

Ultimate End to End Trek Itinerary & Information



Trek Larapinta's Ultimate 15 Day End to End

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 spectacular terrain, from high ridgelines, open savanna country and sheltered gorges. It's a special place for us, and it's a privilege to live, walk and share the experience with you.

The Ultimate End to End Larapinta Trail trek is a 15 day full pack, non-vehicle supported, guided expedition on one of the most spectacular and challenging long distance multi-day walking trails in the world.

Our new Ultimate Larapinta Trail End to End trek is designed for those who truly want to immerse themselves completely in this wild and remote country. Our itinerary has been designed to include food and water drops, however do not be mistaken - this is a full pack trekking experience that requires a very good level of fitness, considerable bushwalking experience, high levels of resilience and a can-do attitude. This is not a trek to be undertaken lightly or without considerable physical and mental preparation. You will be guided all the way by Trek Larapinta's expert wilderness guides - however please be aware that once you begin this expedition there is no turning back, no rest days, no transfers between sections and no respite from the unrelentingly rocky terrain of the Larapinta Trail. This is not a 'glamping' experience, there is no hot shower at the end of each day or comfortable chairs around the roaring log fire. If all that hasn't put you off, read on!

In short, this trek offers the ultimate independent style hiking experience on the trail, with all the experience, back-up and knowledge of Trek Larapinta's expert team guiding and supporting you all the way.

We select our guides for their unparalleled knowledge of the Larapinta Trail and ability to work together with you to showcase this spectacular wilderness walking trail, in a safe and supportive environment. Our guides are the most experienced and passionate wilderness leaders walking the trail.

Our style of walking is to take plenty of time to enjoy the birds, plants, animals, scenery and the joy of being in the wilderness. We don't race from A to B, that way we enjoy both the challenge and beauty of the trail and surrounds. There is plenty of time to take a few photographs, sit down occasionally for a cool drink, ask questions about what you've seen, or just be.

The Larapinta Trail is part of a strong, ancient and fascinating landscape. For us the trail provides an avenue to be here in the land and feel enriched by this experience. We want to walk so that we stay open to the wider experience of being here.

Fitness: This trek requires a high level of bushwalking/walking fitness. As the Larapinta Trail becomes more popular the perception of its difficulty decreases. This however is not the case. The trail remains unrelentingly rocky and hard underfoot and weather extremes can be experienced at any time of year, so the

more prepared you are the more you will enjoy the experience. More information on preparation is included in the following pages.

In the following pages there will be information on the itinerary, what equipment you need to bring, what we supply and general information to consider for your 15 day trek.

Please read through the information carefully and don't hesitate to contact us at info@treklarapinta.com.au with any questions you may have. 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>

Group size: We have a maximum group size of 8 for this expedition.

[See our Booking Form for conditions and payment details.](#)

Ultimate End to End Itinerary

Pick up in Alice Springs from your hotel at 7.30am on Day 1.

Drop off in Alice Springs at your accommodation approximately 4pm - 5pm on Day 15.

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

Description

Day 1 : Section 1

We begin our adventure on the Larapinta Trail at the historic Alice Springs Telegraph Station, the official start of this incredible 223 kilometre wilderness journey. Our first morning is spent following the old telegraph line through the ancient granite rock country, north of Alice Springs. We cross the Ghan Railway, trek through dry riverbeds and along high escarpments to the top of Euro Ridge, where we enjoy a delicious fresh lunch overlooking the Alice Valley and the vast MacDonnell Ranges. The trail heads downhill to Wallaby Gap, our camp for tonight, where hopefully we encounter some of its well hidden inhabitants. The afternoon is spent relaxing, spotting the abundant birdlife that lives around camp, setting up a tent and enjoying our first dinner together. As the evening light changes over the surrounding ranges we recount our first day's highlights and discuss tomorrow's walk, before going to bed under a ceiling of millions of stars.

Each morning begins with a healthy breakfast, freshly brewed coffee/tea before packing up camp and heading back onto the trail.

Camp Toilets: Parks and Wildlife toilet facilities available.



Day 2 : Section 1 and 2

We start our second day completing section 1 of the trail which takes us past the Scorpion Pools, through large stands of Mulga woodland and many other flowering plants; before climbing up to Hat Hill Saddle. The views from here reveal our first close vistas of the rugged Chewings Range, a mountain range that we get to know very well in the coming days. We stop at the stunning Simpsons Gap for a break, before setting off on section 2. We enjoy easy to moderate terrain taking us to the beautiful gorge of Bond Gap. West of Bond Gap we skirt the Arengue Bluff before following some old creek lines before arriving at our camp tonight, Mulga Camp which is sited on a creek flat, shaded by a grove of tall Mulgas.

