

# Blue Mountains 4 Day Walking Tour



Welcome to your next adventure.  
Here are a few details to help you get prepared...

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## Getting to and from your Trip

Transport is via an air conditioned 12-15 seat mini bus. The bus will pick you up and drop you off from the Sydney CBD and to and from the track and various attractions each day. As the transport from Sydney is provided at no additional charge, discounts cannot be offered if walkers choose to find their own way to Katoomba.

## Pre/Post Trip Accommodation Recommendations

With an early departure, we recommend a night in Sydney for those coming from interstate or overseas. We recommend to our guests the following hotels. All the below hotels are within easy walking distance from the pick up location.

- Four Seasons Hotel. (This is where the pickup location is but the accommodation is relatively pricey)
- The Russell Boutique Hotel
- Sydney Harbour Bed & Breakfast
- Quay West Suites Sydney

## Washing Facilities

There are laundry facilities at your accommodation.

## Phone Coverage and Charging

There is patchy phone coverage while you are on the track. There is phone reception at most of the cliff top walks and close to towns. Some of the gullies have intermittent reception. Like most remote rural places, Telstra offers the best chance at reception. When you are back at your accommodation there is phone coverage.

## Climate

The temperature can be quite cold in the mountains even though we walk in early spring. There is less chance of rain but be prepared for a shower or two.

## Food

Breakfast comprises of cereal, fruit and toast.

Lunch is sometimes prepared and brought to you on the track when we can get vehicle access.

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1300 544 882



[walk@inspirationoutdoors.com.au](mailto:walk@inspirationoutdoors.com.au)

On days you are walking in a remote section guests will pack their lunch in the morning which consists of cold meats and salad with sandwiches, rolls or wraps. Dinner is a 2 course meal, main and dessert.

Each day on the track you will enjoy our famous baked cakes/biscuits for morning tea and fresh fruit is always available.

## Drinks

There is plenty of opportunity to purchase alcohol while on tour.

## Medical Restrictions

As we operate in remote areas, guests will need to bring all of their own personal medications on tour. Whilst our guides are qualified in remote area or wilderness first aid and carry satellite phones, we do not carry epi-pens, Ventolin or other emergency medications. If a person requires urgent medical attention whilst on tour, it may take several hours or more for emergency services to attend the scene and take you to a medical facility.

Under certain circumstances your tour consultant may request a medical certificate of fitness before you are cleared to participate on the tour.

If pre-existing medical issues that will affect your ability to complete the tour or have an impact on other guests experiences, are not disclosed prior to the departure, we reserve the right to remove you from the tour.

You can bring a CPAP machine whilst on tour but you will need to purchase a single supplement.

## Dietary Requirements

From vegetarians to pescatarians to meat loving carnivores with an aversion to cucumbers we cater for all dietary requirements and will make sure you are well fed and looked after on tour.

## Access to Shops

Katoomba is a small town but does have large supermarkets. We would prefer you to bring any essentials with you (such as snacks) but there will be the opportunity to stock up if you need anything extra.

## What to Pack

- Day-pack - with a thick waist strap to help take some weight off your shoulders. In wet weather, a waterproof cover or a bin bag to wrap your belongings in can be handy
- Shorts/long pants and shirts for walking - as many sets as you wish! Quick-dry material is best, especially for trousers. Don't wear jeans walking.
- Socks - whichever thickness you're comfortable walking in and as many pairs as you like
- Boots/shoes for walking (make sure you wear them in well - see note on footwear below)
- Windcheater or lightweight jumper for walking
- Waterproof jacket\*
- Sun protection - hat (secure fitting and/or with chin strap), sun cream, sun glasses
- Casual clothes for evenings
- Torch/headlamp (can be handy when twin sharing for getting up at night)
- Any preferred first aid supplies - such as your favourite blister treatment! (Your guide will carry a full first-aid kit)

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- Water bottle/s or camelback - 3 litre capacity
- A lunch container (with freezer brick if desired)

\*You have to expect some bad weather at any time of the year in the Blue Mountains so bring wet weather gear even if the forecast is fine.

#### Optional items

- Waterproof pants. Some people love them and some hate them - personally, we don't wear them but there have been times when we have wished for a pair!
- Fly net (especially for walks in warmer weather)
- Camera and charger/batteries
- Gaiters for snake bite protection are recommended unless you are wearing long pants and long socks. They're also good for keeping sand out of your shoes.
- Sock protectors (to keep sand out of your boots)
- Robust sandals for wading/beach sections
- Bathers and towel
- Small towel to carry during the day
- Snacks and alcohol - there will be time to purchase more during the week if you need to. Some people like to have some muesli bars, nuts, lollies etc
- Walking poles - highly recommended for the walks in the Blue Mountains (your knees will thank you)

## Emergency Contact on Tour

In the case of an emergency and family and friends are trying to get in contact with you and unable to reach you on your personal phone, please ask them to call the office on 1300 544 882. After hours or on the weekend there is an option on the voicemail which will direct them through to the duty managers personal mobile.

On tour in an emergency situation our guides will be carrying satellite phones.

## Final Payment Due Date

Final payment is required six weeks prior to departure or at time of booking if booking within six weeks. We will send out a reminder email.

## Cancellation Policy

All our tours are guaranteed departures.

We hope that you do not need to cancel your booking. However, if you do, our cancellation fee, based on the notice given prior to the departure date, is:

- More than 12 weeks: \$50 administration fee
- 6 to 12 weeks: loss of deposit
- 4 to 6 weeks: 25% of full tour cost
- 2 to 4 weeks: 50% of full tour cost
- less than 2 weeks: 100% of full tour cost, no refund

We understand times are still uncertain as we ride the rollercoaster of state outbreaks. That's why we've introduced flexible cancellation terms so that if you're in a pickle, your adventure isn't. Please see our cancellation policy during covid restrictions here <https://www.inspirationoutdoors.com.au/covid-19/>

If you have any concerns about cancelling, please take out travel insurance covering this contingency. This policy will be adhered to despite the most compelling and compassionate circumstances.

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