



Hinchinbrook Island Kayaking Trip



TRIP DURATION

9 days, 8 nights

GRADE

Moderate to challenging

START AND FINISH LOCATION

Misson Reef Resort

ACTIVITIES

Kayaking, Beach Camping, Swimming

ACCOMMODATION

Mission Reef Resort (2x nights Twin Share) + Beach Camping (tents)

INCLUDED

All meals, accommodation (twin share) and equipment itemised in itinerary

AVERAGE KAYAKING PER DAY

13-18km (double sea kayaks)

GROUP SIZE

10 women maximum + 2 guides

SUMMARY

Hinchinbrook Island is part of the UNESCO, World Heritage Listing for its unique flora and fauna.

The waters of the Coral Sea which surround Hinchinbrook Island are part of the Great Barrier Reef Marine Park, world renowned for its abundant marine life offering us a chance to view sea turtles, dolphins and dugongs. Humpback whales migrate along the islands coastline and are frequently sighted during late July & August. These islands offer excellent conditions to view many sea birds including, osprey, white-breasted sea eagles, shy oystercatchers and endangered beach curlews.

WHY TRAVEL WITH WOMEN WANT ADVENTURE?

Women Want Adventure trips are a unique experience specifically tailored for women with a community focus. All our guides passionate and qualified 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 encounter.



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THE TRIP

Of the tropical coast of North Queensland between Ingham and Mission Beach lie 15 continental islands, 11 of which are National Parks surrounded by the waters and fringing reefs of the Great Barrier Reef Marine Park. They range from Hinchinbrook Island, 39,000 ha, the largest National Park Island in Australia to tiny Purtaboi Island situated just off the coast of renowned Dunk Island. These islands present a magnificent landscape of tropical sandy beaches, precipitous headlands, rugged mountains, waterfalls and dense rainforest, all of which offer the most spectacular backdrop for our sea kayaking adventures.

Paddling the coast of Hinchinbrook Island and camping on the white sandy beaches is a true taste of paradise. The uninhabited island offers stunning views and untouched beaches. This expedition style trip will take you away from all the pressures of today's lifestyle and let you relax and enjoy nature at its best. As we paddle the coastline the breathtaking beauty of this island wilderness will be revealed, the lush tropical rainforest gives way to towering granite peaks, and below are countless sheltered sandy bays. 3-4 hours paddling each day allows plenty of time to explore Zoe Falls, swim in the crystal clear fresh water pool, relax and enjoy this protected pristine environment. Evenings are spent camping under the stars, enjoying some local tales from our experienced guides and a glass of wine over a delicious camp dinner.

TRIP HIGHLIGHTS

- Kayaking in one of Australia's iconic destinations
- Beach camping and inland exploring to waterfalls
- Views of marine wildlife/ whales and dolphins
- Qualified and experienced leaders
- Paddle with a group of like-minded women



TRIP SUMMARY

- DAY 1** Arrival to Misson Reef Resort / Pre trip briefing and dinner at 7pm
- DAY 2** Travel to launch site from Misson Beach via bus. Paddle to Hinchinbrook Island
- DAY 3** Hillock Point kayaking and inland exploring
- DAY 4-5** Kayak to Blacksand Beach and Eva Island
- DAY 6** Explore Northern headland of Hinchinbrook Island by kayak
- DAY 7** Goold Islands and Open Water Crossings
- DAY 8** Wheeler Island to South Misson Beach / celebration lunch / back to Misson Reef Resort
- DAY 9** Depart Misson Reef Resort

INCLUDED

- All transport *from* Misson Reef Resort
- All permits and parks passes
- Accommodation whilst on tour (camping on the white sandy beaches)
- 2 nights accommodation at Misson Reef Resort (first and last night)
- All meals (we cater for dietary requirements, e.g. gluten and lactose free)
- All equipment
- Professional sea kayaking guides

EXCLUDED

- Flights to Cairns
- Travel Insurance
- Transport to Misson Beach Resort (ladies must make their own way to the resort)
- Items of personal nature – alcohol, coffee purchases etc
- Last nights dinner (there are restaurants in town)



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DAY 1

Arrival to Misson Beach/ Pre dinner briefing

Our pre-trip meeting will be held at 7:00pm on the evening prior to our departure around the pool at Mission Reef Resort. Our guides will introduce themselves and discuss the planned itinerary and answer any questions you may have regarding your trip. They will also issue you with dry-bags for your personal belongings, these should be packed and ready when you are collected the following morning. Any belongings not being taken may be stored at Mission Reef Resort. Please organise your own way to Mission Reef Resort. There will be a group Facebook Chat to connect everyone and most ladies end up drive sharing from the airport. (2.5 hour drive). Dinner will be pizza at the resort to eat, relax and chat about the trip ahead and give you time to go back your rooms to prepare for the following day.

