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BEASTIES IN THE BUSH

SNAKES

Snakes are mainly active during spring and summer months. It is most unlikely that you will see one, as they sense your approach and move off into the bush before you see them. They will only strike if cornered or threatened. The two most common snakes in this area are the dugite and the tiger snake (generally found in wetland areas). They are venomous.

Before seeking medical aid you should:

1. Remain calm and immobilise the walker.
2. Apply a bandage firmly above and below the bitten area. Do not wash the bite!
3. Lay the walker in the shade. Keep still until help arrives.

TICKS

Pepper ticks are common in heathland areas. They are very tiny, often not detected by the human eye, and can leave an itchy bite. To prevent being bitten, wear long trousers and long socks, pulling the socks over the bottom of the trousers. Apply insect repellent around your belt area, on arms and around shirt collars. Do not sit directly on the ground. Sit on a log and hang your pack on the branch of a tree.

Reapply the insect repellent at regular intervals throughout the day.

What do I do if I find a tick on my body?

Don't try and pull the tick out by its body. Toxins could be left inside the bite and it could become inflamed, itchy and infected. Use a pair of tweezers to gently spread and loosen the skin around the tick's mouthparts. Then finally grasp the mouthparts and pull the tick out. To avoid infection, wipe the area down with some antiseptic solution or cream and cover with a Band-Aid.

VISITOR FEES

Visitor fees apply to cars at Yanchep National Park. This helps maintain the park and its facilities.

TRAILS AND PARTNERSHIPS

The Coastal Plain Walk Trail has been made possible by generous contributions from the following organisations:



Department of
**INDUSTRY,
SCIENCE
&
TOURISM**

Department of
Industry, Science
and Tourism



City of Wanneroo



North West Metro
Tourism Association

FURTHER INFORMATION

If you need any further details about the trail or want some assistance in planning your walk, contact CALM staff at Yanchep National Park or at the Perth District Office.



DEPARTMENT OF CONSERVATION
AND LAND MANAGEMENT

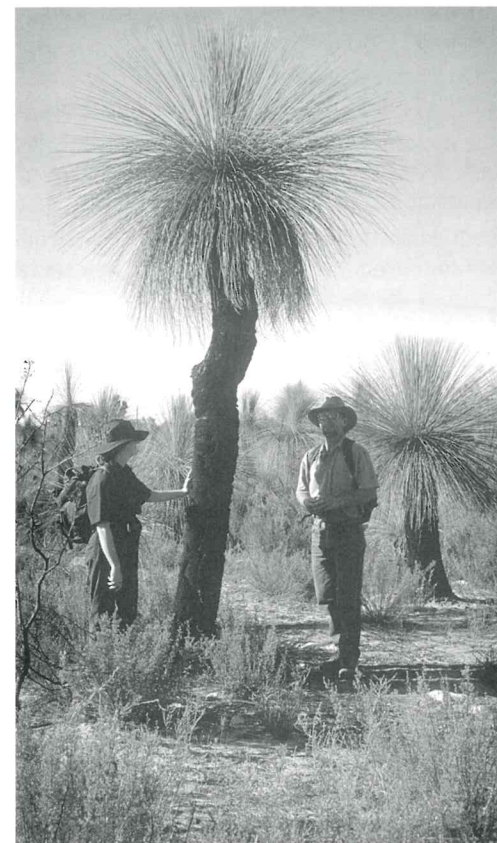
PERTH DISTRICT OFFICE
5 Dundobar Road, Wanneroo
Phone: (08) 9405 1222
Fax: (08) 9405 0777

YANCHEP NATIONAL PARK
Phone: (08) 9561 1004
Fax: (08) 9561 2316

STAGE ONE

COASTAL PLAIN WALK TRAIL

*Yanchep National Park
to Melaleuca Conservation Park*



MAP AND GUIDE



DEPARTMENT OF CONSERVATION
AND LAND MANAGEMENT

DISCOVERING THE SWAN COASTAL PLAIN

If you enjoy the simple pleasures of bushwalking and want to explore more of the Perth outdoors, put your walking boots on and step out onto the Coastal Plain Walk Trail.

