

Cape Le Grand and Fitzgerald National Park

Distance: 45km Duration: 6 Days / 6 Nights

Pick up and Drop Off:

The tour starts in **Esperance** and finishes in **Perth**. We can arrange to pick you up from the airport in Esperance on the arrival day of the tour and help get you settled into your accommodation.

We aim to be in Perth at approximately 5pm. Please note this is only an estimate. We drop you off at the Tourist Coach Stand at 490 Wellington St (near the corner of William St) in Perth CBD.

Welcome to your next adventure with Inspiration Outdoors.
Here are a few details to help you get prepared...

Departure City: **Esperance**

Where should I stay the night prior to the tour?

We will be staying at Island View Apartments in Esperance on the arrival day prior to the tour. This arrival day has been allocated to ensure that everyone is together and ready for an early departure on day one of the tour.

If you desire to stay in **Perth** before flying to Esperance on the arrival day, here are a few suggestions below,

- The Ibis on Murray Street
- The Comfort Inn on Murray Street
- Mantra on Murray
- Four Points by Sheraton on Wellington Street

If you desire to stay in **Esperance** before the arrival day, here are a few suggestions below,

- Bayview Motel
- The Jetty Resort
- Esperance Beachfront Resort

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

First day reminder

Please note that we will be staying at the Island View Apartments in Esperance the day before the tour starts. We will pick you up from the airport and help you get settled into the accommodation.

What should I pack?

- Day-pack – with a thick waist strap to help take some weight off your shoulders. In wet weather, a waterproof cover or a bin bag to wrap your belongings in can be handy
- Shorts/long pants and shirts for walking – as many sets as you wish! Quick-dry material is best, especially for trousers. Don't wear jeans walking.
- 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 – see note on footwear below)
- Windcheater or lightweight jumper for walking
- Waterproof jacket*
- Sun protection – hat (secure fitting and/or with chin strap), sun cream, sun glasses
- Casual clothes for evenings
- Torch/headlamp (can be handy when twin sharing for getting up at night)
- 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
- A lunch container (with freezer brick if desired)
- Camera and charger/batteries
- Gaiters for snake bite protection are recommended unless you are wearing long pants and long socks. They're also good for keeping sand or other unwanted substance out of your shoes.
- Sock protectors (to keep sand out of your boots)
- Robust sandals for wading/beach sections
- Bathers and towel
- Small towel to carry during the day
- Snacks and alcohol – there will be time to purchase more during the week if you need to. Some people like to have some muesli bars, nuts, lollies etc
- Walking poles

*You have to expect some bad weather at any time of the year down here so bring wet weather gear even if the forecast is fine.

Optional items

- Waterproof pants. Some people love them and some hate them – personally, we don't wear them but there have been times when we have wished for a pair!
- Fly net (especially for walks in warmer weather)

Getting ready for your walk...

The walk has been designed to make it achievable to those with a reasonable amount of 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 duration of the 6 days. Usually by day three people are striding out! A positive mental attitude is most important. If you focus on the scenery, the company and the moment, not on the kilometres, then you find yourself reaching your destination with little problem. If you have done some training prior to the walk you will enjoy it all the more.

The best way to prepare physically for the trip is to walk, walk and walk some more – preferably in a variety of terrain. Try to walk frequently. Even walking around your suburb will get you walk-fit. By the start of the tour you should be able to comfortably walk 10km, and try and do a few 20km walks on rough tracks.

We know that this type of preparation is difficult to fit into a busy schedule. If you don't have the time to do long walks, we recommend doing regular stair walking sessions. Walking small distances frequently helps a lot as well. For instance, walking 3 - 5km four times a week, and 8km once a week, is

a great help. If you're doing short training sessions, make sure you get yourself puffed and sweaty. Otherwise you won't benefit from your efforts.

And start walking in the shoes you will wear on the walk now!

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 and help keep the sand out. 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.

You might prefer to wear sneakers on your walk. They do let in a lot of dirt though and tend to wear out quite quickly on the rough surfaces of a bush track. You are welcome to bring two pairs and alternate.

The main thing is to make sure you know your footwear well – try them out in a variety of terrains and do a few long walks (15 – 20km) 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.

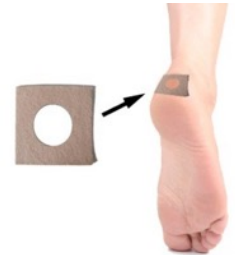
Preventing blisters: To prevent blister formation, we highly recommend using 'fixomull' or a similar tape on heels and toes where rubbing is likely to occur – ask for it at your pharmacy. Some walkers also wear two pairs of socks to prevent blisters forming – a thin inner pair and a thicker outer pair. 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.

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.

If you have any other questions before your tour, please contact one of the following.

Phone: (08) 6210 5164 or 0411 813 117 (Simon's mobile)

Email: walk@inspirationoutdoors.com.au

Web: www.inspirationoutdoors.com.au

Post: PO Box 423, South Fremantle WA 6162