

# Tread the Red for eviDent Charity Challenge



## Trip Highlights

- Join the eviDent Foundation team and supporters
- Trek through the ancient landscape of the West MacDonnell Ranges
- Summit Mount Sonder for a spectacular sunrise
- Hike the main highlights including Ormiston Gorge and Standley Chasm
- Gain a deeper understanding of the ancient Indigenous culture and Traditional Owners of the land
- Relax in the evenings around a campfire as the guides prepare delicious 3 course meals
- View spectacular and abundant bird-life along the whole trail



<b>Trip Duration</b>	7 days	<b>Trip Code:</b> EDL
<b>Grade</b>	Introductory to Moderate	
<b>Activities</b>	Trekking	
<b>Summary</b>	6 days trekking, 5 nights private eco-comfort camps, 1 night Alice Springs	

## Supporting Your Cause

The eviDent Foundation is dedicated to promoting evidence-based dentistry and improving oral health outcomes through research, education, and advocacy. By funding and facilitating research projects, eviDent contributes to the advancement of dental knowledge and the development of evidence-based guidelines and practices. This leads to more effective and efficient dental care, ultimately improving patient outcomes and satisfaction.

By improving oral health outcomes, eviDent seeks to address disparities in access to care, and promote oral health awareness and preventive measures. Through its comprehensive approach encompassing research, education, advocacy, and community impact, eviDent is a valuable resource for dental professionals, promoting evidence-based dentistry and ultimately improving oral health for individuals and communities alike.

With your support we can translate oral health research into better general health for all Australians.

Join us on this remarkable trek to raise awareness and support for the eviDent Foundation.

[www.facebook.com](http://www.facebook.com)

#eviDentFoundation

#TreadtheRed

[www.linkedin.com/company/eviDentFoundation/](http://www.linkedin.com/company/eviDentFoundation/)

## Your Huma Challenge

Thank you for your interest in our Tread the Red for eviDent Charity Challenge. Huma Charity Challenge is a division of the worldwide adventure travel company World Expeditions. When joining a Huma Charity Challenge you embark on a remarkable journey to discover your inner philanthropist as you raise money for a Charity that is important to you. At the same time you take on the challenge of fundraising and partake in an adventure to discover new worlds, new landscapes and new cultures ... perhaps you'll even discover how far your personal boundaries stretch as you take on a physical challenge like a cycling, trekking or a mountaineering adventure. We are passionate about off-the-beaten track travel experiences as they provide travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. Our itineraries provide the very best travel experience, designed by people with vast local knowledge who share our vision of authentic exchange and real exploration with a responsible travel approach at the core.



A DIVISION OF WORLD EXPEDITIONS

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Join the eviDent Foundation on a guided walk along Australia's most iconic desert trail supporting health through dental based research



## Charity Challenge Payments

Joining Alice Springs from:	\$3500
Non Refundable Registration Fee:	\$200
DO - Minimum charity donation/fundraising:	\$2500

All prices are per person

## Trip Dates

**2024** 30 May - 05 Jun

## important notes

**RF** - Registration Fee

**DO** - Minimum charity donation/fundraising

## What Impact Will My Fundraising Have?

Oral disorders have the lowest and most inequitable amount of Australian government support in relation to disease burden. Help us to prevent and control dental and oral diseases through innovative research.

Your support will help eviDent to:

- understand the risk of SARS-CoV-2 (Covid) transmission in the dental setting to better inform public policy decisions that impact on oral health
- determine whether music therapy is effective and could be used as an additional intervention to manage anxiety in the dental setting
- improve the ability of dentists to appropriately screen patients and refer patients for penicillin allergy testing
- underpin the efforts of dental teams in supporting adolescent patients reduce their sugars intake
- normalise oral health care as part of alcohol and other drugs recovery at First Step, an addiction treatment centre in St Kilda; and so much more!

You can help us to continue to turn 'we think, we're not sure, we don't know' into evidence-based practice.

## Your Adventure

The eviDent Foundation is offering the opportunity to join our community of like-minded supporters and raise vital funds for research into dental and oral disease and general health for all Australians.

The Larapinta Trail is one of the seven Great Walks of Australia and is now noted as one of the top 10 walks in the world.

