



## 5 DAY MT GILES EXPLORER TREK

### 5 DAYS | 42+ KM

MT GILES RISES UP OUT OF THE CHEWINGS RANGE AND IS THE THIRD HIGHEST PEAK IN THE WEST MACDONNELL RANGES NATIONAL PARK. AT 1,389 METRES ABOVE SEA LEVEL, THIS DESERT PEAK CREATES AN AWESOME BACKDROP TO AN ALREADY STUNNING RANGE SYSTEM, TOWERING ABOVE THE EASTERN END OF ORMISTON POUND. FOR THOSE WHO VENTURE TO THE SUMMIT, MT GILES DELIVERS STUNNING VIEWS OF THE SURROUNDING LANDSCAPE.

This full pack remote hiking tour is a great way to experience what lies beyond the Larapinta Trail. It includes exploring along unmarked trails, setting up base camp at the base of Mt Giles, going on an exploratory walk, hiking off trail up this impressive desert peak, Mt Giles, trekking into the beautiful Ormiston Pound through an uncommon entrance, and wandering through the stunning gorge and visiting its waterhole.

You are accompanied by two experienced Trek Larapinta Guides who lead this adventure and ensure safe travel, as most of this walk is through untracked terrain. This is a full pack trek where there is no vehicle support once you start on the trek.

This trek is for those who want to venture further into the stunning living desert of Central Australia.

## WHAT'S INCLUDED

- All meals and snacks from lunch on Day 1 to lunch on Day 5 and all catering equipment.
- All camping equipment including sleeping bag, sleeping mat, tent (twin share).
- Transportation to start and from end of trail provided in commercially registered, expertly maintained tour vehicles, with hotel pick up and drop off.
- 2 Trek Larapinta professional wilderness guides.
- Group first aid kit and satellite phone in the event of an emergency.
- All camping and National Park fees.
- Travelling with a culturally and environmentally responsible business.
- Small group with a maximum of 8 participants.
- **Tours do not include pre or post trip airfares or accommodation.**

## IMPORTANT NOTES

The 5 day Mt Giles Explorer trek is a demanding walk, we advise you to do as much training as you can before your tour with us. The more you train for the walk the easier you will handle the rough terrain and the more you will enjoy this wonderful part of the world. It's also important to come along with an open mind ready for an awesome experience whatever the weather, whoever the group. It is very important that you bring the right gear for the conditions. The Central Australian climate is generally stable over the winter months but temperatures plummet at night, -4 /-5 degrees are not uncommon. Rain and strong winds can also lead to very cold conditions. Day time temperatures can also be very warm even in winter so looking after yourself by covering up with a good hat, long sleeve shirt and sun cream and drinking plenty of water is a must.

If you are at all concerned about your ability to do this walk, please feel free to call one of us here at Trek Larapinta for more advice.

## TREK GRADING : EPIC TREK

See: [www.treklarapinta.com.au/faq/trek-gradings/](http://www.treklarapinta.com.au/faq/trek-gradings/) for more information about gradings.

The 5 day Mt Giles Explorer trek requires a high level of bushwalking/walking experience and general fitness. As the Larapinta Trail becomes more popular the perception of the difficulty of the terrain in and around the West MacDonnell Ranges decreases. This however is not the case. The terrain remains unrelentingly rocky and hard underfoot and weather extremes can be experienced at any time of year.

Days vary between 5 and 8 hours of medium to very challenging walking on mostly unmarked and untracked routes covering a variety of rough terrain.

## PRE-DEPARTURE BRIEFING

A pre-trip briefing and a full gear check with your guides the afternoon before your Mt Giles Explorer trek departs, will ensure you have the right mix of gear for your adventure. Please make your way to Lone Dingo in the Todd St Mall at 3pm the day before your trip, bringing your pack and what you intend to bring on your trek.

## WHAT YOU CARRY

On the 5 day Mt Giles Explorer you will need to carry all your personal equipment in a full trekking backpack that is at least 75 litres in capacity. Your equipment will include a sleeping bag, inflatable sleeping mat, a portion of the shared tent, a portion of the group's food supplies and catering equipment and all personal items as specified in our gear list. Depending on the quality and quantity of personal gear and toiletries, the average pack weight should be up to a maximum of 20kg. We will have a water drop in place so that only one days water needs to be carried at a time. A comprehensive gear list is available at the end of this itinerary. Quality backpacks are available for hire.

Note: This itinerary is subject to change with any change in community regulations as well as governmental changes and natural circumstances beyond our control.

