



Ningaloo Reef Sea Kayaking Adventure

Women Want Adventure

Inclusions & Equipment List

We provide the following:

- Professional Australian Canoeing Certified Kayak Guide and Instructors.
- Transport from Exmouth airport to Exmouth and Sea Kayaking venues, base camp, and return
- All sea kayaks, paddles and safety gear (and spare rash shirt if needed)
- Snorkel, mask, fins – (you can bring your own Mask Snorkel and Fins if preferred.)
- Camping Gear; swags, tents, sleeping bags & liners, pillows, shaded seating area, table and chairs.
- All Meals whilst on Base Camp / Kayak Expedition. Food, cooking and eating equipment, eskis for chilling your wine or beer
- Dry bags for valuables

You will need to bring with you:

Hiking Gear

- Water Bottle, at least 1.5 or 2 liters. Bladders are also great.
- Sunglasses
- Sun block and Lip Balm
- Sun Hat – Wide brimmed or Wrap around is best or a visor/cap
- Camera

Camping and Personal Gear

- Small Torch, spare batteries ... head torches are great.
- Hat, for on land
- Shorts x 2 and T-shirts x 3 or light long sleeve tops
- Long pants, Jacket, Shirt and Beanie for cold in the evenings plus comfortable pants and jumper or warm top to sleep in.
- Raincoat.
- Socks & underwear
- Towel.
- BabyWipes.

- Personal Toiletries, Insect Repellent.
- Seasickness Medication if required.
- Sarongs are very handy.
- Boots or sneakers for hiking in and keeping feet warm at night.
- Ear plugs are handy for light sleepers.
- Alcohol, wine, port, beer in cans only or other light snacks. We will have a chance to buy this in Exmouth on arrival.
- Books, cards ipod etc for your enjoyment.

Whale Shark Snorkeling Trip Inclusions:

- Transfers From Ningaloo Novatel Hotel Pick up 7:15am.
- Morning Tea / Buffet style Lunch / afternoon refreshments.
- Snorkeling Gear & Wetsuits / Stinger suits (Use your own snorkeling gear if preferred).
- DVD of the Day (1 for the group)
. Thumb drive copies can also be purchased individually on the day from the tour company.

WOMEN WANT ADVENTURE

General Information on the Region and your trip

NINGALOO REEF MARINE PARK - ATTRACTIONS

Location

Situated on the Tropic of Capricorn, 26 degrees south of the equator in Western Australia, the sheltered, beautiful turquoise waters of Ningaloo Reef the border Cape Range National Park are excellent for sea kayaking! Our sea kayaking tour departs from the town of Exmouth, 1260 kilometres north of Perth.

Ningaloo Reef Marine Park

Is Australia's largest fringing/barrier reef and runs for over 320 kilometres, from Quobba Station in the south, near Carnarvon town, to North West Cape, near the town site of Exmouth. Within the Ningaloo Reef Marine Park there are numerous sanctuary zones, totaling 34% of the total area; each with outstanding natural features and attractions. On past trips we have been amazed at the aquatic and bird life, including turtles, occasional dugong, dolphins, humpback whales breaching outside the reef, rays, fish galore, and large birds of prey including

osprey, huge white bellied sea eagles and pelicans.

Learmonth (Exmouth) airport is 37 kms from Exmouth town.

An airport shuttle bus will be available.

Cape Range National Park

Borders the northern section of Ningaloo Reef and is managed by the Department of Environment and Conservation. Wildlife abounds throughout the park and Cape Range provides bushwalking opportunities as well as great views.

Sea kayaking and Snorkeling

The snorkeling we offer from the sea kayaks is phenomenal. Inside the reef it is rarely more than 4 meters deep - perfect for even novice snorkelers.

Snorkeling options; walk off the beach, anchor the kayaks and jump over the side (getting back in is not a problem - it's just not graceful!), and sometimes we just drift snorkel with the current, kayaks in tow.

Please note: we have discovered some excellent "un-named" offshore snorkel spots.

Climate and Seasons

Tours are conducted from April to early October, when we generally have light to moderate winds (sometimes strong), with day temperatures between 20-32 C. Ningaloo has mild warm winters although cooler night breezes from the desert can make nights cold once the sun goes down (6-10 C) from June to August. The summers (November to February) are warm to hot, dry and windy with occasional cyclones (hurricanes/typhoons), generally not the best sea kayaking conditions. Water temperatures mean we usually only need to wear wetsuits snorkeling in June, July.

TOUR – BASE CAMP

Our tour is for the person wanting to escape to a relaxing place yet enjoy the gentle exercise that sea kayaking and snorkeling provide. Each night we camp out in swags or tents (your choice) beneath the stars and we use a camper trailer at base camp, so cooking is easy. We have an undercover area to sit and enjoy meals and chatting / reading in the evening with lighting. The trailer is set-up with gas cookers, fridge, eskis, awnings, chairs, tables - all the gear we need for comfortable camping. Your beer and wine can be kept cool!

We use 2 vehicles to support this process, and chain the kayaks at the beach at the end of each day and drive back to our base camp. The next morning we drive back to where we left the kayaks, and continue on our sea kayak journey. The base camp is also equipped with camp shower and top of the line drop loo.

WATER

We have to carry all our water into the park. We filter the water used for drinking

and cooking. We allow 6 litres of water per person per day, which includes a couple of litres to wash with at days end.

FOOD

We aim to provide ample fresh food for all. Please let us know if you have any particular dietary requirements. We don't have power on-site, instead we use eskis with ice to chill our food and drinks.

POWER

Please note there is no power at our campsite, or in the National Park for us to use. Please ensure you have spare batteries or solar chargers and Camera Storage Cards for your adventure. There is also no mobile phone reception.

SECURITY

We lock our valuables in the vehicles and container rooms at camp during our days out on the water, away from camp.

CONTACT

Please contact Monique on 0403918346 or email womenwantadventure@outlook.com if you have any further questions. Your Leader for this trip is Tracy Gibson and she will be in contact via phone to further discuss and answer any of your questions.