Camp Toilets: Parks and Wildlife toilet facilities available.

Day 3 : Section 2 and 3

The next four days are regarded by most to be some of the most spectacular and rugged walking on the Larapinta Trail, indeed in the world.

Setting off early from camp we arrive at beautiful Spring Gap after about an hour of walking. The Gap's spring-fed waterhole makes this a prime birdwatching spot. Continuing onto Jay Creek the feeling changes out here as we start to enter more remote country; there will be a certain stillness as we ease into the splendid isolation.

Walking along the cool river bed of Jay Creek sees us setting off on Section 3, one of the trail's most spectacular sections and one of our favourites! This section is considered to be one of the most challenging yet scenically rewarding sections of the Larapinta Trail. Made up of deep sheltered gorges, exposed saddles and steep climbs, we are dwarfed by massive quartzite ridges on our way to our camp at Millers Flat.

Camp Toilets: No Parks and Wildlife toilet facilities available.

Day 4 : Section 3 and 4

An early start sees us finishing section 3, and being treated to magnificent views of the surrounding Chewings Range. We pass through the iconic Standley Chasm where we stop for a mid-morning break before tackling our next challenge.

Climbing up an open valley, surrounded by giant orange quartzite peaks, is just a sign of things to come on this very scenic section of the Larapinta Trail. As we rise above the landscape along the high ridge of Brinkley Bluff, we become some of the privileged few to behold this truly stunning view. Camping tonight on the summit of Brinkley Bluff (weather dependent) you can relish that top-of-the-world feeling and absorb the space and peace of the desert ranges.

Camp Toilets: No Parks and Wildlife toilet facilities available.

Day 5 : Section 4

A shorter day today, but be ready to test your ankles on the long and steep descent from the summit of Brinkley Bluff, past Rocky Cleft to Stuarts Pass. The last hour sees us walking in the footsteps of the man after whom the pass is named (John McDouall Stuart), enjoying a relatively easy section, providing a welcome respite after the rough terrain we have just hiked. Camp tonight is at the remote and secluded Birthday Waterhole.

Camp Toilets: No Parks and Wildlife toilet facilities available.

Day 6 : Section 5

We start our walk this morning climbing through the spectacular Spencer Gorge, with its narrow red walls and rare plant life it's a place we could spend hours, but today is one of the hardest sections on the trail, so after a quick stop we push on. As we keep rising, our view back down the valley and the surrounding mountains is awesome and it's about to get even better. Arriving at the top of Razor Back Ridge we are treated to what our guides say is the ultimate view. After balancing our way along the ridge our journey continues up Linear Valley to the majestic Hugh Gorge, where we find our camp for tonight.

Camp Toilets: No Parks and Wildlife toilet facilities available.

Day 7-8 : Section 6

We spend two days completing section 6 of the trail earning a few well deserved easier days as we cross the Alice Valley. Slowly moving away from the Chewings Range, we lose sight of familiar ground and a new landscape appears as we pass through the Heavitree Range, taking our first few footsteps on younger earth. The first night's camp is at Rocky Gully with the second night at Ellery Creek.

Camp Toilets: Parks and Wildlife toilet facilities available at Rocky Gully and Ellery Creek.

Day 9 : Section 7

Our journey continues today from Ellery Creek Big Hole (a great place for a refreshing swim) - historically a vital water source for the Arrernte people. Scenically section 7 has some impressive views of diverse geological formations, combined with a rich array of typical Central Australian colours. Keep a look out for Mistletoebirds, especially the distinctive males with their red and white breasts, Spinifex Pigeons and the playful Zebra Finches. Camp tonight is at Serpentine Gorge.

Camp Toilets: Parks and Wildlife toilet facilities available.

Day 10 : Section 8

Today sees us high up on the Heavitree Range walking along one of the Larapinta's classic sections, heading towards Counts Point. One of the highlights along the trail, (so good that Qantas helicoptered a children's choir up here!), Counts Point with its stunning views and incredible sense of space is a sensational place for a cup of tea and some quiet, deep breathing. Camp tonight is found after a steep descent at Serpentine Chalet.

Camp Toilets: Parks and Wildlife toilet facilities available.

