



Ningaloo

Humpback Whale Kayaking and Camping Trip



TRIP DURATION

8 days, 7 nights

GRADE

Easy – Suitable for beginners and first time kayakers

START LOCATION

Perth Airport, Western Australia

ACTIVITIES

Kayaking, Humpback Whale swimming, snorkelling, camping and hiking

ACCOMMODATION

Swag or tent camping + two nights at Manta Rays 4.5 Star Resort in Exmouth

INCLUDED

All items itemised in itinerary including accommodation, airport transfers, meals, kayaking/camping equipment, humpback swimming tour and more

GROUP SIZE

8 women

SUMMARY

On this trip our team is putting you face to face with humpback whales in Western Australia. We are taking you camping, kayaking and snorkelling and hiking in Australia's best adventure marine location - Ningaloo Reef.

Western Australia's Women's Ningaloo Reef Sea Kayaking Adventure and Humpback Whale Expedition is one of our best trips. Incorporating a 5 night Base Camp in the Cape Range National Park West of Exmouth and a full day of snorkelling with Humpbacks on Ningaloo Reef, we have packaged up a deal that ensures we experience the best of this incredible area - adventure style.

Our Adventure begins in Exmouth which is the optimum viewing place for Humpback Whales and the waters of Ningaloo Reef are in absolute abundance. Quality sea kayaking, snorkelling at every opportunity and some great inland gorge walks in ancient river canyons makes this adventure the trip of a lifetime.



Ningaloo

Humpback Whale Kayaking and Camping Trip



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.

THE TRIP

Women's Western Australia's Ningaloo Reef Sea Kayaking Adventure - 5 Days of Sea Kayaking on West Australia's Ningaloo Marine Park. This important coastal zone protects one of Australia's most important tracts of reef - the Ningaloo Reef. It is one of the longest fringing reef systems in the world and only one of two coral reefs in the world that have formed on the western side of a continent. The Ningaloo Marine Park stretches from Bundegi Beach near Exmouth for 260 km along the West Coast to Amherst Point south of Coral Bay. The name 'Ningaloo' comes from the local Aboriginal people and means a 'promontory' or 'point' of high land jutting into the sea.

Our Adventure will be in the September - October period which is also the optimum time for Humpback Whales and Manta Rays and ample snorkelling opportunities daily will allow plenty of time for us to enjoy the Reef from above and below the water. Included in this 8 Day package is a Full Day of Humpback Whale Spotting and snorkelling departing Exmouth, which is heralded as one of the Worlds' Best Nature Experiences.

EXCLUDED

- Return flights to Exmouth (you must book the same flight as the group) *There is only 1 flight per day.
- Travel Insurance (everyone must purchase before departure)
- Items of personal nature - alcohol, coffee purchases etc
- Dinner on the 2nd last night in town (at groups own cost)
- Breakfast on the last day

TRIP HIGHLIGHTS

- Swimming with Humpback Whales
- Snorkelling each day
- Kayaking daily to explore coral reefs and swimming
- Experienced female leader with knowledge of the reef and best snorkelling locations
- Experience Ningaloo Reef with likeminded and supportive women
- Short walks inland to spectacular views at Yardi Creek
- Camping and sleeping in swags under the stars
- Enjoy delicious healthy meals

TRIP SUMMARY

- DAY 1** Fly to Perth and onto Exmouth. Transfer to private bush base camp
- DAY 2-5** Sea Kayaking Snorkelling Adventure in the Ningaloo Reef Lagoon
- DAY 6** Head to the Manta Rays Resort for a 2 night luxury 4.5 star stay
- DAY 7** Humpback Whale Expedition and swimming (whole day) + Farewell dinner
- DAY 8** Depart Exmouth for return to Perth

