

Hello,

Thank you for your interest in Trek Larapinta's End2End walk.

The Larapinta Trail provides walkers with an unequalled opportunity to take in the special wild places of this ancient and fascinating landscape. It crosses a variety of terrain, from high ridgelines to sheltered gorges. It's a special place for us, and it's a privilege to live, walk and share the experience with you.

The Larapinta Trail is an extended walking track running 223 kilometers along the backbone of the West MacDonnell Ranges from Alice Springs to Mount Sonder. To walk the complete trail with Trek Larapinta will take 20 days this includes one rest day, and we've also allowed a half day at the end for a leisurely return journey to Alice Springs.

Our style of walking is to take plenty of time to enjoy the birds, plants, animals, scenery and the fact of just being in the bush, not to see how quickly we can get from A to B. For fundamental safety, the group needs to stay together, and this may require walkers to adjust their pace to the group. Faster walkers soon adjust to the joys of pausing in the shade, taking time to listen to the interpretative guide and absorbing the wonders of the trail.

Day walks and Overnight walks: For most sections of the walk you carry a day pack and we return in the evenings to an overnight camp, where the swags and extra luggage await you and the support guide cooks you dinner. Walking the E2E with Trek Larapinta means walking some of the harder sections over two days carrying an overnight pack, so you can enjoy this added experience of being self sufficient, enabling you to experience some of the remote trail camps and having more time to walk along ridge-tops, watch the sun light up this ancient land and to sit and ponder.

In this package, you will find:

- An outline of the Itinerary
- Things to consider and general information
- What you need and what we supply

2010 E2E Dates

9 - 28 May 2010	Max Number of walkers 8	Cost \$ 4400pp
16 May – 4 June 2010		

Please contact us with any questions you have and check out www.treklarapinta.com.au for other general information.

E2E Itinerary 2010

Pick up from your accommodation will be between 7.30am and 8 am
 Returning to Alice Springs around 11.30am

Day	Section	From - To	Km's	Hrs	Grade	Camp
1	1	Telegraph Station – Wallaby gap	13	6	Med	CC*
2	1	Wallaby Gap – Simpsons Gap	10	4	Med	CC
3	2	Simpsons gap – Jay Creek	24	8-9	Med	CC
4	3	Jay Creek – Standley Chasm	13	8	Hard	CC
5	4	Standley Chasm – Brinkley Bluff	10	8	VHard	IC**
6	4	Brinkley Bluff – Birthday waterhole	7	5	VHard	CC
7	5	Birthday waterhole – Fringe Lilly Creek	9	7	VHard	IC
8	5	Fringe Lilly Creek – Hugh Gorge	7	6	VHard	CC
9	6	Hugh gorge – Rocky Bar gap	16	7	Med	CC
10	6	Rocky bar gap – Ellery creek	15	5	Med	CC
11	7	Ellery creek – Serpentine gorge	14	7	Hard	CC
12	8	Serpentine Gorge – Serpentine Bush camp	14	7	Hard	CC
13	9	Serpentine Bush Camp - Lookout	15	8	Hard	IC
14	9	Lookout – Ormiston Gorge	14	6	Hard	CC
15		Rest day or(Ormiston pound walk, very relaxed pace)	7	5	Easy	CC
16	10	Ormiston Gorge to Finke River	10	4	Med	CC
17	11	Finke River to Rocky Bar gap	15	7	Hard	CC
18	11	Rocky Bar gap to Redbank Gorge	12	5	Hard	CC
19	12	Redbank to Mt Sonder return	16	8	Hard	CC
20		Return To Alice Springs				

* Catered Camp (you are met with the vehicle at the end of the days walk)

** Independent Camp (you are required to carry an overnight pack on this section)

Although we endeavor to run the trip as per the itinerary, changes may occur due to weather conditions or other factors outside our control

Grading and description below is as per N.T Parks and Wildlife Commission.

Medium: a narrow track which may be rough in places, with some climbing and descending

Hard: a rough and narrow track with some steep and or long climbs/descends

Very Hard: a rugged track or marked route with frequent steep and long climbs and descents

Please think before you print

Important notes in brief

In the following pages there will be information as to what equipment you need to bring.

There will also be information as to what we supply and general information to consider for your E2E trek.

Please read through the information carefully and don't hesitate to contact Shane shane@treklarapinta.com.au or 0428 402 027 with any questions you may have. Your preparation for this trip is paramount to your experience, so ensure you are physically and mentally ready and that your equipment is suitable for the trek.

Please keep in mind the following points.

1. Walking

For most sections of the walk you will only need to carry a day pack, as we will be met with a support vehicle which transfers all the equipment and your extra luggage to each campsite.

However, there will be 3 sections which are self-supported overnight walks with no access to the vehicle, so we will each have to carry an overnight pack for these. The pack should still be reasonably light, with two lunches, one dinner, one breakfast and a minimal amount of overnight gear. Also, we may need to carry up to 8 litres (8 kilos) of water each, depending on weather conditions at the time.

Your pack weight for the 3 overnight walks should be around 12-15kg depending on the weight of your personal equipment.