Please use this itinerary as a guide only.

## DAY 1

After collecting you in Alice Springs from your hotel at 7.30am we begin our adventure with a scenic drive out to the West MacDonnell Ranges. The starting point for the trek is the Old Serpentine Chalet Dam near section 9 of the Larapinta Trail.

Starting our walk we follow Section 9 of the Larapinta Trail through Inarlanga Pass under the shade of the lush cycads for just 6 kms before veering off track and heading through the Heavitree Range toward Mt Giles. There is no track, so we gain a view and determine our route across the Alice Valley to the base of Mt Giles.

Exploring some creek lines and ridges we establish an overnight camp and relax in the stillness amongst the desert ranges. .

**8km/5hr walk**  
**Meals: Lunch, Dinner**

## DAY 3

Summit day - expect a long day! An early start sees us heading for the summit of Mt Giles. It's a long climb, however carrying only our day packs we gain height quickly and with each step the views become more expansive and awe inspiring.

The visitor's book on the summit attests to the fact that few people summit Mt Giles. It is a real achievement and a great privilege to be here. The sweeping panoramic vistas from the summit will be remembered for a lifetime. Following a different path down we slowly and carefully descend the very steep ridge line returning to our camp in the afternoon.

**?km/8hr walk dependent on route**  
**Meals: Breakfast, Lunch, Dinner**

## DAY 2

Today we set off from camp exploring our route toward Mt Giles. Enjoying relatively flat easy walking terrain, there is the chance to appreciate a variety of eucalypts and desert oaks as well as some rarely seen bird life. We are aiming for a creek system located at the base of Mt Giles which will be our water source and bush camp for the next two nights.

With camp established there is time to explore a beautiful gorge, enjoy some lush green cycads, crystal clear flowing water and secret hidden caves. Watch as the colours change on the magnificent ranges with the setting sun.

**12km/7-8hr walk**  
**Meals: Breakfast, Lunch, Dinner**

## DAY 4

This morning we pack up camp and begin our walk into the Ormiston Pound, trekking from the eastern extremity right through to the western end of the pound. A relaxing journey through the pound offers us ample time to explore this beautiful region. Our camp tonight is in Bowmans Gap, camped beside a billabong, with abundant bird life, big shady River Red Gums and not another person in sight.

**14km/7-8hr walk**  
**Meals: Breakfast, Lunch, Dinner**

## DAY 5

Waking to a chorus of beautiful native bird song, we have a relaxing breakfast before breaking camp. Setting off on the last leg of our journey we walk through one of the highlights of the West MacDonnell National Park - the truly spectacular Ormiston Gorge. It's a beautiful way to finish our adventure. Our final destination is the Ormiston National Park HQ where our pick up is waiting for us before transferring to Alice Springs, arriving late in the afternoon.

**8km/4-5hrs**  
**Meals: Breakfast, Lunch**

## THINGS TO KNOW:

### 5 DAYS IN THE BUSH

5 days out 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.

For fundamental safety, group members need to be aware of each other's location whilst walking, remembering the old bush walking rule of 'keeping an eye on the person behind you'. 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 interpretive guide and absorbing the wonders of the trail.

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. We don't race from A to B, that way you can enjoy both the challenge and the beauty of the trail and surrounds - take a few photographs, sit down occasionally for a cold drink, ask questions about what you've seen, or just be.

Please read through the following information and please contact us at [info@treklarapinta.com.au](mailto:info@treklarapinta.com.au) with any questions. We also recommend reading the information that the NT Parks and wildlife service provide at <https://nt.gov.au/leisure/recreation/bushwalking-hiking/larapinta-trail>.

See the <https://www.trektoursaustralia.com.au/bookings/booking-conditions/> for booking conditions and payment details.

### WHAT YOU CARRY

**Full pack:** You will be required to carry a full trekking pack weighing up to a maximum of 20kg.

**In your pack:** Some of the weight will be water to sustain you while walking in the Central Australian climate, which (apart from the very rare splashes of rain) is sunny and dry even on cold days. We recommend you carry at least 4 litres of water each day. In addition to water, you carry a share of the group's food and catering equipment, clothing, sleeping gear (sleeping bag, sleeping mat, share of twin share tent), and whatever personal items such as camera and binoculars, you'd like with you on the trail.

### WHAT TO KNOW ABOUT WATER

Keeping yourself hydrated is even more important than keeping your feet blister free. Drinking enough water while walking will help you with the stamina and clear thinking you need to walk the trail. Please bring reusable water bottles or a bladder such as a Camelbak to carry a **minimum of 4 litres** for the day walks. 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. Trek Larapinta will have a water drop in place so that only one days water needs to be carried at a time.

