

# Flinders Ranges Guided Walking Tour



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

---

## Getting to and from your Trip

An air-conditioned mini bus will take us from Adelaide to the Flinders Ranges and back; and to and from the walks each day.

## Pre/Post Trip Accommodation Recommendations

With an early departure, we recommend a night in Adelaide 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.

- Mercure Grosvenor Hotel Adelaide (North Terrace)
- Ibis Styles Adelaide Grosvenor (North Terrace)
- Adelaide Paringa Motel (Hindley St)
- Adina Apartment Hotel (Flinders St/King William St)

## Washing Facilities

At Wilpena Pound Resort station there are laundry facilities for everyone to use.

## Phone Coverage and Charging

There is patchy phone coverage during the tour. Like most remote rural places, Telstra offers the best chance at reception. Wilpena Pound Resort has limited WiFi.

## Climate

It will be quite chilly in the mornings and evenings. The days will be cool which is perfect walking weather!

## Food

All meals are included, with the exception of lunch on the last day, when you can pick up something in the Clare Valley on the way home.

Breakfast comprises cereals, fruit, yoghurt, toast, juice, tea and coffee. Each day your guide will carry tea, coffee and home-made morning tea. Fruit is also available. On most days lunch is self-made from fresh breads, salads and meats.

Each night we will go out for dinner at a local restaurant or the hotel restaurant. Your guides will prepare a delicious pre dinner nibbles.

Got Questions? Chat with us...



1300 544 882



walk@inspirationoutdoors.com.au

Feel free to bring alcohol and additional snacks e.g. muesli bars, nuts, chocolate etc. Please let us know of any dietary requirements, we will do our best to accommodate most dietary needs.

## Drinks

There will be some limited opportunities for you to purchase additional alcohol and supplies during the week, but all restaurants are fully licensed and there is a little IGA at Wilpena Pound that stocks most essential items.

## 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 tour.

## 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
- Fleece jacket, gloves, beanie and/or thermals (can get quite cold in the evenings and early mornings)
- 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)

Got Questions? Chat with us...



1300 544 882



walk@inspirationoutdoors.com.au

- 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:

- 85 days or more, you will be refunded all monies paid, less a \$50 administration fee.
- 42 to 84 days prior to departure, you will lose your deposit
- 28 to 41 days: 25% of full tour cost
- 14 to 27 days: 50% of full tour cost
- less than 14 days: 100% of full tour cost, no refund

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