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- send members of your walking group for help (where

# Emergencies

Walker's checklist

## Illness and injuries

If you or a member of your walking party gets injured or becomes ill:

- attend to the needs of the casualty
- at the McNess House Visitor Centre when you return.



Check with Yanchep National Park or the local Parks and

a family member. It is strongly recommended that you complete the 'Walk Safe' register at McNess House Visitor

Wear sturdy, comfortable footwear and clothing to suit the weather conditions. Take at least two litres of drinking water

Remember to notify someone or sign the 'Walk Safe' register

Centre before departing on walks in the park.

per day and adequate food supplies.

Wildlife office about the trail conditions before setting off. Leave detailed information about your walking plans with

# Walking safely

of your walking group. are ultimately responsible for your own safety and the members has made every effort to provide safe, well-defined trails, you degree of exertion and natural hazards. While Parks and Wildlife Bushwalking is an adventure activity that can involve a high

encounter along the way. if you are unsure of the challenges or hazards that you might To ensure your safety, plan your walks carefully and seek advice

(ph: 9303 7759). in Yanchep National Park before starting your walk Please register with 'Walk Safe' at McNess House Visitor Centre

## Planning your walk

Here are some basic guidelines: your journey will be better with planning and preparation. Whether it is a two-hour stroll or a demanding three-day hike,

- physical limitations and those of your walking group. Don't overestimate your capabilities. Understand your
- details of your walking plan with a family member. For longer walks, develop a route plan. Always leave
- Familiarise yourself with the area and the facilities.

### Safety in numbers

accidents and incidents can occur. Don't walk alone! No matter how good your preparation,

- are in your group. • It is recommended that a minimum of four people
- level of fitness and never leave that person unsupervised. When walking in a group, always accommodate the lowest
- the most bushwalking and map-reading experience. Nominate two group leaders, preferably the people with

JIEMS squorg To protect the environment, we ask you to keep your walking



pnspwalker.

Best times to walk

Trail access and users

Trail marking and maps

fitness and walking experience.

for specific information.

Irail grading

to use these trails.

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tor your walk.

ou 2.5km/h.

months unless you are well prepared or are an experienced

Swan Coastal Plain are autumn, spring and winter. It is not

Horses, mountain bikes and motorcycles are not permitted

Trails in this guide have been purpose-built for walkers only.

Starting points for each walk trail are indicated on the map

qem balietab aronge a more detailed map

markers have been set in both directions so, if you lose sight of

Do not rely solely on the trail marking to get you through. Trail

and the time they take to walk. The average walking time is based

The trails are graded according to their level of terrain, distance,

Please note: The walking times stated on this brochure are only

for fit, well-equipped and highly experienced walkers. Ensure you no previous experience, and Class 6 trails provide opportunities opportunities for visitors with wheelchairs and people with within a range from 1 to 6, where Class 1 trails provide Department of Parks and Wildlife walking trails are classified

a guide. Walking times will vary depending on your level of

check any individual trailhead signs at the start of trails

How hard are the walks?

Please note the map in this brochure is not designed for

the trail, turn back to confirm your last known marker.

The best seasons to walk in Yanchep and the northern

recommended that you walk the Class 3 to 5 trails in summer

# Yanchep National Park

Yanchep, Western Australia 6035

Email: yanchep@dpaw.wa.gov.au

# Cnr Indian Ocean Drive and Yanchep Beach Road

# More information



# Yanchep **National Park**



**Extended** walks

treasures. National Park to experience its natural visiting the area now known as Yanchep For thousands of years people have been

a koala sanctuary. bne slemine sviten , seves enotsemil ees heritage, enjoy the picturesque grounds, come to immerse themselves in rich cultural a rich source of food and water. Visitors due to its abundance of wetlands, as it was The local Aboriginal people visited the area

creating them. enjoy the trails as much as we have enjoyed northern Swan Coastal Plain. We hope you to showcase the unique biodiversity of the to choose from. Each trail has been selected This trail guide has five extended bushwalks

Happy walking!

# Using the trail guide

have a safe and enjoyable experience. to help you select the right trail and plan your walk, so you This Extended walks guide is easy-to-follow and designed

easy to find. Trails have been marked and colour-coded so they are



- possible never leave the casualty alone,
- find a sheltered place to rest the person
- reassure them
- apply first aid.

Tip: always carry a comprehensive first aid kit. In the event of an emergency, call 000.

## Lost!

If you think you are lost, try this three-step plan.

- 1. Retrace your steps to return to somewhere you recognise and re-plan your route from there.
- 2. If you're still disorientated and it's getting dark, don't panic. Remain where you are and set up camp. The morning may reveal your location or make your new path much clearer.
- 3. Call Parks and Wildlife's Swan Coastal District Office on (08) 9303 7700.

