



Walpole to Denmark on the Bibbulmun Track

Sat 29th September – Sun 7th October 2012

\$2,400 per person

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

This is a challenging but spectacular 125km section of the Bibbulmun Track – possibly the best seven consecutive days on the whole track! There are some steep sections and some sandy dune walking; however, you will be rewarded for your efforts with fantastic coastal scenery, brilliant flowers and the wonderful Tingle Forest. Walking distances vary from 13 to 21km per day. We recommend a moderate level of fitness prior to coming on the walk. The maximum number of walkers anticipated is 10. The walk is not subject to minimum numbers.

Itinerary

A guide will accompany you on each days walk. Guides will carry morning tea, first aid etc. You just carry what you need for the walk. This might include water, camera, a jacket and some days your lunch.

Day 1: Perth to Denmark

We meet at the Wellington St Tourist Coach Stand in Perth city at 9am for the drive to Denmark. Along the way we stop for homemade morning tea and lunch together. To stretch the legs after our bus trip, we have a very easy 3km walk from the Bibbulmun Track trailhead in Denmark to our accommodation at The Cove. Once you're settled in you can enjoy a glass of wine on the verandah or take a stroll around the forested property.

Day 2: Walpole to Hilltop Creek Rd 13km

We leave Walpole and head through orchid country to Coalmine Beach for a view over the Nornalup Inlet. We then have a heart-starting ascent to Hilltop Lookout where we are rewarded by the great view and the amazing tingle trees, our constant companions for the rest of the day.

Day 3: Hilltop Creek Rd to Tree Top Walk 16km

This morning we very quickly arrive at the best of the Bibbulmun Track campsites located on the banks of the Frankland River. We cross the River at Sappers Bridge and then walk on, still in tingle forest, to the Tree Top Walk. There is time for those who want to do this fascinating walk through the tree tops to take the opportunity now.

Day 4: Tree Top Walk to Conspicuous Cliffs **16km**

We visit the newly built Giants campsite on our way through the forest before we descend to the South Coast Highway. South of the highway, we pass through some wetland vegetation, with its bright beaufortia. We go via Nut Lookout and through coastal heath for a delightful walk to the coast.

Day 5: Conspicuous Cliffs to Peaceful Bay **19km**

We start from Conspicuous Beach with an ascent to the Rame Head Campsite where we'll be happy to take a well earned break! Thereafter it's an easy walk through inland heathland to get back to the coast. Then it's a lovely walk, with great coastal views, around the coast and into Peaceful Bay. We'll do the circuit around Peaceful Bay to shorten our walk tomorrow.

Day 6: Peaceful Bay to Boat Harbour **21km**

An interesting but long day today. We cross the Irwin Inlet using canoes, an enjoyable diversion! Then we have a rather up and down section through "the Showground", which comprises grassy (and hence firm!) rolling dunes. Some beach sections allow us to admire the rock pools and the many hills give us a chance to appreciate our improving fitness and take in some spectacular inland and coastal views. We finish at the magical Boat Harbour- a most fantastic bay that will tempt you into its tranquil waters.

Note: As Boat Harbour is only accessible by 4WD, we will have to use a car to shuffle walkers back to the bus.

Day 7: Boat Harbour to William Bay **20km**

From Boat Harbour, we ascend to the cliff top then have a wonderful walk along the cliff top with great views along the coast. After reaching Pt Hillier we descend to Parry's Beach, a good spot for lunch. Then it's an 8km walk along Mazzoletti Beach - but it's usually firm! That takes us to the delightful William Bay with Greens Pool and Elephant Rocks.

Day 8: William Bay to The Cove **18km**

A strenuous but thrilling final day! First, we ascend Tower Hill and encounter some amazing granite boulders. Then it's more ups and down through orchid country to Lights Beach. After a break at Lights Beach we have the walk up Mt Hallowell, with amazing boulder formations and spectacular views over the Denmark area and coast. Thereafter it's a slow descent to the inlet and an easy walk along it- right back to our home for the week at The Cove!

Day 9: Denmark to Perth

For our last morning we'll go out for breakfast at a local café to celebrate our achievement of the past week. With bellies full we head back to Perth, stopping for lunch on the way (own expense). We plan to be back in Perth mid afternoon.

Note: There are inlet crossings involved in this walk and the ability to cross them is subject to weather and tide conditions at the time. Where necessary, there may be changes to this itinerary.

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
- 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

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

This walk is of a “challenging” level and walkers should be fit before they begin. It is a similar level to the Cape to Cape walk. There are some steep hills 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 are only carrying a daypack and you start with short distances. You will be surprised how much fitter you are by day four!

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 20km walks on varied terrain before the trip. 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!

You will be surprised just how your fitness improves over the 7 days. Usually by day four people are striding out! A positive mental attitude is probably the most important thing to have. If you focus on

the scenery, the company and the moment rather than the kilometres you'll find yourself enjoying the journey and reaching your destination with little problem.

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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