



Women Want Adventure

Women's Hinchinbrook Kayaking Trip

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 lead 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 insures 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 bases 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 it's 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

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 the evening prior to Departure at Mission Reef Resort.

The paddling will finish at approximately 3.30pm on the last day of kayaking, however the trip will finish the day after at 10am check out at Mission Reef Resort. Please also note when booking travel arrangements that the driving time between Mission beach and Cairns is approximately 2.5 hours.

[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 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 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.***

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 Guide Michelle

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.

Fitness Level

All easy to moderate level trips will be most enjoyed by participants who are reasonably active and happy to participate in paddling, swimming/snorkelling

and hiking for up to six hours a day. Due to weather conditions some days may include some strenuous activity. As with many outdoor pursuits the fitter you are the more you will enjoy paddling, therefore we would suggest that you participate in a regular exercise program prior to your trip to improve overall fitness. Exercise for the upper body such as paddling or swimming would also be effective for sea kayaking. Obviously we are operating in a sea environment so a basic level of swimming and water confidence is mandatory for all our participants.