### HEALTH AND FITNESS

You need to have a high level of health and fitness for the Mt Giles trek. 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 in this trip before you confirm your booking.

The Larapinta Trail is physically hard and just because you are on a guided trek doesn't mean it gets any easier! So, be as ready as you can be. Engage in aerobic activity 3-4 times a week for at least 1 to 2 hours each session during the 3 months prior to your trip; this might include walking, cycling, swimming etc.

Start to do some long bush walks as regularly as you can and do some full day bush walks with a heavy pack weighing around 15-20kg to get your body used to walking with a load, starting at least 2 months in advance of the trek.



The terrain 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 to the Trek Larapinta staff about being prepared.

## GOOD MEALS ALL DAY

With sustaining food for breakfast, fresh & tasty meals for lunch, quality camp-cooked food for dinner and plenty of snacks for the trail, you are bound to enjoy your meals with Trek Larapinta. We pride ourselves on our fresh and healthy food, however consideration must be given to the fact that all food will be carried on this trek. Meals will be lightweight, hearty yet simple and healthy. 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 while we are walking.

There is always plenty of food and a ready supply of tea and coffee and we take pride in providing healthy good food whilst out on our overnight walks.

## CATERING FOR DIETARY REQUIREMENTS

With notice, we can cater for vegetarians and meet most **medical/allergy** dietary requirements, however as this is a remote full pack trek we appreciate your consideration of any limitations.

For non-medical dietary preferences, please get in touch with us. We like to do what we can to cater for your needs, but because we're in remote areas this may not always be possible. We appreciate your consideration and understanding of these limits.

## ALCOHOL

Our insurance restricts us from supplying or selling alcohol, so please purchase your requirements in Alice Springs the day prior to your departure. Be aware you must carry anything that you purchase. Your guides will not be responsible for carrying any alcohol. Please note there is no opportunity to purchase takeaway alcohol during your trek.

## FOOTWEAR

The surface on much of the trail is hard and rocky, with sharp quartzite rock. It is very tough on boots and feet and sometimes older footwear can crack, break or fall apart. It's good to get the balance of boots that are worn-in but not worn-out. If the boots are "worn-in", it will reduce the chances that you'll get blisters. But if the boots are "worn-out", they are likely to fall apart on the tough surfaces of the trail.

So it helps to check your shoes well in advance of the walk. If they don't look certain to make the distance, it's helpful to buy a new pair at least a few months in advance and break them in properly prior to the trip. Retailers in quality outdoor-gear should also be able to give you good advice on buying new shoes. Your feet are likely to get hot rather than cold. Simple, good-quality breathable 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. We wear well-padded thinner style of Merino wool sock or a synthetic moisture-wicking sock.

Another thing to consider is packing a spare pair of alternative lightweight shoes or boots which you would be able to use in case of damage or blisters.

Comfortable footwear for around camp such as sneakers or sandals are great.

## CLOTHING

Temperatures do vary during the year (see temperature chart). You will know your preferred walking attire, 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 (not jeans or cotton pants). Warm, lightweight jumpers for walking and a gortex style rain coat are essential items should the weather come in. Ankle gaiters can help keep grass seeds and sand out off your shoes but are not essential (we 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, you will need warm layers—including a beanie and gloves—for the chilly drop-off in temperature at night.

## FEET

The temperature within your boots and also the hard and uneven terrain can quickly cause blisters or exacerbate other foot problems. Before a walk like this, have 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”**. Your feet will be very valuable to you during this tour, and a little preparation can go a long way.

## CAMP SITES

Campsites will be located in remote bush locations every night of this trek. No facilities are available at the camp sites.

## TOILETS

On the trail, responsible and minimal impact bush toilet protocol is to ensure that you toilet at least 100m from any trail or watercourse (including the sandy banks of ephemeral rivers in these regions) and dig at least 15cm down to make sure that it can be covered in such a way to avoid visual pollution or its discovery by fossicking animals. Guides carry a ready supply of toilet paper.

## SHOWERING

There is no water for bathing. Biodegradable baby wipes are great to use for cleaning the dirt off and freshening up.

## SLEEPING

A tent, sleeping mat/thermarest and sleeping bag (rated to minus 5 degrees) are provided for this trek. If you have your own equipment please feel free to bring them along. If you have any questions about your equipment please contact us.

