



Isthmus Hill and Bald Head Hike

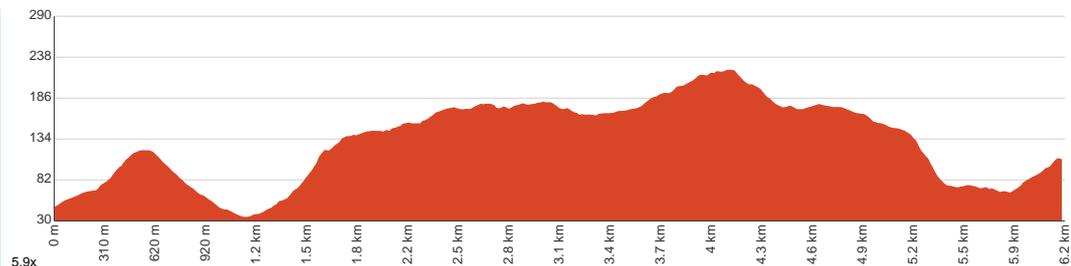
4 h to 6 h

12.3 km
Return

↑ 660 m
↓ 660 m

4
Hard track

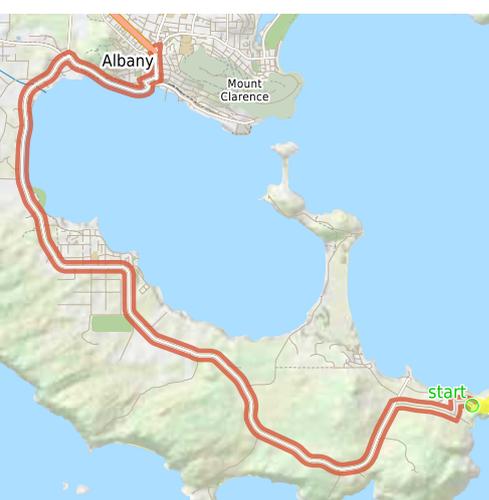
Starting from the Isthmus Hill and Bald Head carpark off Murray Road, Torndirrup National Park, this hike follows the ridgeline of the prominent Flinders Peninsula via the Isthmus Hill and Bald Head tracks. A short drive from Albany in the South West of Australia provides an opportunity to immerse yourself high above the unyielding power of the Southern Ocean on an ancient peninsula in the Torndirrup National Park. While the park draws plenty of tourists to see natural attractions like The Gap, Blowholes and the Natural Bridge, the Isthmus Hill and Bald Head Hike is the true star of Torndirrup. The first section of the hike is uphill as you climb to the top of Isthmus Hill (121m), where you are greeted with views of Salmon Holes Beach to the south from the bare granite surface. Along the way you will get stunning views of King George Sound, hear the chorus of the waves crashing against the granite cliffs and smell the unmistakable scent of the peppermint trees that line the trail. The hike ends at Bald Head, a round headland of domed granite sloping down into the ocean, rewarding walkers with breathtaking views of the coastline and the Southern Ocean. This is a tough hike to complete, requiring a decent level of fitness. The trail is a mix of boardwalks, sandy tracks, packed limestone paths and hard granite sections, with some steep and challenging sections. The route is fairly well marked with cairns along the way. While it may look like an easy trek, the terrain can be tricky, especially in wet weather. The weather can change rapidly in winter, and during high winds and storms the trail is closed. Keep in mind that the beaches on the side are unpatrolled and may have strong rips(currents). Let us begin by acknowledging the Traditional Custodians of the land on which we travel today, and pay our respects to their Elders past and present.



| | |
|---|---|
| Class 4 of 6 Rough track, where fallen trees and other obstacles are likely | |
| Quality of track | Rough track, where fallen trees and other obstacles are likely (4/6) |
| Gradient | Short steep hills (3/6) |
| Signage | Minimal directional signs (4/6) |
| Infrastructure | Limited facilities, not all cliffs are fenced (3/6) |
| Experience Required | Moderate level of bushwalking experience recommended (4/6) |
| Weather | Foretasted & unexpected storms and severe weather may impact on navigation and safety (4/6) |

Getting to the start: From Albany Highway, 30

- Turn on to York Street then drive for 175 m
- At roundabout, take exit 2 onto York Street and drive for another 200 m
- At roundabout, take exit 2 onto York Street and drive for another 225 m
- At roundabout, take exit 2 onto York Street and drive for another 115 m
- At roundabout, take exit 3 onto Stirling Terrace, 257 and drive for another 325 m
- Turn left onto Residency Road, 257 and drive for another 170 m
- Turn right onto Princess Royal Drive and drive for another 2.2 km
- Keep left onto Princess Royal Drive and drive for another 17.6 km
- Turn right onto Salmon Hole Road and drive for another 1.5 km
- Turn left onto Murray Road and drive for another 340 m
- Turn right and drive for another 255 m
- Keep right and drive for another 195 m

