

# Cape to Cape Track



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

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## Pre/Post Accommodation Recommendations

### Pre/Post Tours

With an early departure, we recommend staying the night in Perth for those coming from interstate or overseas. (The city of Perth is roughly 1/2hr away from the airport).

Perth now has an airport train line which is really exciting. The train departs the T1 & T2 terminals every 15 minutes. There is a bus to take you to the train station from T3 & T4 terminals. The train from the airport will take you straight to the Perth station. There is no need to change lines.

<https://www.transperth.wa.gov.au/JourneyPlanner/Airport-Line>

All the below hotels are within easy walking distance from the Perth pick up location:

- IBIS Perth - 334 Murray Street, Perth
- Rendezvous Hotel Perth Central - 24 Mount Street, Perth
- Adina Apartment Hotel - 138 Barrack Street, Perth

### On Tour

Single Supplement: A single supplement on this tour means that you will most certainly have your own room. On some of our departures this will also mean your own bathroom but on others we are booked into 2-bedroom apartments and therefore there will be shared facilities. Please contact our friend sales team if you need clarification on this point.

## Washing

Washing machine availability depend on where we are staying:

- Margaret River Motel has a guest laundry - with coin operated washer and dryer
- Margarets Beach Resort has a washer/dryer in the bathroom
- Stay Margaret River has a guest laundry. The washing machine requires 2 x \$1.00 coins and the dryer requires 1 x \$1.00 coin. Washing powder can purchased at reception for \$1.00.

## 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 you are back at your accommodation there is phone coverage.

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## Climate

We only run guided tours of the Cape to Cape Track in Autumn and Spring which is the best time of the year to be outdoors in Margaret River. It can get very hot in Margaret River in Summer (As the Cape to Cape is quite an exposed coastal track, anything over 24 deg can be hard to walk in) and rainy and cold during winter. During the change of season you will experience mild temperatures between 18 deg to 26 deg during the day, dipping to lows of 9 deg to 13 deg in the evenings.

Expect bad weather at any time of the year so come prepared with wet weather walking gear.

## Food

Breakfast is included each morning and lunch apart from the last day of the tour. 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. Lunches are make-your-own in the morning. There will be choices of wraps, rolls and sandwiches that you can fill with selection of salads and cold meats. Please bring a lunchbox to carry this during the day.

Dinner is a 2 course meal: main and dessert. We will go out for dinner as group for 4 nights on the tour. The other 3 you will be able to choose from any of the lovely restaurants in the Margaret River Town Center.

Each day on the track you will enjoy a yummy 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.

## Drinks

There is plenty of opportunity to purchase alcohol while on tour as the shops are only a short stroll from your accommodation. Depending on what the group choose, we often enjoy a few of the local wineries and breweries on our way back to the accommodation each afternoon.

## 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.

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## Dietary Requirements

Please let us know if you have any dietary requirements. We will do our best to cater for these whilst you are on 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
- 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)

\*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.

To reduce waste we ask that you pack the following:

- Water bottle/s or camelback - 2 to 3 litre capacity
- A lunchbox (and freezer brick if desired)
- A keepcup or thermos cup for hot drinks whilst travelling

Optional items:

- Waterproof pants. They are invaluable to protect from rain, heavy winds (especially from the Southern Ocean!)
- 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
- Bathing suit 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

## Getting ready for your walk...

There is no such thing as an 'easy day' on the Cape to Cape walk. There are a lot of ups and downs, often in soft sand, and there are several beach stretches. However, the walk has been designed to make it achievable to those with a reasonable amount of fitness by the fact that you only carry a daypack; and you start with short distances, working your way up to longer days. You will be surprised just how your fitness improves over the seven days. Usually by day four people are striding out! A positive mental attitude is most important. If you focus on the scenery, the company and the moment, not on the kilometres, then you find yourself reaching your destination with little problem. If you have done some training prior to the walk you will enjoy it all the more.

The best way to prepare physically for the trip is to walk, walk and walk some more - preferably in sand and over a variety of terrain. Try to walk frequently. Even walking around your suburb will get you walk-fit.

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By the start of our Cape to Cape you should be able to comfortably walk 15km, and try and do a few 20km walks on rough tracks.

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.

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

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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.

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