

Kimberley

Distance: 85km Duration: 13 Days / 12 Nights

RUNS BROOME TO KUNUNURRA OR KUNUNURRA TO BROOME

Includes Gibb River Road, El Questro, Purnululu National Park (The Bungles)

Welcome to your next adventure with Inspiration Outdoors.

Pick up and Drop Off:

The tours start in Broome and end in Kununurra OR start in Kununurra and finish in Broome. As the tour leaves early in the morning, you will need to fly into the departure city the day prior. On the first day we will pick you up at 7.30am from Broome Time Resort, if your tour runs from Broome to Kununurra and Ibis Styles if your tour runs from Kununurra to Broome. We will drop you off around 3pm on the last day to either Ibis Styles if your tour runs from Broome to Kununurra or Broome Time Resort if your tour runs from Kununurra to Broome. We cannot guarantee our return time on the last day due to the unpredictability and remoteness of the Gibb River Road and the road to Purnululu so we recommend staying a night after the tour.

Here are a few details to help you get prepared...

Departure City: **Broome/Kununurra**

Camping

This is a camping tour with lots of comfort. (As we like to say it's a camping tour for non campers!) Each person will have the use of their own tent (they are really easy to put up and we will help you) as well as a knee high stretcher bed and self inflating mattress. Even if you are travelling with a friend or a significant other you will have access to your own tent or you are more than welcome to share. You will need to bring a pillow and sleeping bag or you can hire a sleeping bag from us for \$35 (to cover dry cleaning at the end of the tour).

There are toilets and showers at all of the campsites with the exception of the showers at the Bungle Bungles where we rig up a rudimentary shower.

A holiday isn't a holiday if there isn't time to relax and reflect on the day's adventures. Our guides are there to make sure your camping experience is enjoyable and will carry out all the campsite duties, of course any help is always appreciated. You'll spend the nights relaxing on comfortable armchairs enjoying the sights and sounds as you sit around the campfire, recapping the highlights of the day with your fellow travel companions.

Do you need to hire a sleeping bag? Make sure you let us know so we can have one ready for you.

Luggage

Due to health and safety requirements, please limit your luggage to one medium sized, soft sided bag per person – it has to be loaded and unloaded many times. Length + width + height is not to exceed 140 cm. Max bag weight is 15 kg. If you're travelling

as a couple, please pack two smaller bags rather than one large one. Sleeping bag, pillow, day pack and walking poles can be additional to your main luggage bag.

Some people like to spend some time at Broome or Kununurra before and after the tour and find they want some nice clean clothes. A great idea is to send a package of clothes from Broome to your accommodation in Kununurra just before the tour. Then you have fresh clothes waiting for you and you don't have to worry about having unnecessary baggage on the tour.

Washing facilities

There will be opportunities to hand wash clothing during the tour as well as washing machines at El Questro and Kununurra.

Group size

Minimum and maximum numbers apply. This tour has a minimum of 6 and maximum of 15 passengers. We will either advise you when you book or let you know when bookings reach the minimum number so that you can book flights and accommodation. We have never had a Kimberley departure that does not exceed minimum numbers.

Accompanying the group will be 2 guides from Inspiration Outdoors who will cook, drive and look after all of your needs while on tour.

Food

You'll be pleasantly surprised at the variety and quality of the meals prepared under what are sometimes difficult conditions. Your resourceful guides will ensure that fresh local produce and ingredients are used when available. Three meals each day plus morning tea and pre dinner nibbles are included as part of your tour (apart from dinner on day 6 and 9, Broome to Kununurra and day 4 and day 6 or 7 (Kununurra to Broome) which will be at your own expense).

If you have any special dietary requirements please let us know when you book, we are happy to adapt our tasty, nutritious meals to suit a variety of dietary needs. All eating utensils are provided.

Drinks

Drinking water is always available. Guests may bring a small quantity of alcohol, cardboard wine casks are preferred and beer must be in cans rather than stubbies. We have limited cooling capacity onboard so a cask of red wine, if you drink it, is the perfect drink to bring. We can cool a few cans of beer each evening though so if you're a beer drinker you'll be okay.

The main reason we prefer cardboard and cans is that there are very limited rubbish disposal sites. Being able to crush the containers saves a lot of space. Also, they are far less likely to break as we're driving over rough roads!