INCLUDED

- 8 day / 7 nights
- WWA Leader Services
- 2 Nights Luxury Accommodation at the 4.5 Star Manta Rays Ningaloo Resort Exmouth
- Transfers to and from Exmouth airport
- Humpback Whale Expedition With Spotter Planes and ample snorkelling
- 5 Nights / 6 Day Base camp accommodation sleeping under the stars in Cape Range National Park
- All meals whilst on kayaking expedition
- Camping Gear including sleeping bags, tents, swags, pillows and sheets
- Kayaking Equipment
- Swags or tents for the ultimate outback experience
- All snorkelling gear (you can bring your own if you prefer)
- Return transfers from Exmouth to Cape Range National Park



Ningaloo

Humpback Whale Kayaking and Camping Trip



DAY 1

Fly to Perth and onto Exmouth. Transfer to private bush base camp

Meet at Perth Airport for our Flight to Exmouth. Upon arrival the group will stop at the base house for a gear fit out. After gear fit out, we'll stop in town for any last minute supplies, including alcohol. Then drive 55kms into our campsite in Cape Range National Park at Bungelup. After a campsite orientation, we prepare dinner and enjoy a glass of byo wine or beer watching the sunset and enjoy each other's company and conversation. Your leaders will update the group on conditions and plans for the week.

Tonight, enjoy the fabulous desert night sky and stars, stars, stars!

Accommodation Swag/tent camping at Cape Range National Park

Meals Dinner



DAY 2

Sea Kayaking Snorkelling Adventure in the Ningaloo Reef Lagoon

Please note that weather and water conditions may cause our plans to change. If the prevailing wind is forecast to be northerly, the trip will be undertaken in reverse.

After a nourishing breakfast, the group will travel to Yardie Creek, and getting set up in your kayaks and a safety briefing, we paddle north to Osprey Bay, 10kms. Your kayaks are double Barracuda Duos. Snorkel offshore, which involves jumping out of the kayaks (which are anchored) and enjoy your first look at the Reef. It has a shallow sandy bottom with coral bombies and heaps of fish. Lunch will be on an un-named beach before we kayak northward. Another highlight will be snorkelling the amazing offshore Osprey Sanctuary Zone sites. These have two specifically sited kayak moorings we can attach to, before exploring these beautiful "pools within the reef". Back to base for dinner.

Accommodation Swag/tent camping at Cape Range National Park

Meals Breakfast, Lunch, Dinner + Snacks

DAY 3

Sea Kayaking Snorkelling Adventure in the Ningaloo Reef Lagoon

Today we will kayak from Osprey Bay to South Mandu, 9.5kms. Kayak across Sandy Bay, you'll be amazed at the stunning turquoise lagoon and crystal-clear water. Turtles are common in this area, and you may also spot rays resting in the shallows. The next snorkel site is Pilgrammuna bombies which is an easy swim straight off the beach. Other snorkel options are the world class Blue Lagoon which is inside the lagoon about 700 meters offshore.

Accommodation Swag/tent camping at Cape Range National Park

Meals Breakfast, Lunch, Dinner + Snacks



Ningaloo

Humpback Whale Kayaking and Camping Trip



DAY 4

Sea Kayaking Snorkelling Adventure in the Ningaloo Reef Lagoon + Hike Yardie Creek Gorge

Our kayak route for today will take us from South Mandu to Tulki, approx 7kms, stopping along the way for some great shore based snorkels - the South Mandu drift, Oyster Stacks drift and Turquoise Bay - there are loads of options. Oyster Stacks and Turquoise Bay are the most popular 'shore-based' snorkel sites in the area, and for good reason, you'll discover an amazing array of corals and fishes at these sites, mere metres from the beach.

This afternoon, we may take the opportunity to travel back to Yardie Gorge, to enjoy a sunset walk along the edge of this beautiful water-filled gorge, the only permanent water source in all of Cape Range National Park. Look for black-footed rock wallabies as they leave the safety of the gorge to feed at dusk, and the massive Osprey nest tucked into the gorge wall.

