

WALPOLE TO DENMARK
Presented by *Inspiration Outdoors*
7th - 15th NOVEMBER 2010

Thankyou for your interest in the Walpole to Denmark Walk.

This is a challenging 125km section of the Bibbulmun Track with some steep climbs and some sandy dune walking. Walking distances vary from 13-21km per day. It is recommended that potential walkers ensure they are fit before coming on the walk. However, you will be rewarded with fantastic coastal scenery, brilliant flowers and the wonderful Tingle Forest. Possibly the best 7 consecutive days on the whole track!

7th November: Drive down to Denmark, leaving 9am from the Kelmscott Railway Station. **Note:** To dust off the cobwebs from our long bus trip, we will walk from Denmark to the Cove , 3km. It's a very easy walking track, and will take about an hour.

8th-14th November: Walking (Days 1 -7)

15th November: Return to Perth, arriving approx 3pm

ROUTE

Day 1: Walpole to Hilltop Creek Rd 13km

We leave Walpole and head over to Coalmine Beach for a view of the Norralup Inlet, We cross SW Highway and then have a fairly serious ascent to Hilltop Lookout. However we are rewarded by the amazing Tingle trees, our constant companion for the rest of the day.

Day 2: Hilltop Creek Rd to Tree Top Walk 18km

This morning we very quickly arrive at the best campsite on the whole track- the Frankland River campsite. We cross the Frankland at Sappers Bridge and then walk on, still in Tingle, to the tree Top Walk. If you haven't already done this walk, you may want to take the opportunity now.

Day 3: Tree Top Walk to Conspicuous Cliffs 16km

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

Day 4: Conspicuous Cliffs to Peaceful Bay 19km

We start with a very serious climb up to Rame Head; we'll be happy to take a break at the Rame Head campsite. Thereafter it's an easy walk through inland heathland to get back to the coast. Then it's a lovely walk around the coast and into Peaceful Bay. We'll do the circuit around Peaceful Bay to shorten our walk tomorrow.

Day 5: Peaceful Bay to Boat Harbour**21km**

An interesting but long day today. We have to 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!) dunes. We stay on the coast for as long as we can, admiring the rock pools, before we have to head back into the hills to make our final approach to 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 6: Boat Harbour To William Bay**20km**

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

Day 7: 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 very serious climb up Mt Hallowell, with even more amazing boulder formations. We stop at Monkey Rock on the way up. Thereafter it's a slow descent to the inlet and an easy walk along it- right back to our home at The Cove!

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. The Cove is located on 24 hectares of beautiful dense karri and jarrah forest, right on Wilson Inlet. We will be staying in 3 cottages- "Jarrah" which sleeps 8-9 (in 4 bedrooms) and which will serve as our meals and socializing area, and "Karri" and "Tingle" which each sleep 4. (2 bedrooms). All cottages contain a fully equipped kitchen, a lounge area, at least one bathroom, and a washing machine.

Note: There is very poor mobile reception at the Cove, although it is available about 200metres up the road. There is a public phone for emergencies only. The number of the owners (for urgent messages) is 98481770.

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

meets us with lunch. Dinner will be a two course home prepared meal. A cook will prepare meals and assistance is appreciated with clearing away and washing up.

You will need to supply any snacks you like 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 from Denmark during the week.

TRANSPORT

Transport is via a coaster bus or a Hi-Ace van. The vehicle 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 Denmark.

CLOTHING AND 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- at least 30litres with a waist strap will be more comfortable than a very small one. A waterproof cover is a good idea.

Shorts/long pants and shirts for walking-2/3 sets

3-4 pair thick socks (or thin and thick if you prefer!)

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

Shoes for evenings

Waterproof jacket and pants (or poncho)

Sun hat and suncream

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

\$2100pp includes accommodation for 8 nights, all food, transport and guiding.

A deposit of \$200 is to be paid by July 31st, to secure your place, then \$1900 balance by September 18th. Note that the walk may fill before this date. Note also that if you pay your deposit before April 30th you will receive a \$50 discount. Previous clients also receive a \$100 discount, in addition to any early bird discount. The max number of walkers anticipated is 12. The walk is subject to minimum numbers.

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.

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 FITNESS AND FEET

This walk is of a "challenging" level and walkers should be fit before they attempt it. It is a similar level to the Cape to Cape walk. There are some steep climbs 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. 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 I prefer people wear what they feel most comfortable in. Boots provide ankle support and help keep the sand out. Just make sure you know your footwear well. You may prefer to take two pairs and alternate. Gaiters are essential 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 before the trip. However, walking small distances frequently helps a lot- for instance walking 2km 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 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