

Larapinta Trail



Distance: 70km Duration: 7 Days / 6 Nights Departs: Alice Springs

Level: **Challenging**

Arguably one of the best desert trails in the world, the Larapinta Trail is a walkers delight. Experience the rugged beauty of the famous West MacDonnell ranges, vast desert vistas, stunning gorges and cool waterholes framed by weeping ghost gums.

On this 7 Day tour we will take you to some of the highlights of this 223km trail. With knowledgeable and fun guides you will be challenged to scale the mighty Mt Sonder, trek along Reveal Saddle and explore some of the unique gorges of this area including Ormiston gorge and Serpentine gorge. Each evening after a full days adventure you will return in your trusty desert chariot vehicle to your accommodation for a shower and a delicious a la carte meal, recapping the days highlights with new friends.

There are some medium-hard sections on rocky terrain, but people with a moderate level of fitness can complete the walks. Preparation will make the experience all the more enjoyable. A mix of excellent home-made lunches, restaurant dinners and knowledgeable guides will complement your trip.

What our guests say:

"Hiking The Larapinta Trail has definitely been one of the peak experiences of my life. I wouldn't have been able to do it had I not gone with Inspiration Outdoors. I found the terrain challenging but not having to carry a heavy backpack made it doable. Our guides, Rachelle and Magic Mike were so supportive, encouraging and their knowledge of local culture and history was most interestingly presented.

To be able to return back to our accommodation, have a hot shower and then have a delicious meal waiting was wonderful.

Obviously a tremendous amount of research went into this adventure and it showed, every aspect was seamless.."

Heather Saggars



Itinerary

A guide will accompany you each day as you discover the highlights of the Larapinta Trail. On some of the more challenging walks two guides will accompany the group, to offer more options.

Some of the walks include quite steep and rocky sections; but, with a moderate level of fitness, each walk is enjoyable! We highly recommend that you do some training beforehand, especially walking steps and doing some training on rocky terrain.

The walks along the Larapinta Trail are a good mix of one direction, return and circuit walks. You are always welcome to take a day off walking. We will try to help you find suitable alternative activities.

**The itinerary may alter depending on extreme weather conditions and heat.*

Day 1

Arrival day in Alice Springs.

Last day of conference.

If available, join a quick Welcome Meeting at 6pm in the Lobby of the Mercure Hotel for more information on the walks ahead. Otherwise refer to your information pack for all details regarding your pick-up times and walking details for the next day.

Day 2

Alice Springs Telegraph Station to Wallaby Gap.

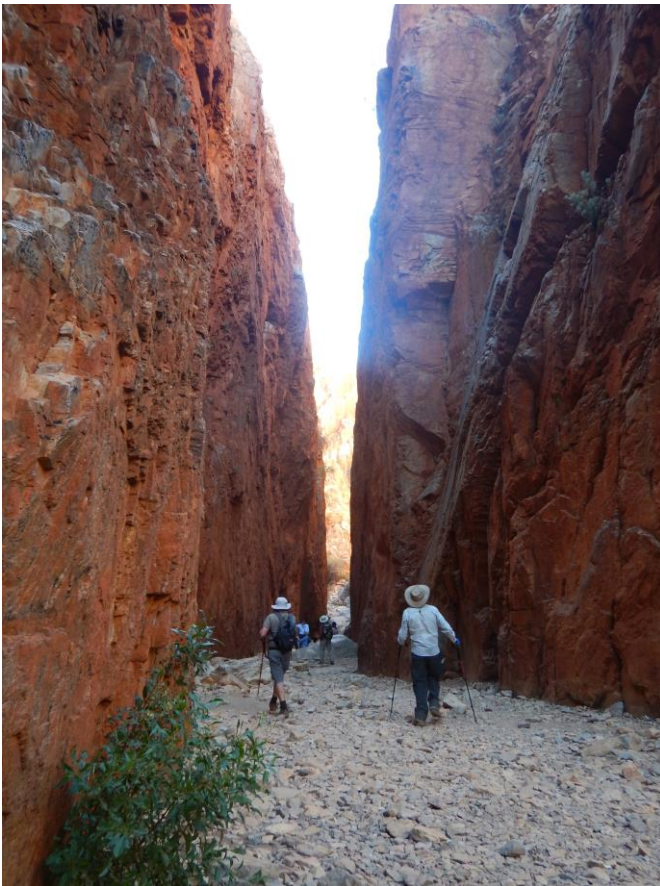
Walk: 13.5km

We depart Alice Springs town from the accommodation fairly early this morning and head to the Telegraph Station, just out of town. From here we start our walk and as we head along

Serpentine Gorge to Serpentine Chalet Dam Walk: 14km

Journey to one of the most popular walks on the Larapinta Trail. From Serpentine Gorge carpark we make our way up to the top of the ridge. Discover some Mountain Hakea along the way and enjoy the breathtaking views once we get to the top.

