



Albany to Denmark on the Bibbulmun Track

7 days: 18th Nov to 24th Nov 2012

\$1,900 per person

Thank you for your interest in the Albany to Denmark Walk.

This section offers the most wonderful coastal scenery on the Bibbulmun Track! It is a fairly easy walk, with distances from 13 to 19km per day and no serious climbs. However, there are some steep sections and some beach walking which will keep it interesting! This is a truly a relaxing week, with time on some afternoons to enjoy Denmark and your surroundings. The maximum number of walkers anticipated is 10. The walk is not subject to minimum numbers.

Itinerary

Some walks include beach walking, hills or rocky terrain. A moderate level of fitness is required and some training before your holiday will make the experience all the more enjoyable. A guide will accompany you on each day's walk.

Day 1: Perth to Denmark

Meet at the Wellington Street Tourist Coach Stand in Perth city at 9am for the drive to Denmark. We stop for home-made morning tea and lunch along the way. We will have a short 3 – 4km walk around Denmark to stretch the legs before heading to our accommodation at the Cove. Once we're settled in we can enjoy a stroll around the forested property or a wine on the balcony before dinner.

Day 2: Albany to Wind Farm 15km

We start in Albany at the Southern Terminus of the Bibbulmun Track. After a stroll through the streets of Albany we follow Frenchman's Bay before climbing to the top of the ridge where we might spot some orchids along the sandy track. Then it's over the hill to view the ocean and a fairly easy walk along the cliff-top to the wind farm. Views from here are spectacular!

Day 3: Sand Patch Rd to Mutton Bird Rd 13km

We get more great coastline today as well as some inland views. We visit Hidden Valley Campsite and then walk through the incredible wildflowers to finish at an interesting coastal bay with views of Shelter Island.

Day 4: Mutton Bird Rd to Shelley Beach 13km

We start with a beach walk to the beautiful Cosy Corner before we ascend the steps and walk through some interesting and varied environments. We walk through peaceful groves of trees; over granite outcrops with

their sticky tail flowers on display; and we are treated to million dollar coastal views for most of the day. We finish the day at Shelley Beach where we might glimpse a hang glider soaring above while we walk along the beach or perhaps go for a swim.

Day 5: Shelley Beach to Lowlands 18km

We walk within the spectacular West Cape Howe National Park for most of the day today. There is quite a bit of up-hill walking – especially one section with many stairs! After that it's fairly easy walking to a peaceful peppermint grove for lunch. Then we visit the West Cape Howe campsite, after which it's all downhill! To finish the day we visit a beautiful beach nearby for a dip; or, just sit and take it all in.

Day 6: Lowlands to Eden Rd 19km

We can expect some great scenery, as we alternate between coastal and inland views today. We will pass through the Nullaki campsite and then it's an easy walk out to the Wilson Inlet. We finish in a cosy grove alongside the Inlet.

Day 7: Denmark to Perth

Before we head back to Perth today we have one more hill to climb. This morning we will take a short walk up to Monkey Rock on Mt Hallowell. Savour the amazing views over the Denmark surrounds as well as your achievement this week. We should be back in Perth by mid afternoon.

Accommodation

The Cove, on the outskirts of Denmark, will be our home away from home for the week. The Cove is situated on 24 hectares of beautiful dense karri and jarrah forest, right on Wilson Inlet. We will be staying in two cottages – “Jarrah” which sleeps 8 (in 4 bedrooms) and which will serve as our meals and socializing area, and “Tingle” which sleeps 4 (2 bedrooms). Each cottage contains a fully equipped kitchen, a lounge area, at least one bathroom, and a washing machine. Due to the limited amount of accommodation available, it is not usually possible to offer single rooms.

Note: There is very poor mobile reception at the Cove, although it is available about 200 metres up the road. There is a public phone for emergencies only. The phone number of the owners (for urgent messages) is 9848 1770.

Food

All meals are included, with the exception of lunch on the last day, when we will stop somewhere on the way back from Denmark. Breakfast will comprise cereal, fruit, yoghurt and toast. Lunch will sometimes be self-made from supplied breads, salads and meats; at other times the bus will bring us a picnic lunch. Dinner will be a two course home-prepared meal. Please let us know of any dietary requirements. Assistance is appreciated with clearing away and washing up.

Each day your guide will carry tea, coffee and home-made cakes or biscuits for your morning tea. Fruit is also available. If you need additional snacks e.g. muesli bars, chocolate etc you will need to supply those. Each evening we offer pre dinner nibbles with the opportunity to taste some local wines and food throughout the week. There will be time for you to purchase your own alcohol and supplies during the week.

Transport

A 12 seater, air-conditioned coaster bus will take us from Perth to Denmark and back, and to and from the track each day. As the transport from Perth is provided at no additional charge, discounts cannot be offered if walkers choose to find their own way to Denmark.

