

Uluru and the Red Centre

WARATAH
ADVENTURE TOURS

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

Phone Coverage and WiFi

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.

Stay @ Alice Springs and Outback Pioneer hotel has free WiFi, Kings Canyon resort has roaming WiFi for purchase.

Climate

Autumn (March - May)

Autumn is one of the best times to visit Alice Springs, with warm days and cool nights. Average temperatures range from 12 - 27°C (53.6 - 80.6°F).

Winter (June - August)

During winter, average temperatures fall between 4.8 - 20°C (40.6 - 68°F), with July being the coolest month. Nighttime temperatures can drop below 0°C (32°F) and thick frost on the ground can resemble a carpet of snow.

Spring (September - November)

In spring the weather begins to warm up with average temperatures between 13.8 - 30.6°C (56.8 - 87°F). It can bring spectacular thunderstorms and cool evenings.

Dining

Included in the tour is 4 Breakfasts and 3 Dinners.

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.

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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 and we will do our best to cater for you.

Options

On the last day there is the option to either fly out of the Ayers Rock / Uluru Airport or drive back into Alice Springs. Please let us know which option you prefer.

What to Pack

- Day-pack - to carry your belongings during the day.
- Comfortable casual clothes for sightseeing
- Comfortable, sturdy walking shoes or boots - heeled shoes are not appropriate
- Sun protection - hat (secure fitting and/or with chin strap), sun cream, sun glasses
- Water bottle 1L capacity - please bring filled every day
- Camera and charger/batteries

Getting ready for your tour...

There are some moderate walks on this tour. Each walk is only around 2-3 hours but the terrain can be quite rocky and uneven. The best way to prepare physically for the trip is to do a few short walks each week. Giving your body a fitness boost will increase your enjoyment on the tour.

Doing a few walks around your suburb in the lead-up to the tour will benefit you greatly. If you can walk a few short distances, say 3-5km once or twice a week, this will give you the fitness to enjoy the walks on the tour and take in the surrounding beauty.

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.

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.

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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 walk. 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 mangers 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 require a minimum of 2 people and have a maximum of 12 people.

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

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- 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.

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