Discover the most iconic picture of the Larapinta Trail at Counts Point from where we head back down towards Serpentine Chalet Dam.



the ridges just behind Alice Springs town we start getting our first glimpses of the seemingly endless mountain ranges all around us.

From Wallaby Gap we will head back to Alice Springs for another night.

Day 3 Reveal Saddle and Standley Chasm Walk: 12km + 2km

Today we pack up and leave Alice Springs. We'll drive out to Standley Chasm from where we start our walk up to Reveal Saddle and back. As we make our way along the creek bed and then slowly start climbing up through the valley to the top, you would never have anticipated the stunning views you get rewarded with once at the top. Spot the odd Cycad hidden away in the gullies and enjoy an array of flowers and River Red Gum Trees in the creek bed. In the afternoon you will have time for the short walk (2km) up into Standley Chasm.

From Standley Chasm we then make our way to Glen Helen to settle in at our accommodation for the next 3 nights.

Day 4

Day 5 Ormiston Gorge Pound Walk and The Ochre Pits Walk: 9km

Today we head into the heart of the West MacDonnell Ranges. The Ormiston Gorge Pound is a stunning walk that shows off all the beauty Central Australia can provide.

At the end of the walk we will head to the famous Ochre Pits to have a look around one of the most significant places to the local Arrernte Aboriginal people, before heading back to the accommodation for a relaxed afternoon.

Day 6 Mt. Sonder Walk: 16km

Today is our last days walk on the Larapinta Trail and its an absolute cracker! We make our way to Redbank, from where we will start our walk to the famous Mt Sonder. From the

Central Australia Walking Tour
Level: Challenging

Any questions?
Call us on 08 6219 5164

valley floor we slowly make our way up some steep sections to get to the Saddle. As we walk along the Saddle take in the vastness of the area before ascending to the top of Mt. Sonder. Enjoy your well deserved lunch as we take in the spectacular 360° views.

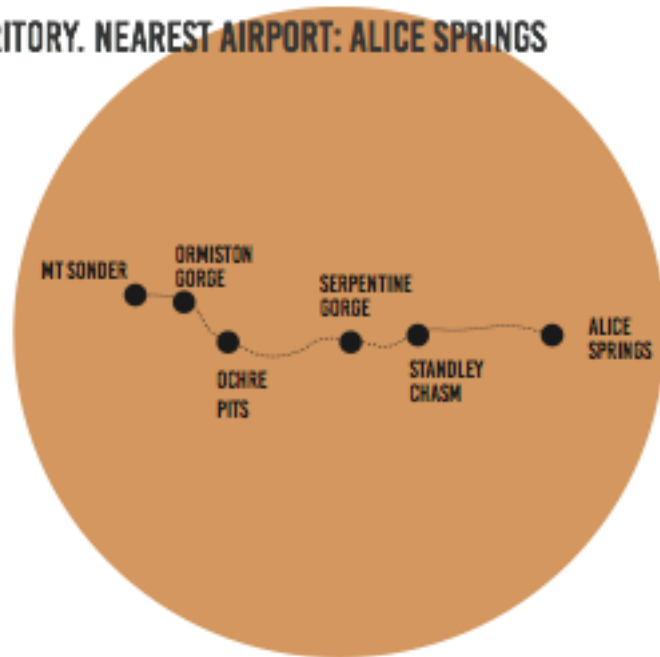
Day 7

Glen Helen Gorge Walk to Alice Springs

Enjoy awakening to the sounds of the Australian Bush before we head back to Alice Springs where you will be able to catch a midday/afternoon flight home.



LARAPINTA TRAIL, NORTHERN TERRITORY. NEAREST AIRPORT: ALICE SPRINGS



The Fine Details

What's included:

- Transport is by an air-conditioned comfortable bus
- Professional guiding and support each day by 2 guides
- Emergency support: guides carry satellite phones and a full first aid kit
- 6 night's accommodation at motel style accommodation
- All park entry fees
- 6 healthy breakfasts – cereal, fruit, yogurt, toast
- 6 morning teas, carried by your guide
- 5 lunches
- Pre-dinner nibbles each night
- 6 delicious two course dinners

Where do we start from?

The tour starts and finishes in Alice Springs.

There are daily and multiple flights to Alice Springs so talk to us about organising your flight if you need any help.

Drop-off will be around 10:30am on the last day in time for you to catch a midday/afternoon flight home.

