

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, it 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 hike takes you to some of the most spectacular and remote 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.

You are accompanied by two experienced Trek Larapinta Guides who journey with you to ensure safe travel on this five day adventure.

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 interpretive guides and absorbing the wonders of the trail.

In this package, you will find:

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

Please contact us with any questions at [info@treklarapinta.com.au](mailto:info@treklarapinta.com.au) and check out [www.treklarapinta.com.au](http://www.treklarapinta.com.au) for other general information. We also recommend reading the Information NT Parks and Wildlife provide on the Larapinta Trail at: <http://www.parksandwildlife.nt.gov.au/parks/walks/larapinta/walking#.UZrCfLW1cgA>

## Mt Giles Itinerary and Description

Grading: Challenging – A mostly unmarked and untracked route covering a variety of rough terrain.

### Day 1:

We pick you up from your Alice Springs accommodation between 7am and 7.30 am.

Before leaving Alice Springs we do a comprehensive gear check and ensure everyone is ready for this exploratory trek.

A scenic drive out to the West MacDonnell Ranges brings us to our starting point, the Old Serpentine Chalet Dam.

Starting our walk we follow Section 9 of the Larapinta Trail 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/5hrs

### Day 2:

Today we set off from camp exploring our route toward Mt Giles. Enjoying relatively flat easy walking terrain, there is 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. 12km/7-8hrs

### Day 3:

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. 7km/8 hrs dependent on route.

### 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/7-8 hrs

### 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

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

For fundamental safety, the 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 guides and absorbing the wonders of the trail. 8km

## 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 Mt Giles trek.

Please read through the information carefully and don't hesitate to contact us [info@treklarapinta.com.au](mailto:info@treklarapinta.com.au) or 1300 133 278 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.

## Walking

Mt Giles is an unsupported trek, meaning we carry a full pack for the 5 days we are out on the trail. Trek Larapinta will have a water drop in place so that only 1 days water needs to be carried at a time. There will be no access to the vehicle from midday of day 1 until the afternoon of day 5.

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

## Be ready

This is a short trip but as it is off the trail walking it is rough and can be physically hard. The right physical preparation will ensure you have a great time. Also 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.

## Health and Fitness

You need to have a good level of health and fitness for the Mt Giles walk. 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.

Engage in aerobic activity 3-4 times a week during the 2 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, then if possible, use a larger pack with up to 12- 15 kg to prepare you for the walk.

Feel free to talk more with us about being prepared.

## Clothing

Temperatures do vary during the year (see temp 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 (not jeans or cotton pants) are good to have on cooler days, but shorts are very handy for most of the year. Warm, lightweight jumpers for walking and a gortex style rainjacket and over pants are essential items should the weather come in. Thermal layers are also very handy as they are light and warm. Think about the layering system when choosing your clothes.

See equipment list for more information on recommended clothing.

## 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 early 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. We wear well-padded thinner style of Merino wool sock or a synthetic moisture-wicking sock.

You may want to bring a pair of sandals for after the walk. Some people even bring light weight hut booties or ugg boots for the cold nights - it's up to you, you have to carry it!

## Feet

The temperature within the boots and also the hard and uneven terrain can quickly cause blisters or exacerbate or 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".

## Baggage

Enquire about leaving excess luggage at your hotel.

## Meals

Meals whilst on the overnight walk 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.

## 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 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 4 litres for the walks. It is good to spread your water between 2 or 3 containers in case one gets a leak. 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. We will have a water drop in place so only one day's water is carried at a time.

## Alcohol

Our insurance restricts us from supplying or selling alcohol, so please purchase your requirements in Alice Springs the day prior to your departure. Please note there is no opportunity to purchase takeaway alcohol during your trek.

## The bathroom

There is no water for bathing. Baby wipes are great to use for cleaning the dirt off and freshening up. The toilet facilities will usually be a trowel and the bush. Remember toileting needs to be done 100m from water courses. Guides carry a ready supply of toilet paper and will also have spare sunscreen and insect repellent

## Cameras

Don't forget spare film or memory cards and other camera accessories you may need. There is no power for recharging batteries.

## Staying in touch

Apart for some of the high ridgelines there is no mobile phone reception from day 1 of our trip. We carry a satellite telephone and EPIRB for use in emergencies.

