

Larapinta Trail

A 5 day pack free walk



Our many years of experience running pack free walks on the Larapinta has enabled us to create the ultimate 5 day itinerary, that our guests just absolutely love. Combine this with the local knowledge of our indigenous guest guide, an amazing helicopter flight to see the Larapinta from the air, 2 nights at our campsite centrally located at magnificent Ormiston Gorge, 2 nights at the historic Glen Helen Homestead with its wonderful swimming pool to cool off after a day's walk and award winning restaurant meals and you have a guided pack free walk with all the creature comforts.

This trail was voted by National Geographic as one of the top 20 trekking experiences to be had on the planet. Surprisingly this ancient landscape is abundant with natural beauty including magnificent gorges, high ridges with breathtaking views and peaceful waterholes. The Larapinta Trail Walk offers over 600 species of plants, abundant wildlife and a glimpses of the longest continuous cultural history in the world, the Arrente People whom have been in the region for the last 50,000 years.

A Pack Free Walk

This walk has been designed to be a pack free walk, so you can focus on enjoying the amazing landscapes not the burden of carrying a heavy pack. Our guests won't be asked to carry their clothes or overnight bags for the entire tour, these will be transported for you each day. With Life's An Adventure you will carry as little as your water bottle, camera and lunch each day!

An ideal combination of camping and homestead accommodation

We feel we have created our tours with the perfect combination of camping and accommodation. Experience 2 nights camping under the stars at the start of your tour together with walk-in tents and comfy off the ground beds. Our campsite is ideally located at magnificent Ormiston Gorge allowing us to walk directly into our campsite on night 1 and minimising our travelling time on other days. Enjoy a superb dinner each night around the campfire perfectly matched with fine Australian wines and beer. Then when you crave it the most, we will spend 2-night at the historic Glen Helen Homestead. At the end of a day's walk there is nothing nicer than cooling off in the homestead's swimming pool. With a warm cosy fireplace, a charming restaurant featuring award-winning food and live entertainment in the main lounge area on many nights, you'll love the atmosphere of the homestead, as well as its comfortable rooms with en-suites and hot showers.

Our added 'Wow' Factor

There is nothing like seeing the Larapinta from the air to gain a perspective of its grandeur and beauty. Our guests will enjoy a spectacular helicopter flight with amazing views of the West MacDonnell Range, Glen Helen Gorge, Finke River, Ormiston Gorge, Mt Sonder and Gosse Bluff. An amazing experience of which everyone in the group will treasure for years.

STARTS IN ALICE SPRINGS

Welcome to Country - Stanley Chasm - Ormiston Gorge & Pound

Day 1 Arrive Alice Springs transfer to your hotel 25th August 2019 (B)



Day 2 Welcome to Country - Stanley Chasm - Ormiston Gorge & Pound Walk

26th August 2019

- Walk: Approximately 10kms
6 hours walking with breaks
- Medium grade

Our day starts in Alice Springs at the Mercure Alice Springs Resort at 7.30am where you will meet your guides for a pre-tour briefing and head for a “Welcome to Country” before exploring famous Stanley Chasm.

We travel to Ormiston Gorge which is one of the main highlights of the West MacDonnell Ranges National Park. Enjoy a beautiful and spectacular walk up to high escarpment overlooking the pound and then we descend into the pound for lunch. Make sure you pack your swimmers.

The walk takes you through a spinifex covered landscape. You will be amazed with extensive population of wildlife surrounding the many waterholes along the way. Upstream as you walk through the gorge rising spectacularly on either side are cliff faces which look like Red Lego blocks. You will see ancient pines, river red gums and you may even see the famous Sturt Desert rose.

We head to our campsite to find our stand up touring tents erected and your overnight bags waiting in your tent. Enjoy freshly brewed coffee and tea when you arrive. Relax as a delicious dinner served with Australian wine is prepared for your enjoyment. Sit around the campfire, toast marshmallows and chat about the day’s adventure with your new friends.

Climb 110 metres and descent 110 metres

Day 3 MT Sonder^{MT S27ONDER}



A Wander to Mount Sonder 27th August 2019

- Walk: Approximately 16kms
- 6 hours walking with breaks
- Walk: Hard grade

We have carefully planned your journey so that the most challenging day to Mt Sonder (the highest point of the trail) is at the start of the tour when you are fresh and more energetic, then we gradually make each day easier as the tour comes to an end. We start the day early so we can enjoy a glorious walk to Mt Sonder.