If you would like to continue your stay in Alice Springs;

- Aurora Alice Springs
- The Mercure Alice Springs
- The Diplomat Motel Alice Springs
- Hotel ibis Styles Alice Springs Oasis
- Alice Springs YHA

Is this tour for me?

This tour has been designed for active people with a love of nature and a bit of an adventurous streak. The majority of our guests are over 55 years old and walk, cycle or swim regularly (but not run half marathons!).

This is a challenging tour but by no means a "hard core" hiking experience. Our guests are not content to sit on a bus all day but nor are we about forced marches. Our focus is on delivering a tour that does not rush, and has a good balance of activity and rest.

Where do we stay?

We will be staying at two different accommodations

- The Mercure, Alice Springs, 2 nights
- Glen Helen Homestead Lodge, 4 nights

The motel style accommodation is allocated on a double or twin share basis. If you are a solo traveller we will room you

Central Australia Walking Tour
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with another solo traveller of the same gender. Limited single supplements are available at an additional charge. Please ask for details and availability if interested.

On our first two nights we will be staying at the Mercure in Alice Springs. The rooms are standard 4 star hotel rooms and we will come together at the Mercure restaurant for meals.

We then move to Glen Helen for 4 nights to get closer to our walks on the Larapinta Trail. Here we will be staying in motel rooms with ensuite bathrooms.

Dietary requirements?

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.

Average Temperature (degrees):

June: 5° min - 20° max

July: 4° min - 20° max

August: 6° min - 23° max

How many guests will be on the tour?

This tour has a maximum of 12 passengers. Accompanying the group will be 2 guides from Inspiration Outdoors who will walk on the track with you, drive and look after all of your needs while on tour.

Just in case...

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.

Stay inspired...

Like us on **Facebook** and follow us on **Instagram** so you can stay up to date with photos from the trail, competitions and tour updates.

Facebook: [Inspiration Outdoors](#)

Instagram: [Inspiration_Outdoors](#)

Larapinta Trail

Distance: 70km Duration: 7 Days / 6 Nights

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

Departure day and post tour drop off:

*The tour starts and finishes in **Alice Springs**.*

We will drop you off at your hotel in Alice Springs around 10:30am on the last day in time for you to catch a noon/afternoon flight home.

Departure City: **Alice Springs**

Where should I stay the night prior/after the tour?

There is no need to arrange pre tour accommodation as the first night of the tour at the Mercure, in Alice Springs is included in the tour price. If you wish to stay on after the tour finishes, here are some recommendations of accommodation:

- Mercure Alice Springs Resort
- Aurora Alice Springs
- The Diplomat Motel Alice Springs
- Alice Springs YHA

****First day reminder****

Last day of conference.

If available, join a quick Welcome Meeting at 6pm in the Lobby of the Mercure Hotel for more information on the walks ahead. Otherwise refer to your information pack for all details regarding your pick-up times and walking details for the next day.

What should I 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 (great for cold evenings)
- Socks – whichever thickness you're comfortable in (thick explorer socks can get quite hot)
- Comfortable, **sturdy** walking shoes or boots (ankle support is recommended 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 (can be quite dark going in between the cabins and useful when sharing a room)
- Any preferred first aid supplies such as blister treatment (Your guides will also carry a full first-aid kit)
- Water bottle/s – 3 litre capacity at least
- Insect Repellent
- Beanie and gloves (great for the cool nights and mornings)

** At this time of year the days are typically quite clear and mild (average max 25°C) and the nights can be quite cold (average min 8°C)

Optional items

- Lunch box (to help prevent your sandwich being squished or if you would prefer to just bring a salad, don't forget the fork if that is the case) - Glad wrap and foil are otherwise provided
- Fly net (especially for walks in warmer weather)
- Camera and charger/batteries (You can use your battery charger back at camp)
- 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.

Give us a call if you have any questions!
08 6219 5164 or walk@inspirationoutdoors.com.au

- Sock protectors (to keep rocks and grass seeds out of your boots)
- Robust sandals for relaxing around the accommodation
- Bathers and small pack towel (most accommodations have a swimming pool)
- Snacks and alcohol – there **will be 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 all the steep sections)

Getting ready for your walk...

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 duration of the tour. Usually by day three 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 a variety of terrain. Try to walk frequently. Even walking around your suburb will get you walk-fit. By the start of the 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.

Larapinta Trail 7 day Guided Walking Tour
Level: Challenging

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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 the Northern Territory.

You might prefer to wear sneakers on your walk. They do let in a lot of dirt though and will wear out quite quickly on the rough surfaces of the bush tracks on the Larapinta. You are welcome to bring two pairs and alternate. However, we highly discourage using sneakers on the Larapinta and trust us when we say "your feet will thank you".

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, 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 (research has shown a 33% reduction) 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.

Just in case...

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
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