



Larapinta Trip



TRIP DURATION

7 days, 6 nights

GRADE

Moderate Hikes - Overnight hikes, some uneven terrain, you need to be reasonably fit and enthusiastic. Suitable for women who walk 2-3 times per week (regular walkers). Hikes can be between 3- 8 hours on some days.

START AND FINISH LOCATION

Alice Springs, NT

ACTIVITIES

Hiking, swag camping

ACCOMMODATION

2 nights swag camping, 2 nights Aurora Hotel (twin share)

INCLUDED

All meals and accommodation itemised in itinerary including, 6 breakfasts, 5 lunches, 6 dinners.

GROUP SIZE

20 women + 4 female leaders

SUMMARY

This incredible Larapinta hiking experience will have you sleeping in swags under the stars, walking over 80km, learning about cultural significance and connecting with like minded women in the red centre. It's truly a magical experience that is suitable for women looking to try something new, see places they have never been to before and have fun!

WHY TRAVEL WITH WOMEN WANT ADVENTURE?

Women Want Adventure trips are a unique experience specifically tailored for women with a community focus.

All our leaders are qualified and experienced to ensure your trip is safe and enjoyable. Our services provide more than a travel holiday. Women Want Adventure trips connect like-minded women who want to try new things, push personal boundaries, make lasting friendships and have fun!

We make sure trip numbers are suitable for the terrain and all women feel welcome and comfortable on every outdoor encounter.



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THE TRIP

The Women's Larapinta Trek is one of our most popular destination adventures.

The Larapinta trail covers over 233km from east to west, with the eastern end at Alice Springs with 12 different sections. On our trip, we only walk sections 10, 11 and 12 which are the more scenic sections, including the 1380m sunrise climb to Mt Sonder. On your arrival, we pick you up from Alice Sprite Airport and take you to Aurora Hotel. Our first night is a pre-trip included dinner to meet other ladies on the trip and be best prepared for an early start the following day.

INCLUDED

- Accommodation** Swag camping, & Aurora Hotel (twin Share)
- Included Meals** Breakfast (6) Lunch (5) Dinner (6)
- Transport** Per Daily Itinerary
- Leader/Guides** 3 Females Guides and 1 Camp Host/Chef
- Airport Transfers** Arrival and Departure Transfers to Aurora Hotel

EXCLUDED

- Flights
- Travel Insurance
- Airport transfers
- Items of personal nature – alcohol, coffee purchases etc
- Optional activities (helicopter flights)
- Early check in at Aurora Hotel

TRIP HIGHLIGHTS

- Walking in the Australian outback
- Mt Sonder 3am morning mountain hike
- Sleeping in a swag under the stars
- Walking with a supportive group
- Swimming in the “chilly” gorges
- Sunrises and sunsets
- 4 female leaders to accompany the group
- Delicious meals prepared for you

TRIP SUMMARY

- DAY 1** Arrival into Alice Springs
- DAY 2** West MacDonnell Ranges
- DAY 3** Ormiston Gorge to Finkle River
- DAY 4** Finkle River to Redbank Gorge
- DAY 5** Mt Sonder Walk
- DAY 6** Depart Alice Springs





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DAY 1

Arrival into Alice Springs

Today we arrive prior to our trip departure in Alice Springs. A shuttle will collect the group from the airport at 12.40pm and take you to the Aurora Hotel. A pre-tour dinner is included for a meet and greet at one of the best restaurants in Alice Springs where we will talk about the trip, go through a last minute gear check and connect all the women attending.

Accommodation Aurora hotel (Twin Share)
11 Leichardt Terrace, Alice Springs,
Northern Territory

Airport Transfers Included

Meals Dinner

Hiking Distance 0km

DAY 2

West MacDonnell Ranges

Please be ready at 8.30am in the hotel lobby to start the first section 1 of the Larapinta Trail to stretch our legs. You can leave any personal items or clothing not needed on your trip at the hotel for free. Other items will be placed on the bus that will meet us at the end of our walk today.