Accommodation Misson Beach Resort (twin share)

Transport to Mission beach (At groups own cost)

Meals Welcome pizza night around the pool (drinks not included)

DAY 2

Travel to launch site from Misson Beach. Paddle to Hinchinbrook Island

An early start is necessary, often 7.30am but will be confirmed by your guides as tidal change can affect departure times. We drive by bus to our departure point at Lucinda two hours south of Mission Beach. Here we pack our kayaks, practice our paddling skills and all safety procedures. We set off across the channel to lunch at Georges Point our first landing site on Hinchinbrook Island. We then paddle on taking in the southern reaches of Hinchinbrook Island. Our first night camp is at Mulligans Bay, Sunken Reef or even Zoe Bay depending on wind and weather.

Accommodation Beach camping

Meals Lunch, Dinner (breakfast purchased at the café on the drive down).

DAY 3

Hillock Point kayaking and inland exploring

Following the coast north we pass the most easterly section of the Island, Hillock Point and into stunning Zoe Bay with the verdant backdrop of Mount Bowen (1142 meters) and the Thumb. Here we can explore the rainforest, following Zoe Creek up to the refreshing clear pools of Zoe Falls. A relaxing swim and early lunch is enjoyed before we continue along the coast where our days paddle finishes at sheltered Banksia Bay.

Accommodation Beach camping

Meals Breakfast, Lunch, Dinner





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DAY 4-5

Kayak to Blacksand Beach and Eva Island

On these days we paddle past many secluded little coves and beaches hidden along the rocky coastline and on to the eight kilometre length of Ramsey Bay curving north to Cape Sandwich with Channel Rock and Eva Island just off the coast. Rounding Cape Sandwich is one of our crux moves for the trip and can involve some specific timing regarding wind and swell. The high sand dunes and sparse vegetation of this part of the island contrast greatly with the craggy grandeur of the previous days paddling. We end our days at Blacksand Beach and Sunset Beach with a sunset drink and a hearty supper.

Accommodation Beach camping

Meals Breakfast, Lunch, Dinner

DAY 6

Explore Northern headland of Hinchinbrook Island by kayak

Heading towards the northern point of the island we paddle across the eponymous Shepard Bay towards Cape Richards where the pandanus and casuarinas seem to defy the elements by surviving on this exposed rocky headland. After lunching on beautiful Orchid Beach we are back on the water. We paddle around the northern headland of Hinchinbrook Island and make a short crossing to Goold Island's sheltered beaches.

Accommodation Beach camping

Meals Breakfast, Lunch, Dinner



DAY 7

Goold Islands and Open Water Crossings

We set off leaving Hinchinbrook and Goold Islands behind us heading north. This is our longest open water crossing to the verdant rainforest isles of the Family Island Group. These tiny islands are surrounded in fringing reef with white sandy beaches. The sheltered campground offers beautiful views back towards Hinchinbrook's lofty peaks and west to view the sunset over the mainland.

Accommodation Beach camping

Meals Breakfast, Lunch, Dinner

DAY 8

Wheeler Island to South Mission Beach, farewell lunch!

Our last day on the water has a leisurely start as we leave Wheeler Island to pass Bedarra and Timana Islands, two of the eleven that make up the Family Islands. Dunk Island is the most well known of these islands and the last stop of our expedition, here we have a celebratory lunch before we paddle back to the coast. South Mission Beach is our final destination and time to pack our gear and celebrate with a feeling of great achievement at having experienced a very special place, which luckily has changed little with the passage of time.

Accommodation Mission Reef Resort (Twin Share)

Meals Breakfast and celebration lunch (dinner at groups own cost)

DAY 9

Depart Mission Reef Resort and check out.

Please book your return travel plans on this day.



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GRADING

Moderate to challenging

This moderate graded trip will be most enjoyed by women who are reasonably fit and active and happy to participate in paddling, swimming, setting up camp and moving their bodies daily. Physical activity can be up to six hours a day. Due to weather conditions some days may include some *strenuous activity*. On average we paddle 10-15km in double kayaks. Exercise should not be new to you.

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 a kayak so you must pack light. Items you don't need can be left at Mission Reef Hotel.

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	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 Dairy	(soy milk provided)
Gluten Free	(cereal, bread, wraps, pasta, snack bars, sweet and savoury biscuits provided)

WATER BOTTLE

We recommend at least a 3 litre 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 1L plastic bottle takes 2L 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 or a reusable bottle you can place on your kayak for quick access.

BATTERIES/POWER

Please bring your own battery pack to re-charge your phone.

HEADLAMP OR TORCH

A headlamp or torch at night and is essential item, please pack.





