

Larapinta Trail

Distance: 70km Duration: 7 Days / 6 Nights

Welcome to your next adventure with Inspiration Outdoors.

Departure day and post tour drop off:

*The tour starts and finishes in **Alice Springs**. Feel free to arrive at any time and make your way to the accommodation for a 2pm check-in.*

We will drop you off at your hotel in Alice Springs around 10:30am on the last day in time for you to catch a noon/afternoon flight home.

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

Departure City: **Alice Springs**

Where should I stay the night prior/after the tour?

There is no need to arrange pre tour accommodation as the first night of the tour at the Mercure, in Alice Springs is included in the tour price. If you wish to stay on after the tour finishes, here are some recommendations of accommodation:

- Aurora Alice Springs
- Chifley Alice Springs Resort
- The Diplomat Motel Alice Springs
- Alice Springs YHA

****First day reminder****

The tour starts and finishes in Alice Springs. The tour will begin at 3:30pm with an afternoon walk to a scenic lookout. This is a great time to acclimatise and familiarise yourself with your surroundings. There is no long walking involved on the first day of the tour, however it is important that you are well organised with your walking gear ready for the following days walk ahead.

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

What should I pack?

- Day-pack – one with a waist strap is best to help take some weight off your shoulders
- Shorts or trousers and shirts for walking – lightweight and quick-dry material are best
- Casual clothing for evenings and rest days
- Wind and waterproof jacket (great for cold evenings)
- Socks – whichever thickness you're comfortable in (thick explorer socks can get quite hot)
- Comfortable, sturdy walking shoes or boots (ankle support is recommended as many surfaces are rocky and uneven)
- Sun protection – hat, sunglasses, sunscreen (and consider your clothing)
- Toiletries, hand sanitiser and personal medication
- Reliable headlamp with spare batteries (can be quite dark going in between the cabins and useful when sharing a room)
- Any preferred first aid supplies such as blister treatment (Your guides will also carry a full first-aid kit)
- Water bottle/s – 3 litre capacity at least
- Insect Repellent
- Beanie and gloves (great for the cool nights sitting around the camp kitchen)

** At this time of year the days are typically quite clear and mild (average max 25°C) and the nights can be quite cold (average min 8°C)

Optional items

- Lunch box (with ice bricks to keep lunch cool)
- Fly net (especially for walks in warmer weather)
- Camera and charger/batteries (You can use your battery charger back at camp)
- Gaiters (no sweaty plastic ones) for snake bite protection, are recommended unless you are wearing long pants and long socks. They're also good for keeping rocks and grass seeds out.
- Sock protectors (to keep rocks and grass seeds out of your boots)

- Robust sandals for relaxing around the campsite
- Bathers and small pack towel (most accommodations have a swimming lodge)
- Snacks and alcohol – there **will be limited** possibilities to restock during the week. Some people like to have some extra muesli bars, nuts, lollies etc
- Walking pole/s (good for using on some rocky sections if your balance is not good and useful for steep sections)

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 tour. 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 15km, 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 the Northern Territory.

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.

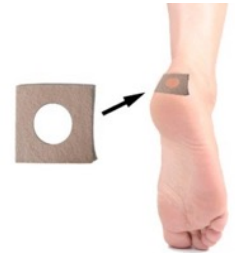
Preventing blisters: To prevent blister formation, we highly recommend using 'fixomull' or a similar tape on heels and toes where rubbing is likely to occur – ask for it at your pharmacy. Some walkers also wear two pairs of socks to prevent blisters forming – a thin inner pair and a thicker outer pair.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