

# Trek Larapinta...

... a strong, ancient and fascinating landscape



**foundation21**  
Supporting kids with Down syndrome

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# Highlights from the Larapinta Trail...

...Walking on the far western sections of the Larapinta Trail, with each day revealing closer views of this elegant desert peak and the tour culminating in the challenging (but rewarding) ascent to its summit. The Larapinta Trail is part of a strong, ancient and fascinating landscape. “For us the trail provides an avenue to be here in the land and feel enriched by this experience. We want to walk so that we stay open to the wider experience of being here.”

## *Your Itinerary...*



### **Day 1**

#### **Adelaide to Alice Springs**

We depart Adelaide for flight to Alice Springs.

### **Day 2**

Hotel pick-up in Alice Springs at 7.30am. A short drive out to Simpsons Gap for our first leg stretch, a preview of the magnificent West MacDonnell Ranges and a comprehensive trek briefing from your guides. Driving through the ranges to Ormiston Gorge, we begin our adventure on the Ormiston Pound walk exploring one of our favourite places - a must do for anyone visiting Central Australia. It's an easier day and a beautiful introduction to walking in the West Macs. Our trek takes us up to the high escarpment overlooking this natural impoundment, before descending into the pound itself.

We finish the loop by walking down the gorgeous Ormiston Gorge!

A short transfer takes us to our private eco-friendly base camp on the Ormiston Creek. A chance to settle down by the fire with a nice cup of tea and soak up your beautiful surroundings!

8km/5hr journey | Lunch, Dinner

### **Day 3**

Today we are high on the ridge of the Heavitree Range hiking to one of the most iconic views of the trail - Counts Point. A challenging hike rewards us with sweeping panoramic vistas of high quartzite ridge lines, including Haast Bluff and Mt Zeil to the west. An exhilarating descent is followed by some easier walking through the beautiful Serpentine Gorge and the old Serpentine Chalet. After the walk we transfer



back to our private camp on the Ormiston Creek.

15km/8hr walk | Breakfast, Lunch, Dinner

#### Day 4

Today we walk section 10 of the Larapinta Trail, taking us from Ormiston Gorge to the historic Glen Helen homestead, situated on the mighty Finke River. The Finke is one of the oldest water-courses on our planet and is dotted with massive River Red Gums and is home to a splendid array of birdlife. At the end of the day we have the chance to go for a swim in Glen Helen Gorge or the Finke River and enjoy a cold beer and a warm shower at the historic pub. We sleep tonight at our Ormiston Creek camp.

11km/5-6hr walk | Breakfast, Lunch, Dinner

#### Day 5

Our morning starts at the Ochre Pits, an ochre deposit that is still used by the local Arrernte people for decoration and painting. The Ochre Pits area is a convergence of a variety of plant habitats so it is a beautiful place to see a wide variety of the plants of the West Macs. Exploring further along section 9 we take in what many believe are some of the most spectacular views of the Larapinta Trail. Returning to Inarlanga Pass we have lunch and rest amongst the shade of a lush cycad

garden. Our trek today concludes at Serpentine Chalet. Return to our private eco camp.

12-14km/6-7hr walk | Breakfast, Lunch, Dinner

#### Day 6

A short transfer from our camp to Redbank, where our challenging ascent of Mt Sonder begins. As we approach the top of our climb the sense of achievement hits home, a vast 360 degree panorama of Central Australia surrounds us, rugged and yet from up here so very peaceful. Remote desert peaks stretch as far as the eye can see. The view north looks 100km into the Tanami Desert, and to the east we see the majority of the Western MacDonnell Ranges. To the south is the meteor crater of Gosse Bluff and to the west Mount Zeil, the Northern Territory's highest mountain. Return to camp with time in the afternoon to rest in the surrounds, visit Glen Helen Gorge or peruse the Trek Larapinta library.

16km/7hr walk | Breakfast, Lunch, Dinner

#### Day 7

A last, leisurely morning in camp, with time to drink a good cuppa tea or coffee, pack your bags and roll the swags, before heading off on an exploratory walk through the valley and hills that surround our camp. It's a chance for us to share the area and our life within



it a little more closely with you. Heading back to Alice Springs, we stop at Serpentine Gorge, Ellery Creek Big Hole and the spectacular Standley Chasm; must sees of the West MacDonnell Ranges. We usually arrive in town by about 4pm.