Day 11 : Section 9

Our eleventh day sets off along section 9; although hard, it is a beautiful section of the Larapinta which meanders through long valleys and up onto the high ridgelines opposite Mt Giles, offering us magnificent views west towards Mt Sonder. Following some rock hopping through Inarlanga pass the trail winds along a creek bed lined with inland Tea Tree before swinging west into open country. We cross three steep rocky saddles before descending into Waterfall Gorge. In the quiet of the gorge we take some time to reflect and appreciate this special place for the Western Arrernte people. Following a steep zig-zagging path out of the gorge we summit The Lookout (1,088 metres). A magnificent panoramic vista opens out in front of us as we enjoy stunning views of all the highest peaks in the West MacDonnell Ranges including our final destination - Mt Sonder. Camp tonight is perfectly placed to witness the incredible sunset colours surrounding us.

Camp Toilets: No Parks and Wildlife toilet facilities available.

Day 12 : Section 9 and 10

Finishing section 9 we descend through the foothills following the trail as it cuts through rolling limestone hills dotted with Red Mallees and Desert Bloodwood trees. Stopping at Ormiston Gorge we have a chance to freshen up, enjoy a tasty lunch and maybe even a cold drink or an icecream. After lunch we embark on section 10 which takes us from Ormiston Gorge to the mighty Finke River. The Finke is one of the oldest watercourses on our planet, is dotted with massive River Red Gums and is home to a splendid array of birdlife. Wildflowers have been blooming through this section over the past year, along with birdlife. 2016 should be another amazing time on this section of the trail. Camp tonight is on the Finke River.

Camp Toilets: Parks and Wildlife toilet facilities available.

Day 13-14 : Section 11

Once we set off from the Finke River we really start to feel our progression towards Mt Sonder, with each kilometre walked revealing closer views of this elegant desert peak. The wild flowers on this section are particularly beautiful and the giant River Red Gums stand tall and strong. Our second to last climb for the trek is the well named Hill Top Lookout. - from here we can fully appreciate our final challenge and look back towards where our journey began. Our final 2 nights are spent at Rocky Bar Gap and Redbank Gorge.

Camp Toilets: Parks and Wildlife toilet facilities available at Rocky Bar Gap and Redbank Gorge.

Day 15 : Section 12

The final day of the trail through the mountains of Central Australia culminates in the challenging ascent to the summit of Mt Sonder and the end of the Larapinta Trail. As we approach the top of our final climb the sense of achievement hits home, a vast 360 degree panorama of Central Australia surrounds us, rugged and yet from up here so very peaceful. Remote desert peaks stretch as far as the eye can see. The view north looks 100km into the Tanami Desert, to the east we see the majority of the Western MacDonnell Ranges and a large part of where we have walked in the past 15 days. To the south is the meteor crater of Gosse Bluff and to the west Mount Zeil, Northern Territory's highest mountain. It is the only way to finish such an amazing journey and is something remembered forever. An epic journey - a lifetime of memories.

We return you to your Alice Springs accommodation between 4pm and 5pm.

Things to know

The Larapinta Trail is one of the world's premier long distance walking experiences and Trek Larapinta's 15 day itinerary totally immerses you in the country, allowing you the time and space to fully appreciate and understand this spectacular place. Truly the trip of a lifetime.

Although we endeavor 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 interpretative guide and absorbing the wonders of the trail.

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.

15 days in the Bush

15 days 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.

Day	Section	From - To (Camp at ...)	Kms	Hrs	Grade
1	1	Telegraph Station – Wallaby Gap (Camp at Wallaby Gap)	13.5	6	Medium
2	1, 2	Wallaby Gap – Mulga Camp (Camp at Mulga Camp)	24	9	Medium
3	2, 3	Mulga Camp - Millers Flat (Camp at Millers Flat)	19.5	7	Medium - Hard
4	3, 4	Millers Flat – Brinkley Bluff (Camp at Brinkley Bluff)	15	8	Hard - Very Hard
5	4	Brinkley Bluff – Birthday Waterhole (Camp at Birthday Waterhole)	7.7	4	Very Hard
6	5	Birthday Waterhole – Hugh Gorge (Camp at Hugh Gorge)	16	10	Very Hard
7	6	Hugh Gorge – Rocky Gully (Camp at Rocky Gully)	16	7	Medium
8	6	Rocky Gully – Ellery Creek (Camp at Ellery Creek)	15.3	6	Medium
9	7	Ellery Creek – Serpentine Gorge (Camp at Serpentine Gorge)	13.8	6	Hard
10	8	Serpentine Gorge – Serpentine Chalet (Camp at Serpentine Chalet)	13.4	7	Hard
11	9	Serpentine Chalet – Ridge Top Lookout (Camp at Ridge Top Lookout)	15	7	Hard
12	9, 10	Ridge Top Lookout to Finke River (Camp at Finke River)	22.8	9	Medium
13	11	Finke River – Rocky Bar Gap (Camp at Rocky Bar Gap)	14.2	7	Hard
14	11	Rocky Bar Gap – Redbank Gorge (Camp at Redbank Gorge)	11.8	4	Medium
15	12	Redbank Gorge – Mt Sonder (return) - Return to Alice Springs	16	7	Hard