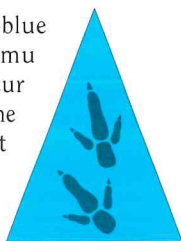
Stage One of this long distance walking trail takes you on a 2½-day journey from Yanchep National Park to Melaleuca Conservation Park, traversing the many natural wonders of the Swan Coastal Plain. The trail boasts a range of facilities and features, which include 46 kilometres of clearly marked trails, three campsites with overnight shelters, bush seats and gently undulating terrain. All within 45 minutes drive from Perth.

TRAIL INFORMATION

The Coastal Plain Walk is a long distance walking trail. Even though the terrain is relatively flat, parts of the trail can be challenging and sometimes strenuous, so be prepared and plan your walk in advance. Check your level of fitness before undertaking this trail. As a guide, the trail has been broken up into day walks/sections:

- Section 1 Yanchep National Park to the Ridges campsite: 20.9km (includes the 5km from McNess Visitor Centre)
- Section 2 Ridges campsite to Moitch campsite: 19.9km
- Section 3 Moitch campsite to Yongka picnic site (Neaves Road): 10.4km

The trail is marked by sky-blue triangles with black emu footprints. The markers occur every 200 metres or so along the trail route. They are placed just above eye level on trees or pine posts at major track crossings and road intersections. The



sharp point of the triangle indicates the direction of the trail and when it turns.

Please don't take the markers—walkers rely on them. Magnetic markers, T-shirts, hats and trail certificates can be purchased at McNess House Visitor Centre in Yanchep National Park.

TRAIL ACCESS AND USERS

The trail and campsites have been purpose built for walkers only. Horses, mountain bikes and motorcycles are not permitted to use this trail. Other areas have been set aside for these activities. To find out the locations of these trails, contact a Recreation Officer at CALM Perth District Office.

Starting points:

- North** Yanchep National Park (Ghost House Ruin site)
- South** The Yongka picnic site in Melaleuca Conservation Park (Neaves Road)

Start your journey from the McNess House Visitor Centre in Yanchep National Park. The Coastal Plain Walk Trail northern terminus is located 5km from the Visitor Centre. To get to the trailhead, walk directly from the Visitor Centre to the lake, head south along the lakes edge until you reach the Yanjidi Trail. Follow this trail around the southern end of Loch McNess for 1km until you reach the start of the Ghost House Trail. Turn left onto this trail and follow it north for 4km until you reach the Ghost House ruins and the northern trailhead sign for the Coastal Plain Walk Trail.

WALKERS PLEASE NOTE: Due to such a high number of walkers, CALM can no longer provide the security parking at Yanchep National Park. Walkers are advised to park their vehicles in the car park adjacent to Yanchep Inn. We are sorry for any inconvenience this may cause to trail users. If you are walking as a group, please tell the park staff where your vehicles are parked.

WALKSAFE

Even though bushwalking is perceived to be a low risk activity, it can involve a high degree of physical exertion and natural hazards, including snakes, falling tree limbs and uneven surfaces. While CALM makes every effort to keep the trails safe, we do advise you to prepare yourself for any situation. To assist you in making your journey safer we ask you to follow a few bushwalking codes:

- Check with the District Trails Coordinator or Ranger before your walk, trail conditions may alter at any time.
- Sign on at the CALM WALKSAFE REGISTER at McNess Visitor Centre. Information relating to your planned walk is vital to CALM in the case of a wildfire or emergency. If you are starting at Neaves Road, WALKSAFE forms can be picked up from the Perth District Office.
- Know your limits – if you are not a regular bushwalker, walk in a group or with an experienced leader.

Your safety is our concern, but your responsibility.

CHECKLIST FOR WALKERS

- Always carry at least two litres of drinking water per day. Avoid walking the trail in mid summer.
- Know your walking route; advise a friend where you are going and when you're expected to return.
- Wear sensible clothing, sturdy footwear, lightweight trousers and a long sleeved cotton shirt. Take a light, waterproof jacket for changes in the weather.
- Protect your skin by wearing broad rimmed hat and 15+ sunscreen.
- Take a backpack with a first aid kit, compass, trail map and sufficient food for your trip.
- If you are not an experienced walker, you are advised to walk as a group with four or five people.