Your leaders will meet you in front of the Aurora Hotel and we will walk 3km from the hotel to the Telegraph Station. This marks the beginning of the Larapinta Section 1. From here, we walk 6km to Wallaby Gap on the trail. From Wallaby Gap we take the bus to Simpsons Gap for site seeing as well as Ellery Creek. Lunch will be provided.

We then head to Ormiston Gorge for a short hike before making our way to our private camp at Glen Helen Gorge for the night.

Accommodation Swag camping, Glen Helen (swags are a mattress with a canvas covering over your head. You will be taught how to roll them out, pack them up and sleep comfortably under the stars).

Hiking Distance In total: 13km

Meals Breakfast, lunch and dinner

DAY 3

Ormiston Gorge to Finke River

This is second full day of hiking that will take us through the beautiful Ormiston Gorge Pound (medium difficulty). See National Parks sections 10. We will return to Glen Helen camp tonight, to enjoy a tasty dinner around a beautiful campfire.

Accommodation Swag camping, Glen Helen

Hiking Distance In total: 16km

Meals Breakfast, lunch and dinner

DAY 4-5

Finke River to Redbank Gorge

Graded hard difficulty. This challenging (but rewarding) section of the trail is through the more scenic part. We will be camping out overnight along the trail. Our transport truck will be meeting us each night. The sacrifice of this incredible scenery is no hot showers for two nights. The landscape at this end is dominated by Mt Sonder, the fourth highest mountain in the Northern Territory. We will finish day 4 at Red Bank Gorge campsite, in the shadow of the Mountain itself.

Accommodation Swag camping (2 nights) with no showers

Hiking Distance Day 3: 22km

Hiking Distance Day 4: 13km

Meals Breakfast, lunch and dinner (x2)



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DAY 6

Mt Sonder Walk

Today we are up with the possums (1am) for an early start to climb to the top of the iconic Mount Sonder in the dark with our head torches!. The Mountain is known traditionally as Rwetyepme. In local Indigenous Dreaming, she's a pregnant woman forever doomed to lay on her back and watch the sky - the mountain peaks resembling the woman in the legend. It's an arduous climb, but you will return to Alice Springs tonight where the group will be dropped at the Aurora Hotel for a nice well-earned shower, rest and to celebrate the days of hiking with a special farewell dinner.

Included Activities Goodbye Dinner

Accommodation Aurora hotel

Hiking Distance 17km total

Meals Breakfast, lunch and farewell dinner

DAY 6

Depart Alice Springs

After breakfast at the Aurora's in-house restaurant, you will have the morning to explore Alice Springs. Take a stroll through Todd Mall, where you can explore the many local Indigenous art galleries, and heritage buildings. If you're still wanting to stretch your legs, an early morning walk to the top of nearby Anzac Hill is a great way to view the beautiful Alice Springs sunrise. Airport transfers will be provided for you in time for your departure.

Included Activities Airport Transfer

Meals Breakfast





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GRADING Moderate

This trip will require you to be hiking up to 8 hours on some of the days. We walk at a slow and steady pace and ensure all women feel comfortable when carrying full packs and hiking longer distances. You will need a good level of fitness and general overall health. Please be prepared to walk in a variety of weather conditions such as rain or snow. We suggest 2-3 days of regular walking in your week to best prepare you for this trip and maximise your enjoyment.

LEADERS

Our female guides are an enthusiastic and informed lot who thrive on taking travellers through what they know and love about their country. Before hitting the road as trip leaders, guides must complete a comprehensive in-house training program. It's this training that ensures our guides are qualified to operate their tours at the highest possible standards.