European's were first acquainted with the mountain in the watercolour painting of the famous aboriginal artist Albert Namatjira. This section walk to the summit early to enjoy the best colours of the range and we return via the same trail. Further north you can see for hundreds of miles into the distance. Initially we climb through bushland the tree's gradually become more stunted as the track rises on open spinifex covered slopes. The lookout has a can with a visitor's book. We will enjoy on top sweeping views of where we have been and enjoy our achievements. The trip to the peak of Mount Sonder comprises an 8km walk from the gorge over rocky and steep terrain suited to fit bushwalkers.

Note: For those not up to conquering Mount Sonder we offer an alternative easier walk day.

Day 4 Ormiston Gorge



Ormiston Gorge to Glen Helen Homestead - Plus Helicopter flight 28th August 2019

- Walk: Approximately 12kms
- 7 hours walking with breaks
- Walk: Medium grade

Today our walk will take us from the Ormiston Gorge to the Historic Glen Helen Homestead. Our walk starts with a magnificent Red Mallee forest, wildflowers after rains if you're lucky and a dis-used cattle corral, which reminds us of the past pioneers of this rugged cattle country.

Mount Sonder looming in the distance and plains stretching as far as the eye can see. We descend over gently undulating terrain when we come to the junction of Ormiston and Davenport creeks which is the start of the famous Finke River. The Finke was called Larapinta by the Arentee People which means salt creek and it is one of the oldest water courses on this planet. We cross the Finke River to the west bank and rise through a patch of river red gums to an open plain.

An easy walk leads to the oasis of the Historic Glen Helen Homestead which is our accommodation for the next two nights. (pictured above right). This afternoon our guests will enjoy a scenic helicopter to see the dramatic landscapes from the air. Take in breathtaking vistas of the West MacDonnell Range, Glen Helen Gorge, Finke River, Ormiston Gorge, Mt Sonder and Gosse Bluff. A truly inspiring journey.

There is also time to take a stroll along pretty Glen Helen Gorge for an insight on the history and ecology of this unique area or take a swim in the homestead pool.

Tonight enjoy our group meets in the restaurant for an a-la-carte meal in the homestead. Modern cuisine with an Australian twist enjoy your choice of barramundi, lamb, pork, kangaroo and more with a glass of wine. Retire to your room with ensuite and reverse cycle air conditioning / heating.

Day 5 Eagles Landing – Counts Point



Eagles Landing to Counts Point 29th August 2019

- Walk: Approximately 15kms
8 hours walking with breaks
- Walk: Hard grade

Today we walk section 8 of the Larapinta Trail. We climb to Eagles landing which in the Aboriginal dreamtime tells the story of an Eagle ancestor who patrolled the range from Ochre pits to Serpentine Gorge.

After a morning tea stop at Eagles landing, we then continue to Counts Point. This vantage point offers a wonderful opportunity to see the overall geology of the ranges. Views along this straight Quartz ridge lines give a spectacular view of Mt Sonder. To the right in the distance is the highest peak in the Northern Territory Mt Zeil.

Mt Zeil, the best view along the trail

In our opinion the best view along the whole length of the trail. After lunch we descend the range into the plains to the end of our days walk at Serpentine Gorge chalet. We then transfer back to our hotel accommodation at Glen Helen Homestead.

Day Six Return to Alice Springs



Ochre Pits to Serpentine Chalet Gorge 30th August 2019

- Walk: Approximately 8kms
- 4 hours walking with breaks
- Walk: Medium grade
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Today we hike an easy 4 km track along the song line of the Arrente track from Ochre pits which connects to Inarlanga Pass. The Ochre pits are still used by the traditional land owners, Arrente people. The track follows high ground to some of the best views of the whole Larapinta trail.

We enter into the Inarlanga Gorge the smoking green fronds of the McDonald ranges Cycads stand out against the glowing red walls of the gorge formed 300 million years ago.

