

# Five Things to Do

at Woodman Point Headland, Woodman Point Regional Park



1

## Swimming

Woodman Point Headland is a great place to swim. With protection from Woodman Point, the water along Jervoise Bay is calm and inviting. This makes swimming a very popular activity for visiting families.

2

## Fishing

Woodman Point Headland offers a great opportunity for rock fishing and is commonly listed as one of the top spots to fish in Perth. According to experts, the calm water offers herring, tailor, salmon, whiting, squid plus much more.

Please ensure you pick up any litter, fishing lines and hooks you see or use to help us protect our environment to ensure there are plenty of healthy fish for our future.

Fishability assists children and adults requiring support to experience the joy of fishing. For more information, visit the [Fishability](#) website.

3

## Kitesurfing

Kitesurfing is a very popular activity at Woodman Point beach due to the flat waters and access to three (3) kitesurfing spots that offer conditions for all levels (from beginner up to freestyle experts!)

A number of kitesurfing schools operate here throughout summer, including the Perth Kitesurfing School based in Woodman Point.

For more information on kitesurfing in the area, please visit the [Perth Kitesurfing School](#) website.

If kitesurfing is not for you, we suggest finding a nice spot on the beach to watch others as they take to the surf (and sky!)

4

## Birdwatching

This coastal area is an important resting, feeding and breeding site for shorebirds who visit this area in spring and summer. These birds nest along the beach and will commonly move along the water's edge to forage for food.

Can you spot any birds as you walk along the beach? A total of 93 species have been recorded at Woodman Point!

Please be mindful of the local birdlife as you explore this area. Shorebirds are vulnerable and easily disturbed.

5

## Fly a Kite

If kitesurfing isn't for you, why not bring a kite down and fly it from the shore! Flying a kite is not only fun, it's good for you. Did you know... flying a kite helps your eye muscles, and helps to stretch your spine, neck and shoulder muscles for improved flexibility!