On this fully supported trek you walk with just a day pack to explore the best sections of this iconic desert trail: from the high ridge lines of the West MacDonnell Ranges you'll see the vast flood plains that form this ancient land. You'll be dwarfed by the immensity of Ormiston and Serpentine Gorge and soothed by their idyllic waterholes. You'll be amazed by dramatic colour changes in the rock formations at Simpsons Gap and Standley Chasm... and to top it all off you'll climb to the lofty peak of Mt Sonder to watch the sunrise (1,380m).

At the end of each day we relax in comfort at our architect-designed camps – including hot showers, comfortable lounges and heated dining shelter – as our guides prepare gourmet 3-course dinners around the campfire. Our exclusive camps combined with passionate guides, spectacular food, and an unsurpassed itinerary make this tour the ultimate Larapinta experience.

## Online Fundraising Portal

<https://www.gofundraise.com.au/beneficiary/eviDent>

## Itinerary at a Glance

DAY 1	ARRIVE ALICE SPRINGS
DAY 2	TELEGRAPH STATION TO WALLABY GAP (14KM)
DAY 3	NICK'S CAMP TO SIMPSONS GAP (7KM) THEN TO STANDLEY CHASM (2KM)
DAY 4	SERPENTINE GORGE TO CHARLIE'S CAMP (16.5KM)
DAY 5	CHARLIE'S CAMP TO OCHRE PITS (8KM)
DAY 6	EARLY MORNING SUNRISE WALK UP MOUNT SONDER 1380M (16KM)
DAY 7	ORMISTON POUND WALK (8KM), TRANSFER TO ALICE SPRINGS



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## Fast Facts

### Countries Visited:

Australia

### Group Size Min:

10

### Group Size Max:

16

### Private Groups:

Private group options are available for this trip\*

### Singles:

A single tent may be available on this trip at no extra charge\*

### Leader:

Expert local leader

### Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

### Brochure Reference:

Australia, New Zealand, Pacific

## Responsible Travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

## Trip grading

## What's Included

- 6 breakfasts, 6 lunches, 5 dinners, snacks & hot drinks
- 5 nights exclusive wilderness campsites
- 1 night accommodation in Alice Springs
- Professional wilderness guides & support staff
- Camping equipment including tents, swags & stretcher beds plus all cooking equipment and utensils
- Fees to Aboriginal Traditional Owners
- National Park fees
- All transport during the tour
- Emergency communications & 24 hour back-up
- Comprehensive group first aid kit
- Huma training manual, gear list and fundraising guidebook

## What's Not Included

- Accommodation in Alice Springs after the trip
- Transfers to Alice Springs airport
- Items of a personal nature, such as laundry and alcoholic beverages
- Backpack and sleeping bag (if you would like to hire a sleeping bag please let our staff know at least 14 days prior to your trip)
- Airfares
- Travel insurance

## Detailed Itinerary

### DAY 1 Arrive Alice Springs

After all the fundraising and preparation, the journey finally begins!

On arrival into Alice Springs airport, transfer to the Mercure Alice Springs for accommodation on a twin share basis with breakfast. Note: The airport shuttle will drop you at the hotel and costs approx \$16 each way.

This afternoon please make your way to the Lone Dingo Camping and Outdoor Store on the corner of Todd Mall and Gregory Terrace for the 3:30pm pre-trek briefing with your guide. Overnight Mercure Alice Springs (or similar)

**meals: NIL**

### DAY 2 Telegraph Station to Wallaby Gap (14km)

After an early breakfast, we pick you up from the hotel between 7-7.30am and begin our walk at the historic Alice Springs Telegraph Station, the official start of the Larapinta Trail. From here the trail takes us west through witchetty bush, mulga scrub, and bird-filled shady woodlands. We climb high over exposed hills to the jagged outcrop of Euro Ridge, with expansive views over Alice Springs and the surrounding landscape, before descending to the passage of Wallaby Gap.

After a stop for refreshments you take a quick transfer by bus to Nick's Camp. Nick's Camp is one of our exclusive award-winning camps, nestled in the bush with stunning views across the Heavitree Range and Alice Valley. Following your introduction to camp you will be treated to a spread of local bush foods prepared by local specialist Rayleen Brown.