WATER

The coastal plain consists mainly of sandy soils and does not have any visible running water or streams. Rainwater tanks are provided at each campsite for emergencies, *but please take your own supply of drinking water*. If you are walking in a large group, arrange daily water drops.

Boil the water before drinking, or use purification products. When washing, avoid using a lot of water and detergents.

CAMPSITES

The campsites are located a comfortable one day's walk apart. To consider other walkers, groups are requested not to occupy shelters until after 6pm.

Each campsite has a visitors book. We welcome any comments you have and ideas on how we can improve the trails.

FIRES

Please use a fuel stove. This is less likely to cause a wildfire and is faster and cleaner to use in wet weather.

If you must light a fire, use the fire rings. Use only dead wood lying on the ground. *Do not light fires during days of high or extreme fire danger*. Contact your local CALM office to check for fire bans and weather conditions. Never leave a fire or burning embers unattended. Use soil to extinguish the fire before leaving.

SANITATION AND HYGIENE

A toilet is provided at each site. Please preserve the environment and use the facilities. Where there are no facilities, please bury your waste at least 150 millimetres below the ground and 100 metres from any water source.

Bins are not provided. Collect, crush and carry out with you any food scraps and rubbish (including tins, foil and glass).

THE ENVIRONMENT

North of the river, between the coast and the Darling Scarp, is the northern section of the Swan Coastal Plain. Hidden beyond the suburbs are remnant pockets of bushland, national parks and nature reserves. These form one of the richest areas in native wildflowers in the southern hemisphere, and support a diverse range of flora and fauna. The wetlands and woodlands run parallel to the coast, and have served as a rich source of food and water for the Nyungar Aborigines who inhabited this area nearly 40,000 years ago.

GEOLOGY

Two dune systems provide most of the soils on the Swan Coastal Plain. On the east side, the Bassendean system, of grey quartz more than two million years old, supports an extraordinary number of plant species under a low banksia forest. Sitting between the coastal dunes is the younger Spearwood system. These yellow and brown sands often cover a limestone core on their western edge. On the deeper soils grows an open woodland of jarrah and marri, while over the shallow limestone outcrops is low heath vegetation, providing colourful carpets of flowers in winter and spring.

COASTAL PLAIN PLANTS

The northern region has a diverse flora characterised by coastal dune communities (mostly heath and wattle scrub). Inland, tuart, marri and jarrah forests and woodlands predominate as far north as Yanchep. Within this wooded area are a group of wetlands which run adjacent to the coast. They are surrounded by rushes, paperbarks and flooded gum.

With its diversity of wildflowers the Coastal Plain Walk Trail blooms spectacularly almost all year round. Special features are the tiny catpaws, coastal smokebush and the Morrison feather flower.

WILDLIFE ON THE TRAIL

In the undeveloped pockets of coastal woodlands, there still occur the western grey kangaroo, brush wallaby, echidna, quenda, western pygmy possum and honey possum. Populations of some of these native animals had fallen in numbers since the introduction of the rabbit, fox, and domestic cat, but are now on the increase thanks to CALM's Western Shield program.

The birdlife will delight you; at early morning you may hear 'twenty-eight' parrots, magpies, ravens, wrens and honeyeaters, or spot the hovering kestrels. You will have no problem sighting the flocks of Carnaby's white-tailed black cockatoos, or tracing the emu prints in the sand.

Keep an eye open and an ear out for the white-striped mastiff bat, which dwells in the cave overhangs at Yanchep. It moves rapidly and has a high piercing call.

DIEBACK DISEASE

Dieback is a plant disease caused by the fungus *Phytophthora cinnamomi*, which thrives in moist soil and water. The fungus attacks the roots of plants, such as banksias and jarrah trees, causing them to die. To avoid spreading the disease, please remove any mud or soil from your walking boots, and use the dieback cleaning stations positioned along the trail.



Verticordia nitens
Morrison feather flower

