

# Kakadu National Park Walking Tour



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 need to book flights to and from Darwin.

You will explore Kakadu 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.

## Accommodation

### Before and After the Tour:

We recommend staying the night in Darwin at the end of the tour, as we usually don't get back until around 6-7pm. We recommend to our guests the following accommodations:

- Travelodge Resort Darwin
- Palms City Resort

**During the Tour:** \* accommodation may be subject to change and we will source similar alternatives. If we do book elsewhere you will be informed.

**Travelodge Resort Darwin:** is a small slice of paradise in the heart of Darwin's CBD, centrally located to all of Darwin's key attractions. It has been recently renovated with the ensuited rooms either having a queen bed or twin share, tea and coffee making facilities and complimentary Wifi.

**Anbinik Kakadu Resort:** owned and operated by Djabulukgu Association Incorporated representing the Traditional Owners of Northern Kakadu and parts of Western Arnhem Land. We stay in the 6-pack rooms which are self-contained and give our guides access to the kitchen facilities to showcase their culinary skills. There are 6 rooms in each 6-pack with 2 bathrooms. The bathrooms are down a few steps on the outside of the building. We recommend bringing a headtorch for using the bathroom after dark.

**Knotts Crossing Resort:** is a 20 minute walk from the Katherine town centre and is set among acres of stunning tropical gardens along the Katherine River. We stay in ensuited motel rooms that have a double and a single bed. The rooms have air-conditioning, Tea and coffee making facilities and free Wifi. There are two swimming pools so you can cool off and two guest laundries.

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## Washing Facilities

There are paid laundry facilities at all your accommodations.

## Phone Coverage and Charging

Out in the parks there is very limited phone reception. All accommodation, except for Anbinik has free WiFi. Anbinik and Knotts Crossing has both Optus and Telstra phone reception.

## Climate

June, July and August is the best time in the Top End. River crossings and some trails all depend on the wet season and how much rain the area received. Usually by mid June, most roads and tracks should be open again. The chance of getting rain in this period is very small, but still always come prepared. The days will generally be around 30-32C, humidity is generally quite low, but there is always a chance it can be humid. Drinking enough water is paramount to feeling well and you will need to ensure you bring enough water bottles with at least 4l capacity. Drinking 3-5l of water a day is absolutely normal in the Top End. On some of the longer walking days and when we walk in peak heat in the afternoon as well as up on the plateaus in the stone country, temperatures of around 36-38 is to be expected. Come well prepared for hot weather. At this time of the year the nights generally cool down and can be anywhere between 18-22C.

## Food

All meals are included and are a combination of a la carte dinners, home cooked meals, healthy packed lunches and some buffet breakfasts. You will be provided with three meals each day plus morning tea and snacks are included in the price of your tour (unless otherwise specified - see tour itinerary for details). 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 will be shops along the way to purchase alcohol, however the towns are small and may have quite a limited selection. Tabiru is a dry community and hence there will be no opportunity to buy any alcohol at a liquor store while we are there. It is recommended to stock up in Darwin before the trip for the 3 nights in Tabiru. However, the restaurants in Tabiru are licensed, so there is the opportunity to have a drink on the nights we eat out (2 out of 3). In Katherine we can plan to stop at the shops if needed, but the restaurant at Knotts Crossing is also fully licensed.

## 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 EpiPens, 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

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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 on tour.

## Access to Shops

There will be shops along the way, however Jabiru is a very small town and may have quite a limited selection and limited opening hours. In Katherine we have access to bigger shops with more selection if needed. It is recommended to stock up in Darwin before the trip and planning to re-stock in Katherine.

## Optional Scenic Flight

There is the option for a 30min scenic sunset flight over Kakadu on the evening of Day 4. The operator we use is Kakadu Air (<https://www.kakaduai.com.au>). Please let us know if you would like to add this scenic flight.

## 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 (thick explorer socks can get quite hot)
- 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, sunglasses
- Casual clothes for evenings and rest days
- Bathing and swimming towel (lightweight so you can easily carry them)
- Torch/headlamp (can be handy when twin sharing for getting up at night to access the toilets at Anbinik)
- 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 - **minimum 4 litre capacity** (may need to bring extra bottles to supplement water bladder)

\*At this time of year (July) the days are typically not too humid and warm (average 33 degrees) and the nights are mild. You may want a jumper for nighttime, as it can cool down a little after sunset).

To reduce waste we ask that you bring:

- A lunch container and ice brick.
- A keep cup or thermos cup for takeaway drinks whilst travelling

Optional items:

- Fly net (especially for walks in warmer weather)
- Cooling towel (they work a treat to keep you cool on really hot days)
- 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.

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- 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 (good for using on some rocky sections if your balance is not good)

## Getting ready for your walk...

There is no such thing as an 'easy day'. There are a lot of ups and downs, quite a few times on uneven rocky and hard surfaces. There are also some sections that include rock hopping, creek crossings and navigating large boulders. 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 have the support of your guides.

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.

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 and come prepared for hot weather!

While there are swimming opportunities on this tour, crocodiles do reside in Kakadu National Park. All guests swim at their own risk. We mitigate the risk by only conducting tours in the dry season and by only swimming in the park's crocodile management zones.

## 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,

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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 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.

## 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.

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