2. 20 Days in the Bush

20 Days on out here in the bush and on the trail is a great experience. Be sure that your boots are broken in and your personal equipment is in good shape.

Although we come together as individuals, we share the experience as a group. There is always time for personal space, but by helping each other out and showing consideration for your fellow walkers, we can ensure a rewarding experience for all. Your guides are always available to talk to whilst on tour to help manage the wellbeing of you and the group.

3. Health and Fitness

You need to have a good level of health and fitness for the E2E, mental as well as physical stamina is also important. The more physically ready you are the less likely you are to sustain an injury. Please talk to us if you have any health issues or other injuries which may affect your time with us. Don't hesitate to see your GP for advice on participating in this trip before you confirm your booking.

Be as ready as you can be. There are more notes on the end pages about being prepared.

Clothing

Temperatures do vary during the year (*see temp chart*). You will know what your preferred walking attire is, but, as a guide, always bring clothing that can protect you from the sun during your day's walk, like a long sleeve shirt with a collar, a hat and some sunglasses. Long pants are good to have on cooler days, but shorts are very handy for most of the year. Warm, lightweight jumpers for walking and lightweight rain coat are essential items. Ankle gaiters can help keep grass seeds and sand out of your shoes but are not essential (I wear the cotton ankle/sock protectors). Thermal layers are also very handy as they are light and warm. Think about the layering system when choosing your clothes.

For after the day's walk, casual clothing is all you need, plus some warm layers—including a beanie and gloves—for the chilly drop-off in temperature at night.

There will be one occasion for us to wash your clothes when the support driver is in town, so please make sure all your clothing is marked for identification.

Footwear

The surface on much of the trail is hard and rocky, with sharp quartzite. It is very tough on boots and feet and sometimes older footwear can crack, break or fall apart. So it helps if you check your shoes well in advance of the walk. They can deteriorate in storage, particularly glue and stitching. If they don't look certain to make the distance, it's helpful to buy a new pair a few months in advance and break them in properly prior to the trip. Your feet are likely to get hot rather than cold. Simple, good-quality leather or synthetic trekking boots or good-quality, low-cut walking shoes are fine. It also helps to have good quality socks to fit your footwear. I wear well-padded thinner style of Merino wool sock or a synthetic moisture-wicking sock.

For the **E2E** walk, it is a good idea to have a back up pair of shoes in case of a mid-trip boot blow out!

Comfortable footwear for around camp such as sneakers or sandals are great. We like to wear Ugg boots during the cool evenings!

Feet

The temperature within the boots and also the hard and uneven terrain can quickly cause blisters or exacerbate other foot problems. Before a walk like this, get any corns, calluses etc. seen to, and make sure problem nails are trimmed and all nails cut. Come prepared with some form of blister prevention and, if you are prone to blisters, always tape up before the days walk "*prevention is the cure*"

Meals

Our menu is a healthy variety of foods with plenty of fruit, vegetables and quality meat. We can easily cater for vegetarians as mostly meat is served as a side dish. Breakfast is fruit, yogurt, muesli or cereal and—for those chilli mornings—porridge, toast and tea/coffee. We take a packed lunch when out on the trail which will consist of things like wholemeal rolls or flat bread with cold meat or tuna, tomato, cheese, lettuce, chutney etc with fruit and snacks for while we are walking. Included in the price is a cold beer or bottled wine with dinner.

Meals whilst on the overnight sections will be lightweight, hearty yet simple and healthy.

Special food requirements

Please let us know in advance if you have any medical dietary requirements. And for any other dietary requirements, please let us know in advance, because with enough notice and within reason, we are able we are able to cater for most people's needs.

Drinking Water

Please bring water bottles or a bladder such as a Camelbak to carry a minimum of 3 litres for the day walks and up to 8L for the overnight walks (for the extra water needed on the overnight walks, old juice containers or spring water bottles will be enough). Even in the cooler months, the dry air can cause you to drink more than you realise. We can't stress enough the importance of keeping your fluid intake up.

The bathroom

There are no showers at any of the camps. However, there will be enough water for a small wash, so bring a towel. There may be water in the water holes, and it tends to be icy but refreshing. It's a good idea to wash off sunscreen and insect repellents and before entering waterholes. Wilderness wash is a good alternative to soap and can be used to wash yourself and socks and jocks away from water sources. Baby wipes are great to use for cleaning the dirt off and freshening up during the overnight walks. The toilet facilities will usually be a spade and the bush.

Climate

The cooler months is near-perfect for bushwalking. We can get very cold conditions in the mornings or up on the ridge tops so be prepared! The temperatures are in degrees Celsius.

