

KM (along)	KM (to go)	Town Name	Distance from Previous Town (KM)	Additional Diversion from Trail (KM)	Toilets	Accommodation Options (not extensive)	Supplies	Notes
-20	899	Adelaide	0		Yes	-	Everything	
15	864	Lobethal	35		Yes	-	Bakery / IGA / Café	
33	846	Birdwood	18		Yes	-	Foodland / Café / etc.	
86	793	Tanunda	53		Yes	Caravan Park / Hotels / Etc.	Bakery / IGA / Café / OTR	
93	786	Nuriootpa	7		Yes	Caravan Park / Hotels / Etc.	Foodland / Aldi / Bakery / Café / OTR	
117	762	Kapunda	24		Yes	Caravan Park / Hotels / Etc.	Foodworx / OTR	
162	717	Riverton	45		Yes	Riverton Hotel / Riverton Caravan Park	IGA / Deli / Bakery	Good Hot Chips At Riverton Pub
182	697	Auburn	20		Yes	Auburn Rising Sun Hotel some B&B	IGA	
206	673	Clare	24		Yes	Caravan Park / Hotels / Etc.	Everything	
250	629	Burra	44		Yes	Caravan Park / Hotels / Cottages / Etc.	IGA / Cafes / etc.	
332	547	Hallett	82		Yes	Hotel no longer offering accommodation / camping ground / Hallet Railway Station Hut	Hallet Store / Wildongoleeche Hotel	
377	502	Spalding	45		Yes	Spalding Hotel / Country Bakehouse Accommodation	Splading Hotel	
425	454	Jamestown	48	6km each way	Yes	Caravan Park / Hotels / Etc.	Foodland / Café / Everything.	Good spot for resupply
457	422	Laura	32		Yes	North Laura Hotel / Laura Caravan Park / etc.	IGA / Cafes / etc.	
465	414	Stone Hut	8	3km each way	Yes	Stone Hut Cottages	Old Bakery Stone Hut	Worth the detour
515	364	Melrose	50		Yes	Caravan Park / Hotels / Etc	North Star Hotel / Mt Remarkable hotel / General Store with Cafe / Cafe at Over the Edge bil	
545	334	Wilmington	30		Yes	Caravan Park / Hotels / Etc	Wilmington Hotel / RustiKates Feedlot / Puppet Museum / Toy Museum	Had okay pasty at Feedlot
585	294	Quorn	40		Yes	Caravan Park / Hotels / Etc	IGA / Cafes / Hotels	Really good cafes and pubs, Emily's Bistro amazing Vanilla Slice.
670	209	Cradock	85		At Cradock Hotel	Cradock Hotel	Cradock Hotel	Big Portions, really nice food,
695	184	Hawker	25		Yes, also at Mt Little Campground on route to Rawnsley (gold coin donation)	Caravan Park / Hotels / Etc	Hawker Hotel, Flinders Food Co. Cafe, general store and good supplies at petrol station across	
787	92	Rawnsley Park Station	92		At Rawnsley Park Station	Rawnsley Park Caravan Park or Cabins	Woolshed Restaurant / General Store at Caravan Park	Woolshed is expensive but you can order takeaway pizza for cheaper.
814	65	Wilpena Pound Resort	27		At Wilpena Pound Visitor Centre and Some Campgrounds in Wilpena Pound	Wilpena Pound Caravan Park / Tourist Resort or Various Campgrounds	Wilpena Pound Store and Café / Poddy Dodgers Bar	Had coffee and muffin at iga, not a lot to choose from but ok.
879	0	Blinman	65		Yes	Blinman Hotel / Some other offerings	General Store / Miners Crib Café Bakery	Went to Miners Crib, they were almost out of food when we got there at 2pm as they closed at 3pm. Good pastie and milkshake.
914	-35	Parchilna	35		Yes	Prarie Hotel	Prarie Hotel	Prarie Hotel is really nice but not cheap.