



# Wilsons Promontory National Park

## Visitor Guide

Wilsons Promontory, or the Prom as it is affectionately known, is the southern-most tip of the Australian mainland. From sun-drenched summer beaches to secluded winter walks among rainforest, the Prom has something for everyone.



### Getting here

Before visiting, please check the website for any changes in park conditions at [parks.vic.gov.au](https://parks.vic.gov.au).

Wilsons Promontory National Park is approximately three hours' drive from Melbourne. Follow Monash Freeway (M1) to join South Gippsland Freeway (M420/A440) to Meeniyah. Take the Meeniyah-Promontory Road (C444) to the park entrance.

Tidal River is a 30-minute drive from the park entrance. Please drive carefully and look out for wildlife. Avoid driving between dusk and dawn. The nearest fuel and electric vehicle charging station is at Yanakie.

### Opening hours

Wilsons Promontory National Park is open every day, including weekends and public holidays.

Camping and accommodation must be booked in advance. Go to [parks.vic.gov.au/stay](https://parks.vic.gov.au/stay) or call 13 1963.

Tidal River Visitor Centre and General Store are open 7 days a week. The General Store stocks basic supermarket items, as well as a range of souvenirs and camping gear. Please check the website for opening hours at [parks.vic.gov.au](https://parks.vic.gov.au).

### Things to see and do

#### Beach access

Many beaches at Wilsons Promontory National Park have strong undertows, rips, and a steep floor. Ocean swells or large waves can crash along rocky shorelines unexpectedly. Always keep an eye to the sea. Beaches are generally not supervised by Surf Life Saving patrols. Check marine weather reports and tide predictions before entering the water. Never swim alone.

The north and south flanks of Norman Bay and the southern flank of Picnic Bay are popular snorkelling areas. Beaches throughout the park provide a range of surfing conditions for intermediate to experienced surfers.

Threatened Hooded Plovers and other shorebirds nest on beaches in the park between August and April each year. To protect nests and chicks, walk along the beach closest to the water's edge.

### Boating and fishing

Boat launching off Norman Beach is accessed from First Ramp in Tidal River (a permit is required).

With a valid fishing licence, recreational fishing is permitted in Corner Inlet and Shallow Inlet Marine and Coastal Parks, Wilsons Promontory Marine Park, on the beach and fishing platforms within Tidal River estuary and in Darby River west of the bridge. Bait collection is prohibited in all areas of the park.

All forms of fishing and shellfish collection are prohibited outside the places listed above. Refer to *Wilsons Promontory Marine National Park* and *Corner Inlet Marine National Park Visitor Guides* for more detailed information.

### Picnic facilities

Picnic tables and free gas barbecues are located throughout Tidal River. Darby River, Whisky Bay, and Five Mile carparks also have picnic tables.

### Access for all abilities

An all-terrain *TrailRider* wheelchair and beach access wheelchairs are available free of charge for visitors with a mobility impairment to access some of the beaches and walking tracks at the Prom. For more information, call 13 1963 or ask at Tidal River Visitor Centre.

### Walking

Wilsons Promontory National Park is a walker's paradise. Walks of varied lengths are available for all abilities.

- Let someone know before you go.
- Stay on walking tracks to avoid getting lost or spreading waterborne diseases on the soles of your shoes like Cinnamon Fungus, which kills native flora, and Chytrid, which kills native frogs.
- Wear sturdy shoes and carry a map, first aid kit, sunhat, sunscreen, significant drinking water and waterproof clothing.



Download the free park map/s to your phone from [Avenza Maps](https://www.avenzamaps.com). If you do not have the app installed, you will be prompted to download it (Wi-Fi is recommended).

Permits are required for overnight hiking, see *Wilsons Promontory Overnight Hikes – Southern Circuit* and *Wilsons Promontory Overnight Hikes – Northern Wilderness*.

# Wilson's Promontory National Park

Short walks around Tidal River



### Beach access

- 1 Norman Beach
- 2 Squeaky Beach
- 3 Picnic Bay
- 4 Whisky Bay

### Short walks

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- 8 Squeaky Beach
- 9 Three Bays Walk
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- 12 Lilly Pilly Link Track
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- 14 Lilly Pilly Circuit
- 15 Mt Bishop Summit Track



- |             |                  |                     |  |                         |                   |                                   |
|-------------|------------------|---------------------|--|-------------------------|-------------------|-----------------------------------|
| Parking     | BBQ - Gas        | Shower              | Shuttle bus stop                             | No fishing              | Sealed road       | Wilson's Promontory National Park |
| Information | Accommodation    | Historical monument | Open air cinema                              | No spear fishing        | Unsealed road     | Camping area                      |
| Toilets     | Overnight hikers | Fishing permitted   | Caravan camping                              | No taking or damaging   | Walking track     | Marine National Park              |
| Accessible  | Picnic area      | Cafe                | Education centre/ Yiruk Wamoon Keeping Place | Emergency assembly area | Directional arrow | Marine Park and Coastal Reserve   |
|             |                  |                     |  | Unstable cliffs         | Gate              | Accommodation area                |
|             |                  |                     |  |                         |                   | Parks Victoria staff only         |

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### 1. Norman Beach

Various access points – Grade 2.2

Norman Beach is flanked by Pillar Point to the north and Norman Point to the south, offering stunning views of Mt Oberon. Surfing is only permitted south of Fifth Ramp during peak season.



