

# Karijini and Ningaloo Reef



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

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## Arrival Flight Details

You will need to fly into Paraburdoo and out of Exmouth (Learmonth airport) at the end of the tour.

**Flight Perth to Paraburdoo - Arrival flight** Based on current Qantas flights we ask that you book onto the below flights. This enables our tour to start on time.

**Monday - Friday** QF1620 Departs Perth at 1:30pm, Arrives Paraburdoo at 3:15pm

**Saturday** QF1842 Departs Perth at 07:30am, Arrives Paraburdoo at 09:20am

**Sunday** \*\*QF1624 Departs Perth at 3:50pm, Arrives Paraburdoo at 5:35pm

## Flight Exmouth (Learmonth airport) to Perth - Departure flight

Our tour team will do an airport drop off to Exmouth town (drop off: Ningaloo Centre) for an estimated arrival time of approx.. 09.30am. For those that wish we will continue the additional approx. 30 mins to the airport for estimated arrival time of approx.. 10.15am -10.30am.

For those that are dropped off in Exmouth town from our transfer and who then have a later afternoon flight you may wish to book your own transfer from Exmouth to the airport with [www.exmouthbuscharters.com.au](http://www.exmouthbuscharters.com.au). They work their transfer around flight departures and costs currently are approx.. \$40 per adult.

Alternatively Exmouth Taxis (1800 006 707) are costed at approx.. \$100 for a 4 person vehicle from Exmouth to the airport. Exmouth Taxis also offer service of transfer from Yardie to the airport costed at approx. \$200 for a 4 person vehicle. Should you wish to book one of these options, you are advised to book direct with them prior to departure.

\* Please note due to guides relocating the vehicle to Tom Price this day, we can only provide the one transfer as listed above. Note : Should Qantas reschedule their flight to require an earlier arrival at airport than 10.30am, we will move this departure transfer to earlier time to provide adequate airport check in time.

## Pre/Post Trip Accommodation Recommendations

Paraburdoo is a mining town with no accommodation. On the first day of your Karijini Tour, we recommend flying in that day.

After the tour, if you can, spending a few extra days in Exmouth certainly comes recommended.

Got Questions? Chat with us...



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## 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 \$55 (to cover dry cleaning at the end of the tour).

There are flushing toilets and showers in all the camp grounds. When we are out and about during the day there are long drop toilets available. There is also ample opportunity for swimming on most days. On some departures (due to flight availability) guests will stay a night in a motel in Tom Price or Exmouth. All departure dates will still go to all the same gorges and sights.

\*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 Cheela Plains Station Stay and Yardie Homestead Campground. At the beginning of the tour when we stay at the Eco Retreat Caravan Park in Karijini National Park, there is water available for bucket washing of clothes if needed.

## Phone Coverage and Charging

At Karijini Eco Resort there is only an Optus phone tower, so the reception is quite good for anyone with Optus. All other networks coverage is patchy however in some of the higher spots like Mount Bruce you may get a text away! In Tom Price and Exmouth you should be able to get reception from most service providers, however Telstra is the most reliable.

We have the ability to charge cameras/phones/ipads/kindles in the vehicle. However, we can only charge two or three at a time. Bring your own USB charging cables.

## Climate

Days are usually dry in the mid to late 20's. However, some evenings can be very chilly, particularly in June, July and August in Karijini National Park, with overnight temperatures sometimes dipping to single figures. We recommend packing a warm fleece jacket, gloves and a beanie for those very chilly nights.

It can rain at any time, so please be prepared.

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## Food

You will be surprised at just how good the food is! Breakfast comprises of cereal, fruit and toast. Lunch is cold meats and salad with sandwiches, rolls or wraps. Dinner is a 2 course meal. Morning tea is supplied and fresh fruit is always available.

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.

We are not able to have campfires in Karijini; food is cooked on gas stoves. All eating utensils are provided.

## Drinks

Drinking water is always available. Guests may bring a small quantity of alcohol. If possible please purchase beer and wine in either cask or cans as opposed to glass. There will be an opportunity to purchase alcohol in Tom Price on Day 5 and then again on Day 6 on your way through Exmouth. There is limited capacity for cooling drinks. When you are at Karijini National Park Eco Retreat there is a bar with drinks available to purchase.

## 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 dietary requirements.

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## Access to Shops

We recommend bringing any essentials with you on the flight up to Paraburdoo. If you have forgotten anything there will be an opportunity to purchase items in Tom Price on Day 5 and then again on Day 6 on your way through Exmouth.

## Other Optional Activities

The only optional activity you need to consider is the Whale Shark tour on the Ningaloo Reef. It's a full day on the water, with lunch included. It comes highly recommended. Please let us know if you would like to book on:

- Adult - \$430
- Observer - \$250

## What to Pack

- Pillow, sleeping bag and sleeping sheet (in a sturdy plastic bag if they don't fit in your luggage).
- Day-pack - with a thick waist strap to help take some weight off your shoulders.
- Shorts/long pants and shirts for walking - lightweight and quick-dry material are best.
- Socks - whichever thickness you're comfortable walking in.
- Warm clothing in case of cold evenings and mornings - jumper, tracksuit pants, beanie, fleece jacket.
- Comfortable, sturdy walking shoes or boots (ankle support is recommended as many surfaces are rocky and uneven)
- Reef sandals/shoes for walking in water. Make sure they have good grip even when they're wet.
- Ankle gaiters/sock protectors suitable for hot weather (not plastic).
- Waterproof jacket\*.
- Sun protection - hat, sunglasses, sunscreen (and consider your clothing)
- Casual clothes for evenings and rest days.
- Bathers, rash vest and small swimming towel (lightweight so you can easily carry them).
- Small bath towel.
- Toiletries, hand sanitiser and personal medication.
- Reliable headlamp with spare batteries (much better than a torch because you can use both hands when wearing a 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.
- A lunch container
- 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
- Snorkelling Gear\*

\* We do a bit of snorkelling whilst at Yardie Creek. You may bring your own but if you would like to hire them from Yardie Creek the price per day is: \$8 mask and snorkel, \$8 fins or \$16 mask, snorkel and fins.