PACKING

When packing for your trip please make sure you have all items on the packing list provided to you. There is limited space in our transport vehicle so you will need to pack: 1x duffel or overnight pack + 1x daypack. Please DO NOT pack a hard shell suitcase. We have limited space and hard shells cases make packing all women's bags in the truck extremely difficult. Aim for 10-15kg maximum or less for this trip. Less is best, however don't skip on packing warm.

FACEBOOK GROUP

We will provide you with a link to the private Facebook Group for this trip. Only the women attending who have paid a deposit will be sent the link invite to connect, meet up, ask questions etc. Please ask us if you have any questions about this group. It is not essential to join.

FOOD ON YOUR TRIP

Women Want Adventure strives to provide wholesome and nutritious meals on every trip. Where and when we can, we cater for dietary requirements. Our leaders have fabulous skills to prepare meals in wilderness environments and may from time to time ask you for a hand in preparation. Depending on the style of trip, some of our meals will use dehydrated foods to carry in overnight packs. The types of food you can expect on your trip include:

Breakfasts	cereals, toast, porridge, beans + hot drinks
Lunches	varies each day. Salad wraps, stir-fry meals, cold meats and sandwiches
Dinners	varies daily from curries, pasta, vegetarian stir fries, meat and vegetables
Snacks	Muesli bars, dried fruit, fresh fruit, nuts and seeds (please pack any personal snacks you prefer)

DIETARY REQUIREMENTS

Passengers with special meal requirements or food allergies must ensure they inform Women Want Adventure of this at the time of booking. Food for the trip is purchased prior to commencement and special requirements cannot be catered for after departing. If you have not notified us prior to departure, you may be asked to pay for any additional food yourself. Due to the nature of our trips food is basic but plentiful. We provide the below substitutes, please bring your own staples if you require specific foods not listed below:

No Pork	(Alternative to Ham provided)
No Dairy	(soy milk provided)
Vegetarian	(additional veg and veggie burgers provided)
Vegan	(supply of additional fruit and veg provided)
Gluten Free	(cereal, bread, wraps, pasta, snack bars, sweet and savoury biscuits provided)



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MONEY MATTERS

Please budget for additional meals and expenses while on your trip. Our suggestion is based on past traveller feedback but you may choose to spend more or less. Most ladies went to the coffee shops to get a coffee/tea before departure.

WATER BOTTLE:

Consider bringing your own water bottle to refill along the way. We recommend at least a 3litre capacity. The sale of bottled water contributes to an enormous environmental problem around the world. In addition to the water in bottles, the production of a 1 litre plastic bottle takes 2 litres of water and 200ml of oil. A large proportion end up in limited landfill or discarded in waterways and natural environments. A water bladder is most suitable for this trip.

BATTERIES/POWER

Most of our trips have access to power to recharge batteries for phones and cameras every couple of days. We always recommend that you carry an extra battery for your camera just in case. Your vehicle will be equipped with a 12 volt "cigarette lighter" socket which may be used at the crew's discretion, however, do bear in mind that only one piece of equipment can be charged at a time and it will not be allowed if there is a risk of running the vehicle's batteries low. Batteries may also be recharged from hotel room wall sockets. Hotels and many campsites have electricity and charging of batteries is advised before checking out the following day.

HEADLAMP OR TORCH

A headlamp or torch is recommended for around your accommodation at night and is essential for the Mt Sonder hike on the last day. Some properties have limited lighting and are powered by generators that switch off at a certain time. It's a good idea to bring a headlamp particularly as there are some nights spent camping.

SLEEPING BAG

Comfortable sleeping swags are provided when camping. Please bring a travel pillow and sleeping bag + an inner liner for your sleeping bag. It is best to have a sleeping bag rating below 0 as nights get very cold this time of year in the NT.

CLOTHING & CLIMATE

Winter (June, July, August) night time temperatures in the Red Centre and South of the country can reach below zero. Please ensure you pack appropriately. Warm jacket, thermals, woollen hat is advisable for the colder months. Depending on the region you are visiting, particularly the South, you may also need to pack waterproof trousers and a jacket. Daytime temperatures can be extreme from Oct to March with temperatures over 40 degrees Celsius. In the Top End Night time temperatures can also be high at this time of year.