## WHAT TO KNOW ABOUT SWIMMING IN WATERHOLES

We can swim in some of the waterholes we come to. As part of responsible and minimal impact travel, we can't wash in them, and it's good to have a bit of a “bird bath” or “wipe off” beforehand, to remove sunscreens so we can avoid polluting these valuable drinking sources for animals in this desert land. The water can be a bit chilly, but it can be refreshing to take a plunge after walking for a day, so bring along some bathers as well as your towel.

## STAYING IN TOUCH

Apart from some of the high ridgelines (with Telstra) there is no mobile phone reception for the duration of your trip. We carry a satellite telephone on all of our tours for use in emergencies along with an EPIRB.

## CAMERAS AND ELECTRONIC DEVICES

We are unable to charge camera batteries while on the trek due to the remote nature of the trail. Don't forget spare batteries, memory cards and other camera accessories you may need.

## BAGS

You'll need a good quality trekking pack of at least 75 litres with a comfortable harness and waist strap for walking. Please enquire about leaving excess luggage at your hotel.

## VEHICLE STORAGE

We don't have any facilities for vehicle storage. If driving to Alice Springs please arrange to leave your car at your hotel or other storage facility such as the airport.

## FLIGHTS

Please arrange your flights into Alice Springs at least one day before the trek starts and arrange your departure flights from Alice Springs at least one day after the trek finishes.

## PRE/POST TREK ACCOMMODATION

Trek Larapinta has secured discounted accommodation at a number of Alice Springs hotels.

For further information about the hotels and to book please check out our website at : <https://www.treklarapinta.com.au/shop/accommodation/>.

## TRAVEL INSURANCE

Trek Larapinta recommends all travellers have adequate insurance/cover for their trip. We highly recommend insurance cover that covers any loss which may be suffered due to cancellation.

## WHAT TO KNOW ABOUT WEATHER

Winter weather in Central Australia is near-perfect for walking. You predominantly enjoy sunny blue skies, but with the moderate temperatures of winter rather than the baking heat of summer. But when night falls, the temperature drops fast! So come prepared for warm days and chilly nights. The Larapinta can experience heavy rainfall periods so make sure you have a good working raincoat with you.

	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

## WHAT EQUIPMENT TO BRING ON YOUR MT GILES EXPLORER TREK

The following list sets out all the clothing and equipment you are required to bring for you to participate in the Mt Giles Explorer Trek.

Clothing	Equipment	
Rain jacket with storm hood attached - must be seam sealed, waterproof and breathable fabric (we recommend Gortex, Millair, Hydronaute type fabric) <b>E</b>	Trekking Backpack 75 litres <b>E, H</b>	
1 x woolen/polar fleece jumper <b>E</b>	Inflatable sleeping mat - light weight (we provide) <b>E</b>	
2 x long sleeve thermal tops - polypropylene, wool, polyester powderdry, daymart <b>E</b>	Sleeping bag - 3 seasons (we provide) <b>E</b>	
1 x long thermal pants - polypropylene, wool, polyester powderdry, daymart <b>E</b>	Twin share tent (we provide) <b>E</b>	
2 x t-shirts/long sleeve shirts	Head torch with spare batteries <b>E</b>	
Warm trousers - wool, synthetic fibre	Sunglasses	
Walking trousers (not jeans or cotton)	Good quality reusable water bottles or water bladder - minimum 4 litres <b>E</b>	
Walking shorts (not cotton)	Swimmers and small pack towel	
Walking socks - 3 pairs wool or thermal <b>E</b>	Fly head net	
Warm gloves or mittens <b>E</b>	<b>Personal Toiletries and First Aid</b>	
Sun hat (preferably broad rimmed) <b>E</b>	Personal toiletries - please do not bring soaps or shampoos unless they are biodegradable	
Balaclava or warm beanie hat <b>E</b>	Insect repellent cream	
Underwear	Sunscreen and lip balm <b>E</b>	
Gaiters - knee length for leg protection <b>E</b>	Personal first aid kit – incl. blister protection & hydralyst <b>E</b>	
<b>Footwear</b>	Prescription medication	
Boots must be lace up, ankle high, leather/fabric construction with a sturdy rubbers sole. They must be well worn-in but not worn-out. <b>E</b>	Waterless hand sanitiser gel <b>E</b>	
Lightweight sandals with straps or shoes for around camp.	Face washer	
<b>Optional Equipment</b>	<b>Optional Equipment</b>	
Walking poles	Camera	
Maps	Book	
Power bank for electronics		

Please contact us with any questions.