



40 THINGS TO DO IN LINCOLN NATIONAL PARK

Lincoln National Park is one of the state's oldest reserves. The first section of park was established as a Flora and Fauna Reserve in 1941. The reserve was re-proclaimed as a national park in 1972, since then further additions have been made so that, along with Memory Cove Wilderness Protection Area, approximately 31,500 hectares are now protected.

Colonial history in the Port Lincoln area is first recorded in Matthew Flinders' voyage of discovery aboard the Investigator in 1802. He surveyed and mapped much of the coastline of the lower Eyre Peninsula, naming many sites in and around Lincoln National Park and Memory Cove Wilderness Protection Area.

The Barngarla and Nauo people used the rich food resources of the lower Eyre Peninsula coast long before the arrival of Matthew Flinders. Their local knowledge and bush skills were greater than Flinders' as they had mastered the art of harvesting freshwater from underground and coastal springs. They also made use of a wide variety of fish, inland mammals, reptiles and plants. Fish traps made from stone arrangements, stone working sites and middens are still present in the park.

Lincoln National Park overlooks Boston Bay, the largest natural harbour in Australia, with granite headlands, sheltered bays and scenic offshore islands. On the southern side of the park are the massive, wind-sculpted sand dunes of the Sleaford-Wanna dune system and the pounding surf of the Southern Ocean. This unique landscape is perfect for a variety of recreational pursuits including; boating, fishing, beachcombing, swimming, bird watching and nature walks. A variety of designated campgrounds in the park offer easy access to the beaches, bays and walking trails.

Further information including free plant and animal identification handouts can be collected at Pt Lincoln Natural Resource Centre. Fees collected are used for conservation and to maintain and improve park facilities. For bookings, maps and other Park information visit: parks.sa.gov.au

PARK PROFILE

Name: Lincoln National Park (and Memory Cove Wilderness Area).

First established: 1941 (Re-proclaimed in 1972).

Location: Southern Eyre Peninsula approximately 680km (8hrs) from Adelaide.

AUTUMN



Autumn brings a change of pace with cooler conditions light winds and clear night skies.

It's a great time of year to discover the more secluded areas to explore and watch the sun rise.

- 1 Camp at Surfleet Cove; Surfleet Cove is the most easily accessible campground in Lincoln National Park and located close to attractions such as Stamford Hill and Spalding Cove, making it an ideal base for hiking, fishing and paddle boarding.
- 2 Head out on the water; with lighter winds and clearer skies, autumn is the perfect time to access the park by boat (or spot the many that are out).
- 3 Lend a helping hand; the weather is cooling down and it's a great time to lend a hand in the Park. The Friends of Southern Eyre Parks often run activities throughout the cooler months such as Clean-up Australia Day.
- 4 Four-wheel drive Wanna-Sleaford Dunes; Take a four-wheel drive in the Sleaford Wanna Track. The track covers a range of conditions including limestone headlands and soft sand dunes. Check your tyre pressures and pack recovery gear.
- 5 Surf beach fishing; Sleaford Bay is well-known for Salmon fishing, try your luck at the Salmon Hole or Millers Hole or stroll along the beach to see what has washed ashore such as sponges, shells and sea urchins.
- 6 Star gazing; on a clear night from your campsite or a secluded beach rug up, and gaze at the night sky. You may spot the Southern Cross, the Milky Way and maybe a shooting star.
- 7 Explore Memory Cove; Book your family in to visit Memory Cove. A scenic 20 km four-wheeled drive will take you to one of the best beaches in South Australia. Bookings can be made for day visits and camping so check online at parks.sa.gov.au
- 8 Invent games; at your campsite or day visit area, find some natural materials such as sheoak cones or gum nuts and invent a game.
- 9 Photography; Clear night skies and crisp mornings offer opportunities to take beautiful photographs of the Park and tag them with #LincolnNationalPark
- 10 Head to the Wanna Lookout; Take in the views of Wedding Cake Rock and keep an eye out for Ospreys, Pacific Gulls and schools of salmon.