Walking Time: 5-8 hours

**meals: B,L,D**



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challenge**



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## Introductory to Moderate

The Classic Larapinta Trek is graded introductory to moderate. This trek involves walking 5-7 hours each day over rugged terrain with some steep ascents and descents. The trail conditions of the Larapinta Trail are rocky, rugged, hard surfaced and dry. While a number of sections of the trail wind through open plains, undulating areas and relatively flat country, overall, the trail is characterised by rocky, stony and mountainous terrain which can rise from 680m above sea level to more than 1,200m along some sections.

Suggested preparation: We recommend regular exercise 3 or 4 times per week (this can be cycling, jogging or walking) in the months leading up to your trip. At least once a week, you should walk with a weighted day pack (5-7kg) for several hours for leg strengthening and aerobic fitness. The best way to train for an active holiday is to simulate the activity you will be undertaking on the trip. Train for uneven terrain by finding a hilly, rough narrow bush track, and go for a lovely long walk in your trekking boots.

## Adventure Travel

By its very nature Charity Challenges involve an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are suitably fit, flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your charity representative or one of our team.

### DAY 3 Nick's Camp to Simpsons Gap (7km) then to Standley Chasm (2km)

From Nick's Camp we continue west through magnificent, shady Bloodwoods and tall Ironwoods, the dominant trees on this narrow alluvial flat. We may catch sight of Black-footed Rock Wallaby as we approach one of the most important waterholes of the area, Simpsons Gap. A short transfer takes us to the stunning Standley Chasm where you will enjoy a talk about indigenous culture. All departures will journey into Arrernte country for a cultural conversation. After a delicious picnic lunch and a walk into the magnificent Chasm – a private reserve still run by the traditional owners – we transfer to back to our campsite.

Walking Time: 3-5 hours

meals: B,L,D

### DAY 4 Serpentine Gorge to Charlie's Camp (16.5km)

Today's highlight is the 5km walk along the crest of the high ridge leading to Counts Point. From here we have clear views of Central Australia's western horizon to Mt Zeil (1531m), the highest peak in the Northern Territory, and Mt Sonder which marks the end of the Larapinta Trail. We can also see the huge comet crater of Gosse Bluff, a feature of the landscape for the next few days. We descend from the high ridgetop through mysterious stands of mulga trees.

At the base of the ridge we follow a track of dolomite limestone toward camp; keep your eye out for fossil stromatolites under foot, one of the most ancient forms of life. Stepping off the main trail, we follow our private track to Charlie's Camp, named in honour of pioneering Larapinta guide Charlie Holmes. Tonight's camp is nestled in secluded wilderness at the foothills of Counts Point. Spend the evening relaxing around the campfire while your guides prepare a scrumptious dinner.

Walking Time: 5.5-6.5 hours

meals: B,L,D

### DAY 5 Charlie's Camp to Ochre pits (8km)

After another wonderful breakfast we walk out of camp to the breathtaking Inarlanga (Echidna) Pass, visiting Serpentine Chalet en route. We spend some time in the magnificent pass to enjoy the peace and marvel at the ancient cycad palms. From here we trek south-west to an original ochre quarry, a sacred Aboriginal site. The rainbow of vibrant colours on the wave-like ochre wall makes for stunning photos. We then break for a picnic lunch and an early finish in preparation for our big day tomorrow.

This afternoon you can enjoy a swim at Glen Helen Gorge. We transfer west to one of our exclusive Camps. Fearless – named in honour of trekking guide Sue Fear, or Sonder Camp - named after the majestic Mt Sonder. Both Camps are located at the foothills of Mount Sonder.

Walking Time: 3-7 hours

meals: B,L,D

### DAY 6 Early morning sunrise walk up Mount Sonder 1380m (16km)

Your guides will have you up early this morning (2-3am) for our pre-dawn walk up Mount Sonder. Weaving your way up to the 1380m summit of this majestic mountain following only the glittering light of your head-torch, surrounded by deep and peaceful darkness, is a truly inspiring experience... and watching the sunrise from the top is unforgettable! Mount Sonder is the official end and highest point of the entire Larapinta Trail and as such we have expansive views across the entire vast landscape we have been exploring over the last few days.

We descend to Redbank Gorge and can enjoy a great brunch back at camp. There are options for this afternoon, including resting at camp or swimming at Finke River.

