

Karijini National Park and Ningaloo Reef

Distance: Various walk lengths up to 10km **Duration:** 9 Days / 9 Nights

RUNS FROM PARABURDOO TO EXMOUTH in Western Australia

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

Pick up and Drop Off:

This tour starts in Paraburdoo in Western Australia and ends at Exmouth. You will need to fly into Paraburdoo the day the tour commences. ** Please contact the office before booking your Paraburdoo flight ** On the last day of tour we will drop you off to Learmonth airport in Exmouth to make your afternoon flight or elsewhere if you have post accommodation organised.

Departure Town: **Paraburdoo, Western Australia**

Flights:

Paraburdoo is a mining town with no accommodation The closest town is Tom Price where we stay for our first night. We will pick you up from Paraburdoo airport on the first day of the tour and take you to Tom Price, where we will spend our first night together and share our first meal. At the end of the tour, you will fly out of Learmonth airport in Exmouth. You can only fly to Perth from Learmonth airport and then on from there if you are flying interstate or international. There is usually only 2 flights a day, 1 in the morning and 1 in the afternoon, except on the weekend which only run afternoon flights. The tour finishes after lunch so you will need to get on the afternoon flight or arrange post tour accommodation in Exmouth.

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 long-drop or flushing toilets and showers in all the camp grounds. There is also ample opportunity for swimming on most days.

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 small-medium sized, soft sided bag per person – it has to be loaded and unloaded many times. 12 kg should be sufficient. 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.

Washing facilities

There are washing machines at Tom Price caravan park and Exmouth Caravan Park. At the Eco Retreat Caravan Park, there is water available for bucket washing of clothes.

Group size

This tour has a maximum of 15 passengers and is guaranteed to depart. Please proceed with booking flights but contact us first in regards to your flight to Paraburdoo.

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 will be surprised at just how good the food is! Breakfast comprises of cereal, fruit and toast, with the occasional cooked brekkie thrown in. Lunch is cold meats and salad with sandwiches, rolls or pitta bread. Dinner is a 2 course meal. Morning tea is supplied and fresh fruit is available.

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.

We are not able to have campfires in the Karijini; food is cooked on gas stoves. All eating utensils are provided.

Drinks

Drinking water is always available. Guests may bring a small quantity of alcohol. If possible please purchase beer and wine in either cask or cans as opposed to glass. There will be an opportunity to purchase alcohol in Tom Price and Exmouth. There is limited capacity for cooling drinks.

Climate

Days are usually dry in the mid to late 20's. However, some evenings can be very chilly, particularly in June in the Karijini, with overnight temperatures dipping to minimums of 10 - 15 deg. It can rain at any time, so please be prepared.

Phone coverage

There is patchy phone coverage in Karijini National Park however in some of the higher spots like Mount Bruce you may get a text away! In Tom Price and Exmouth you should be able to get reception from most service providers, however Telstra is the most reliable. Generally, Telstra is your best bet for providers outside of major cities anywhere in Australia.

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 chariot throughout the Karijini and Ningaloo

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?

- Pillow, sleeping bag and sleeping sheet (in a sturdy plastic bag if they don't fit in your luggage).
- 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 – whichever thickness you're comfortable walking in.
- 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.
- Ankle gaiters/sock protectors suitable for hot weather (not plastic).
- Waterproof jacket*.
- Sun protection – hat, sunglasses, sunscreen (and consider your clothing).
- Casual clothes for evenings and rest days.
- Bathers, rash vest and small swimming towel (lightweight so you can easily carry them).
- Small 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.
- A lunch container so your sandwich doesn't get squashed in your pack.
- Fly net (to go over hat).
- Insect Repellent.
- Camera and charger/batteries. A waterproof camera is great for the swimming holes.
- Small towel to carry during the day.
- Snacks and alcohol – some people like to have some muesli bars, nuts, lollies etc.
- Walking poles if you use them.

*At this time of year (April/May/June) the days are typically clear and warm (average max 25 to 29°C) and the nights are usually mild but can get quite cold (average min 11 to 14°C). If there are cyclones close by, it is also possible to receive rainfall in the Pilbara at any time, so please be prepared.

Getting ready for your walk...

All walks on this trip are less than 10 km but each has its challenges. The terrain is rocky and there is a lot of ascending and descending – both for the peaks and the gorge walks. A reasonable level of fitness is required to fully enjoy the trip.

Cardiovascular fitness is always important for walking holidays and a regular routine of walking, dancing, swimming, cycling etc will help with that.

What's also important for a tour like this is strength, balance and joint mobility. Regular walking on a variety of terrain and surfaces, incorporating hills and/or stairs, will be of great benefit. We've also written a few blog posts with specific exercises to try which will help build strength and balance. Read them when you've got time and see if you can add some of the exercises into your life a couple of times a week.

Here's one of our articles on preparing for a walking holiday when you're pushed for time: <http://www.inspirationoutdoors.com.au/too-busy-to-prepare-for-walking-tour/>

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 I've done): <http://www.inspirationoutdoors.com.au/exercises-walking-holiday/>

Both of the above articles link to this one - how to do squats: <http://www.inspirationoutdoors.com.au/strength-training-exercises-you-can-do-at-home-squats>

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 his 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 Pilbara. 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>

The most important thing is to have fun. Enjoy your preparation and think of it as a challenge rather than a punishment. A better holiday and better overall health are your reward.

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.

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 8 6219 5164 or walk@inspirationoutdoors.com.au