

# Larapinta Trail



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

You will explore the West MacDonnell Ranges in a comfortable bus. Our vehicles are modern, comfortable and regularly serviced to ensure their safety and reliability. They are also fitted with recovery gear in case of emergency.

In the case of 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.

Seat Allocation: Seats on tour vehicle are not pre allocated. To ensure all participants get to enjoy window seats we encourage a daily seat rotation system.

## Pre/Post Trip Accommodation Recommendations

If you decide to do any pre and post night stays in Alice Springs, here are a few hotels we recommend:

- Aurora Alice Springs, 11 Leichhardt Terrace, Alice Springs
- The Diplomat Motel, 20 Gregory Terrace, Alice Springs
- Mercure Alice Springs Resort, 34 Stott Terrace, Alice Springs
- Elkira Court Motel, 65 Bath Street, Alice Springs

## Washing Facilities

There is a guest laundry at the Aurora. Whilst out on the track, it will be handwashing only.

## 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 we are back in Alice Springs you should have coverage with all providers. The Aurora has complimentary WiFi.

## Climate

During May - August the days are typically clear and mild (average max 25°C) but the nights can be quite cold (average min 0°C), come prepared!

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## Food

All meals are included from the evening meal on Day 1 to breakfast on Day 7. 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 morning tea 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. Certain dietary requests may not be possible due to the remote regions.

## 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 Alice Springs before we head out into the bush. There is a limited range of choice at the Glen Helen Lodge.

## 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.

## 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 special dietary requirements however due to the remote locations on this tour certain requests may not be possible.

## Access to Shops

In Alice Springs you will have plenty of shopping opportunity. Please note all Liquor Stores in Alice Springs open at midday and you are required to show your drivers licence or passport.

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At Glen Helen the pub sells take-away alcohol and has a very small convenience store. It's better to bring everything you need prior to the tour starting but if there are necessary items that need to be purchased there will be opportunities to access the shops in Alice Springs.

## Other Optional Activities

Options to do before or after your tour:

- Royal Flying Doctors Museum
- East MacDonnell Ranges day tours
- Alice Springs Desert Park
- Olive Pink Botanic Gardens
- School of the Air Museum
- Various Uluru and Kings Canyon multi day tours

## What to Pack

- Day-pack - one with a waist strap is best to help take some weight off your shoulders
- Shorts or trousers and shirts for walking - lightweight and quick-dry material are best
- Casual clothing for evenings and rest days
- Wind and waterproof jacket
- Socks - whichever thickness you're comfortable in (thick explorer socks can get quite hot)
- Comfortable, sturdy walking shoes or boots (ankle support is strongly encouraged as many surfaces are rocky and uneven)
- Sun protection - hat, sunglasses, sunscreen (and consider your clothing)
- Toiletries, hand sanitiser and personal medication
- Reliable headlamp with spare batteries
- Any preferred first aid supplies such as blister treatment (Your guides will also carry a first-aid kit)
- Water bottle/s - 3 litre capacity at least
- Insect Repellent
- Beanie and gloves (great for the cool nights sitting around the camp kitchen)
- 1 really good and warm layer (e.g. fleece)
- Sleeping bag (approx. -15 degrees rating)
- Pillow and towel

At this time of year (May - August) the days are typically quite clear and mild (average max 25°C) and the nights can be quite cold (average min 0°C)

### Optional items

- Lunch box or beeswax wrap for your sandwich (glad wrap otherwise provided)
- Fly net (especially for walks in warmer weather)
- Camera and charger/batteries (You can use your battery charger back at camp)
- Consider bringing thermals for the cooler nights
- Gaiters (no sweaty plastic ones) for snake bite protection, are recommended unless you are wearing long pants and long socks. They're also good for keeping rocks and grass seeds out.
- Sock protectors (to keep rocks and grass seeds out of your boots)
- Robust sandals for relaxing around the campsite
- Bathers and small pack towel (there will be a few swimming opportunities)
- Snacks and alcohol (try to minimise glass) - there will be very limited possibilities to restock during the week. Some people like to have some extra muesli bars, nuts, lollies etc
- Walking pole/s (good for using on some rocky sections if your balance is not good and useful for steep sections)

So that we maximise time outside of the bus exploring, rather than commuting to Alice Springs each night, this tour involves comfortable camping for 4 nights during the middle of your tour and hotel accommodation on the nights either side.

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## 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:

- 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 42 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.

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/>

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