5km/3hr walk | Breakfast, Lunch

#### Day 8

##### Return flight to Adelaide

We transfer back to the airport to take our flight to Adelaide

*Pick up: in Alice Springs from your hotel at 7.30am on Day 2.*

*Drop off: in Alice Springs at your accommodation around 4pm on Day 7.*

*Although we endeavour to run the trip as per the itinerary, changes may occur due to weather conditions or other factors outside our control. Please use this itinerary as a guide only.*



# More Info...

## 6 Days in the Bush

6 Days out here in the bush and on the trail is a great experience. Be sure that your boots are broken in and your personal equipment is in good shape.

Although we come together as individuals, we share the experience as a group. There is always time for personal space, but by helping each other out and showing consideration for your fellow walkers, we can ensure a rewarding experience for all. Your guides are always available to talk to whilst on tour to help manage the wellbeing of you and the group.

## Health and Fitness

You need to have a moderate level of health and fitness for the 6 day trek. The more physically ready you are the less likely you are to sustain an injury. Please talk to us if you have any health issues or other injuries which may affect your time with us, and don't be afraid to see your GP for advice on participating on this trip before you confirm your booking.

The Larapinta Trail is physically hard and just because you are on a guided trek doesn't mean it gets any easier! So, be as ready as you can be. Engage in aerobic activity 3-4 times a week for at least 1 hour each session during the 3 months prior to your trip; this might include walking, cycling, swimming etc.

Start to do some long bush walks as regularly as you can and do some full day bush walks with your pack weighing around 5-6kg to get you body used to walking with a load, starting at least 2 months in advance of the trek.

The Larapinta Trail is known for its unevenness and hardness under foot so make sure you do some walking over rough terrain (if you can find it). Feel free to talk to the Trek Larapinta staff about being prepared.

## What you carry

Minimal weight: Because you have two guides—one on the trail to carry safety equipment and one back at camp organising the logistics of the tour—you only carry a day pack for your walk. In your pack: Most of the weight will be water to sustain you while walking in the Central Australian climate, which (apart from the very rare splashes of rain) is sunny and dry even on cold days. We recommend you carry at least 3 litres of water each day. In addition to water, you carry your lunch box, whatever snacks you'd like for the day, a windproof/ rainproof jacket, warm layer and whatever personal items (such as camera and binoculars) you'd like with you on the trail.

## Good meals all day

With sustaining food for breakfast, fresh & tasty meals for lunches, quality camp-cooked food for dinners and plenty of snacks for the trail, you are bound to enjoy your eating with Trek Larapinta. We provide plenty of fresh fruit and vegetables, real coffee and billy tea. We pride ourselves on our fresh and healthy food..

With notice, we can cater for vegetarians and meet medical dietary requirements.

## Our Camp Site

A lot of changes are happening to the way the park is being managed as far as campsite locations for commercial operators are concerned. We have been granted private use of a section of the beautiful Ormiston Creek. It is a bush camp and we adhere to Parks and Wildlife's and our own strict minimal impact policies, which we have learnt through experience and observation of our interaction with these areas. It's a privilege to be in these areas so we want to look after them.

On the 6 day trip we use one camp site for the duration of the tour. Due to our walks all being on the far western sections it means you can set up and not have to worry about relocating campsite each night. We just transfer each day to the trail heads. Sometimes people say before they get here that they hoped to be moving each night, but they soon realise the benefits of a base camp and end up being very thankful for the chance to be in one place especially here on Ormiston Creek. There is also a Total Fire Ban on the Larapinta Trail, so we use camp sites away from the trail where, by permit, we are able to enjoy the delights of a camp fire.

## What's included?

All meals and snacks from lunch on Day 2 to lunch on Day 6 and all catering equipment.

All camping equipment including sleeping bag, swag, pillow, bed linen and top of the range spacious tent (twin share)

Transportation provided in commercially registered, expertly maintained tour vehicles, with hotel pick up and drop off.

Trek Larapinta professional wilderness guides.

Group first aid kit and satellite phone in the event of an emergency.

All camping and National Park fees.

Private campsite location.

Travelling with a boutique, culturally and environmentally responsible business.

## What's not included?

Airfares to / from Alice Springs

Pre or post trip accommodation

Personal travel insurance – it is strongly advised that this is taken out, fuel surcharge (if applicable), gratuities, alcoholic drinks.

## What sort of back-up is there?

There will be a strong support team with a professional leader as well as local guides. Full, comprehensive medical kits will be taken with the group and all guides are trained medics.

## How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from us in order to make your fundraising as easy as possible. You will also receive a few tips and ideas to help you on your way.

## I'm interested... what do I do now?

Places are limited and go on a first come, first served basis so try to register as soon as you can! You will need to fill in the enclosed registration form and medical questionnaire and post it back along with the registration fee.