

Kimberley Explorer



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

Getting to and from your Trip

You will need to book flights to and from Broome. Broome really is a great little town and if you would like to stay a few extra nights either before or after please let us know if we can help.

Pre/Post Trip Accommodation Recommendations

Please see our below recommendations for accommodation in Broome:

- Broome time Resort - from \$322 night* (if booked through Inspiration Outdoors)
- Mangrove Hotel
- Kimberley Travellers Lodge for a cheaper but still good option. (Ask for a private room!)
- The Mercure
- The Oak
- Beaches of Broome (at Cable Beach so a little further away from the main town)

*Rate will increase during the Ord Valley Muster

Camping

This is a camping tour with lots of comfort. (As we like to say it's a camping tour for non campers!) Each person will have the use of their own semi permanent tent and a comfy camping bed. Even if you are travelling with a friend or a significant other you will have access to your own tent or you are more than welcome to share. You will need to bring a pillow and sleeping bag or you can hire a sleeping bag from us for \$35 (to cover dry cleaning at the end of the tour).

There are toilets and showers in all the camp grounds. When we are out and about during the day there are long drop toilets available.

A holiday isn't a holiday if there isn't time to relax and reflect on the day's adventures. Our guides are there to make sure your camping experience is enjoyable and will carry out all the campsite duties, of course any help is always appreciated. You'll spend the nights relaxing on comfortable armchairs enjoying the sights and sounds, recapping the highlights of the day with your fellow travel companions

Do you need to hire a sleeping bag? Make sure you let us know so we can have one ready for you.

Luggage

Due to health and safety requirements, please limit your luggage to one small-medium sized, soft sided bag per person - it has to be loaded and unloaded many times. 12 kg should be sufficient. If you're travelling as a couple, please pack two smaller bags rather than one large one.

Sleeping bag, pillow, day pack and walking poles can be additional to your main luggage bag.

Got Questions? Chat with us...



1300 544 882



walk@inspirationoutdoors.com.au

Washing Facilities

While in the camping part of the tour there will be water available for hand washing if needed.

Phone Coverage and Charging

There will be phone reception in Broome and Derby but it will be very patchy for the camping part of the tour. We carry a satellite phone for emergencies only. We have the ability to charge cameras/phones/ipads/kindles in the vehicle. However, we can only charge two or three at a time. Please bring your own USB charging cables.

Climate

Days are usually dry with average max temps of 30C and average minimum temps of 15C. Keep in mind it can get below 5 degrees during the night at some of the campsites, so make sure you come prepared with warm clothing and sleeping gear.

Our sleeping bags are well suited to the night-time temperatures.

Food

You'll be pleasantly surprised at the variety and quality of the meals prepared under what are sometimes difficult conditions. Your resourceful guides will ensure that fresh local produce and ingredients are used when available. Three meals each day plus morning tea and pre-dinner nibbles are included as part of your tour. All eating utensils are provided.

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

Drinking water is always available. Guests may bring a small quantity of alcohol, cardboard wine casks are preferred and beer must be in cans rather than stubbies. We have limited cooling capacity onboard so a cask of red wine, if you drink it, is the perfect drink to bring. We can cool a few cans of beer each evening though so if you're a beer drinker you'll be okay.

The main reason we prefer cardboard and cans is that there are very limited rubbish disposal sites. Being able to crush the containers saves a lot of space. Also, they are far less likely to break as we're driving over rough roads!

Please note that bottle shops in Broome and Derby don't sell casks of wine (to reduce problems associated with binge/ excessive drinking) so please bring them with you in your luggage. It is okay to purchase some bottles of wine, but we would like to keep it to a minimum.

Transport

Your Kimberley chariot is by an air-conditioned 4WD tour coach. Our vehicles are comfortable and regularly serviced to ensure safety and reliability. The coach seats 21 or 17 people (depending which coach we use). As we only have a maximum of 15 guests on tour, there is plenty of room onboard. Seats are not pre allocated, so to ensure all participants get to enjoy seats close to the front and window seats we encourage guests to change where they sit each day.

In the case of a 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.

Got Questions? Chat with us...



1300 544 882



walk@inspirationoutdoors.com.au

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. ? We do not have electricity at most of our campsites. If you require a CPAP machine, you can bring a battery operated machine. Please bring spare batteries and position your tent towards the edge of the group. Please let your guides know so that they can help you with tent site selection at each camp.

Dietary Requirements

From vegetarians to pescatarians to meat loving carnivores with an aversion to cucumbers we cater for all dietary requirements and will make sure you are well fed and looked after on tour. Please let us know if you have any requirements.

