



Walk this way

Get the best view of this region's rugged outcrops, beautiful beaches and fascinating wetlands of the South Coast – explore on foot.

The South Coast is much less developed than the north, which makes it the perfect place for a peaceful adventure by foot. Even the best walking tracks are heralded by little more than footprints and it takes a good guide to reveal the region's secret beaches, clifftop lookouts and Aboriginal sites.

South Coast Nature Tours is one of the more reputable operators accredited by the National Parks and Wildlife Service (NPWS). The half-day walking tours are ideal for families (\$170 for two adults and two children), kids under 10 free. On the Ulladulla Harbour Walking Tour, Indigenous guide Noel Butler explains the area's history and takes you along the One Track For All cultural heritage path. On the Meroo and Willinga Lakes walk, he shares bush knowledge and stories of the Budawang people. *For more info, call South Coast Nature Tours on (02) 4454 0072. southcoastnaturetours.com.au.*

Mimosa Rocks National Park stretches almost 20km

along beaches, bush and wetlands. Birdwatcher and environmentalist Sue Swensson, of **Sapphire Coast Eco Tours**, leads small group nature walks (maximum six people). A moderate half-day tour (four hours, \$60) starts near Bermagui, and then transfers to Murrah Beach for a walk to Goalen Head and Bunga Beach. See native birds, grey kangaroo, swamp wallaby and whales, and fossils of some

of the world's oldest plants. *Sapphire Coast Eco Tours (02) 6494 0283, or visit sapphirecoastecotours.com.au.*

Ben Boyd National Park surrounding Eden provides the challenging Light to Light Walk (31km), connecting Boyd Tower with Green Cape Lightstation. This craggy coastline can be covered over a couple of days or in half-day sections. Longer walking holidays are organised by **Auswalk**, which offers an eight-day Lighthouse Trek. Two guides lead easy and harder routes so you can choose which to follow, then stay overnight in a lighthouse. Departing from Canberra, the round-trip costs \$1995, including transport, accommodation, meals and tours. *Auswalk, (03) 5356 4971. auswalk.com.au*

Self-guided walks

You can walk the south coast without a tour group – marked tracks are found in most national parks. Never walk alone, because some locations are remote, with lots of exposed coastline, cliffs, waterways and high winds. Keep in touch with someone at home, however there is no mobile phone reception in some areas. *More information Tourism NSW (13 20 77) or visitsw.com.au.*

What to bring

Flat walking shoes; jacket; hat; sunscreen; insect repellent; maps; water; snacks or lunch; a day bag and plastic bag for your rubbish. SB

– Louise Goldsbury



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what's hot

The opening of Wollongong's **Sea Cliff Bridge** and the Grand Pacific Drive has inspired a rash of new luxury holiday homes, including Obsessed by the Sea at Woonona (0414 557 799, www.obsessed.com.au) and Lilyvale, (stayz.com.au) in the Royal National Park.

Five Islands Brewery, the best beachfront pub in Wollongong, is getting a summer makeover. Its fantastic beers will soon be available for sale in shops too. fiveislandsbrewery.com

Whales are expected down the coast this month, so book a cruise with MV Signa, which

has started whale-watching tours from Kiama. mvsigna.com.au

Extravacamps is a new concept in camping in Kangaroo Valley. The tent is set up for you, with a choice of luxury, gourmet or pampering packages. extravacamps.com.au

Try the latest award-winning restaurants,

Seagrass Brasserie at Huskisson

(seagrass.net.au); **On The Pier at Batemans**

Bay (onthepier.com.au); **Saltwater@Bermagui**;

and **Nikki's Old Fire Station Restaurant** at Nowra.

