

# Larapinta Trail



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 explore the West MacDonnell Ranges 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.

## Pre/Post Trip Accommodation Recommendations

If you decide to do any pre and post night stays in Alice Springs, here are a few hotels we recommend:

- Mercure Alice Springs Resort, 34 Stott Terrace, Alice Springs
- Stay@Alice Springs Hotel, 11 Leichhardt Terrace, Alice Springs
- The Diplomat Motel, 20 Gregory Terrace, Alice Springs
- Elkira Court Motel, 65 Bath Street, Alice Springs

## Washing Facilities

There is a guest laundry at Mercure Alice Springs Resort. Whilst out on the track, it will be handwashing only.

## 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 we are back in Alice Springs you should have coverage with all providers. Mercure Alice Springs Resort has complimentary WiFi.

## Climate

During May - August the days are typically clear and mild (average max 25°C) but the nights can be quite cold (average min 0°C), come prepared!

## Food

All meals are included from the evening meal on Day 1 to breakfast on Day 7. 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. Lunch is sometimes prepared and brought to you on the track when we can get vehicle access. On days you are walking in a remote section guests will pack their lunch in the morning which consists of cold

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meats and salad with sandwiches, rolls or wraps. Dinner is a 2 course meal, main and dessert. Each day on the track you will enjoy our famous baked cakes/biscuits for 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. Certain dietary requests may not be possible due to the remote regions.

## Drinks

Drinking water is always available. You can purchase a small amount of alcohol in Alice Springs (bottle shops only open after midday in Alice) before your tour starts. If possible please purchase beer and wine in either cask or cans as opposed to glass.

## 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.

## 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 special dietary requirements however due to the remote locations on this tour certain requests may not be possible.

## Access to Shops

In Alice Springs you will have plenty of shopping opportunity. Please note all Liquor Stores in Alice Springs open at midday and you are required to show your drivers licence or passport. ? At Glen Helen the pub sells take-away alcohol and has a very small convenience store. It's better to bring everything you need prior to the tour starting but if there are necessary items that need to be purchased there will be opportunities to access the shops in Alice Springs.

## Other Optional Activities

Options to do before or after your tour:

- Royal Flying Doctors Museum
- East MacDonnell Ranges day tours
- Alice Springs Desert Park
- Olive Pink Botanic Gardens

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- School of the Air Museum
- Various Uluru and Kings Canyon multi day tours

## What to Pack

- Day-pack - one with a waist strap is best to help take some weight off your shoulders
- Shorts or trousers and shirts for walking - lightweight and quick-dry material are best
- Casual clothing for evenings and rest days
- Wind and waterproof jacket
- Socks - whichever thickness you're comfortable in (thick explorer socks can get quite hot)
- Comfortable, sturdy walking shoes or boots (ankle support is strongly encouraged as many surfaces are rocky and uneven)
- Sun protection - hat, sunglasses, sunscreen (and consider your clothing)
- Toiletries, hand sanitiser and personal medication
- Reliable headlamp with spare batteries
- Any preferred first aid supplies such as blister treatment (Your guides will also carry a first-aid kit)
- Water bottle/s - 3 litre capacity at least
- Insect Repellent
- Beanie and gloves (great for the cool nights sitting around the camp kitchen)
- 1 really good and warm layer (e.g. fleece)
- Sleeping bag (approx. -15 degrees rating)
- Pillow and towel

At this time of year (May - August) the days are typically quite clear and mild (average max 25°C) and the nights can be quite cold (average min 0°C)

### Optional items

- Lunch box or beeswax wrap for your sandwich (glad wrap otherwise provided)
- Fly net (especially for walks in warmer weather)
- Camera and charger/batteries (You can use your battery charger back at camp)
- Consider bringing thermals for the cooler nights
- Gaiters (no sweaty plastic ones) for snake bite protection, are recommended unless you are wearing long pants and long socks. They're also good for keeping rocks and grass seeds out.
- Sock protectors (to keep rocks and grass seeds out of your boots)
- Robust sandals for relaxing around the campsite
- Bathers and small pack towel (there will be a few swimming opportunities)
- Snacks and alcohol (try to minimise glass) - there will be very limited possibilities to restock during the week. Some people like to have some extra muesli bars, nuts, lollies etc
- Walking pole/s (good for using on some rocky sections if your balance is not good and useful for steep sections)

So that we maximise time outside of the bus exploring, rather than commuting to Alice Springs each night, this tour involves comfortable camping for 4 nights during the middle of your tour and hotel accommodation on the nights either side.

## Getting ready for your walk...

The walks on the Larapinta Trail are quite challenging. Please be aware that all walks will be on quite rocky and uneven surfaces. The itinerary however is built in way so we can take our time and don't have to rush to complete the walks.

On some of the longer and more strenuous walks there may be an option to shorten the walk and choose how far you would like to go. The more training on rocky and uneven surfaces you do the more fun the tour will be.

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The best way to prepare physically for the trip is to walk, walk and walk some more - preferably on rocky and uneven surfaces and on a variety of terrain. Try to walk frequently and try to do a few 20km walks on rough tracks. Even walking around your suburb and up and down stairs, this will get you walk-fit. By the start of our tour you should be able to comfortably walk 15km and happily walk short steep 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. 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 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,

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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.

## 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 42 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.

We understand times are still uncertain as we ride the rollercoaster of state outbreaks. That's why we've introduced flexible cancellation terms so that if you're in a pickle, your adventure isn't. Please see our cancellation policy during covid restrictions here <https://www.inspirationoutdoors.com.au/covid-19/>

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