Walking Time: 6-7 hours

meals: B,L,D



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## Important Note

These trip notes represent the most current information for this itinerary, and may supersede any other supplied information, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

### DAY 7 Ormiston Pound Walk (8km), transfer to Alice Springs

This morning we enjoy the best side walk of the entire Larapinta Trail: Ormiston Pound. The Pound offers an immense variety of extraordinary scenery and is the perfect walk to complete our journey. We explore the upper reaches of the Gorge where we may see Rock Wallabies scamper about the imposing cliffs, and follow the track through scrub filled with native birds: Spinifex Pigeon, Budgerigar and Mistletoe Bird. Keep an eye out overhead for the majestic Wedge-tailed Eagle, Australia's largest raptor.

After lunch we board the bus and transfer to Alice Springs. Sitting back and watching the now familiar ancient desert landscape slide by the bus window gives most trekkers a sense of awe and satisfaction. Congratulations on all you have achieved over the last six days! We will drop you to your accommodation at approximately 4-5pm. This evening your group may like to arrange a celebratory dinner together at one of Alice's great eateries.

Walking Time: 3-4 hours

meals: B,L

This itinerary is subject to change with any modifications in Community regulations as well as Governmental changes and natural circumstances beyond our control.

## Fundraising Support

There are a number of ways you can approach your fundraising:

1. You can pay for the travel costs yourself and fundraise the charity donation.
2. You may choose to pay for the entire amount yourself and claim the charity donation component as a personal tax-deductible donation to your charity.
3. Lastly you can attempt to fundraise as much as you can in the given time and personally fund the balance of the total.

When fundraising for the charity donation component of this challenge you must seek permission of your charity before beginning to fundraise in their name. Huma Charity Challenge can assist you with this by advising contact person.

Once you have registered on this challenge you will receive our comprehensive Confirmation Kit that includes a Fundraiser's Guidebook, a great resource for fundraising ideas and support.

## Climate

In the Centre, the four traditional seasons are more distinct and temperatures are more extreme than in most other parts of Australia. Trekking in winter (June to August) is very pleasant with light winds, and daytime temperatures averaging 15-25C or 60-80F. However, winter nights often plummet below freezing and there are frequent frosts; please make sure that you prepare for the cold evenings on winter treks.

The shoulder seasons of April, May and September are also wonderful for walking: nights are milder and frosts are unlikely. Temperatures during the day are generally hotter which sometimes requires an adjustment to the itinerary, ie: less walking and more swimming! Though rain is not common on the Larapinta Trail, it is necessary to be prepared for all weather at all times. Extreme wet, dry, hot and cold conditions are all part of the experience of Outback Australia.

## Exclusive Eco-comfort Camps

Since 1995, World Expeditions has led the way in this outstanding walking destination and our pioneering and exclusive eco-comfort camps continue to set the standard on the Larapinta Trail.



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We worked with Neeson-Murcutt Architects to design innovative, stylish and sustainable semi-permanent facilities that will enhance the experience of walkers while at the same time minimising environmental impacts. The design won the 2014 NT Architecture Award for Small Project Architecture.

Our innovative eco-comfort camps give walkers a relaxing base to enjoy the outback solitude between hikes while enjoying the pristine desert scenery. The kitchen, lounge and dining shelter are set on a raised platform out of the dust. The comfortable lounge is a great place to relax in a cool and shady open sided haven on warm afternoons, while also offering a heated shelter during the cool nights. The dining wing offers stylish table setting for the entire group while the campfire circle is an informal area to relax around the fireplace

The composting toilets are in a clean, airy amenities shelter and use a special compost system that breaks down waste without using water or chemicals. The hot showers give walkers a welcome way to wash away the dust of a good days walk on the Larapinta Trail.

The custom-built safari tents are spacious at 2.4m x 2.4m x 2.1m, offering plenty of room for two people, swags and gear. A stretcher bed provides a comfortable bed base off the ground. The inner tent has mesh walls so it is easy to remove the fly and sleep under the stars. The sturdy canvas tents also offer great protection if bad weather threatens.

There are 4 exclusive eco-comfort camps in secluded wilderness locations spread along the trail and you will stay one or two nights in each.

1. Nick Murcutt's Camp near Simpsons Gap, named in honour of the architect, approximately 30 km west of Alice Springs
2. Charlie Holmes Camp near Serpentine Chalet Dam, approximately 130 km west of Alice Springs
3. Fearless Campsite, near the base of Mt Sonder and approximately 210 km west of Alice Springs
4. Sonder Camp, at the base of Mt Sonder and approximately 210km west of Alice Springs.