Please note that bottle shops in Kununurra and Broome don't sell casks of wine (to reduce problems associated with binge/excessive drinking) so please bring them with you in your luggage. It is okay to purchase some bottles of wine, but we would like to keep it to a minimum.

You can purchase alcohol in Broome, at El Questro Station and in Kununurra.

Climate

Days are usually dry with average max temps of 30C and average minimum temps of 15C. Keep in mind it can get below 10 Deg during the night at some of the campsites, incl Bungles and Bell Gorge so make sure you come prepared with warm clothing and sleeping gear.

Phone coverage

Apart from when we stop over in Kununurra on day 9 before we head to the Bungles, there is no phone reception. We carry satellite phones for emergencies only. If a family member or friend needs to contact you in an emergency, please get them to call the office on 08 6219 5164. (During out of office hours, our landline is diverted through to a mobile so just advise them to leave a message if no one answers and we will get back to them as soon as possible).

Charging a camera or phone on tour

We have the ability to charge cameras/phones/ipads/kindles in the vehicle. However, we can only charge two or three at a time. Bring your own USB charging cables. Please ensure your cameras are fully charged at the start of the tour.

Your Kimberley chariot

Transport is by an air-conditioned custom built 4WD tour coach. Our vehicle is comfortable and regularly serviced to ensure its safety and reliability. The coach seats 21 people but as we only have a maximum of 15 guests on tour there is plenty of room onboard. Seats are not pre allocated, so to ensure all participants get to enjoy seats close to the front and window seats we encourage guests to change where they sit each day.

In the case of a breakdown or other unforeseen circumstances affecting the vehicle or guide, the operator reserves the right to substitute vehicles and guides other than those specified, to ensure the operation of a tour.

Some things to note:

1. All walks are optional. Although no alternative itinerary is offered, you are welcome to relax around the camp if you wish to take the day off. Also, as most walks return via the same route, it is often possible to proceed as far as you wish and then join the group again on their way back through.
2. The itinerary is always subject to local weather and road conditions at the time

What should I pack?

- Day-pack – with a thick waist strap to help take some weight off your shoulders.
- Shorts/long pants and shirts for walking – lightweight and quick-dry material are best.
- Socks – note that thick explorer socks can get uncomfortably hot in the Kimberley
- Warm clothing in case of cold evenings and mornings – jumper, tracksuit pants, beanie.
- Comfortable, sturdy walking shoes or boots (ankle support is recommended as many surfaces are rocky and uneven).
- Reef sandals/shoes for walking in water. Make sure they have good grip even when they're wet.
- Sock protectors/Gaiters (not plastic) – to keep grass seeds out & protect legs. You don't need anything too extreme as we are not going to be hiking through spinifex. The small cloth gaiters (the lawn mowing type ones) will be fine. Lightweight long pants are just as good;
- Lightweight waterproof jacket
- Sun protection – hat, sunglasses, sunscreen and clothing.
- Casual clothes for evenings and rest days.
- Bathers and small swimming towel (lightweight so you can easily carry them).
- Bath towel.
- Toiletries, hand sanitiser and personal medication.
- Reliable headlamp with spare batteries (much better than a torch because you can use both hands when wearing a headlamp).
- Any preferred first aid supplies – such as your favourite blister treatment! (Your guide will carry a full first-aid kit).
- Water bottle/s or camelback – 2 to 3 litre capacity.
- Fly net (to go over hat).
- Insect Repellent.
- Camera and charger/batteries. We can charge cameras with a USB charger on the bus. A waterproof camera is great for the swimming holes.
- Snacks and alcohol – some people like to have some muesli bars, nuts, lollies etc.

- Walking poles if you use them.
- Sleeping bag (warm enough for min temperatures of approx 4 degrees Celsius). You can hire a sleeping bag from us for \$35 for the whole tour if you would prefer.
- A small pillow.

Getting ready for your walk. . .

Most of the walks in the Kimberley are not particularly long but there is some challenging terrain. The Kimberley is basically made of rocks. Many of the walks that we will do are along gorges which are, or once were, creek beds. The surface is often made up of rocks and pebbles which can move around under your feet a bit. Other times you may have to scramble to get up or down a large rocky section. The main thing to work on for the Kimberley therefore is not so much endurance but balance and agility.