Access to Shops

We prefer you to have brought any necessary items with you as there is very little shopping that can be done in the Kimberley wilderness. In saying that though, the Mt Barnett road house does have a selection of necessities if need be.

Other Optional Activities

Whilst in Broome why not stay a few extra days to explore the area? You could take a flight over Horizontal Falls, a trip up to Willie Creek Pearls or hire a 4WD and drive up to Cape Leveque.

If you'd like to relax for a few days at the Eco Beach Resort let us know. We'd be happy to help.

What to Pack

- Day-pack - with a thick waist strap to help take some weight off your shoulders.
- Shorts/long pants and shirts for walking - lightweight and quick-dry material is best
- Socks - note that thick explorer/bamboo socks can get uncomfortably hot in the Kimberley
- Warm clothing in case of cold evenings and mornings - jumper, tracksuit pants, beanie
- Comfortable sturdy walking shoes or boots (ankle support is recommended as many surfaces red rocky and uneven)
- Sandals/shoes for walking in water. Make sure they have good grip even when wet.
- Sock protectors/gaiters (not plastic) - to keep grass seeds out and protect legs. You don't need anything too extreme as we are not going to be walking through spinifex. The small cloth gaiters used for lawn mowing will do fine. Lightweight long pants are just as good!
- Lightweight Waterproof jacket*
- Sun protection - hat (secure fitting and/or with chin strap), sun cream, sun glasses
- Casual clothes for evenings
- Bath towel
- Toiletries, hand sanitiser and personal medication
- Reliable headlamp with spare batteries (much better than a torch because you can use both your hands whilst wearing it)

Got Questions? Chat with us...



1300 544 882



walk@inspirationoutdoors.com.au

- 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
- Fly net (to go over hat)
- Insect Repellent
- Camera and charger/batteries. We can charge cameras with a USB charger on the bus. A waterproof camera is great for swimming hols.
- Snacks and alcohol - some people like to bring their own muesli bars, nuts, lollies etc.
- Walking poles if you use them
- Sleeping bag (warm enough for minimum temperatures of approx 4 degrees celcius). You can hire a sleeping bag for us for \$35)
- A small pillow

*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.

Getting ready for your walk...

Most of the walks in the Kimberley are not particularly long but there is some challenging terrain. The Kimberley is basically made of rocks. Many of the walks that we will do are along gorges which are, or once were, creek beds. The surface is often made up of rocks and pebbles which can move around under your feet a bit. Other times you may have to scramble to get up or down a large rocky section. The main thing to work on for the Kimberley therefore is not so much endurance but balance and agility. We highly recommend that you do some walking on uneven and rocky ground. By training on uneven surfaces you'll toughen up your feet - meaning less blisters (hurrah) - and strengthen the stabilising muscles around your ankles and knees - meaning less chance of injuring these joints. Take it slow to start with and build up to more challenging terrain/distances if you can.

Another really great exercise to start doing is balancing on one leg. Start with 30 seconds on each leg then build up to 1 minute... with your eyes closed! This one's got three great exercises for you to add into your routine (with photos from the beautiful Mt Bruce - a fantastic Pilbara walk and one of the best day walks):

<https://www.inspirationoutdoors.com.au/blog/exercises-walking-holiday/>

Also, increasing movement and strength in the hips and knees in particular will be of great benefit.

<https://www.inspirationoutdoors.com.au/blog/exercise-intensity/>

As Simon points out in this article, stair walking is great, and doing two or three steps at a time will help your hips and legs get ready for some of the terrain in the Kimberley. I found this article online with plenty of exercises for hips and knees from beginner to advanced, scroll straight down to the bit about exercises for strong hips and knees: <https://www.verywellfit.com/exercises-for-stronger-hips-and-knees-3120412>

By the time you get to the Kimberley you'll be feeling confident walking on any surface and have more energy to look around and appreciate the awe inspiring scenery. It's all achievable, but the more you prepare the better you will enjoy your holiday.

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.

Got Questions? Chat with us...



1300 544 882



walk@inspirationoutdoors.com.au

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 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 are guaranteed departures.

Got Questions? Chat with us...



1300 544 882



walk@inspirationoutdoors.com.au

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:

- More than 12 weeks: \$50 administration fee
- 6 to 12 weeks: loss of deposit
- 4 to 6 weeks: 25% of full tour cost
- 2 to 4 weeks: 50% of full tour cost
- less than 2 weeks: 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