Our exclusive eco-comfort camps would not be possible without a strong partnership with Aboriginal Traditional Owners and the NT Parks and Wildlife who jointly manage the land. This partnership ensures that the benefits of trekking tourism are shared equitably with the Aboriginal Traditional Owners whose land we walk and camp upon.

## Meals During the Trek

World Expeditions aims to provide high quality, interesting and nutritional meals for all our guests. Wherever possible we use fresh, locally sourced and carefully selected produce, stored and transported so as to maintain freshness and quality. There is often plenty of fish, meat or other protein based main dishes and fresh salads. On many trips we re-supply with fresh food every few days however on some more remote trips we may go longer before we can stock up on fresh food.

Our guides have remarkable wilderness culinary skills and pride themselves on the variety and standard of their meals, and the ability to cater to most dietary requirements (e.g. vegetarian or gluten free). The following is a general guide:

-Breakfasts: Ranges from cooked eggs and bacon, toast with yummy spreads, to continental (fruit, cereal, yoghurt). Always accompanied by fresh coffee and hot drinks.

-Lunches: Depending on the trip, you may prepare your lunch such as wraps or sandwiches in camp before the day's trek. Or we may have a picnic style lunch on the track with a wide selection of bread rolls, wraps, deli-meats, salads and spreads to prepare a tasty lunch how you like it.

-Dinners: 2-3 courses. The main meal is usually a classic outback style meal such as grilled barramundi, classic Australian camp BBQ, or perhaps a tasty stirfry.





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-Snacks: Your guides will always have plenty of trail snacks available such as muesli bars and fruit. In the evenings we often serve hors d'oeuvres around the camp while dinner is being prepared.

## Dietary Requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

## Accommodation on the Trip

During your walk you will stay at our exclusive eco-comfort camps. Nestled amongst the hills just off the Larapinta Trail, these semi-permanent wilderness camps offer a relaxing and comfortable stay in remote locations.

Our exclusive eco-comfort camps are fully set up, so there is no need to worry about pitching or packing away tents. Each site has a large, covered area in which to relax at the end of a day of walking, with lounges, dining table and kitchen. Beside this shady communal space is our campfire, the perfect place to gather as the sun sets.

The toilet facilities are clean and comfortable. All toilet waste goes in to a composting tank, ensuring the environment is protected. There are simple shower facilities: a bucket of water heated over the fire is strung up, providing a few minutes of wonderful hot shower. All water is brought in by tanker as there are no suitable local water sources in the arid ranges.

The safari-style tents offer plenty of room for two people and gear. Luggage should be kept in the tent at all times, preventing dingoes from taking shoes and other items.

You sleep on a stretcher bed in a swag. The stretcher beds raise you 40cm off the ground and offer a firm, flat base for the comfy swag mattress. The swag is a 5cm thick foam mattress inside a canvas cover. We provide a cotton fitted sheet, pillow, and pillowcase which you keep for the entire trip. You can take your swag outside the tent and sleep under the stars if you are looking for that real outback experience.

Sleeping bags are essential for warmth. You can bring your own or hire from us - please contact our team if you would like to hire one at least 14 days prior to your departure. A silk sleeping bag liner will be provided if you are hiring a sleeping bag. Most groups are made up of a mixture of single participants and couples. If you are travelling independently you will have your own tent at no additional cost.

## Pre and Post Tour Accommodation

Pre tour accommodation has been arranged, but you will need to book your own post tour accommodation in Alice Springs. If you would like advice on where to stay in Alice Springs before and after your trek, please ask your Huma / World Expeditions reservations consultant.

## What You Carry

The Larapinta Trek is a fully supported trek. You will carry just a day pack containing the following items:



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- Water for the day's walk (3L)
- Sunhat, sunglasses & sunscreen
- Snacks for the day, provided by your guides
- Waterproof and warm layers
- Camera and any other personal items

Depending on the amount of personal items you decide to carry, your day pack will weigh approximately 5-8kg. Your luggage will be transferred by the support vehicle. Please keep luggage to one soft duffel bag per person; please do not bring hard suitcases or extra large duffels as these are hard to transport.