Accommodation Swag/tent camping at Cape Range National Park

Meals Breakfast, Lunch, Dinner + Snacks



DAY 5

Sea Kayaking Snorkelling Adventure in the Ningaloo Reef Lagoon

We plan to do the Mandu Mandu Gorge walk in morning, straight after breakfast before it gets too warm. It takes about an hour and a half. We will follow the ancient river bed, spotting black-footed rock wallabies in the sheer gorge walls, before the path takes us up on top of Cape Range where there are fantastic views over the coastal plain, lagoons, fringing reef, surf and the big blue ocean.

Following our walk, we'll head to the Milyering Visitor Centre, where there are various interesting interpretive displays, as well as the opportunity to purchase some souvenirs, and perhaps an ice-cream. This afternoon we kayak from Tulki to Lakeside, an enjoyable afternoon paddle of 4km. Snorkel options include the amazing Tulki hole, one of the best offshore sites, before heading north to Lakeside, a favourite shore based snorkel, just before our end point for the day. This area is where we are most likely to sight Dugong if we are lucky.

Accommodation Swag/tent camping at Cape Range National Park

Meals Breakfast, Lunch, Dinner + Snacks

DAY 6

Head to the Manta Rays Resort for a 2-night luxury 4.5 star stay

We pack up our Bungelup base camp and head off to kayak the last section of the Park. We paddle from Lakeside to Ned's Camp, 5kms, or possibly (if tide and conditions allow) Mangrove Bay, an amazing shallow bay full of rays, turtles and small sharks, 8 kms. Following the conclusion of our trip we load the kayaks on the trailer and drive back to Exmouth town. Depending on how things go, we expect to drop you off at the Manta Rays Ningaloo Resort around 3-4pm to have a nice hot shower and get ready for dinner and drinks.

Accommodation Manta Rays 4.5 Resort - twin share

Meals Breakfast, lunch. (Dinner at groups own cost)



Ningaloo

Humpback Whale Kayaking and Camping Trip



DAY 7

Swimming With Humpback Whales (Full Day)

Humpback Whale Expedition! This is a once in a lifetime adventure swimming and snorkelling with these incredible creatures. Protected in Australia, the Humpbacks cruise the Ningaloo Reef slowly, the perfect interaction for us to get up close and personal to these unbelievable whale. A full day of adventure including return transfers from Exmouth, breakfast snacks and lunch.

Accommodation Manta Rays 4.5 Resort

Meals Breakfast, lunch and afternoon tea on board the boat and farewell dinner (drinks not included)

DAY 8

Depart Exmouth

Depart Exmouth for return to Perth. Airport transfers are provided and will collect ladies departing on this date at the required time at the resort. Feel free to relax by the pool or head into town to pick up some souvenirs before leaving.

Meals Breakfast (usually we head into town) – at groups own cost.



GRADING Easy

This trip is suitable for women who are beginners and don't have any previous kayaking experience. Our leaders will teach you all kayaking technique and safety. We do recommend ladies have a base level of fitness and good swimming ability. This means women are willing to be active all day in outdoor environments and can swim 100m. It is still a good and highly recommended idea that you check in with yourself and fitness levels. Do you exercise at home? Are you in good health? Even through this trip is for beginners, having a good level of fitness will make your trip more enjoyable for everyone.

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 small day pack.** Please do not pack a hard shell suitcase.

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



Ningaloo

Humpback Whale Kayaking and Camping Trip



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 and almond milk provided)
- Vegetarian** (we can cater for you easily and healthy)
- Vegan** (supply of additional fruit and veg provided)
- Gluten Free** (cereal, bread, wraps, pasta, snack bars, sweet and savory biscuits provided)

MONEY MATTERS

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

WATER BOTTLE

Please bring your own water bottle to refill along the way. We recommend at least a 1litre 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 on your back in the kayak or a bottle that can go in front of you in the kayak.