Web: dpaw.wa.gov.au

Fax: (08) 9561 2316

Phone: (08) 9303 7759

Find us on Facebook at www.facebook.com/yanchepNP

The 'Top Trail' icon identifies the top trails experiences in WA - find out more at www.trailswa.com.au.

Department of Parks and Wildlife Swan Coastal District Office: (08) 9303 7700

Police: 13 14 44 In the event of an emergency, call 000.







Photos - Parks and Wildlife

- Information current at May 2015.
- This information is available in alternative formats on request.



Visitor guide





**RECYCLE** Please return unwanted brochures to distribution points

# Trail facilities

## **Camp sites**

Please use camp sites to minimise your impact on these conservation areas.

Each overnight camp site marked on the map has the following facilities:

- sleeping shelter (sleeps up to 12 adults)
- rainwater tank
- three tent sites
- picnic tables
- unisex bush toilet
- fire ring.

The shelters are available to walkers on a first-come-first-served basis. No guarantees are given there will be space in the sleeping shelters, so walkers are advised to carry a tent on all overnight hikes. Organised walking groups are asked to be courteous to other walkers and share the sleeping space in the shelters.

### Fires – cooking, bush and prescribed

To preserve the environment you are asked to use a camp (fuel) stove. They are less likely to cause a fire and are faster, cleaner and easier to use in wet weather. Lighting fires is not permitted from November to March. Fires are permitted from April to October. Please confirm specific dates with park staff.

When lighting a fire:

- use the concrete fire-rings provided
- keep the fire small
- use only dead wood on the ground for kindling
- never leave a fire burning—put it completely out before leaving the camp site.

Each year Parks and Wildlife carries out a prescribed burning program to reduce the risk of bushfires and enhance biodiversity. When burning is in progress, please use the diverted tracks.

Should a bushfire occur, do not panic. Make your way to an open road or a safe, cleared refuge, such as a camp site. Call the park on (08) 9303 7759 or (08) 9303 7700 and carefully follow instructions given by park staff.



## History

Yanchep National Park has a rich history, with its name derived from the bulrushes (or yanget) that provided the local Noongar people a staple diet. Artefacts have been found that show people inhabited the area between 6500 and 1700 years ago. The area is still extremely significant to the Noongar people and according to Aboriginal tradition, Loch McNess is inhabited by a waugal (rainbow serpent).

European history goes back to the early 1830s when the area was recorded as having lakes, caves and an abundance of game. In 1905, the State Government reserved 5460 acres (2283ha) of the lake and flats for the 'Protection and Preservation of Caves and Flora for a health and pleasure resort'. By 1936, Yanchep Inn, Gloucester Lodge and McNess House were built and Crystal Cave was fitted with electric lights.

# Animals and plants

Yanchep National Park is home to a diverse range of plants and animals. See banksias, paperpark, tuart, marri, sheoak and jarrah trees dotted throughout the park, and during spring, a colourful display of wildflowers including parrot bush, native orchids,



# What to take

You will need a backpack with a tent, sleeping bag, cooking equipment and sufficient clothing, food and water.

#### **Clothing and footwear**

- Beanie, gloves and thermal underwear for cool evenings and crisp mornings
- Lightweight rain jacket or cape
- Polar-fleece or sweater
- Long-sleeved shirt and long loose cotton trousers to protect legs and arms from ticks and prickly plants
- Hat to protect your face, head and neck
- Sturdy footwear and thick socks (preferably wear boots to help support your ankles and provide greater grip in rocky areas)

#### First aid and personal items

- Pocket knife, notebook, pen/pencil
- Sunglasses, sunscreen (SPF 30+) and insect repellent
- First aid kit blister kit and antiseptic swabs, bandages
- Small torch, whistle (for emergencies), toothbrush, toilet paper, plastic trowel and water purification tablets
- Camera
- Mobile phone

#### Camping gear

- Backpack or day pack and a large plastic bag inside pack to protect gear from wet weather
- Sleeping bag and lightweight sleeping mat



- Cooking equipment and eating utensils
- Fire starters and waterproof matches

For short walks take a day pack with a capacity of up to 35 litres, and for one day or more with a capacity of 50–65 litres. Practice packing and carrying a backpack. Poorly loaded and fitted packs can lead to early fatigue.

#### Bushwalking tip: keep your pack as light as possible.

#### Food and water

Food for bushwalking should be light and easy to prepare. Do not take food that is canned or stored in glass as it can be heavy to carry. Always allow about one kilogram of food per person per day. Suggested meals or snacks include:

- breakfast muesli/fruit/bread and jam/vegemite
- snacks for along the trail dried fruits/muesli bars
- lunch cheese/crackers/tuna
- dinner rice/noodle/pasta dishes
- sweets chocolate/fruit.

Take at least two litres of water a day (more if you are walking during summer) in a plastic unbreakable bottle. Do not rely solely on the water tanks along the trails.





# **Tread lightly**



To minimise the impact of trampling vegetation, bushfires and trail erosion, we ask you to adopt our 'low impact' codes.