PARTICIPATORY CAMPING

On most days, breakfast, lunch and dinner will be included. Your leader will prepare most of the meals whilst on tour but you will have the opportunity to assist with daily activities such as setting up camp, helping prepare meals and clearing dishes. None of this is difficult however many hands make light work and any assistance provided to crew is always much appreciated. Most people agree that this type of activity helps you feel like less of a tourist and more of an explorer.

TRAVEL INSURANCE

Australians are not required to be covered for hospital care due to being covered by Medicare. However we strongly recommend that Australians have a domestic travel insurance policy which covers personal liability, cancellation, curtailment and loss of luggage and personal effects. It is also strongly advisable that Australians have current ambulance cover in the case of emergency evacuation or incidents requiring ambulance transportation.

Travel insurance is compulsory for women booking on this trip. Your travel insurance must provide cover against personal accident, death, medical expenses and emergency repatriation with a recommended minimum coverage of US\$200,000 for each of the categories of cover. We also strongly recommend it covers cancellation, curtailment, personal liability and loss of luggage and personal effects. You must provide proof of your travel insurance on the first day of your trip; you will not be able to join the trip without it. If you obtain travel insurance through us you acknowledge that you are satisfied with the level of insurance we have arranged.



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PROBLEMS AND EMERGENCY CONTACT INFORMATION

RED CENTRE: In the case of a genuine emergency, or concerns about a missed pick-up on the day of departure please contact your local ground operator on 1800 883 355. For all other enquiries please contact our reservations team on 1300 654 604.

ISSUES ON YOUR TRIP:

While we always endeavor to provide you the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader/specialist guide or our local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip. We recognize that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader/guide to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip.

ESSENTIAL TRIP INFORMATION

Important notes

1. This trip is a hiking trip with Women Want Adventure
2. This trip requires you to pack ALL items listed on the packing list, including a sleeping bag and camping pillow
3. Trip commences in Alice Springs on day 1 at 1pm and finishes in Alice Springs day 7 when we drop the group at the airport.





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FAQS

FOOD

What snacks do I need to bring?

Please pack your preferred muesli bars, nuts/seeds in a zip lock bag and other personal treats you would like to carry with you. We will supply fruit/tea + coffee at morning teatime and have additional bars and snacks. Protein bars are excellent choices. We only suggest you carry snacks that we don't provide such as a special treat.

Can I bring my own tea bags?

We will supply English Breakfast and Earl Grey. If you wish to bring herbal tea, please bring a packet.

Can I bring my own Jet Boil?

No. There is a fully equipped kitchen for us at base camp and a kettle for the first 2 nights. We suggest you bring your own small thermos to take with you on the trail.

What kinds of food will be cooked for dinner?

High carbohydrate meals with vegetables (basic). We are catering for vegetarians, lactose free, gluten free, grain free etc. We have almond and soymilk options. If you are concerned about food option, please feel free to bring items with you. Some ladies bring Soba noodles or cups of soup.

Can we re-fill our water bottles on the trip?

Yes of course! We have a transport truck with additional water to re-fill each day. Please bring a couple of water bottles with you or a bladder that fits in your pack. You must carry 2-3L each day.

Is breakfast included on the last day of the trip at Auora Hotel?

Yes. Please make sure you are ready to leave at 11am as a shuttle will collect ladies to go to the Alice Springs airport.

Can we bring some wine with us and leave it in the transport truck?

Yes. We don't promote drinking on the trip, however having a glass around camp after a long day walking is very enjoyable! Feel free to bring a bottle with you. (again, be mindful of space).

Is there a fridge in the transport truck to keep some of my personal items cold?

There are ESKYS provide for our food. We ask you don't pack too much of your own food as there is limited space. We are happy to keep medication cool for you.

