

# Uluru and the Red Centre

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

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## 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.

## 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.

## 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

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- 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.

## Final Payment Due Date

Final payment is required six weeks prior to departure or at time of booking if booking within six weeks.

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