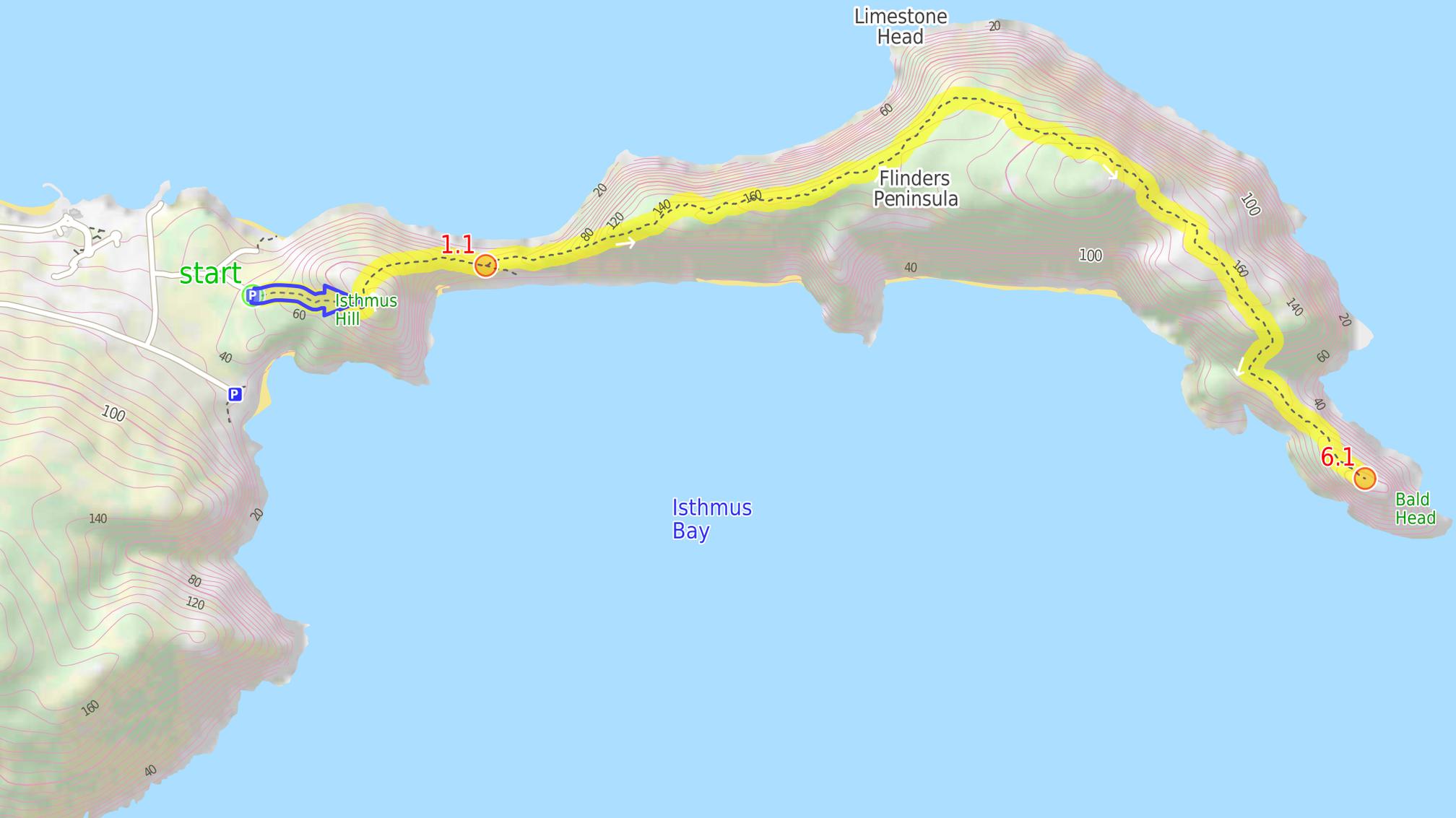


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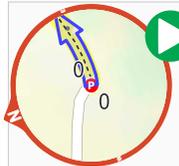




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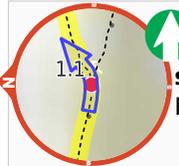
Getting started: From the Isthmus Hill and Bald Head carpark off Murray Road, Torndirrup National Park, head up the staircase to the right of the 'Isthmus Hill and Bald Head' sign. From the top of the stairs, head along the boardwalk section to continue the Isthmus Hill and Bald Head Hike.



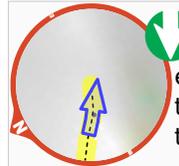
Isthmus Hill **Start** (a footpath).



After 380 m pass the "Isthmus Hill" (50 m on your left).



After another 740 m **continue straight.**
Keep left.



Continue another 5 km to find the end. Then turn around here and retrace the main route for 6.1 km to get back to the start.