We highly recommend that you do some walking on uneven and rocky ground. By training on uneven surfaces you'll toughen up your feet - meaning less blisters (hurrah) - and strengthen the stabilising muscles around your ankles and knees - meaning less chance of injuring these joints. Take it slow to start with and build up to more challenging terrain/distances if you can.

Another really great exercise to start doing is balancing on one leg. Start with 30 seconds on each leg then build up to 1 minute... with your eyes closed!

This one's got three great exercises for you to add into your routine (with photos from the beautiful Mt Bruce - a fantastic Pilbara walk and one of the best day walks): <http://www.inspirationoutdoors.com.au/exercises-walking-holiday/>

Also, increasing movement and strength in the hips and knees in particular will be of great benefit. <https://www.inspirationoutdoors.com.au/exercise-intensity/> As Simon points out in this article, stair walking is great, and doing two or three steps at a time will help your hips and legs get ready for some of the terrain in the Kimberley. I found this article online with plenty of exercises for hips and knees from beginner to advanced, scroll straight down to the bit about exercises for strong hips and knees: <http://sportsmedicine.about.com/od/hipandgroininjuries/a/Best-Exercises-For-Hips-And-Knees.htm>

By the time you get to the Kimberley you'll be feeling confident walking on any surface and have more energy to look around and appreciate the awe inspiring scenery. It's all

achievable, but the more you prepare the better you will enjoy your holiday.

Looking after your feet

Footwear is very personal and we prefer people wear what feels comfortable. Walking shoes shouldn't be too tight, but your foot shouldn't slip around in them either. If you're buying new shoes, go shopping after a long walk so your feet are a bit swollen. The best places to buy walking boots/shoes will have some sort of ramp that you can stomp up and down on and make sure there is no pressure on your toes and heels.

Boots can provide ankle support. Some hiking boots can be quite heavy. These are great for cold weather alpine hiking but they do tend to tire your legs quicker and heat your feet. There are plenty of lightweight boots available which are great for most West Australian conditions.

Make sure you know your footwear well – try them out in a variety of terrains and do a few long walks in them before the tour. We cannot emphasise enough that you have well worn in shoes or boots, good socks, and first aid for the prevention and treatment of blisters.

Preventing blisters: 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. Some walkers also wear two pairs of socks to prevent blisters forming – a thin inner pair and a thicker outer pair. Others swear by Hikerswool applied between toes and over pressure points.



The principle of blister prevention is to transfer any friction, caused by the movement of your foot inside your shoe, onto the fixomull tape or the extra sock, rather than onto your skin. If you know that your feet have a tendency to blister in certain spots, tape them before you walk. We are happy to help you with this. If you feel any rubbing or a 'hot spot' whilst walking, the best thing to do is stop and do something about it. In all instances, prevention is better than cure. Blisters are very difficult to dress so that you are able to walk comfortably.

Treating blisters: Blister treatments vary and you may have your favourites. The second skin variety seems good, though you will also need good tape to keep it in place. Second skin treatments often have a sterile gel pack that pads and protects the blister from further friction. They can also be

used as a (more expensive) preventative measure. Blister Block or Compeed are examples of this type of dressing.

A thick moleskin type plaster is also good to carry for blister treatment. Holes can be cut into moleskin to fit around a blister and a plaster put on top of that. This way there is little pressure put on the blister itself.

Walking poles are very popular these days – especially the lightweight aluminium shock absorbing type. They help to take some pressure off your knees going downhill and can help you get uphill too! However, if you have good knees and strong legs you may not need them.

A lot has been published about the pros and cons of walking poles – 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 and applying pressure as you step forward. Find someone knowledgeable in the shop where you purchase them to give you some tips. We can always help you when on tour or you can have a quick look at this video we made:

<https://www.youtube.com/watch?v=yECNecSD1Yg>

Just in case...

We hope that you do not need to cancel your booking. However, if you do, our cancellation fee, based on the notice given prior to the departure date, is:

- More than 12 weeks: \$50 administration fee
- 6 to 12 weeks: loss of deposit
- 4 to 6 weeks: 25% of full tour cost
- 2 to 4 weeks: 50% of full tour cost
- less than 2 weeks: 100% of full tour cost, no refund

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.

Give us a call if you have any questions!
08 6219 5164 or walk@inspirationoutdoors.com.au

