

Cape to Cape Track



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

Pre/Post Trip Accommodation Recommendations

With an early departure, we recommend staying the night in Perth for those coming from interstate or overseas. (The city of Perth is roughly 1/2hr away from the airport) There is no train line to Perth airport so your options are either a Taxi or an airport shuttle. All the below hotels are within easy walking distance from the pick up location.

- The Ibis on Murray Street
- The Comfort Inn on Murray Street
- Mantra on Murray
- Four Points by Sheraton on Wellington Street

Washing Facilities

There are paid washing machines at your accommodation as well as free Wifi. Washing loads cost \$4 and the machine only takes \$1 coins. You can exchange your bills for coins at the reception.

Phone Coverage and Charging

There is patchy phone coverage while you are on the track. Like most remote rural places, Telstra offers the best chance at reception. When you are back at your accommodation there is phone coverage.

Climate

We only run guided tours of the Cape to Cape Track in Autumn and Spring which is the best time of the year to be outdoors in Margaret River. It can get very hot in Margaret River in Summer (As the Cape to Cape is quite an exposed coastal track, anything over 24 deg can be hard to walk in) and rainy and cold during winter. During the change of season you will experience mild temperatures between 18 deg to 26 deg during the day, dipping to lows of 9 deg to 13 deg in the evenings.

Expect bad weather at any time of the year so come prepared with wet weather walking gear.

Food

All meals are included apart from lunch on the last day of tour. You will have a chance to wander into town on the morning of the last day to source a takeaway lunch option. Breakfast comprises of cereal, fruit and toast. Lunch is sometimes prepared and brought to you on the track when we can get vehicle access. 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 mornign tea and fresh fruit is always available.

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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

There is plenty of opportunity to purchase alcohol while on tour as the shops are only a short stroll from your accommodation. Depending on what the group choose, we often enjoy a few of the local wineries and breweries on our way back to the accommodation each afternoon.

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

Please let us know if you have any dietary requirements. We will do our best to cater for these whilst you are on tour.

Other Optional Activities

You are always more than welcome to take a day off from walking or there is the option to do a half day on the following days:

- Day 2
- Day 4
- Day 5
- Day 6

The bustling township of Margaret River is a short stroll from the accommodation.

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

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- 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)
- Water bottle/s or camelback - 2 to 3 litre capacity
- A lunch container (with freezer brick if desired)

*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

- 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

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

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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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