

# Broome to the Bungles



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 Broome, arriving the day before the tour departs and returning the day after the tour finishes. 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.

## Accommodation

### Pre and Post Tour Accommodation

Please ask our sales team if you would like some help with booking pre and post night accommodation. We have relationships with the below hotels:

- Broome Time Resort
- Oaks Broome
- Kimberley Travellers Lodge

During peak season accommodation in Broome can be very scarce. We recommend booking your nights in Broome early.

### On Tour

This is a camping trip for those who are looking for the basics. Simple facilities and lack of emphasis on creature comforts make this an authentic experience of the Australian outback. A Single Supplement is not available on the default version of this trip. As a single traveller, you will have a tent to yourself on camping nights however, in the remote Bungle Bungles Safari Camp (Day 2 and 3) you'll be paired up with another single traveller of the same gender. An accommodation upgrade (Camping Plus) is available upon request and subject to availability at an additional cost. Camping Plus can also be booked with the option for a single supplement. Please see the accommodation section of your trip notes or speak to your travel agent for more details.

## 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 (on nights 1 & 4), and a comfy camping bed. Nights 2 & 3 the tents are twinshare. You will be allocated someone of the same gender if you are travelling on your own. You will need to bring a pillow and sleeping bag or you can hire a sleeping bag from us. There are flushing toilets and showers in all the camp grounds. When we are out and about during the day there are long drop toilets available.

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

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## 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.

The bags should be no bigger than 70cm long and 30cm high. You will need to carry your bags from the bus to your tent so please don't make them too heavy.

## Washing Facilities

Only hand washing of clothes will be available on this tour.

## Phone Coverage and Charging

You will have phone reception most of the way to the Bungles if you are with Telstra. Where we stop for rest breaks or to fill up with fuel there should be reception where you can make calls and receive/send text messages. We do recommend, if you are not waiting on anything serious, to leave your phone on flight mode and save your battery for photos, you will take thousands of them. We have the ability to charge cameras/phones/ipads/kindles in the vehicle. However, we can only charge two or three at a time. Bring your own USB charging cables. A power-pack will be useful.

## Climate

May to August

During this time, the days are still warm. On the walks you will be in shorts and a shirt, sun protection is a must. Early mornings might have you wearing a jumper and at night you will be cozy in your sleeping bag. We recommend a cheap pair of track suit pants that can get dirty and a beanie for the nights at the Bungles where the temperature can drop to 5 degrees during the night. This time of year is the busiest time because it is the most pleasant to travel warm days and cool nights.

Our sleeping bags are well suited to night time temperatures

April, September and October

The shoulder months can be temperamental, unseasonal weather is likely to happen around these times. Days become a bit hotter and humid, and the nights start to warm up also. This season is good to travel because although it can be a bit warmer, the Kimberley is less busy. The start of the season you will see the best of the waterholes. Tail end of the season the waterholes will start to dry out and swimming might not be an option.

## Food

You'll be pleasantly surprised at the variety and quality of the meals prepared under what are sometimes difficult conditions. Three meals each day are included as part of your tour (apart from Dinner on day 4). All eating utensils are provided.

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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. Please do understand however that the Kimberley is a remote location and specialist ingredients may be a little tricky to source.

## 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 and we can recycle them when we get back to Broome. Also, they are far less likely to break as we're driving over rough roads!

Please note that bottle shops in Kununurra and Broome 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.

You can purchase alcohol in Broome. Please note you may need to show photo identification to purchase alcohol in the north west.

## Transport

Transport is by an air-conditioned tour coach. Our vehicles are comfortable and regularly serviced to ensure safety and reliability. 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.

On some days of the trip, you'll spend several hours driving through very sparse areas of Australia. Sit back and enjoy landscapes that you would miss in any other form of travel. Extra space can be tight, and conditions may feel a little cramped.

## 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.

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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. The Kimberley is very remote and if you do require specialist food then please consider bringing it with you.

## Access to Shops

We will only have roadhouses that will have a small amount of essential items on this tour. So please do try to have everything you need before leaving Broome.

## Optional Extra Tours- MUST be pre-booked

The Kimberley is an incredible place and the optional tour below will take you to places our Chariot can't. To book on we need to know SIX WEEKS BEFORE the tour departs as we will release unused seats back to the local tour operators. If you are keen on seeing a unique perspective from the the air please let us know.

Day 3 - Purnululu (Bungle Bungle) 30 minute Helicopter Scenic Flight - \$549\*(<https://www.helispire.com.au/scenic-flights-and-tours/bungle-bungle-helicopter-tours>)

\*Prices of optional tours are at the discretion of the third party tour operator

## 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 are best.
- Socks - note that thick explorer 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 are rocky and uneven).
- Reef sandals/shoes for walking in water. Make sure they have good grip even when they're wet.
- Sock protectors/Gaiters (not plastic) - to keep grass seeds out & protect legs. You don't need anything too extreme as we are not going to be hiking through spinifex. The small cloth gaiters (the lawn mowing type ones) will be fine. Lightweight long pants are just as good;
- Lightweight waterproof jacket
- Sun protection - hat, sunglasses, sunscreen and clothing.
- Casual clothes for evenings and rest days.ve to expect some bad weather at any time of the year down here so bring wet weather gear even if the forecast is fine.
- Bath towel.
- Bathers and a small towel
- Toiletries, hand sanitiser and personal medication.
- Reliable headlamp with spare batteries (much better than a torch because you can use both hands when wearing a headlamp).
- 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.

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- 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 the swimming holes.
- Power / battery pack
- Snacks and alcohol - some people like to bring their own muesli bars, nuts, lollies etc.
- Sleeping bag (warm enough for min temperatures of approx 4 degrees Celsius). You can hire a sleeping bag from us if you would prefer.
- A small pillow.

#### Optional items

- 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 (practice walking with them before the trip)

## 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. By the start of our tour 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.

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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 managers personal mobile. <sup>Â</sup> # 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:

- 84 days or more prior to departure, we will refund your deposit minus \$50 administration fee

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- between 30 and 84 days prior to departure, loss of deposit
- between 24 and 29 days prior to departure, we charge a cancellation fee of 25% of the total booking cost
- between 15 and 23 days prior to departure, we charge a cancellation fee of 50% of the total booking cost
- 14 days or fewer prior to departure, we charge a cancellation fee of 100% of the booking cost.

Please see our cancellation policy: [https://www.inspirationoutdoors.com.au/booking\\_conditions/](https://www.inspirationoutdoors.com.au/booking_conditions/)

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.

Our privacy policy can be found here: <https://www.inspirationoutdoors.com.au/privacy-policy/>

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