• Tread lightly

Stay on the established trails, tracks and roads. Taking short cuts or zig-zagging creates new (unwanted) tracks.

- Pack it in and pack it out
- Carry out all your rubbish and waste. Do not burn, bash or bury.

# Pests and dangers

Male emus responsible for rearing chicks may become irate and aggressive if you get too close. Stand still, or retreat slowly if confronted.

March flies can be a problem in the drier, warmer months. They will give a painful bite and are particularly attracted to the colour blue. At night, mosquitoes and midges are common. Be sure to bring insect repellent.

Ticks can be avoided by wearing long trousers and tucking them into your socks. Apply insect repellent around your waist, ankles, arms and shirt collar. Please familiarise yourself with the management of a tick bite before setting out on your walk. Current information is available from St John Ambulance at www.stjohn.org.au/first-aid-facts.

Venomous snakes can be encountered almost anywhere, particularly in the warmer months. Snakes will normally try to avoid humans, however you still need to be aware and take precautions such as wearing long pants and enclosed shoes when walking along bush trails.

Normally they will sense the thumping of your footfalls and make a hasty retreat well before you see them. An exception to this can be on unseasonally warm days in late winter and spring when any snakes, having had a long sleep during winter, will be sluggish and may feel threatened.

Yanchep rose, catspaw and kangaroo paw.

Koalas were introduced to Yanchep in 1938, and today the park holds one of the largest koala colonies in Western Australia. Koalas are not native to Western Australia. Their natural habitat is in the eucalypt forests of eastern Queensland, New South Wales, South Australia and Victoria.

The park also provides a habitat for native animals including the western grey kangaroo, quenda, emu, tawny frogmouth, honey possum, bandicoots, snakes and reptiles. Bird life is also prolific in the park, with many water and bush birds including grebes, swans, pelicans, cormorants, egrets, kingfishers, parrots, wrens, honey eaters and the endangered Carnaby's cockatoo.



#### • Stop the deadly spread

Prevent the spread of the dieback disease *Phytophthora cinnamomi* killing our native plants by brushing your shoes at the designated clean-down points along the trail.

#### • Leave No Trace – camping/cooking/toilet

Choose your camp site carefully. Use an existing site or set up in clear, open ground. Always use the toilets provided and where possible use a fuel stove instead of a fire.

Always put out fires before leaving.

#### • Let them feed themselves

Please do not feed the native animals. They do not have the same diets as humans. Feeding them will make them dependant on us and possibly cause them to become sick.

• Use water wisely

Use the water in the tanks sparingly-other walkers rely on it!

• Quietly, quietly

If you are quiet and keep your walking groups small, you will have a better chance of seeing and hearing the wildlife. Respect other people and the animals that reside in the area. It's their home too! If you find a snake, do not approach or aggravate it in any way. Most bites occur when people accidentally step on snakes, or while attempting to kill the snake.

Tiger snakes, which are highly venomous, are fairly common near swamps and wetlands, though can be found well away from water. Dugites are more commonly found in drier areas anywhere at Yanchep.

Please familiarise yourself with the management of a snake bite before setting out on your walk. Current information is available from St John Ambulance at **www.stjohn.org.au/first-aid-facts**. If you are, or suspect you have been, bitten by a snake, seek medical assistance immediately.



Extended walks	Information about short walk trails (1–4) is available on a senarate brochure. Vanchen	National Park – information and short walks. Pick up a copy at McNess House Visitor Centre or online at parks.dpaw.wa.gov.au/yanchep.	(5) GHOSI HOUSE WALK IKAIL <b>CALCULATION</b> This trail takes you on a journey through time into the park's wilderness areas. Along the way you will encounter the sights and sounds of the wetlands and discover the historic	is of the pcott's (	Ime: 5hrs return Length: 12.4km return Grade: Class 3 Start/finish: McNess House Visitor Centre	Abord the work show that were used during Month the scarp.	
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	Facilities and features	Camp site/shelter. Historic ruins. Limestone outcrops. Wetlands and tuart woodlands.	Panoramic views from the lookout. Historic ruins. Limestone outcrops. Banksia woodlands.	Camp site/shelter. Tuart woodlands. Views from Ridges shelter.	Tuart/banksia woodlands and wetlands.	Three camp sites: Shapcott's, Ridges and Moitch.	Cabaret Cave Beneficiare Cabaret Cave Performents Cabaret Cave Cabaret
	Class Environment	3 Compact and loose sandy sections. Short sections of steep track with moderate difficulty.	3 Mostly flat. Some loose sandy sections. Short limestone incline to lookout.	4 Mostly flat. Some loose sandy sections. Moderate difficulty.	4 Long sections of moderate to difficult soft loose sand. Natural debris common.	4 Overnight hike. Long sections of moderate to difficult soft loose sand. Natural debris common.	Protection of the second secon
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