

HIKING SAFETY & PREPARATION GUIDE

TRIP PLANNING

- **Choose wisely:** Pick a trail that suits your fitness level, experience, the weather, and time of year.
- **Never go alone:** Hike with a friend or group whenever possible.
- **Know your route:** Download offline maps or carry a printed map.
- **Tell someone:** Always inform a trusted person of your route and expected return time.

WHAT TO WEAR

- Long sleeve shirt and long pants or shorts
- Sturdy, enclosed footwear
- Sun hat (or beanie in cold weather)
- Raincoat
- Warm layers in cold conditions

WHAT TO BRING

- Backpack
- Water (at least 1 litre per hour of walking)
- Energy-rich snacks and meals
- Map or phone app (with offline access)
- Wet weather gear (raincoat, rain pants)
- Sunscreen and sun hat
- First aid kit (blister care, bandages, personal medication)
- Whistle
- Mobile phone (note that coverage may be limited)

ON THE TRACK

- **Start early:** Especially in summer to avoid peak heat.
- **Stick together:** Stay with your group.
- **Stay on trail:** Follow marked paths and trail markers.
- **Leave no trace:**
 - Take all rubbish with you.
 - Don't feed wildlife.
 - Don't pick flowers or disturb the environment.

FIRST AID

- **Blisters:** Stop early and cover hot spots to prevent worsening.
- **Sprains:**
 - Use the RICE method
– Rest, Ice, Compression, Elevation.
- **Snake Bite:** Stay still, apply a pressure bandage, and call for help.

EMERGENCY PREPAREDNESS

If lost:

- Pause and think about where you last were.
- Check your map/app.
- Retrace your steps if safe, or stay put and call for help.

In an emergency:

Call triple zero (000).

HIKING TRAILS

Perth and surrounds



HikeWest



HikeWest is the peak body for hikers. We believe that hiking is for everyone.

Supported by



Star Swamp, North Beach

3.8 km | 1–3 hrs | Easy

Take a peaceful walk in this bushland escape in the suburbs, with wildflower-filled trails. Spot orchids, native birds and the quenda.



Zamia Trail, Bold Park

5.1 km | 1–3 hrs | Moderate

This bushland trail has ocean and city views. Enjoy spotting birds and native plants, including banksias and wildflowers in spring.



John Forrest National Park, Darling Range

2.5–16 km | 1 hr–full day | Easy–Difficult

Explore a range of trails at John Forrest NP, including the Falls Walk (2.5 km) with scenic waterfalls or the Wildflower Walk (4.6 km) during wildflower season. The Glen Brook Trail (4.5 km) is great for wildlife spotting. Experienced hikers can try Little Eagle Walk (7.9 km) or Eagle View Walk (16 km) with great views.



Law Walk Loop, Kings Park

2.5 km | 1–3 hrs | Easy

This bushland walk in Kings Park features native flora, panoramic views of the city, and glimpses of the Swan River.



Lesmurdie Falls, Mundy Regional Park

640m–3 km | 1–3 hrs | Easy–Moderate

There are many trails to try at Lesmurdie Falls, including: the Falls Trail (640 m) with city views; the Lesmurdie Brook Loop (1.5 km) which follows a stream; the Foot of the Falls Trail (2 km) which takes you to the base of the waterfalls; and the Valley Loop (3 km) with diverse scenery and seasonal wildflowers.



Whistlepipe Gully, Kalamunda

3.5 km | 1–3 hrs | Moderate

Enjoy jarrah and marri forest on this relaxing walk along a creek, past waterfalls and granite rocks. Walk uphill along one side of the creek to enjoy views of the city, before walking downhill along the other side of the creek.



Herdsmen Lake, Herdsmen

8 km | 1–3 hrs | Easy

Enjoy lakeside views and local wildlife as you walk around this wetland, just minutes from the city.



Bungendore Park, Bedfordale

1.7 km–7.7 km | 1–3 hrs | Moderate

This bushland reserve offers many trails for bird and nature lovers. Spot black cockatoos on the Cockatoo Circuit (1.7 km) and look out for golden whistlers on the Whistler Walk (2.3 km). Enjoy woodlands and wildflowers during spring on the Robin Ramble (3.5 km) and Spinebill Stroll (3.5 km), or try the longer Honeyeater Hike (7.7 km).



Lake Gwelup, Gwelup

3.9 km | 1–3 hrs | Easy

Relax alongside Lake Gwelup, where you might spot black swans, turtles, and seasonal wildflowers.



Walyunga National Park, Darling Range

1.2 km–11 km | 1–3 hrs | Easy–Difficult

Learn about Aboriginal stories on the Aboriginal Heritage Trail (1.2 km) on the Avon River between Walyunga Pool and Boogarup Pool. From there, you can walk along Syd's Rapids trail (5.2 km) to enjoy native bushland and wildflowers in spring. The difficult Echidna Trail (11 km) climbs steeply for amazing views of the Avon Valley.