Recommended Clothing and Equipment

- Day-pack – one with a waist strap is best to help distribute the weight from your shoulders. A
- waterproof cover or a bin bag to wrap your belongings in is a good idea too
- Shorts/long pants and shirts for walking – as many sets as you wish!
- Socks – whichever thickness you're comfortable walking in and as many pairs as you like
- Boots/shoes for walking (make sure you wear them in well)
- Windcheater or lightweight jumper for walking
- Waterproof jacket and (possibly) pants*
- Sun hat – preferably wide brimmed with chin strap
- Sun glasses – the holders made of wetsuit-type material are excellent to attach to your
- glasses so you don't lose them
- Clothes for evenings and when we go out for lunch – don't forget your slippers!
- Torch/headlamp (just in case)
- Any preferred first aid supplies – such as your favourite blister treatment! (Your guide will
- carry a full first-aid kit)
- Water bottle/s – 2 litre capacity
- A lunch container (with freezer brick if desired)

Optional items

- Snacks
- Fly net (especially for trips in early summer)
- Camera and charger
- Gaiters for snake bite protection are highly recommended unless you are wearing long pants and long socks
- Robust sandals for wading/beach sections
- Bathing and towel
- Small towel to carry during the day
- Walking poles

*You have to expect some bad weather at any time of the year down here so bring we weather gear even if the forecast is fine.

Bookings and Payment

Please check the [Book Now](http://www.inspirationoutdoors.com.au/book-now.html) page on our website for details of how to book (<http://www.inspirationoutdoors.com.au/book-now.html>).

The tour price includes all transport, food, accommodation and guiding. A deposit of \$350 is required to secure your place and payment is required in full six weeks prior to the start of the tour. The maximum number of participants is ten.

Payment by cheque or direct deposit is preferred – although you can pay by credit card. Please forward cheques to Inspiration Outdoors, 16/164 Solomon Street, Beaconsfield, 6162. If you wish to pay by direct deposit, the details are:

Account Name: Inspiration Outdoors

BSB: 086-217

Acct No: 19-529-8221

Please ensure that you identify yourself with the direct deposit. Additionally, it is a good idea to send us an email after you have made the deposit.

If you have further questions please phone Inspiration Outdoors on (08) 6219 5164 or email inspirationoutdoors@gmail.com

Cancellations

Cancellations received more than 12 weeks before the start of the trip will receive a refund in full. Thereafter there is a fee as follows:

8-12 weeks before the trip: \$200

4-8 weeks before the trip: 25% of full trip fee

2-4 weeks before the trip: 50% of full trip fee

Less than 2 weeks before the trip: 100% of full trip fee

If you have any concerns about cancelling, please take out travel insurance covering this contingency. This policy will be adhered to despite the most compelling and compassionate circumstances!

Notes on feet

This walk is of an "easy to moderate" level and should be no problem to people who walk often. However, there are still plenty of ups and downs and preparation will make it much more enjoyable.

The biggest single problem we have is not a lack of fitness, but feet problems. The terrain is often sandy and up and down. We cannot emphasise enough that you have well worn in shoes or boots, good socks, and preventative first aid as well as first aid for blisters. Please ensure you have completed at least 3 x 15km walks in your shoes.

To prevent blister formation, we highly recommend using "fixamull" or a similar tape on heels and toes where rubbing is likely to occur – ask for it at your pharmacy. Plastic freezer bags worn between the sock and shoe can help, and some have even used duct tape! The principle is to have your skin 'slide' rather than rub against your shoe. In all instances, prevention is better than cure. As soon as you feel rubbing, or a 'hot spot', stop and do something about it. Blisters are very difficult to dress so as to be able to walk comfortably.

Blister treatments vary and you may have your favourites. The second skin variety (often sold as burns dressing) seems good, though you need good tape to keep it in place. Blister Bloc is another choice.

People often ask about type of footwear. It is very personal and we prefer people wear what feels most comfortable. Boots provide ankle support and help keep the sand out – although they can be heavy. A good grip on the sole of your shoe is important when walking over slippery sections of rock especially. Just make sure you know your footwear well. You may prefer to take two pairs and alternate. Gaiters are highly recommended on this walk at this time of year as they provide good protection from snakes.

Training

People often ask how they can best prepare physically for the trip. Walk, walk and walk! Try to walk frequently, starting over winter if possible. Even walking around your suburb will get you walk-fit. By spring you should be able to comfortably walk 10km, and try and do a couple of 15km walks before the trip. However, walking small distances frequently helps a lot. For instance, walking 2km a few times a week and 5km once a week is a great help. It's a good idea to try and get in some hilly terrain and some beach walking. Start walking in the shoes you will wear on the walk now!

Walking poles

Walking poles are very popular these days – especially the lightweight aluminium shock absorbing type. They really take the pressure off your knees going downhill. However, if you have good knees you probably don't need them. A lot has been published about the pros and cons – we're sure you can get the full story from the net. If you do choose them it's worthwhile practicing how to use them correctly so you get their full advantage. Try to use your arms as much as possible – by placing the poles opposite arm to leg. Find someone knowledgeable in the shop where you purchase them to give you some tips.

Contact details

For bookings or queries, please contact Simon Mendelawitz or Emily Pinkus.

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