WINTER



Winter in the Park makes way for warm campfires, story-telling and mugs of soup and tea.

The rains bring new growth, tinges of green and moody greys as spectacular cold fronts march in from across the sea.

- 1 Spot Whales; Winter is whale season in South Australia. Southern Right Whales migrate from freezing southern waters and can be seen from May through to October. Spot whales from the Wanna Lookout through to Wreck Beach on the Park's south-western boundary.
- 2 Stay at Donnington Cottage; A cosy cottage ideal for families looking for a secluded and comfortable stay.
- 3 Cosy campfires; Pack your own firewood and enjoy the warmth of a campfire in the Park's designated fire pits at September Beach and Surfleet Campgrounds.
- 4 Go spotlighting; Grab a torch and search the canopies for the eye-shine of Barn Owls and Tawny Frogmouths on the hunt for mice.
- 5 Delicate orchids; Head along the Stamford Loop and try to spot a Wallflower Donkey Orchid (*Diuris aff. corymbosa*)
- 6 Heritage Walks; Before becoming a National Park the area was host to many farming activities. The remains of which are still evident today. Look out for old farm machinery on the Donnington Loop or dry stonewalls around Pillie Lake and picture yourself as a Pioneer of the past.
- 7 Curious Currawongs; Grey Currawongs are a common site in the park, listen out for their calls and watch them curiously investigate behind bark and under debris.
- 8 Try your luck at squid (Southern Calamari) fishing from Fisherman's point. Their black inky spray, released as a defence response, was once collected and used for writing pens.
- 9 On a stormy day head to the Wanna Lookout, watch huge Southern Ocean swells bring in wave after wave along the coastline and feel the wind rushing over the cliffs. Rug-up and don't go too close to the edge.
- 10 Take notice; Head out to a trail and see what things you think winter has brought. Walking trails becoming softer under foot; sections of Woodcutters Beach and Stamford Hill to Surfleet Cove walking trails are covered with soft green moss; new seedlings emerge and the fresh smell of tea-tree fills the air.

SPRING



Spring in the Park sees wildflowers bloom, emu eggs hatch, and insects begin to pollinate flowers.

Early sunrises and mild sunny days will have you exploring trails and beaches for hours.

- 1 Sleepy Lizards on the move; as the weather warms reptiles wake from their winter hibernation. On many of the walks in the Park Sleepy Lizards can be seen in sunny clearings. Be sure to watch out for them on the roads.
- 2 Emu's have sprung; as you walk and drive in the park keep an eye out for newly hatched Emu chicks. Often referred to a 'stripies' they can usually be seen wandering around with their dad.
- 3 Fantastic florals; discover the floral beauty of the park as the native plants begin to flower. Head to one of the many walking trails in the Park and spot flowers such as Native Lilac (*Hardenbergia violacea*) and Satin Everlasting (*Helichrysum leucopsideum*) a small daisy.
- 4 Picnic in the Park; the warming weather makes it an ideal time to sit, relax and picnic in the park amongst wildflowers and wildlife. Head to a formal day use areas with sheltered picnic tables such as Stamford Hill or September Beach.
- 5 Camp at September Beach; September Beach is the favourite among locals and the perfect base for hiking, fishing and swimming with a number of protected beaches and looped walking trails nearby.
- 6 Birds on beaches; shorebirds such as Sanderlings, Oystercatchers and the endangered Hooded Plover can be seen nesting throughout spring, remember to give them space so they can nest and feed.
- 7 Birds in the bush; With warm weather and Mallee trees in flower the dense vegetation along the Park's walking trails are a hive of activity. Keep an eye out for Variegated Fairy Wrens, Australian Ringneck Parrots (called Lincoln parrots by the locals) and the endangered Western Whip-bird.
- 8 Hike Sleaford Mere to the Park Entrance; Explore the unique shore of Sleaford Mere, keep an eye out for wandering emus as well as White-bellied Sea Eagles and Spotted Harriers above.
- 9 Dolphin delights; Common and Bottle-nosed Dolphins are a fantastic sight from the rocky shores and sandy beaches in the park.
- 10 Challenge yourself on the Investigator Trail; the trail is a long distance walking track, made up of sections that can be individually walked or trekked as a multi-day hike.