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GENERAL INFORMATION

For everyone who is reasonably active and fit, sea kayaking is a fun and easy activity. Our two-person sea kayaks are stable and simple to paddle. Every trip is led by a skilled sea kayaking instructor/guide, who will help you learn all the basics, teaching you paddling techniques, beach landing, surf entries and kayak rescue techniques. Group sizes are restricted, with a maximum of twelve women, this ensures a personalised service and is ecologically sustainable for the island environment. Our small team of sea kayak guides have many years experience leading outdoor/wilderness expeditions. A Women Want Adventure kayaking leader also escorts the group.

Sea kayaks have limited space, so gear needs to be kept to a minimum. On these trips we live simply and travel light only taking what we essentially need, nature provides the rest. We will be carrying all our supplies and equipment on board the kayaks. The sections below will answer any questions you may have regarding what to bring and the equipment provided.

TRIP ORGANISATION

Anyone that has been sea kayaking before understands the need to be flexible due to the ever changing nature of the sea. Trip itineraries should be seen as an outline of the trip. The enjoyment and safety of the group is always our main consideration, therefore the guides may choose to alter the itinerary slightly to suit the weather conditions, or particular trip dynamics. Sea kayaking is a weather dependent activity and the sea conditions will be of the utmost importance to the schedule of the trip and the level of adventure and difficulty. Our guides are professionals who deal with the ocean's dynamic weather conditions on a daily basis so please trust that they will make the wisest and safest decision to ensure the safety of the group and an enjoyable trip.

On all our adventures we like to make a relatively early start on the water to take advantage of the cooler part of the day and lighter winds. We therefore plan to do most of our paddling in the mornings arriving at our overnight camp around lunch time or mid afternoon. This leaves the afternoons free to explore or relax. As with any expedition trip sea kayaking journeys rely on teamwork, participating as a group and working together. The more you put in the more you get out, so for a rewarding active holiday your assistance in certain camp activities will be appreciated and you will have certain responsibilities, such as, unpacking your own kayak and setting up your tent on arrival at our beach camps.

MISSION BEACH AND HOW TO GET THERE

Mission Beach is situated approximately two hours south of Cairns. Cairns is serviced by both national and international flights. Qantas, Jetstar, Virgin and Tiger offer regular flights from major Australian cities. On arrival in Cairns there are two coach companies with regular services to Mission Beach, and several airport shuttle services or local taxis which will take you to the bus station. For our women's group, we will connect via phone, emails and a Facebook Group. It would work best if we hire a car together from the same flight. These details can be worked out closer to the trip.

Mission Beach comprises of several beaches each with its own small community. There are various places to stay ranging from resort style to backpackers accommodation. Mission Beach also offers many reef and rainforest activities, including scuba diving, whitewater rafting and skydiving. You may well like to stay a few days and enjoy relaxing on the 14km of golden sandy beaches that make up this region.

Check out missionbeachtourism.com or www.missionbeachinfo.com for more information.

CAR HIRE

There are many car hire companies in Cairns to choose from and we are happy to have you park a vehicle with us when you are out on the islands.

One-way rentals Cairns-Mission Beach

**Sugarlands Car Rentals www.sugarlands.com.au
Phone 07 40688272**





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BUS OPTIONS

Greyhound Phone 1300 473 946 www.greyhound.com.au

Cairns Bus terminal - Mission Beach Bus Terminal Cost \$ 22 - \$36.40 one-way. Approximately 2 hours. Departs Cairns 7.45am, 1.00pm, 7.00pm Departs

Mission Beach 10.55am, 3.40pm, 6.00pm,

Townsville Bus terminal - Mission Beach Bus Terminal

Cost \$ 50 - \$61.90 one-way. Departs Townsville Departs Mission Beach

Premier Motor Service www.premierms.com.au

Cairns Premier terminal - Mission Beach Bus Terminal Cost \$19 one-way. Approximately 2 hours. Departs Cairns 7.25am. Departs Mission Beach 5.20pm.

Townsville Premier terminal - Mission Beach Bus Terminal Cost \$46 one-way. Approximately 3.5 hours. Departs Townsville 1.50pm. Departs Mission Beach 9.25am.

PRE-TRIP MEETING

Please note the pre-trip meeting starts at 7pm on the evening prior to departure at Mission Reef Resort. Dinner will be included and it's a nice time to have a drink around the pool with the ladies. The trip will finish at approximately 10am on the final day at check out. It is best to get a car or bus in the afternoon on this day to travel back to Cairns.

