The foreshore track was the main link from Sheepwash Bay to Alonnah in the early years of European occupation. Visitors can enjoy a one hour return easy walk along the foreshore following the old rock-walled carriageway between the two previous jetty sites, passing some hut remains from the 1850s. Near Sheepwash Creek are remnants of a sawyers’ camp and several piles of stones remain near the track. Logs were prepared in the bush for bargeing to the windjammers for export to the United Kingdom and South Africa. The track meanders through coastal bush, an area that would have originally been dry eucalypt forest. These forests are usually dominated by large eucalypts and a thick midstorey of sheoaks, boobialla and banksia, with a sparse understorey of sagg and native grasses. Bruny Island was home to the Nuenone people, who cared for the land for thousands of years. Alonnah is part of their name for the island – Lunawanna-alonna.

The walk begins along a wide track which runs parallel with the Bruny Island airstrip, then between Big Lagoon and Little Lagoon, before climbing over Mars Bluff for great views across The Neck. The track then descends through the dunes onto the remote Miles Beach. At the far eastern end of the beach, the track ascends steeply through coastal heath, before heading south to Cape Queen Elizabeth for excellent views of Adventure Bay and beyond. Muttonbird rookeries can be seen on the way. Allow extra time to spot a Forty-spotted Pardalote amongst the white gums, see the rock formations at Mars Bluff (accessed from Neck Beach), and find the little fisherman’s shack hidden in the dunes at the eastern end of Miles Beach.

- 3 hours return
- 12 km return
- Ample parking at start of track.
- Narrow bush track and beach walk.
- Sheer, unfenced sea cliffs at the Cape.

Note: Clean dirt and mud from your boots before and after every bushwalk to prevent the spread of root rot.

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