

CAPE TO CAPE WALK: October 3-10, 2009 INSPIRATION OUTDOORS

Thank you for your interest in the Cape to Cape Walk.

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 coastline. Further south it travels inland to take in the magnificent Boranup Forest before returning to the coast for a challenging walk along the blowholes and Deepdene beach to Augusta. 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.

DATES

3 October:

8.00am: Meet at the Kelmscott Railway Station for the drive to Yallingup.

12.00-5pm: Lunch, followed by Walk from Cape Naturaliste to Yallingup.

5-6.30pm: Drive from Yallingup to Augusta

4-9 October: Walking (Days 2-7)

10 October: Return to Perth, arriving early afternoon, approx 2pm

Note: As we walk on the first afternoon, clients need to wear their hiking clothes on the bus. We will provide lunch before we set off walking. Please bring your back pack ready to go. The bus will meet us at Yallingup and then we will drive to Augusta.

ROUTE

A guide accompanies you on the walk. You will be walking 14-26 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. Beach walking too 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

This day is mostly cliff top walking, a short day for your introductory day!

1pm-5pm

DAY 2: Yallingup To Moses Rock Road 17.5km

Some beach walking along Smith's Beach, some rocky upward scrambles and then more beach. We divert to Quininup Falls before we walk out to Moses Rock Road.

9am -4pm

DAY 3: Moses Rock Road To Gracetown 16.2km

Many ups and downs on this day, some sand and some cliff-top walking.

9am -3.30pm

DAY 4: Gracetown To Rivermouth 18km

Many ups and downs on this day too. Sandy coastal walking to Ellensbrook. And a 2 km stretch on the beach just before Rivermouth, but this is usually hard packed.

8.30am-3.00pm

DAY 5: Rivermouth To Hooley Rd 26km

Some inland walking, crossing Boodijup Brook. Some steep sections before it drops to Redgate beach for another 2.5km of beach walking. Then back onto the cliffs past Bob's Hollow to Point Rd. Spectacular cliff top views between Bob's Hollow and Conto's. Although this is a long distance, the track goes into the forest in the afternoon, and after a long uphill stretch, it's easy walking. Despite the distance, this day is not usually rated as the most difficult.

8.30am-5.30pm

DAY 6: Hooley Rd To Cosy Corner 21.5km

Ups and downs on 4WD tracks back to the beach. Then a usually pleasant beach stretch- of about 6 km! About another 500 metres of beach before we head up into the dunes for a challenging hike up to the lighthouse.

8.30am-4pm

DAY 7: Cosy Corner To Cape Leeuwin 21km

This can be quite an exciting day, especially if it's windy! Much of the walking is along a limestone ledge close to the sea, complete with blowholes! There are also long beach stretches- about 6km. A difficult but exciting day!

8.00am-4pm

Note: These times are estimates only. The plan may be altered depending on local conditions and weather at the time.

ACCOMMODATION

Accommodation is at Sheoak Cottages, near Augusta. They are situated on a property 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 are driving back to Perth. Breakfast will comprise cereal, fruit and toast, lunch will be self made from supplied breads, salads and meats. On some days, the bus will meet us at lunch time and bring lunch. Dinner will be a two course home prepared meal. Please let us know of any dietary requirements. A cook will prepare meals and assistance is appreciated with clearing away and washing up.

You will need to supply snacks for the walk- eg, muesli bars, chocolate etc. Morning tea and fruit is provided. Please bring your own alcoholic drinks! There will be opportunity to purchase supplies during the week

TRANSPORT

Transport is via a coaster bus .The bus will take us down and back and transport us 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 Augusta.

CLOTHING/EQUIPMENT

You have to expect some bad weather at any time of the year down here. Make sure you have a water proof jacket and pants. A cheap poncho from a camping store can be effective.

Day pack

Shorts/long pants and shirts for walking-as many sets as you wish!

4 pair thick socks

Windcheater/jumper for walking

Gaiters (they keep out the sand as well as the snakes!)

Bathers

Small towel to carry during the day

Boots/shoes for walking

Robust sandals as a possible substitute for shoes

Clothes for evenings- warm pants, jumper

Waterproof jacket and pants

Camera

Torch

Fly net (to go over hat)

Any preferred first aid supplies such as your favourite blister treatment ! (I will carry a full first-aid kit)

Waterbottle- 2 litres

A lunch container (with freezer brick if desired)

Snacks for the walk

Walking poles if you use them

COST

\$2200 per person includes all transport, food, accommodation and guiding. A deposit of \$200 to be received by June 15th. However, it is possible the walk may fill before this date. The balance is to be received by July 31st. The max number of walkers anticipated is 16. The walk is subject to minimum numbers.

Note: There is a \$50 discount if the deposit is received by April 30th. Also, anyone who has done an extended trip with Inspiration Outdoors, also receives a \$100 discount.

Please forward a cheque to Inspiration Outdoors, 172 Swan St West, Guildford, 6055 together with the medical form and assumption of risk form. If you wish to do a direct deposit the details are:

Acct Name: Inspiration Outdoors
ANZ 016255
Acct No 351017787

Please ensure that you identify yourself with the direct deposit. Additionally, it is a good idea to send me an email after you have made the deposit. However, please still forward the registration form.

If you have further questions please phone or email .

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% full trip fee
2-4 weeks before the trip:	50% full trip fee
Less than 2 weeks before the trip:	100% full trip fee

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

NOTES ON 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 are only carrying a day pack and you start with short distances. You will be surprised how much fitter you are by day 4!

The biggest single problem we have is not a lack of fitness, but feet problems. Shoes or boots that have been fine in the past suddenly give blisters. The terrain is sand and up and down. I cannot emphasise enough that you have very well worn in shoes or boots, and good socks, and preventative first aid as well as first aid for blisters. Please ensure you have completed at least 3x 20km walks in your shoes.

As a prevention for rubbing and blister formation, I recommend "sleek" or "fixamull" or even duct tape. Plastic freezer bags worn between the sock and shoe can help, and others recommend "knee highs" worn under socks. Vaseline is popular too. 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 or Compeed is another choice.

People often ask about type of footwear. It is very personal and I prefer people wear what they feel most comfortable in. Boots provide ankle support and help keep the sand out. However, I 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, 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 before the Cape to Cape. However, walking small distances frequently helps a lot- for instance walking 2km 4times 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 4 people are striding out! I believe that 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. So long as the feet/shoes hold out!!!

WALKING POLES

Walking poles are very popular these days-the lightweight aluminium shock absorbing type. From personal experience I can say they are fantastic- I use 2 but I started using them because of worn out knees. 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- I'm sure you can get the full story from the net, but 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 pole behind your left foot as the right one is stepping forward, ie, opposite arm to leg. Find someone knowledgeable in the shop where you purchase them.

CONTACT DETAILS

Pam Riordan
172 Swan St West
Guildford, 6055
Phone: 93782523
Mobile: 0408909897
Fax: 92797852
Email: pam@inspirationoutdoors.com.au
Web: www.inspirationoutdoors.com.au