

Flinders Ranges

Distance: 75km Duration: 7 Days / 6 Nights

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

Pick up and Drop Off:

We depart at 8am from the Adelaide CBD. At the end of the tour, you will be dropped off around 4pm. If you would like to fly out on the last day of the tour you should be able to make a flight after 6pm.

We do our pick up from King William Street Bus and Coach pick up/drop off area at 8am on the morning of the departure. The Bus and Coach pick up/drop off area is on the corner of King William St and Rundle Mall in front of Charlesworth Nuts, which is opposite to the Haigh's Chocolate shop in Rundle Mall.

Follow this link to see a map: [Pick up/drop off spot Adelaide](#)

Departure City: **Adelaide**

Where should I stay the night prior to the tour?

With an early departure, we recommend a night in Adelaide for those coming from interstate or overseas. We recommend to our guests the following hotels. All the below hotels are within easy walking distance from the pick up location.

- Mercure Grosvenor Hotel Adelaide (North Terrace)
- Ibis Styles Adelaide Grosvenor (North Terrace)
- Adelaide Paringa Motel (Hindley St)

****First day reminder****

Once we pick you up it is a 4hr drive to the Flinders Ranges. You will be walking into Alligator Gorge on the first day, so please come dressed in your walking attire with your day pack and water bottle ready to go. Your luggage will be stowed in a trailer and not available until you reach your accommodation at the end of the day. There is also an opportunity to purchase alcohol and snacks in the first few days of the tour.

Washing facilities?

There are laundry facilities at Rawnsley Park station where you will stay for 4 nights from Day 2 to Day 6.

Phone coverage

There is free WIFI and phone reception at the Seafront. However at our accommodation in Hanson Bay there is only Telstra phone reception as it is quite remote. We carry satellite phones for emergencies only. If a family member or friend needs to get in contact with you while on tour please get them to call the office on 08 6219 5164 during office hours, or Simons mobile on 0411 813 117 out of office hours. They could also reach out to the reception at the accommodation, which is Seafront 1800 624 624 and Hanson Bay Cabins 08 8559 7344.

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
- Fleece jacket, gloves, beanie and/or thermals (can get quite cold in the evenings and early mornings)
- 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
- Sock protectors (to keep little rocks out of your boots)
- Sandals/casual shoes for relaxing at the accommodation at the end of the day
- Bathers and towel (there is a swimming pool up the road at Rawnsley Park Station)
- Small towel to carry during the day
- A lunch container, to avoid squashing your sandwich or you may choose to only bring a salad (with freezer brick and fork if desired)
- Snacks and alcohol – we will try to give you the opportunity to stock up in the first few days, as there will be limited opportunities afterwards. 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 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 often wear them but there have been times where they have been invaluable!
- Head fly net (especially for walks in warmer weather)
- 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 out of your shoes.

Getting ready for your walk...

There is no such thing as an 'easy day' on the Flinders Ranges tour. There are a lot of ups and downs, often quite rocky and uneven, and there are a few sections where we walk in creek beds. However, the walk has been designed to make it achievable to those of reasonable fitness by the fact that you only carry a daypack; and you start with short distances, working your way up to longer and harder days.

You will be surprised just how your fitness will improve throughout the tour! 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 – over 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 15km, and try and do a few 20km walks on rough tracks. Maybe fit in a couple of exercises that include stepping on and over objects at varying heights.

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 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. Due to the rocky and quite steep terrain of the Flinders Ranges we do not recommend walking in sneakers.

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 Flinders Ranges 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.