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. Having a battery pack is perfect for camp.

HEADLAMP OR TORCH

A headlamp or torch is mandatory for around your accommodation at Base Camp each night.

SLEEPING BAG

Comfortable sleeping swags are provided when camping or tents. You are welcome to bring your own if you prefer.

CLOTHING & CLIMATE

Night time temperatures can reach close to 10-15 degrees this time of year. Please ensure you pack appropriately. Warm jacket, thermals, woolen hat is advisable for the colder months. Most ladies like to pack a scarf and track pants for camp.

PARTICIPATORY CAMPING

On most days, breakfast, lunch and dinner will be included and prepared for you. 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.





Ningaloo

Humpback Whale Kayaking and Camping Trip



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.

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 us on 0403918346 and the team at Women Want Adventure will be in contact with the group out on field.

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.

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 kayaking, swimming, camping and Humpback Whale swimming 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 Exmouth on day 1 and finishes in Exmouth on day 8.





Ningaloo

Humpback Whale Kayaking and Camping Trip



FAQS

How old do I need to be to attend this trip?

All Women Want Adventure trips are for women over the age of 18 years. Ladies ages range from 30's to mid 60's.

How many ladies are in our group?

10 women with 2 female kayaking leaders.

What flight do I catch?

A Women Want Adventure leader will be in contact with you about the one flight to catch from Perth to Exmouth. All ladies must be on the same flight that arrives in the afternoon into Exmouth. Confirmation of these details will be sent upon booking.

How will I know what to pack?

A packing list will be sent to you upon booking. Your leader will call you before departure and make sure you're prepared to go with your items.

What is the weather like in May/June?

Expect the days to range between 24-30 degrees and the nights to fall to 18-19 degrees. There can be very windy days or calm. It all depends on the weather forecast for the week.

Do I need my own wetsuit, mask and snorkel?

No. We have all gear provided for you. You're welcome to bring your own wetsuit if you prefer along with a mask and snorkel of your own. We will fit you with your gear upon arrival in Exmouth.

What are the water temperatures like?

Inside the reef expect 19-21 degrees. Outside the reef with the whale sharks the temperature is usually 3 degrees warmer.

What are the room sharing arrangements at the resort?

Two ladies per room/ twin share.

Should I buy an underwater camera?

This is a hard one! Many of us, including your leaders have underwater cameras and will be taking photos of you and the group to share. There is also an underwater photographer on the whale shark day taking photos to share for free. We do suggest bringing one of your own because the reef is absolutely amazing.

How will I find the group at Perth Airport?

Go to the gate for your flight. Your leader will be waiting for you. We also have a Facebook Group to connect the ladies prior to departure. It's an easy find... just look out for the Women Want Adventure T-shirt or call your leader on their mobile.

What if I need to call home in an emergency?

Is there a way my family can contact me? Yes. Both leaders have satellite phones and can call home in emergency situations only. If there is an emergency at home and your family need to call, please give them this number - 0477 685 123. This is the Exmouth Adventure Co mobile. Leave a message and our team in Exmouth will travel into Base Camp to pass on your message





Ningaloo

Humpback Whale Kayaking and Camping Trip



FITNESS AND ACTIVITIES

How physically fit do I need to be to attend this trip, I'm afraid I'll hold the group back.

This trip is suited for beginners and ladies who love to spend time on and in the ocean. You don't need any kayaking experience or a high level of fitness. The weather will determine how far or how hard it is to paddle. Most days we paddle between 5-10km stopping to snorkel and have lunch on the way.

How long are we kayaking for each day?

Our days start on the water between 8.30am-9.00am and finish between 2.30pm-3.30pm. You can expect to be back at camp around 4pm each evening. Average kayaking distances are between 5km-10km.

What if I'm a little scared of snorkelling or don't know how to do it?

Your leaders will help you every step of the way. We buddy up and make sure we are with you every kick of the way. You will also be given a tutorial.