## Climate

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

See the latest weather forecast: [http://www.bom.gov.au/nt/forecasts/alice\\_springs.shtml](http://www.bom.gov.au/nt/forecasts/alice_springs.shtml)

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   |

## Included in the tour cost

\*Light weight sleeping bag and inner sheet.

\*Self inflating mattress.

\* Light weight tent (twin share).

\*We supply these items but feel free to use your own gear - just let us know what you will require before the tour.

All other camping equipment and all catering equipment.

All meals from lunch on Day 1 to lunch on Day 5.

Air conditioned transport and hotel pick up/drop off

2 experienced interpretive guides who carry group equipment,

first aid kit and satellite phone in the event of an emergency.

Group First Aid kit.

- Tours do not include pre or post trip airfares or accommodation.

## Travel Insurance

Trek Larapinta requires all travellers have adequate insurance/cover for their trip. At a minimum, you must be covered for medical expenses including emergency evacuation. We also highly recommend cancellation cover. Visit our website and receive a 10% discount on your insurance with QBE Insurance - for Trek Larapinta travel: [www.treklarapinta.com.au/Insurance.html](http://www.treklarapinta.com.au/Insurance.html)



## Pre/Post Trek Accommodation

When choosing Alice Springs accommodation pre/post trek, we recommend the Aurora Hotel; the only hotel located in the Todd Street Mall. It has a central location, is clean, comfortable and is moderately priced.

Trek Larapinta has secured a 5% discount on accommodation for all Trek Larapinta guests for bookings made at the Aurora Hotel in Alice Springs. This is for bookings made directly on the Aurora Alice Springs website - [www.alicespringsaurora.com.au/trek-larapinta/](http://www.alicespringsaurora.com.au/trek-larapinta/). To take advantage of this great offer use their online booking facility to check availability and enter the promotional code "trek" where indicated on their website and then click apply.



## What Equipment to Bring on Your Mount Giles Trek

The following list sets out all the clothing and equipment you are required to bring for you to participate in the Mt Giles adventure. The gear check prior to your departure will ensure you have covered all aspects of the required gear without over packing.

**E** indicates essential item of equipment

**H** indicates available for hire

| Clothing  | Equipment  |
|---|--|
| Rain jacket with storm hood attached - must be seam sealed, waterproof and a breathable fabric. We recommend waterproof breathable fabric (Gortex, Millair, Hydronaught). <b>E, H</b> | Back pack 75 litres <b>E, H</b>                              |
| Waterproof over-pants (Gortex, Millair, PVC coated nylon) <b>E</b>  | Inflatable sleeping mat - light weight (we provide) <b>E</b> |
| 1 x Woolen/Polar fleece jumper - must be wool or synthetic fibre <b>E</b>   | Sleeping bag - 3 season down (we provide) <b>E</b>           |
| 2 x Long sleeve thermal tops - polypropylene, wool, Polyester Powderdry, Daymart <b>E</b>   | Light weight tent (we provide) <b>E</b>                      |
| 1 x Long thermal pants - polypropylene, wool, Polyester Powderdry, Daymart <b>E</b>   | Head torch with spare batteries <b>E</b>                     |
| 2 x T-shirts/long sleeve shirts   | Sunglasses   |
| Warm trousers - wool, synthetic fibre   | Water bottles or water bladder - minimum 4 litres <b>E</b>   |
| Walking trousers (not jeans or cotton)  |  |
| Walking shorts (not cotton)   | <b>Personal Toiletries and First Aid</b>                     |
| Walking socks - 3 pairs wool or thermal <b>E</b>  | Personal toiletries - please do not bring soaps or shampoos  |
| Warm gloves or mittens <b>E</b>   | Insect repellent cream - please do not bring spray repellent |
| Sun hat <b>E</b>  | Sunscreen and lip balm <b>E</b>                              |
| Balaclava or warm beanie hat <b>E</b>   | Personal first aid kit <b>E</b>                              |
| Underwear   | Prescription medication                                      |
| Gaiters - knee length essential for leg protection <b>E, H</b>  |  |
| Swimmers and small pack towel   | <b>Optional Equipment</b>                                    |
|   | Camera   |
|   | Book   |
| Boots must be lace up, ankle high, leather or leather/fabric construction with a sturdy rubber sole. They must be well worn-in but not worn-out <b>E</b>                              | Maps   |
| Lightweight sandals with straps or shoes for around camp  | Walking poles <b>H</b>                                       |

Please contact us with any questions.