



Larapinta Trip



TRIP DURATION

7 days, 6 nights

GRADE

Moderate hikes/overnight hikes- uneven rocky terrain, you need to be reasonably fit and enthusiastic. Suitable for women who walk 2-3 times per week between 5-10km. Hikes can be between 4- 8 hours.

START AND FINISH LOCATION

Alice Springs, NT

ACTIVITIES

Hiking, swag camping

ACCOMMODATION

Two nights swag camping, two nights Aurora Hotel (twin share)

INCLUDED

All healthy meals, transport and accommodation itemised in itinerary

GROUP SIZE

Fifteen women, three qualified female leaders & one camp chef

SUMMARY

This incredible women's only Larapinta hiking experience will have you sleeping in swags under billions of stars, hiking over 100 kilometres, learning about cultural significance and connecting with like minded women in the Australian Red Centre. It's a magical adventure suitable for women looking to try something different, see places they have never been before and push their personal boundaries.

WHY TRAVEL WITH WOMEN WANT ADVENTURE?

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

All our female leaders are qualified and experienced to ensure your trip is safe, supportive and enjoyable.

Our services provide more than a travel holiday. Women Want Adventure trips connect like-minded women who want to try new things, create lasting friendships and connect to a welcoming group of women. We make sure trip numbers are suitable for the terrain and all women feel welcome and comfortable on every outdoor encounter.



Larapinta Trip



THE TRIP

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

The Larapinta trail covers over 223km from east to west, with the eastern end at Alice Springs with twelve different sections of total trail. On our trip, we walk sections 1, 10, 11 and 12, which are the more scenic, including the 1380 metre sunrise hike to Mt Sonder. On your arrival, we pick you up from Alice Springs airport and take you to Aurora Hotel. Our first night is a pre-trip welcome dinner and briefing to best prepare you for the week ahead.

INCLUDED

- Accommodation** Swag camping, & Aurora Hotel (twin share)
- Included Meals** Breakfast (6) Lunch (5) Dinner (6)
- Transport** Per daily itinerary
- Leader/Guides** Three females leaders and one camp chef
- Airport Transfers** Arrival and departure transfers to Aurora Hotel

EXCLUDED

- Flights
- Travel Insurance
- Items of personal nature – alcohol, coffee purchases etc
- Optional activities

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
- Three qualified female leaders to accompany the group
- Delicious meals prepared for you

TRIP SUMMARY

- DAY 1** Arrival into Alice Springs
- DAY 2** Telegraph Station to Wallaby Gap
- DAY 3** Ormiston Gorge to Glen Helen
- DAY 4** Glen Helen to Redbank Gorge
- DAY 5** Rocky Bar Gap to Red Bank Gorge
- DAY 6** Mt Sonder sunrise hike
- DAY 7** Depart Alice Springs





Larapinta Trip



DAY 1

Arrival into Alice Springs

Today we arrive into Alice Springs. A shuttle will collect the group from the airport and take you to the Aurora Hotel. A pre-tour dinner is included at 6.30pm for a meet and greet at one of the best restaurants in Alice Springs. Here we will talk about the trip, go through any last minute gear checks and connect everyone.

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

Airport Transfers Included

Meals Dinner 6:30pm

Hiking Distance 0km



DAY 2

Section 1 Telegraph Station to Wallaby Gap

Please be ready at 7.15am in the hotel lobby for collection. You can leave any personal items or clothing not needed on your trip at the hotel storage for free.

Today we start our hiking experience leaving the Telegraph Station on our own exciting journey. The trail runs close to the 'first road' across Australia, from Adelaide to Darwin, completed in 1872. The trail winds through rounded boulders of Alice Springs granite and heads towards the Charles River. From the highest outcrops you will see fine views back over Alice Springs to the cliff-edged spine of the Heavitree Range.

After stopping for morning tea, we head back to the trail, which winds up steps 790m to Euro Ridge. From the top enjoy superb panorama views over to Mt Gillen (950m), the highest point on the Heavitree Range. We then descend the western side of the Euro Ridge before dropping into Wallaby Gap where we meet the truck for our first outback group lunch.

After lunch, we jump in the truck and drive one hour to our fist camp for the trip at Glen Helen.

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 14km (5 hours hiking)

Meals Breakfast, lunch, dinner





Larapinta Trip



DAY 3

Ormiston Gorge to Glen Helen

This second full day of hiking will take us past the beautiful Ormiston Gorge. Permanent waterholes like those at Ormiston Gorge are the only refuges for many species of the fish in dry times.

Today the trail meanders over a series of even-topped hills studded with Desert Bloodwoods. You'll find this part easy walking with wide views opening out in all directions as the trail swings west, then south, then east and south again. We rest our legs at the Hilltop Lookout for morning tea before winding out way down into lower hill country towards the river for lunch.

The riverbeds we stop in for lunch may look 'bone dry' but that's because we can't see everything that's going on. The underground flow along these river channels continues long after the surface water shrivels back to small pools and then nothing. Water stored in the sands means that the riverbanks support great biodiversity and continues growth.