## Getting ready for your walk...

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All walks on this trip are less than 10 km but each has its challenges. The terrain is rocky and there is a lot of ascending and descending - both for the peaks and the gorge walks. A reasonable level of fitness is required to fully enjoy the trip.

Cardiovascular fitness is always important for walking holidays and a regular routine of walking, dancing, swimming, cycling etc will help with that.

What's also important for a tour like this is strength, balance and joint mobility. Regular walking on a variety of terrain and surfaces, incorporating hills and/or stairs, will be of great benefit. We've also written a few blog posts with specific exercises to try which will help build strength and balance.

Read them when you've got time and see if you can add some of the exercises into your life a couple of times a week. Here's one of our articles on preparing for a walking holiday when you're pushed for time: <http://www.inspirationoutdoors.com.au/too-busy-to-prepare-forwalking-tour/>

This one's got three great exercises for you to add into your routine (with photos from the beautiful Mt Bruce - a fantastic Pilbara walk and one of the best day walks I've done):

<http://www.inspirationoutdoors.com.au/exercises-walking-holiday/>

Both of the above articles link to this one - how to do squats:

<http://www.inspirationoutdoors.com.au/strengthtraining-exercises-you-can-do-at-home-squats>

Also, increasing movement and strength in the hips and knees in particular will be of great benefit. <https://www.inspirationoutdoors.com.au/exercise-intensity/>

As Simon points out in his article, stair walking is great, and doing two or three steps at a time will help your hips and legs get ready for some of the terrain in the Pilbara. I found this article online with plenty of exercises for hips and knees from beginner to advanced, scroll straight down to the bit about exercises for strong hips and knees:

<https://www.verywellfit.com/exercises-for-stronger-hips-and-knees-3120412>

The most important thing is to have fun. Enjoy your preparation and think of it as a challenge rather than a punishment. A better holiday and better overall health are your reward.

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 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!

## Looking after your feet

Footwear is very personal and we prefer people wear what feels comfortable. Walking shoes shouldn't be too tight, but your foot shouldn't slip around in them either. If you're buying new shoes, go shopping after a long walk so your feet are a bit swollen. The best places to buy walking boots/ shoes will have some sort of ramp that you can stomp up and down on and make sure there is no pressure on your toes and heels.

Boots can provide ankle support and help keep the sand out. Some hiking boots can be quite heavy. These are great for cold weather alpine hiking but they do tend to tire your legs quicker and heat your feet. There are plenty of lightweight boots available which are great for most Australian conditions.

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You might prefer to wear sneakers on your walk. They do let in a lot of dirt though and tend to wear out quite quickly on the rough surfaces of a bush track. Sturdy sandals have proven to be a good substitute for shoes when feet have blistered, and for beach sections. You are welcome to bring two pairs and alternate.

The main thing is to make sure you know your footwear well - try them out in a variety of terrains and do a few long walks (15 - 20km) in them before the tour. We cannot emphasise enough that you have well worn in shoes or boots, good socks, and first aid for the prevention and treatment of blisters.

**Preventing blisters:** To prevent blister formation, we highly recommend using 'fixomull' or a similar tape on heels and toes where rubbing is likely to occur - ask for it at your pharmacy. Some walkers also wear two pairs of socks to prevent blisters forming - a thin inner pair and a thicker outer pair. Others swear by Hikerswool applied between toes and over pressure points. The principle of blister prevention is to transfer any friction, caused by the movement of your foot inside your shoe, onto the fixomull tape or the extra sock, rather than onto your skin. If you know that your feet have a tendency to blister in certain spots, tape them before you walk. We are happy to help you with this. If you feel any rubbing or a 'hot spot' whilst walking, the best thing to do is stop and do something about it. In all instances, prevention is better than cure. Blisters are very difficult to dress so that you are able to walk comfortably.

**Treating blisters:** Blister treatments vary and you may have your favourites. The second skin variety seems good, though you will also need good tape to keep it in place. Second skin treatments often have a sterile gel pack that pads and protects the blister from further friction. They can also be used as a (more expensive) preventative measure. Blister Block or Compeed are examples of this type of dressing. A thick moleskin type plaster is also good to carry for blister treatment. Holes can be cut into moleskin to fit around a blister and a plaster put on top of that. This way there is little pressure put on the blister itself.

Walking poles are very popular these days - especially the lightweight aluminium shock absorbing type. They help to take some pressure off your knees going downhill and can help you get uphill too! However, if you have good knees and strong legs you may not need them. A lot has been published about the pros and cons of walking poles - we're sure you can get the full story from the net. If you do choose them it's worthwhile practicing how to use them correctly so you get their full advantage. Try to use your arms as much as possible - by placing the poles opposite arm to leg and applying pressure as you step forward. Find someone knowledgeable in the shop where you purchase them to give you some tips. We can always help you when on tour.

## 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.

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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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