### 2. Squeaky Beach

300m from carpark – Grade 2.2

One of the most picturesque beaches, the rounded grains of quartz sand on Squeaky Beach make a 'squeak' when walked on. Access from Squeaky Beach carpark, Picnic Bay, or Tidal River.



### 3. Picnic Bay

400m from carpark – Grade 3

A short drive from Tidal River, this bay offers the opportunity to explore intertidal rock pool habitats to the north. Access is from Picnic Bay carpark, Squeaky Beach, or Whisky Bay.



### 4. Whisky Bay

400m from carpark – Grade 2.2

A track leads from Whisky Bay carpark through a moist gully, following Whisky Creek before passing over sand dunes to a sheltered beach.



### 16. Darby Beach

1.1km from carpark – Grade 2.2

A sandy track follows Darby River as it winds to the sea. A small, exposed beach is embraced at each end by rocky headlands.

## Short walks around Tidal River



### 5. Loo-Ern Track

1km, 30 minutes one way Grade 2.1

Loo-Ern Track follows the south bank of Tidal River estuary to Tidal River footbridge. A boardwalk, with four fishing platforms, protects fragile wetlands.



### 6. Pillar Point

3.6km, 1.5 hours return - Grade 3

Starting at Tidal River footbridge, walk to a granite boulder outcrop for breathtaking views of Norman and Squeaky Beaches and the Prom's offshore islands. Beware of unprotected cliffs.



### 7. Tidal Overlook Circuit

3.8km, 1.5 hours return - Grade 3

From Tidal River footbridge, walk to the highest point between Norman and Leonard Bays. Visit the *quiet place*, dedicated to rangers worldwide who lost their lives in the line of duty. Continue to Lilly Pilly Link Track junction (**Walk 13**) and turn right to return to the footbridge.



### 8. Squeaky Beach

4.2km, 1.5 hours return - Grade 3

Starting at Tidal River footbridge, this walk offers sweeping coastal views as it climbs over the headland separating Norman and Leonard Bays before descending to Squeaky Beach. Return via the same track. Beware of wave surges on rocky outcrops.



### 9. Three Bays Walk

Squeaky Beach, Picnic Bay, Whisky Bay.  
12.4km, 4 hours return - Grade 3

Experience the beauty of land and sea. Starting at the Tidal River footbridge, this spectacular walk alternates between linking tracks and the three beaches. Arrange a car shuttle for a one way walk.



### 10. Little Oberon Bay

8.2km, 3 hours return - Grade 3

Starting between the Visitor Centre and General Store, the track climbs Tea-tree-shrouded sand dunes to the southern end of Norman Beach (1.5 km), then winds across Norman Point to Little Oberon Bay. Norman Point is 300 metres from the main track. The walk offers views across Wilsons Promontory Marine National Park to Anser and Glennie Island groups. Beware of unprotected cliffs.



### 11. Mount Oberon Summit Walk

6.8km, 2 hours return - Grade 4

From Telegraph Saddle carpark, follow the track gradually uphill to the summit for a 360-degree view. During peak periods, a free shuttle bus takes visitors to Telegraph Saddle from Tidal River and the Overnight Hikers carpark. Mt Oberon Road is closed during bus operating times.



### 13. Lilly Pilly Nature Walk

5.2km, 1.5 hours return

Get a glimpse of the Prom's interior, traversing heathland, eucalypt forest and a boardwalk through warm temperature rainforest. This walk begins and returns to Lilly Pilly carpark. The Lilly Pilly Link Track connects this walk to Tidal River (1km, 20min, refer **Walk 12** on map).



### 14. Lilly Pilly Circuit

5.8km, 2 hours return – Grade 3

Starting at Lilly Pilly Gully carpark, climb across the southern face of Mt Bishop through stringybark forest before descending to lush rainforest in Lilly Pilly Gully. Return to the carpark via Lilly Pilly Nature Walk.



### 15. Mount Bishop Summit Track

7.4km, 2.5 hours return – Grade 3

Follow Lilly Pilly Circuit. A side-track leads to the rocky summit of Mt Bishop for magnificent views of the Prom's west coast and offshore islands. Beware of unprotected cliffs. Retrace your steps to the carpark or return via Lilly Pilly Nature Walk.