## Equipment Required

Specialist gear is required include walking boots, head-torch and day pack. You will receive a comprehensive gear list for this tour with your confirmation documents. This list has been compiled with our experienced knowledge of the local conditions and we ask that you read and adhere to it; having the correct equipment will ensure you stay comfortable and get the most out of your wilderness experience.

## Protecting the Environment

World Expeditions has created exclusive semi-permanent campsites that are specially designed to reduce the impact of trekkers on the environment. These camps have specially designed composting toilets so as to ensure that no waste enters the environment. Solar lighting systems provide sustainable and reliable light. Hot water is heated in an outback style, gas fired 'donkey' water heater. All firewood is supplied from sustainable sources outside the National Park. All waste and rubbish is removed from the camps on a regular basis: food waste is composted, bottles and cardboard are recycled, and non-recyclable rubbish is disposed of in municipal waste.

Our campsites are in the National Park therefore animal sightings often occur; we see dingoes, perentie, hopping native mice, and variety of birds, even while in camp. We respect the presence of local fauna and hope to share with you the excitement of seeing them in their natural habitat but not disturbing them.

## Vehicles & Safety

During the course of your trip, we will use a variety of vehicles, all which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and on occasion some vehicles may not have seat belts fitted. While game viewing within a national park could be one example. Whilst we do not include animal rides on most of our trips, there are occasions where it may be possible to undertake them optionally and to do so is at your own risk. Note that helmets and professional riding equipment are not available in all circumstances.

## How To Book

To register for this Challenge visit the Huma Charity Challenge website and click REGISTER NOW. A \$200 registration fee is required at the time of booking. Or you can contact Huma Charity Challenge by email for more information: [megan@humacharitychallenge.com.au](mailto:megan@humacharitychallenge.com.au)





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## FAQs

### Q. What is the terrain like?

A. A majority of the terrain on the Larapinta Trail is hard, rough and rocky, particularly on high ground, in gorges, creek and river beds. The ground is often distorted with embedded or loose rock depending on the trail variations. While a number of sections of the trail wind through open plains, undulating areas and relatively flat country, overall, the trail is characterised by rocky, stony and mountainous terrain which can rise from 680m above sea level to more than 1,200m along some sections.

### Q. How fit do I need to be?

A. You will need a good level of fitness for this trek on the Larapinta. You need to be capable and prepared to spend 5-7 hours each day trekking over rugged terrain with some steep ascents and descents. If you have any questions about your suitability please give us a call and speak with one of our staff members. We are more than happy to discuss additional information about what you can expect.

### Q. Do I need to wear hiking boots on the Larapinta Trail?

A. Yes. The terrain on this trek is rugged, and the Quartzite rocks are famous for shredding even the most trusted old pair of hiking boots. For your comfort, you must have high supported boots with a heavy duty grip. There are lots of rocky, uneven and unstable sections, so ankle support will be beneficial.

### Q. How much weight will I carry?

A. The Larapinta Trek is fully vehicle supported. You will carry just a day pack containing the items you need during the day (including water, sun hat, snacks, lunch, camera, waterproof and warm layers). This is likely to weigh between 5-7kg.

### Q. What can I do with my excess luggage?

A. Any excess luggage can be stored at your pre/post tour accommodation in Alice Springs.

### Q. Do you recommend hiking poles?

A. Hiking poles can definitely assist you with going up and down the inclines and for stability. If you have not used them previously, we recommend that you do some training with them before you head out on the hike.

### Q. Do I need to pack water purification tablets?

A. No. A water tank will be carried in the support vehicles and the guides will provide you with drinking water each day.

### Q. Will I be able to charge my batteries?

A. It is possible to charge batteries using an inverter run off the vehicle battery. However this can be slow and is limited to times when the vehicle is driving, so we advise carrying extra sets of batteries for your cameras and/or portable chargers.

### Q. Is there phone reception on the trail?

A. Not frequently. Sporadic reception can be received depending on your carrier, but generally only for the first day and when on top of Mt Sonder.

### Q. What is the weather like?

A. Trekking in early winter (June) is very pleasant with light winds, and daytime temperatures averaging 15-25C or 60-80F. However, winter nights often plummet to freezing and there are frequent frosts; please make sure that you prepare for the cold evenings. Though rain is not common on the Larapinta Trail, it is necessary to be prepared for all weather at all times. Extreme wet, dry, hot and cold conditions are all part of the experience of Outback Australia.

