

Kakadu

Distance: 50km Duration: 7 Days / 6 Nights

Welcome to your next adventure with Inspiration Outdoors.
Here are a few details to help you get prepared...
Departure City: **Darwin**

Pick up and Drop Off:

We depart between 7.30-8.30am, picking you up from your hotel in Darwin.
We will be returning to Darwin at approximately 6:30pm, departing Litchfield NP around 4:30pm. For those that wish to be dropped off at the airport, this can be arranged.

Where should I stay the night prior to the tour?

With an early departure, we recommend a night in Darwin for those traveling from overseas. As we are walking on the first day of the tour, it is not advisable to fly into Darwin on the morning of the tour departure. We recommend staying one night in Darwin before the tour and one night at the end, as we usually don't get back into Darwin until around 6:30pm. We recommend to our guests the following accommodations;

- Palms City Resort
- H on Mitchell Apartment Hotel
- Travelodge Mirambeena Resort Darwin
- H Hotel Darwin City
- Darwin City Hotel

****First day reminder****

Once we pick you up from your accommodation in Darwin it is a 3 hour drive to the start of the track. Please come dressed in your walking attire with your day pack and water bottles ready to go. Your luggage will be stowed in a trailer and may be difficult to get to before the walk on the first day.

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

Washing facilities and Internet

There are washing machines at your accommodation as well as free Wifi.

What should I pack?

- Day-pack – one with a wide 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
- 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, make sure you wear them in well – see note on footwear below)
- Sun protection – hat, sunglasses, sunscreen (and consider your clothing)
- Bathers and swimming towel (lightweight so you can easily carry them)
- Robust sandals for wading in and out of waterholes
- Toiletries, hand sanitiser and personal medication
- Reliable headlamp with spare batteries (can be quite dark going in between the cabins and can be useful when sharing a room)
- Any preferred first aid supplies such as blister treatment (Your guides will also carry a first-aid kit)
- Water bottle/s – min of **4 litre** capacity (may need to bring extra bottles to supplement water bladder)
- Camera and charger/batteries
- Walking pole/s (optional but good for using on some rocky sections if your balance is not good).
- Wind and Waterproof jacket*

*At this time of year (June/July) the days are typically not too humid and warm (average max 33°C) and the nights are mild. You may want a jumper for at night, as it can cool down a little bit after sunset.

Optional items

- Lunch box (with ice bricks to keep lunch cool, useful in preventing your roll getting squished in your backpack). Otherwise glad wrap and foil will be provided.
- Fly net (especially for walks in warmer weather)
- Insect Repellent
- Sock protectors and/or 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.
- Snacks and alcohol – there will be limited possibilities to restock during the week. Some people like to have some muesli bars, nuts, lollies etc

Getting ready for your walk...

There is no such thing as an 'easy day'. There are a lot of ups and downs, quite a few times on uneven rocky and hard surfaces. There are also some sections that include rock hopping, creek crossings and navigating large boulders. 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 have the support of your guides.

The best way to prepare physically for the trip is to walk, walk and walk some more – preferably on rocky and uneven surfaces and lots of stair walking. Try to walk frequently. Even walking around your suburb will get you walk-fit. By the start of our Kakadu, Nitmiluk and Litchfield walking tour you should be able to comfortably walk 12km, 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 and rocks 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 warmer conditions.

Due to the rocky and uneven terrain we do not recommend sneakers, but you might prefer to wear sneakers on your walk. They do tend let in a lot of dirt and can wear out quite quickly on the rough surfaces of a bush track. Sturdy sandals have proven to be a good substitute for shoes when feet have blistered, and for short walks to billabongs. 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 walk. 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.

Note on swimming in Kakadu, while there are swimming opportunities on this tour, crocodiles do reside in Kakadu National Park. All guests swim at their own risk. We mitigate the risk by only conducting tours in the dry season and by only swimming in the park's crocodile management zones. If you would like to know more about the crocodiles and the crocodile management zones [click here](#).

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

Kakadu Guided Walking Tour

Level: Moderate

Any questions?

Call us on 08 6219 5164

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.

Do I need Travel Insurance?

<https://www.inspirationoutdoors.com.au/travel-insurance-domestic/>