## Short walks in the north (map on page 4)



### 17. Tongue Point from Darby Saddle

5.6km, 2.5 hours one way – Grade 4

Enjoy tall forest and coastal scenery. At 2.1 km a side-track leads to Sparkes Lookout. The main track climbs to Lookout Rocks before descending steeply to Tongue Point. For your safety, do not cross over to the semi-attached island. Beware of unprotected cliffs.



### 18. Tongue Point from Darby River

3.8km, 2 hours one way – Grade 4

Starting at Darby River carpark, climb through windswept coastal vegetation for magnificent views of Darby Swamp and Vereker Range. At 2.4km a side-track steps down to Fairy Cove (access at low tide only). At 2.7km turn towards Tongue Point headland. For your safety, do not cross over to the semi-attached island. Beware of unprotected cliffs.



### 19. Prom Wildlife Walk

2.3km, 45 minutes return – Grade 2.2

This walk takes you across open grasslands to view native wildlife including kangaroos, wallabies, emus, and wombats.



### 20. Cotters Lake and Beach

2.4km, 1 hour return – Grade 2.2

Starting at Cotters Lake carpark, follow the management track through the often-dry basin of Cotters Lake to a remote and windswept stretch of coastline. Please keep off the fragile dune systems.



### 21. Millers Landing Nature Walk

4km, 1.5 hours return – Grade 2.2

From Five Mile carpark turn left after the management gate and walk through open banksia and stringybark woodland to Millers Landing and the world's southern-most stand of mangroves. Corner Inlet is an internationally significant wetland habitat for migratory birds.



### 22. Vereker Outlook

6km, 2 hours return – Grade 3

Start at Five Mile carpark and climb through banksia and stringybark woodland to a tumble of granite boulders for panoramic views to Darby Saddle, Corner Inlet and Cotters Beach. Beware of unprotected cliffs.



### 23. Shallow Inlet

400 metres, 30 minutes return - Grade 2.2

Park at the end of Hourigan Camp Lane. A short walk leads to Shallow Inlet via a sheltered gully of Tea-tree and Swamp Paperbark.

# Wilson's Promontory National Park

Short walks in the north



## Beach access

16 Darby Beach

## Short walks

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P Parking

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Caravan camping

Toilets

Picnic area

Accessible toilets

Boat ramp

Camping

Cafe

Lookout

Unprotected cliffs

Sealed road

Wilson's Promontory National Park

Unsealed road

Marine National Park

Walking track

Marine Park and Coastal Reserve



0 2 4 Kilometres

[www.parks.vic.gov.au](http://www.parks.vic.gov.au)

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## Health

We recommend all visitors have membership or insurance covering the cost of ambulance transport.

Park visitors are responsible for their own hygiene. Please bring your own hand sanitiser and soap.

## Fire

Bushfire safety is a personal responsibility. Anyone entering parks and forests during the bushfire season needs to stay aware of forecast weather conditions.

Wilson's Promontory National Park is in the West and South Gippsland fire district. To check the Fire Danger Rating and for days of Total Fire Ban visit [emergency.vic.gov.au](http://emergency.vic.gov.au), the VicEmergency smartphone app or call the VicEmergency Hotline on 1800 226 226.

On **Catastrophic Fire Danger Rating** days, the park will be closed for public safety. Do not enter the park. If you are already in the park, leave the night before or as early as possible in the morning. Visitors located outside of Tidal River should leave the day before.

Check the latest conditions at [parks.vic.gov.au](http://parks.vic.gov.au) or call 13 1963.

Fires (including campfires and solid fuel BBQs) are not permitted in Wilson's Promontory National Park at any time. On days of Total Fire Ban, liquid fuel and gas camp stoves are also not permitted, though built-in gas cookers in caravans and built accommodation may be used.

## In an emergency

For emergency assistance call Triple Zero (000). If there is a green emergency marker sign near you, read the information on the marker to the operator.

For park related emergencies only (fire, accident/ injury, injured wildlife, significant campground disturbance or critical maintenance issues), visitors can contact the Tidal River Duty Officer (24 hours) on **1300 247 594** or from the blue emergency phone at the front entrance of the Visitor Centre in Tidal River.

Mobile phone reception is unreliable in the park. A Public phone is located outside Tidal River General Store.

You may be notified of an emergency by Police or Parks Victoria staff. If immediately accessible, collect sunscreen, water, suitable clothing, and a torch.

Calmly make your way to the nearest Emergency Assembly Area marked on the map. Wait at the Assembly Area for further instructions from Parks Victoria staff or Police.

## Caring for the park

- Dogs, cats and horses are not permitted.
- All plants, animals, natural features and cultural sites are protected by law and must not be disturbed or removed.
- Feeding wildlife is bad for their health. It is an offence to feed or leave food where it is accessible to wildlife. Store all food securely and carry out all rubbish, including food scraps.
- Bicycles, motorcycles and trail bikes are not permitted on any walking track or management vehicle track.