



Self-guided Cape St Albans Nature Walk

**ALLOW
2-3
HOURS**

As you embark on a nature walk at Cape St Albans on Kangaroo Island, prepare yourself for a journey that will awaken your senses and ignite a deep appreciation for the natural beauty that surrounds you.

You can walk along the existing walking trails and vehicle tracks that lead you to Kona beach and Cape St Albans Lighthouse marked on the map. If you are adventurous and experienced in off-the-beaten track bushwalking, we suggest following the animal tracks along the scrubland, rugged coastline and cliffs.

The vegetation around Cape St Albans is diverse and includes a range of different native species and plant communities, reflecting the island's unique ecology and climate. It includes several species of eucalyptus trees, including manna gum, tea tree, sheoak, various species of correa, mallee, geranium, saltbush, and open grassland. These trees are an important source of food and habitat for a range of native wildlife, and several species of bird. The coastal dune system also supports a range of salt-tolerant species, including samphire, and glasswort. These plants are adapted to the harsh and salty conditions of the coastal environment and play an important role in stabilising the dunes and preventing erosion.

Take a moment to observe the small wonders that unfold before your eyes. Smell the air infused with the salty freshness of the nearby ocean and when you inhale deeply, you will recognise the aroma of eucalyptus and tea tree.

As you walk, listen to the rustling sounds of the trees and shrubs moving in the wind. Keep your eyes open for the native wildlife that calls this place home. Kangaroos and wallabies may gracefully bound across the landscape, their powerful legs propelling them effortlessly. Listen for the melodic trills and chirps of the native birdlife. With a bit of luck, you may spot a rare Glossy Black Cockatoo amongst the bushland, or from a distance, the breeding pair of White-bellied Sea-Eagles near the Cape St Albans Lighthouse.



As you near the coastline, the sounds of crashing waves grows louder and the trail opens to reveal a breathtaking vista to the Backstairs Passage, the mainland and the Pages Islands which form part of the Nurrunderi dreaming story. Take a moment to feel the energy of the place and connecting to the earth's ancient wisdom. Close your eyes and let the gentle touch of the breeze brush against your skin, carrying away any worries or stress, leaving you feeling refreshed and revitalized.

As you conclude your nature walk at Cape St Albans, your senses are heightened, and your soul nourished. It's a magical place where the symphony of nature's elements combine to create a sensual experience that will hopefully forever remain in your memory.



Credit: SATC/Milton Wordley



Credit: SATC



General tips for a nature walk at Cape St Albans

- Take water, snacks, your camera, a fully charged mobile phone and pocket telescope we provide as part of your CABN X experience, before you make your way along the tracks marked on the map.
- Wear sturdy, comfortable and closed-in footwear suitable for uneven terrain.
- Drink regularly to stay hydrated.
- Start your nature walk early in the day to allow sufficient time for completing the trail and returning before sunset.
- Check weather conditions and be prepared for sudden changes. Wear appropriate clothing, including rain gear, sun protection and insect repellent.
- Stick to designated tracks and trails and avoid trampling on vegetation to minimise your impact.
- Observe wildlife from a distance and resist the temptation to approach or feed them. Respect their natural behaviours and habitats.
- Leave no trace: Carry all your rubbish and dispose of it properly at your CABN X.

Remember, safety should always be a priority when bushwalking. At certain times of the year – most likely between September and March – you may also encounter snakes however they will prefer to move away from you. If you see a snake ahead of you, pause, stamp your feet a few times and wait for them to leave. By planning ahead, respecting the environment, and being prepared, you can have a memorable and enjoyable experience exploring the beautiful bushland of Cape St Albans, Kangaroo Island.

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