SUMMER



Warm temperatures and dry conditions make the Park's picturesque beaches the place to be.

It's a great time to camp with family and friends as there are plenty of things to discover and see.

- 1 EP Goannas; Rosenberg's Goanna were once rare on the Eyre Peninsula. Park staff and volunteers have worked hard to bring them back. You can help by collecting a survey sheet at the gate, recording any sightings and dropping off on your way out. For more information see epgoannas.com.au
- 2 Get your feet wet; Head to Spalding Cove Beach and take a stroll along the shoreline where you may spot Black Swans on the ocean, Pelicans and other shorebirds.
- 3 Aboriginal fish traps; Make use of the low tides and explore the Aboriginal fish traps in and around Donnington Beach; imagine the communities they supported and what life was like before colonisation.
- 4 Blue Swimmers; Proper Bay is a great place to try your hand at crabbing. Access some of the sand flats from Wiseman's Shack, Horse Rock or Woodcutters Campground.
- 5 Beachcombing; Head to a beach such as Donnington Beach and discover the weird and wonderful plants and animals along coastline (Beachcombing Guide available from the Port Lincoln Natural Resource Centre).
- 6 Sand creations; Head to an open beach such as Stamford Beach, Surfleet Cove or Spalding Cove and spend the day exploring. Using sand and beach treasure create something special.
- 7 Snorkelling; go snorkelling along some of the Parks rocky coastline such as Donnington Beach, September Beach and Maclaren Point (grab a Snorkel Guide from the Port Lincoln Natural Resources Centre).
- 8 Family fun at Stamford Beach; spend a family day at Stamford Beach with plenty of space for beach shelters, safe swimming and beach cricket.
- 9 Sunrise from Stamford Hill; Spend a relaxing morning with a sunrise walk up Stamford Hill.
- 10 Summer plants; Head to Sleaford Dunes to observe some of the many fruiting summer plants such as the Native Current (*Nitraria billardierei*), and Coastal Heath (*Leucopogon parviflorus*). These fruits are a food source for many birds such as Ravens, Silveryeyes and Honeyeaters.

L: Sea Urchin (KP)
R: Pacific Gull (JT)



L: Currawong (JT)
R: Wallflower Donkey Orchid (JT)



L: Sleepy lizard (JT)
R: Emu Chicks



L: Goanna (JT)
R: Hooded Plover (JT)



LOOKING AFTER THE PARK

- 1 Keep wildlife wild:** We must never feed wildlife (or leave food scraps) as it can be unhealthy for them and impact their natural behaviour. Always keep a safe distance so you don't frighten them and leave your pets at home.
- 2 Leave things as you found them:** If you discover ant mounds, decaying logs or bark hanging off trees they all provide important habitat and should be left undisturbed. Firewood needs to be brought in and never taken from the Park as it is important habitat.
- 3 Leave nothing but footprints:** Always take your rubbish with you or pack a litter-free lunch. Stick to designated pathways to prevent damage to plants and natural, cultural and geological features.

- 4 Be careful on the roads:** There is plenty of active wildlife particularly at night so drive slowly and carefully.
- 5 Be prepared:** Restrictions apply throughout the year for wood fires and gas fires, it is important to get up-to-date information online before you go. Gas fires only from 1st November – 30th April.

The Park is closed on days of Catastrophic Fire Danger and may be closed on days of Extreme Fire Danger and Severe Weather.

This resource is part of the Park of the Month, an initiative run in partnership between Nature Play SA and the Department of Environment, Water and Natural Resources. Photos by Jason Tyndall (JT) and Katrina Pobke (KP).