We will return to Glen Helen camp tonight by foot to enjoy a tasty and healthy dinner around a warm campfire.

Accommodation Swag camping at Glen Helen

Hiking Distance 16km (5 hours hiking)

Meals Breakfast, lunch, dinner



DAY 4

Glen Helen to Rocky Bar Gap

Starting from Glen Helen this morning the track follows a string of semi-permanent waterholes that are very important to local wildlife. You'll pass some 600 million year old natural arches in quartzite ridges standing out of the ground like crumbling walls.

This challenging (but rewarding) section of the trail is through the more scenic part. We leave sites of Glen Helen and slowly start to make our way up a 380m hill to reach the summit for lunch with incredible views of Mt Sonder in front of us. The craggy face of Mt Sonder fills the sky in front as we re-fuel our bellies before a decent into Rocky Bar Gap, also known as Devenport Creek. We wind across low spinifex hills and mulga woodland before resting in our special camp location for the night.

Tonight we enjoy a warm fire, marshmallows, fire cooking and more.

Accommodation Swag camping with no showers

Hiking Distance 20km (8 hours hiking)

Meals Breakfast, lunch, dinner

DAY 5

Rocky Bar Gap to Redbank Gorge

After a morning making toast on the fire we put on our hiking boots to follow the trail westward along the undulating foothills of massive Mt Sonder. Today is a flatter hike with little to no hills. Enjoy the rest on the legs as we make our way to Redbank Gorge where you can swim in the gorge and relax for the afternoon.

Accommodation Swag camping with no showers

Hiking distance day 3 14km (4 hours hiking)

Grade Easy

Meals Breakfast, lunch, dinner



Larapinta Trip



DAY 6

Mt Sonder (Rwetyepme) Mountain Hike

Today we wake up at 2.30am to get ready to hike to the top of the iconic Mount Sonder 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 resemble her in the legend. It's an arduous 8 hours hike, 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.

Hiking Distance	16km total (8 hours hiking)
Included Activities	Hiking, farewell dinner
Accommodation	Aurora Hotel (twin share)
Meals	Breakfast, lunch and farewell dinner

DAY 7

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 still want 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

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 day packs and hiking longer distances. You will need a good level of fitness and general overall health. Please be prepared to walk in hot and dry weather conditions. We suggest 2 -3 days of regular walking at home for preparation to best prepare you for this trip and maximise your enjoyment.

Ladies with previous injuries are required to let our team know in advance. This trip is not suitable for women with very bad knee issues.

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. There is limited space in our transport vehicle so you will need to pack: 1x small duffel or overnight pack + 1x daypack. Please **DO NOT** pack a hard shell suitcase. We have limited space and hard shells cases make packing difficult. Aim for 15kg maximum or less for this trip. Less is best; however don't skip on packing warm. You will at times be carrying your pack 100-200 metres from the truck to your swag location.

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.



Larapinta Trip



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. The types of food you can expect on your trip include:

Breakfasts	cereals, toast, porridge, fruit, beans, bacon and eggs + 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

DIETARY REQUIREMENTS

Women 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. 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 and almond milk provided)
Vegetarian	(we easily and healthily cater for vegetarians)
Vegan	(we cater for vegans)
Gluten Free	(GF cereal, bread, wraps, pasta, snack bars, sweet and savory biscuits provided)

WATER BOTTLE/BLADDER

All women must bring their own water bottle or bladder on this trip. We recommend at least a 3 litres 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. 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 camp at night and is essential for the Mt Sonder hike.

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 can reach below zero. Please ensure you pack appropriately. Warm jacket, thermals, woolen hat is advisable for the colder months. Daytime temperatures range between 20-29 degrees





Larapinta Trip



TRAVEL INSURANCE

For this trip it is compulsory to purchase a 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.

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.

PROBLEMS AND EMERGENCY CONTACT INFORMATION

In the case of a genuine emergency, or concerns about a missed pick-up on the day of departure please contact Women Want Adventure on 0403 918 346 or if you need to reach us when we are out of phone service call our operations team on 1800 883 355.

ISSUES ON YOUR TRIP:

While we always endeavor to provide you the best possible adventure 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 leader 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 recognise that there may be times when your group leader may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader to speak to their direct manager.

ESSENTIAL TRIP INFORMATION

IMPORTANT NOTES

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





Larapinta Trip



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.

Can I bring my own tea bags?

We will supply English breakfast, earl grey, peppermint, chai and chamomile. If you wish to bring herbal tea, please bring a packet.

What kinds of food will be cooked for dinner?

Healthy ones! We have plenty of variety, fresh vegetables, salads, whole foods and meats. Think of curries, vegetable dishes and more.

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

Yes. 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 Aurora 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.

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.





Larapinta Trip



SAFETY

How many female leaders will there be?

Three female leaders and a camp chef.

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 - 1800 883 355

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 small duffle 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. You can leave other items at the hotel.

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.

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 Aurora Hotel on the last night?

Accommodation is twin share.

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.