Ceremonial place for the Western Arrente people

The gorge has been the ceremonial place and important watering point for the Western Arrente people for thousands of years. We walk the descent back through spinifex foothills over a low saddle through mulga back to our starting point. We travel back to Alice Springs

Overnight Mecure Hotel (B)

Larapinta Trek

Day 7 Transfer to the airport for your flight home (B)

Guides Excellent. Nothing was too much trouble for our guides. Camping was Excellent. The Glen Helen homestead was well managed and had a lovely homely feel. Great scenic location as well. Loved the food and the professionalism of the restaurant. Overall impression of the tour - Excellent. Enjoyed the mix of camping and homestead accommodation. Thought 5 days was good for walkers of our level and age. The tour was great and gave us the Central Australian experience that we

Cost: \$2895 per person twin share

Larapinta walk inclusions

Trek the Larapinta Trail with Life's an Adventure and enjoy a pack free walk with your overnight bags transported for you, leaving you free to walk with as little as water and a camera.

- Pack Free fully supported walk with your overnight luggage transported to the campsite & homestead
- 2 nights accommodation Alice Springs with breakfast
- 2 nights camping at magnificent Ormiston Gorge centrally located so you can walk directly into camp on night one. All guests will stay in walk-in tents with off the ground beds complete with deluxe camping mattresses.
- 2 nights at historic Glen Helen Homestead with comfortable rooms with ensuites. And a refreshing pool you can take a dip after a day's walking or walk down to the swimming hole.
- All meals including 4 dinner, 6 breakfasts and 5 lunches
- On your last 2 nights at Glen Helen Homestead you will enjoy a la carte meals in the award-winning restaurant accompanied with fine wines and beer.
- Australian wine and refreshments will be served during dinner whilst camping.
- Fresh fruit and trail mix to enjoy during your walk
- Professionally guided – Our guides are passionate, entertaining, well trained and enthusiastic with the ability to bring to life a depth of information
- Guest indigenous guide talk and welcome to Country at Stanley Chasm

- Return transfers from Alice Springs on day 1 and 5 of your trip
- National Park Pass
- Airport Transfers
- **Not Included:**
- Return Flights to Alice Springs and meals not specified, Gratuities

NOT INCLUDED: RETURN FLIGHTS ALICE SPRINGS, GRATUITIES, MEALS NOT STATED

Please note: the only equipment you will need to bring is a sleeping bag which can be hired from us for a fee of \$40. Our bags are dry cleaned after every use.

Accommodaton

Camping Tents



Camping Adventure 2 nights

Location is everything – and we are very lucky to be able to take advantage of a campsite at beautiful Ormiston Gorge. Ormiston Gorge is a 2 hour drive from Alice Springs With a short 5 minute walk to the swimming hole this is not only a beautiful location but central to most of our walks, minimising our transfer times each day – with our guests walking directly into camp on day 1. For the first two nights you will enjoy all the fun of a camping adventure, but with the little extras. You'll arrive at camp to find your walk-in touring tent set up for your arrival including an off the ground bed with a deluxe camping mattress and pillow. There are toilet and shower facilities provided in the campground.



Glen Helen Homestead 2 nights

We understand that 4 nights camping is not everyone's idea of fun – that's why we have designed our itinerary so that you spend our final 2 nights of the walk at the historic Glen Helen Homestead. At the end of a day's walk there is nothing nicer than cooling off in the homestead's swimming pool. With a warm cosy fireplace, a charming restaurant featuring award-winning food and live entertainment in the main lounge area on many nights, you'll love the atmosphere of the homestead, as well as its comfortable rooms with ensuites and hot showers. We feel our two nights camping and two night accommodation is the perfect combination.



OPTIONAL 3 DAY ADD-ON (PRICE TO BE ADVISED)

Day one:

6am departure from Alice Springs it would take 6-7 hours. Enjoy a late afternoon walk around the rock. **Overnight Uluru. (BLD) 31 August 2019**

Day two

6am departure from Uluru and walk Katajuta it would take 1 hour to get to the start of the Full Circuit walk of 7.4km and/4 hours in total. Afternoon travel to Kings Canyon **(BLD)**

1 September 2019

Overnight Uluru.

Day Three

6am departure from Kings Canyon Resort and the Full Circuit walk of 6 km and take 3- 4 hours in total. Afternoon travel to back to Alice Springs. For a 7 pm arrival. **Stay overnight at Alice Springs at the Mecure hotel. (BL) 2st September 2019**

Day 4 Transfer to the airport for your flight home (B) 3rd September 2019