	Apr	May	Jun	Jul	Aug	Sep
Av. Max	28	23	20	20	22	26
Av. Min	12	8	5	4	6	10
Rainy Days	2	3	3	3	2	2

Please think before you print

Quick list for some of the essentials. ✓ ✓

Day Pack	Toiletries	
Water Bottles/ bladder	Baby Wipes?	
Walking shoes or boots	Beanie	
Sunscreen	Warm Gloves	
Sun Hat	A good book or two!	
Sunglasses	Gaiters <i>optional</i>	
Lightweight raincoat / windproof jacket	Camera <i>optional</i>	
Personal First aid kit	Binoculars <i>optional</i>	
Head torch	Walking poles <i>recommended</i>	
Clothing		
Spare comfortable shoes or sandals		

The list below is the extra and essential gear you require for the 3 overnight pack carrying sections. Make sure your equipment is in good condition and remember you will be carrying it on your back so make sure its light!

- **Large Backpack:** Suitable for the overnight walks. Minimum capacity of 60L

Note: Get all the gear you will need for the overnight walk, remembering to still have room for food and water. Load all your gear into the pack and try it on. It should not be bulging at the seams. It should be comfortable with the waist belt and shoulder straps properly adjusted, and there should still be some room inside (for food, water and things you forgot to pack!)

See your local gear shop for pack advice or give me a call to talk about any concerns you may have. Travel Packs are not suitable

- **Sleeping bag:** You will need to bring a light weight down or synthetic sleeping bag with a temperature rating of 0 to minus 5 degrees or less. Also, an inner sheet is a good idea if it's cold or to use by itself if it's warm!
- **Sleeping Mat:** Thermarest or similar. *Please note: if you bring an inflatable mattress, we will supply a light foam mat to protect it from burrs.*
- **Light weight Tent:** In case of inclement weather.
- **Good quality walking boots:** plus consider a spare pair of waking shoes or boots in case mid-trip boot failure!! *see general info section on footwear*
- **Light weight warm clothing:** for after the days walk. Beanie and gloves are also handy.

See Below for hire equipment

Please think before you print

Hire Equipment

We are able to hire a few items. Please contact us for your requirements.

Prices are for the duration of the E2E tour for each individual item.

Trekking poles (<i>pair</i>)	\$ 50	Back pack <i>for overnight walking</i>	\$ 60
Light weight tent <i>single</i>	\$ 60	Sleeping mats <i>self inflatable</i>	\$ 60
Light weight tent <i>double</i>	\$ 90	Sleeping bags <i>light weight with inner sheet</i>	\$ 60

If you need all the gear consider the **E2E package** which includes tent, back pack, sleeping mat, and sleeping bag: cost \$200

Health and Fitness

You need to have a good level of health and fitness for the E2E, mental as well as physical stamina is also important. The more physically ready you are the less likely you are to sustain an injury. Please talk to us if you have any health issues or other injuries which may affect your time with us and don't be afraid to see your GP for advice on participating on this trip before you confirm your booking.

Be as ready as you can be.

Engage in Aerobic activity 3-4 times a week during the 3 months prior to your trip, this might include walking, cycling, swimming etc.

Start to do some long walks and gradually get out on to some bush tracks and do some full day bush walks.

Gradually increase the weight in your day pack to prepare you for our overnight walks.

If you get a chance get out and do an overnight bushwalk. This will help get you used to the pack weight. If you don't have time or haven't done any overnight bush walks no worries just walk with a larger pack and gradually increase the weight from your full day pack to around 12-15kg on some full day walks as preparation.

The Larapinta trail is known for its unevenness and hardness under foot so make sure you do some walking over rough terrain (if you can find it!)

Feel free to talk more to Shane about being prepared.

Cameras

We are able to charge most re-chargeable camera batteries through a universal charging device or you can bring your own charger and plug it into our inverter. Don't forget spare film or memory cards and other camera accessories you may need.

Staying in touch

Apart for some of the high ridgelines there is no mobile phone reception from day 2 of our trip. There is a pay phone at Standley chasm and one at Glen Helen which we can access at certain times during the tour. We will give you our Satellite phone number closer to the departure date for your family to contact us on in an emergency, a message can be left on this number and we access it in the evenings.

Campsites

Our Campsites will vary throughout the trip, at times we will be in different locations each night at other times we will have a base camp and be transferred short distances to the trail. We try and get campsites away from other walkers for privacy and in areas where National Parks allow campfires (as there is a total fire ban on the trail itself).

Baggage

We have limited space in the trailer, so we ask that you fit all your gear into your day pack and large overnight pack. If you are hiring an overnight pack from Trek Larapinta we prefer you use a medium size softer bag for your luggage as these types of bags are much easier for us to store away. . Enquire about leaving excess luggage at you hotel or at our work shed.

Included in the tour price is:

- All camping equipment for the Catered Camps, which includes swags, pillows, sleeping bags, linen.
please note: we don't include any sleeping gear for the overnight pack carrying camps.
- All other camping equipment for the Catered Camps.
- All catering equipment for the entire trip, including the Independent Camps
- All food, drinks, lunches and snacks from lunch on Day 1 to breakfast Day 20
- On the trail, guides also carry a group first aid kit, satellite phone and UHF radio that is used in emergencies, as well as toilet paper, sunscreen and insect repellent.
- All camping and access fees.
- 4x4 Transport with Hotel Pick up and drop off.

Thanks again for your interest and don't hesitate to contact us to talk more about the Tour.