

Central Australia Outback Explorer



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

Pre/Post Trip Accommodation Recommendations

Due to the very early start on Day 1, we recommend staying a night in Alice Springs the night before. We recommend following hotels, which are in walking distance to the pick-up spot on Day 1: - Stay at Alice Springs Hotel (11 Leichhardt Terrace, Alice Springs) - Mercure Alice Springs Resort (34 Stott Terrace, Alice Springs) - Diplomat Hotel Alice Springs (20 Gregory Terrace, Alice Springs)

Camping

This is a camping tour with lots of comfort. (As we like to say it's a camping tour for non campers!) Each person will have the use of their own semi permanent tent and a comfy camping bed. Even if you are travelling with a friend or a significant other you will have access to your own tent or you are more than welcome to share. You will need to bring a pillow and sleeping bag or you can hire a sleeping bag from us for \$35 (to cover dry cleaning at the end of the tour) There are flushing toilets and showers in all the camp grounds.

Do you need to hire a sleeping bag? Make sure you let us know so we can have one ready for you.

Luggage

Due to health and safety requirements, please limit your luggage to one small-medium sized, soft sided bag per person - it has to be loaded and unloaded many times. 12 kg should be sufficient. If you're travelling as a couple, please pack two smaller bags rather than one large one. Sleeping bag, pillow, day pack and walking poles can be additional to your main luggage bag.

Washing Facilities

There are washing machines at Kings Canyon Resort.

Phone Coverage and Charging

Phone reception is generally good when in the main towns, but can be patchy once outside these urban centres. Telstra seems to be the most reliable out here.

Climate

Days are usually dry in the mid to late 20's between June to August. However, some evenings can be very chilly, particularly in July and August, with overnight temperatures sometimes dipping to below 0 degrees. Come prepared with gloves, thermals and a beanie if travelling in winter. In summer (October-March) days

Got Questions? Chat with us...



1300 544 882



walk@inspirationoutdoors.com.au

can easily exceed 30 degrees, sometimes even reach into the mid 40s! We are out in the desert, so the nights luckily do tend to still cool down to around 15-20 degrees. It could rain at any time, so please be prepared.

Food

You will be surprised at just how good the food is! Breakfast comprises of cereal, fruit and toast at our campsite. Dinner will be at a local restaurant at Kings Canyon and in Yulara your guide will whip up an amazing dinner.

If you have any special dietary requirements please let us know when you book, we are happy to adapt our tasty, nutritious meals to suit a variety of dietary needs.

Drinks

Drinking water is always available. Guests may bring a small quantity of alcohol. However, the restaurants are fully licensed, so there will be an opportunity to purchase alcohol there.

Transport

Transport is by an air-conditioned tour coach. Our vehicles are comfortable and regularly serviced to ensure safety and reliability. Seats are not pre allocated, so to ensure all participants get to enjoy seats close to the front and window seats we encourage guests to change where they sit each day. In the case of a breakdown or other unforeseen circumstances affecting the vehicle or guide, the operator reserves the right to substitute vehicles and guides other than those specified, to ensure the operation of a 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.

We do not have electricity at most of our campsites. If you require a CPAP machine, you can bring a battery operated machine. Please bring spare batteries and position your tent towards the edge of the group. Please let your guides know so that they can help you with tent site selection at each camp.

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. Please let us know if you have any requirements.

Got Questions? Chat with us...



1300 544 882



walk@inspirationoutdoors.com.au

Access to Shops

We prefer you to have brought any necessary items with you but if you do forget anything there will be the opportunity to purchase items in Yulara.

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
- Any preferred first aid supplies - such as your favourite blister treatment! (Your guide will carry a full first-aid kit)
- Water bottle/s or camelback - 2 to 3 litre capacity. For summer departures bring 3-4 litre capacity.
- On winter departures consider bringing thermals, gloves and a beanie

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

Optional items

- 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 relaxing at camp
- Bathers and towel (both resorts have a pool)
- Snacks and alcohol - Some people like to have some muesli bars, nuts, lollies etc
- Walking poles

Getting ready for your walk...

The most challenging walk on this tour is the Rim Walk at Kings Canyon. It is a steep ascent to the top and in summer the heat can make it even harder.

A positive mental attitude is most important. If you focus on the scenery, the company and the moment, not on the kilometres, then you find yourself reaching your destination with little problem. If you have done some training prior to the walk you will enjoy it all the more.

The best way to prepare physically for the trip is to walk, walk and walk some more - preferably in sand and over a variety of terrain. Try to walk frequently. Even walking around your suburb will get you walk-fit. By the start of our tour you should be able to comfortably walk 15km, and try and do a few 20km walks on rough tracks.

We know that this type of preparation is difficult to fit into a busy schedule. If you don't have the time to do long walks, we recommend doing regular stair walking sessions. Walking small distances frequently helps a lot as well. For instance, walking 3 - 5km four times a week, and 8km once a week, is a great help. If

Got Questions? Chat with us...



1300 544 882



walk@inspirationoutdoors.com.au

you're doing short training sessions, make sure you get yourself puffed and sweaty. Otherwise you won't benefit from your efforts. And start walking in the shoes you will wear on the walk now!

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.

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.

Got Questions? Chat with us...



1300 544 882



walk@inspirationoutdoors.com.au