Is there walking involved on land, and if so, how much?

There are two walks we undertake to Yardi Creek Gorge and Mandu Mandu Gorge. Both of these are classed as easy/moderate and are about 1.5 hours and 2 hours respectively. Although they are classed easy it is advisable to have good walking shoes as it is a desert environment and the trail is somewhat rocky with some up hill sections. We also ensure plenty of water is taken but we have never had a member not love these walks as they are spectacular in their own right.

Do I need hiking boots for the hikes?

Hiking boots are not mandatory. Ladies find that their joggers are fine to walk in, as the distances are not too long. The track is hard and compact so comfortable enclosed footwear is recommended.

WHALE SHARKS

Is there other people on the boat?

Yes. The boat we book holds 20 people. Most of the people are us lovely ladies! There will be other people to join the swim.

What is the best season to see whale sharks at Ningaloo Reef?

April through to July are the best months. It is very unlikely not to see one.

INSURANCE

What if I get sick while on the trip?

If you are not feeling well at any time you will be able to stay at Base Camp in Cape Range National Park while on the kayaking component of the trip. If you are unwell for the last two days you are welcome to remain at the resort.

Do I need travel insurance?

Yes. We **highly recommend** travel insurance for all ladies attending. If you get sick on the trip and are unable to attend a component you will be able to contact your insurance provider to assist with any claims. Flights can be delayed or cancelled so please get your travel insurance before you book your flights to ensure you're covered completely. **Cover More or QBE** companies offer insurance between \$70-\$90 depending on your age. Please make sure you take the time to get this completed and send your leader your insurance reference number.

DIETARY

I have a gluten/vegetarian or specific diet, do you cater for me?

Yes. You are required to inform us of your dietary requirements prior to departure. We will then be able to cater for you.

*Please make sure you are specific with your dietary requirements. We cannot make changes once the trip has commenced.

What sort of meals can we expect to eat?

Good healthy food is important to us on trips. We make a range of vegetable dishes, stir-fries, curries and meals to best cater for the groups dietary requirements. Always plenty of fresh fruit and a variety of options.

Can I bring my own snacks?

Yes of course however we have plenty of healthy snacks provided for you plus a little chocolate!

Are their vegetarian options available for meals?

Yes of course.

Is alcohol provided?

No. We do stop off for purchasing alcohol before we go camping for 5 days. Our trucks have generated fridges to keep food and drinks cool. You will be able to purchase in Exmouth before leaving for camp.



Ningaloo

Humpback Whale Kayaking and Camping Trip



BASE CAMP

Where is our base camp location?

Bungleup is our Base Camp for the kayaking component. Our camp is 1 hour south of Exmouth town in the Cape Range National Park.

Are there hot showers at camp?

We have solar showers with hanging solar bags to have a shower each night. Water is limited however everyone gets the chance to wash off the salt water.

Do we sleep in a swag or a tent?

You have the choice! The tents are spacious and provide plenty of room for your gear. Everyone has the option to sleep under the amazing stars in a swag. The swags are one of the best parts of the trip and most women choose to sleep outside.

Do I need to bring my own sleeping bag?

No. We provide sleeping bags, mattress, pillow and sheets. If you prefer your own sleeping bag you're welcome to bring it with you.

What is a swag?

It's a covering that will protect you from the weather and keep your sleeping bag dry at night. Swags have a thin layer mattress, where you sleep on the ground. We also have tent options provided for you.

What type of toilet facilities will there be?

Will I go in the bush? There will be pit toilets for the camping

component.

CANCELLATION

What if I book and then I can't attend?

Please read our Terms and Conditions upon booking and notify us in writing as soon as possible, cancellation terms apply. Your deposit is non-refundable with no negotiations. Please ensure you have travel insurance for these situations.

CONTACT

Who can I contact and speak with for more information?

Please call our office on 0403 918 346 or email womenwantadventure@outlook.com.

