

# Flinders Ranges Guided Walking Tour



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

---

## Getting to and from your Trip

An air-conditioned mini bus will take us from Adelaide to the Flinders Ranges and back; and to and from the walks each day.

## Pre/Post Trip Accommodation Recommendations

With an early departure, we recommend a night in Adelaide for those coming from interstate or overseas. We recommend to our guests the following hotels. All the below hotels are within easy walking distance from the pick up location.

- Mercure Grosvenor Hotel Adelaide (North Terrace)
- Ibis Styles Adelaide Grosvenor (North Terrace)
- Adelaide Paringa Motel (Hindley St)
- Adina Apartment Hotel (Flinders St/King William St)

## Washing Facilities

At Wilpena Pound Resort station there are laundry facilities for everyone to use.

## Phone Coverage and Charging

There is patchy phone coverage during the tour. Like most remote rural places, Telstra offers the best chance at reception. Wilpena Pound Resort has limited WiFi.

## Climate

It will be quite chilly in the mornings and evenings. The days will be cool which is perfect walking weather!

Averages: May: Min. 7 to Max. 20 degrees Celcius June: Min. 4.5 to Max. 16.3 degrees Celcius July: Min. 4 to Max. 16 degrees Celcius August: Min. 4.4 to Max. 18 degrees Celcius September: Min. 7 to Max. 22 degrees Celcius

## Food

All meals are included, with the exception of lunch on the last day, when you can pick up something in the Clare Valley on the way home.

Got Questions? Chat with us...



1300 544 882



walk@inspirationoutdoors.com.au

Breakfast comprises cereals, fruit, yoghurt, toast, juice, tea and coffee. Each day your guide will carry tea, coffee and home-made morning tea. Fruit is also available. On most days lunch is self-made from fresh breads, salads and meats.

Each night we will go out for dinner at a local restaurant or the hotel restaurant. Your guides will prepare delicious pre dinner nibbles.

The Restaurant is fully licensed, but feel free to bring alcohol and additional snacks e.g. muesli bars, nuts, chocolate etc. Please let us know of any dietary requirements, we will do our best to accommodate most dietary needs.

## Drinks

There will be some limited opportunities for you to purchase additional alcohol and supplies during the week, but all restaurants are fully licensed and there is a little IGA at Wilpena Pound that stocks most essential items.

## 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.

## Dietary Requirements

Please let us know if you have any dietary requirements. We will do our best to cater for these whilst you are 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
- Fleece jacket, gloves, beanie and/or thermals (can get quite cold in the evenings and early mornings)
- Torch/headlamp (can be handy when twin sharing for getting up at night or moving about the resort at night)
- 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

Got Questions? Chat with us...



1300 544 882



walk@inspirationoutdoors.com.au

\*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.

#### Optional items

- Walking poles (they might come in very handy on some of the steep sections)
- A lunch container (to help protect your sandwich from being squished) and/or Beeswax wrap to wrap up your sandwich instead of the supplied cling wrap
- Waterproof pants. Some people love them and some hate them - personally, we don't wear them but there have been times when we have wished for a pair!
- 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 something comfortable to wear at the end of the day
- Bathers and towel (the accommodation has a pool)
- 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

## Getting ready for your walk...

There is no such thing as an 'easy day' on the Flinders Ranges tour. There are a lot of ups and downs, often quite rocky and uneven terrain, and there are a few sections where we walk in creek beds. 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 and harder days.

You will be surprised just how your fitness improves throughout the tour! 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 on rocky and uneven surfaces and lots of stair walking. Try to walk frequently. Even walking around your suburb will get you walk-fit. By the start of our tour you should be able to comfortably walk 12km, and try and do a few 20km walks on rough tracks, as well as be fairly comfortable with steep up and downhill sections.

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. Another good way to get your glutes, hamstrings and quads well prepared is with regular lunges and squats. As you get closer to the walk take it up a notch and do jumping squats.

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.

Got Questions? Chat with us...



1300 544 882



walk@inspirationoutdoors.com.au

Boots can provide ankle support and help keep dirt 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. We do not recommend sneakers on the Flinders Ranges tour at all. Sturdy sandals have proven to be a good substitute for shoes when feet have blistered. 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 (33% to be exact) 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.

Got Questions? Chat with us...



1300 544 882



walk@inspirationoutdoors.com.au

## 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.

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 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.

Got Questions? Chat with us...



1300 544 882



walk@inspirationoutdoors.com.au