

## Cape to Cape 'end to end' Walking Holiday

7<sup>th</sup> to 14<sup>th</sup> April 2012

and

1<sup>st</sup> to 8<sup>th</sup> September 2012

\$2,150 per person

### **Thank you for your interest in the Cape to Cape Walking Holiday**

The Cape to Cape walk is a 135 km walk from Cape Naturaliste to Cape Leeuwin. It follows the coast for most of the way, sometimes along the beach, sometimes along cliff-tops, often on sandy tracks, but nearly always with a view of the wonderful Margaret River coastline. Further south it travels inland through the magnificent Boranup Forest before returning to the coast along blowholes and some challenging stretches of beach.

By carrying only a day pack and walking the track in graded stages, people with a moderate level of fitness should be able to complete the walk. Preparation will make the experience all the more enjoyable. Excellent food, comfortable accommodation and knowledgeable guides will complement your trip.

### ***Tour schedule***

#### **Day 1**

8am: Meet at the Wellington Street Coach Stand for the drive to Yallingup.

12 - 5pm: Lunch, followed by walk from Cape Naturaliste to Yallingup.

5 - 6.00pm: Drive from Yallingup to Margaret River

#### **Days 2 – 7**

Walking each day - see 'route' below

#### **Day 8**

Return to Perth, arriving approx 2pm

**Note:** As we walk on the first afternoon, you will need to wear your hiking clothes on the bus. We will provide lunch before we set off walking. Please bring your day pack ready to go. After our walk the bus will meet us at Yallingup and then we will drive to Margaret River.

## ***Route***

A guide will accompany you each day. You will be walking between 14 and 26 km each day. There is no such thing as an easy day on the Cape to Cape! You will need to have a moderate level of fitness, as there are some steep sections and beach walking can be tough (and the sand is not confined to the beaches). The total distance is approx 135km. Each day we will resume the walk from where we finished the previous day. The following times are approximations only.

**DAY 1:** Cape Naturaliste to Yallingup (14 km) *1pm - 5pm*

This day is mostly cliff-top walking - a short walk for your introductory day! Keep an eye out for dolphins!

**DAY 2:** Yallingup to Moses Rock (17.5 km) *8.30am – 3.30pm*

Some beach walking along the famous Smiths Beach followed by some rocky upward scrambles. We pass the surfing Mecca Injidup, visit Quininup Falls and finish at Moses Rock.

**DAY 3:** Moses Rock to Gracetown (16 km) *8.15am - 3.00pm*

There are many ups and downs on this day and we will encounter some magnificent sweeping views of the coast. Some sand and some cliff-top walking.

**DAY 4:** Gracetown to Margaret River mouth (18 km) *8.00am – 2.30pm*

Many ups and downs on this day too. Sandy coastal walking to Ellensbrook and then we head inland. More beach walking brings us to the spectacular Cape Mentelle before finishing the day at the mouth of the Margaret River.

**DAY 5:** Rivermouth to Hooley Rd (26 km) *8.00am - 5.00pm*

Some inland walking to start with before dropping down to Redgate beach for 2.5km of beach walking. We will head up past Bob's Hollow onto the cliffs along one of the most spectacular parts of the Cape to Cape Track. In the afternoon we walk amongst towering karri trees in the Boranup Forest. Despite the distance, this day is not usually rated as the most difficult.

**DAY 6:** Hooley Rd to Cosy Corner (21.5 km) *8.30am - 4pm*

We continue through the Boranup Forest then head down to the blue waters of Hamelin Bay for a usually pleasant stretch of about 6 km of beach. After that we head into the dunes for a challenging hike up to Foul Bay Lighthouse where we will enjoy the magnificent views.

**DAY 7:** Cosy Corner to Cape Leeuwin (21 km) *9am - 5pm*

A difficult but exciting last day, especially if it's windy! Much of the walking is along a limestone ledge close to the sea, complete with blowholes! There is also a long beach stretch – about 6 km. Our 'end to end' journey finishes at the Cape Leeuwin Lighthouse. Tonight we'll celebrate!

*Note:* Times are estimates only. The plan may be altered depending on local conditions and weather.

## ***Accommodation***

In April we will stay at Glenbrook Country Retreat, outside Margaret River, for the walk. Set in 180 acres of natural bushland, Glenbrook has a warm and friendly atmosphere, with buildings featuring wide verandahs around a central grassed courtyard. The accommodation is fairly simple but very comfortable. There are two male toilet and bathroom blocks (male and female) which are about 10-20 metres away from the bedrooms. Single bookings will be accommodated in twin share rooms and double bookings in double rooms. Meals will be shared in the large dining and living area.

For the September walk, accommodation is at Sheoak Cottages. Sheoak Cottages is situated on the outskirts of Augusta, in a bush setting with tranquil views. There are double and twin rooms in cottages with either one or two bathrooms per cottage. One cottage has a large lounge and dining area, where everyone will have their meals. All linen is supplied and there is a washing machine. Due to the limited amount of accommodation available, it is not usually possible to offer single rooms.

## ***Food***

All meals are included, with the exception of lunch on the last day, when we will stop somewhere on the way back to Perth. 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 homemade 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 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 Margaret River.

## ***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
- Bathers 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](mailto: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 fitness and feet!***

There is no such thing as an 'easy day' on this walk! There are a lot of ups and downs, often in sand, and there are several beach stretches. However, the walk has been designed to make it achievable to those of reasonable fitness by the fact that you only carry a daypack; and you start with short distances, working your way up to longer days. You will be surprised just how your fitness improves over the seven days. Usually by day four people are striding out! A positive mental attitude is most important and that if you focus on the scenery, the company and the moment and not on the kilometres then you find yourself reaching your destination with little problem.

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 20km walks in your shoes before the Cape to Cape walk.

To prevent blister formation, we highly recommend using 'fixomull' 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. We had one lady do this walk in a pair of Dunlop Volleys, with no problems! Just make sure

you know your footwear well. You may prefer to take two pairs and alternate. Sturdy sandals have proven to be a good substitute for shoes when feet have blistered.

### ***Training***

People often ask how they can best prepare physically for the trip. Walk, walk and walk! And preferably in sand! Try to walk frequently. 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 20km walks before the Cape to Cape. However, walking small distances frequently helps a lot - for instance walking 3km 4 times a week and then 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. As mentioned above, 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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