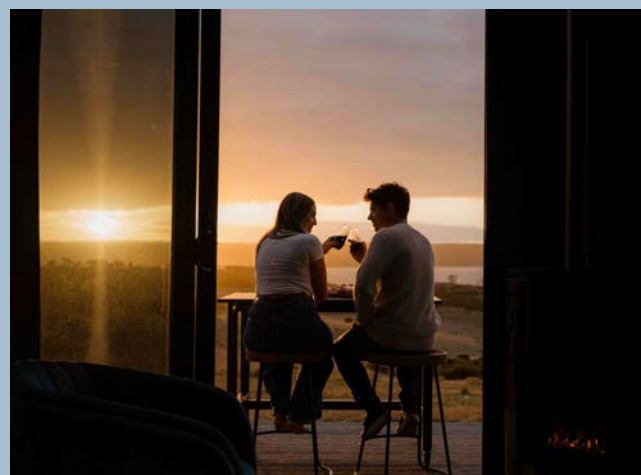
A self-guided sunset champagne experience at Cape St Albans is the perfect way to end a perfect day enjoying the stunning coastal views and a magical island sunset. Roll out the Glamswag on the deck or walk down to Kona Beach with a bottle of your favourite KI sparkling wine, a couple of champagne glasses, and KI honey popcorn for an unusual kind of pairing. Don't forget to bring your phone to take some Instagram pics and tag us!

Day 4

Start today with a perfect sunrise at Cape St Albans overlooking the Pages and Cape Willoughby Lighthouse before indulging in the CABN X breakfast and tea and coffee provisions. You may want to simply relax and enjoy the final hours at your CABN X either on the deck or in the outdoor bath.

Check out 10am

We do hope that you enjoyed your stay and have captured many memorable moments at Cape St Albans ready to share with friends and family near and far. We would love to hear about your CABN X and Cape St Albans experience, so please provide us with your feedback via the link in a post-stay email you'll receive.



Get social and share your Cape St Albans experience with us!
[@cabn.life](https://www.instagram.com/cabn.life)