HIKING

Is it very hilly?

What are the inclines like? The highest incline is 1380m which is on the last day hiking up Mt Sonder. Other days we reach elevations of 380m. Although not overly high, there are hills and some steep sections. We go slow on these.

What do we need to carry in our day packs and what goes in the transport truck each day?

Please carry in your daypack:

- 2-3L Water
- Sunglasses
- Hat
- Jumper
- Roll of toilet paper
- Personal medication/items
- Camera
- Snacks
- Sunscreen/repellent
- Wind proof jacket
- Snacks and lunch for the day

Do we have access to the transport truck in the day?

You will have access in the morning and afternoon. Each day you will need to pack your daypack with snacks, water, personal items, medication, toiletries etc. You will then return to the truck in the afternoon to access your bigger bag and clothing. Please pack your rain jacket each day as we will not always be close to the transport truck to get other items.

Is the transport truck covered to keep our gear dry?

Yes. It is fully enclosed.



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FOOD

How many female leaders will there be?

3 female leader and a Women Want Adventure Leader.

Do I need to bring my first aid kit?

It is not mandatory. Leaders will be carrying wilderness first aid kits. If you feel more comfortable you are welcome to back your own with items such as panadol and blister protection.

What if I get sick or injured and can't walk?

There is a transport vehicle you can ride in each day. If you feel tired or not up for walking you can have this option to meet the group at base camp.

Is there a main line our families can call if something were to happen back home?

Yes, this number is for emergency calls ONLY - 1800883355

Is there phone chargers to re-charge our phones at camp each night and our cameras?

Yes. There are two chargers. It is on a shared and first in, best dressed basis. WE only have charge for the first 2 days. Please bring your own battery pack with you.

CLOTHING/ITEMS

How many pairs of shoes should I bring?

Please back your hiking boots/shoes + 1x spare pair of shoes. Ugg boots are also a great option around camp.

Do I need to pack my own sunscreen and repellent?

Yes. All leaders will have spares of both at camp. We suggest you have your own for quick access when walking.

Do I need a headlamp?

Torch? Yes. Please refer to the packing list.

Will I need warm clothing?

Yes. Please pack your thermal tops, a beanie, gloves. It is very cold at night. Track pants were popular on our trips to keep comfortable.

Do I need wet weather gear?

Yes. Although rain is highly unlikely this time of year. More so, you need a WIND proof jacket.

Is there a weight or size limit to our bigger bags?

Yes. Please only bring 1 large bag and 1 small day hiking pack. You do not need a lot of gear for this trip. Your large bag can be a 60-65L backpack or small duffle bag. Please DO NOT pack a hard shell suitcase.

BATHROOM/SHOWERS

What type of toilet facilities will there be?

Will we have to go in the bush? Please bring 1x roll of toilet paper for yourself. There are drop toilets for the first 2-3 nights. Other times you will need to go in the bush. Please pack a plastic bag for your rubbish and personal items.

*Showers are first in best dressed for HOT water. There may be others on the trail before us.

How many nights will we go without a shower? here are showers for nights 2-3 only. Baby wipes are suggested for days 3-4. Please bring your own towel. There are also options to swim in the gorges, although it is very cold.

TRANSPORT

Is there transport Alice Springs?

Yes. A shuttle will collect the group from the airport between 12.20pm -1pm. You may have to wait 20 minutes as flights arrive at different times from NSW, QLD and VIC.

ACCOMMODATION

How many ladies will I be sharing a room with at Auroa Hotel on the last night?

Accommodation is twin share. Two women in each room.

What is a swag?

It's a covering that will protect you from the wet and keep your sleeping bag dry at night. Swags have a thick layer mattress. You sleep on the ground. You don't need to zip it up over your head if you don't want to. We will show you how to use a swag and pack it up.

*Please bring a camping pillow from home or normal pillow for comfort.