CLIMATE

Our departure dates range from May through to November, this being the cooler part of the year you can expect day-time temperatures ranging from lows, being between 18 - 24 degrees (July & August), to highs of between 27 - 32 degrees Celsius (Oct & Nov). The south-easterly trade winds move along the coast at this time of year and will often assist our journey; our morning departures take advantage of the lighter morning breezes. When on the ocean it is advisable to have good protection against all the elements, so ensure you have good sun protection and a lightweight wind/rainproof jacket.

PHOTOGRAPHY

Some of the main elements of sea kayaking are salt water and sand, which do not always mix well with expensive and delicate camera equipment. We would suggest that you keep your camera gear to a minimum. Small dry bags or waterproof cases are both handy and effective protection. The best alternative is a waterproof camera.

PERSONAL SPENDING

You are unable to spend any money once we are on the islands. For our Hinchinbrook trip we will stop on our drive to Lucinda to stretch our legs, so you may want some cash for a coffee on the first morning and final lunch will be at the Dunk Island Beach Cafe so feel free bring along some cash for drinks at lunch. You will need to budget for your stay in Mission Beach, such as accommodation, meals and souvenirs. Mission Beach also offers many sightseeing and adventure day tours. Mission Beach does have a Bendigo Bank and ATM's. All valuables should be left secure in your hotel safe or with us during the kayaking.

MEDICAL MATTERS

All participants are asked to provide us with a completed medical form, which will be sent to all women upon a deposit booking prior to departure so we can best look after you. All our extended trips take us into isolated regions so prior attention to medical matters is important. Please advise us of any relevant conditions, regular medications or special dietary requirements. Please tell your guide about any allergies you may have. **If you suffer from any known anaphylactic allergic reactions especially to allergens that may be present on the trip then we HIGHLY recommend carrying a minimum of two Epi-pens or other adequate forms of administering adrenalin.** Our guides are trained and qualified in Wilderness Medicine and we carry an extremely comprehensive medical kit on our expeditions, however you are asked to provide your own basics such as: -

Aspirin or headache relief Bandaid strips Plenty of Insect repellent Zinc cream or lip protectant Plenty of Sun screen, preferably waterproof and at least SPF 30+. Biodegradable/antiseptic soap, preferably Ti tree.

Mild anti-nausea drugs if you suffer from seasickness. **And any medications specifically prescribed for you for any known medical conditions.**



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TRAVEL INSURANCE

Travel insurance is compulsory for this trip to cover you against sickness, accident, cancellation, loss of baggage and the unlikely event that you require emergency evacuation by air due to illness or accident. Please check if your policy covers cancellation as a result of bad weather. This insurance can be arranged through your travel agent when booking your flights. You will need to email us the insurance number before departure.

SEA KAYAK GUIDES

At Women Want Adventure we believe that the cornerstone to an exceptional trip is having exceptional guides. We pride ourselves on employing the best guides in the business to lead our trips. All our guides are highly qualified with years of sea miles behind them. They trained and qualified in Wilderness Medicine and CPR. They are not only skilled kayakers and gracious hosts but also gourmet chefs who can whip up gastronomic delights on camp stoves. Our guides are nature lovers, these islands are their back yard and they feel a strong connection to them. They take great pride in not only sharing the wonder of this environment but also acting as stewards for its preservation. Ultimately and most importantly our guides are genuine humans, friendly, kind souls who pride themselves on making authentic connections with all who journey with them.

On your trip you will have 1x male Guide – James and Women Want Adventure Kayaking Guide



MEALS AND BEVERAGES

Our guides will prepare all meals during the trip offering a varied menu, including plenty of fresh vegetables and fruit, some cooked breakfasts, and wholesome tasty dinners with yummy desserts. Exercise and the great outdoors can often mean great appetites too, so we make sure we have plenty of provisions. However, we are unable to carry coolers in our kayaks so our meals are planned accordingly. We are more than happy to cater to any specific dietary requirements, so long as we have prior knowledge so please let us know when you make your booking. Our guides are renowned for producing gourmet meals on camp stoves and impressing even the most ardent camp chefs.

Being in the lush tropical wilderness, water is not a concern, we will have plenty of clear fresh drinking water during our journey. We will also provide fruit drinks with meals. If you would like to bring along some alcoholic beverage to enjoy during the evening please do so, however remember space is limited in the kayaks.

CAMPING - TAKE ONLY PHOTOS AND LEAVE ONLY FOOTPRINTS!

We provide quality two-person tents whilst on the islands, if you are travelling alone you will be provided with your own tent otherwise if you choose you can share with another member of the group, this helps to save space and weight in the kayaks. The regions we visit are World Heritage listed and often fragile ecosystems. We therefore have a policy of extremely low environmental impact. All our food waste and general rubbish will be removed from the islands and the use of biodegradable soap is appreciated. Your guide will outline everything we can do to keep our impact to a minimum.