Grading and description below is as per Northern Territory 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.

What you carry

Full pack: You will be required to carry a full trekking pack weighing between 15-18kg.

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 3 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.

See our gear list at the end of the itinerary or contact us for more details.

Health and Fitness

You need to have a very good level of health and fitness for the 15 day 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 on 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 1-2 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 15kg to get your body used to walking with a load, starting at least 2 months in advance of the trek.

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 to the Trek Larapinta staff about being prepared.

Good meals all day

With sustaining food for breakfast, fresh & tasty meals for lunches, quality camp-cooked food for dinners and plenty of snacks for the trail, you are bound to enjoy your eating with Trek Larapinta. We aim to provide plenty of fresh fruit and vegetables, real coffee and billy tea. 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. Food drops at strategic locations should ensure a varied and delicious meal plan for this journey.

Catering for dietary requirements

With notice, we can cater for vegetarians and meet medical dietary requirements.

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 a remote area and aren't able to restock while on tour, we do need notice and appreciate your consideration and understanding of these limits.

We pride ourselves on our fresh and healthy food.

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. 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 if you 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 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.

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

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

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". Your feet will be very valuable to you during this tour, and a little preparation can go a long way.

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 water bottles or a bladder such as a Camelbak to carry a minimum of 4 litres per day. 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.

Camp sites

We are camping in the West MacDonnell Ranges National Park every night of this trek

There is a Total Fire Ban on the Larapinta Trail.

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.

Showering

Showers are available at your own cost at Standley Chasm and Ormiston Gorge.

Sleeping

A tent, sleeping mat/thermarest and sleeping bag is provided for this trek. If you have your own 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 for some of the high ridgelines there is no mobile phone reception for the duration of your trip. There is a pay phone at Standley Chasm. We carry a satellite telephone on all of our tours for use in emergencies along with an EPIRB.

Cameras

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

Bags

You'll need a good quality trekking pack of 70-90 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. Contact us if you are having any difficulties with finding suitable storage.

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.

See the latest weather forecast: http://www.bom.gov.au/nt/forecasts/alice_springs.shtml

	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

Briefing

A pre-trip briefing and a full gear check with your guides the afternoon before your Ultimate End to End Larapinta Trail 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.

Tour Inclusions

All meals and snacks from lunch on Day 1 to lunch on Day 15 and all catering equipment.

All camping equipment including sleeping bag, sleeping mat, top of the range tent (twin share). Small group with a maximum of 8 participants.

Transportation provided in commercially registered, expertly maintained 4WD 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.

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

Important Notes

Our 15 day Ultimate End to End Larapinta adventure 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. A comprehensive gear list is available at the end of this itinerary. Quality backpacks are available for hire. 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.

What You Carry

On the 15 day end to end adventure you will need to carry all your personal equipment in a full trekking backpack that is 70-90 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 a maximum of 18kg. We will have food drops in place along the trail in order to keep pack weight around 18kg and to ensure a nourishing and tasty diet. A comprehensive gear list is available at the end of this itinerary to detail what equipment/clothing is included in the tour cost, what items are available for hire and what you will need to bring with you.

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 or anywhere in the world: 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 is clean, comfortable, centrally located and 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 only - 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 Items to Bring on Your Ultimate End to End Trek

E Essential Items

H Items can be hired

Clothing	Equipment	
Rain jacket with storm hood attached - must be seam sealed, waterproof and breathable fabric (we recommend Gortex, Millair, Hydronaught type fabric) E	Trekking Backpack 70-90 litres E, H	
1 x woolen//polar fleece jumper E	Inflatable sleeping mat - light weight (we provide) E	
2 x long sleeve thermal tops - polypropylene, wool, polyester powderdry, daymart E	Sleeping bag - 3 seasons (we provide) E	
1 x long thermal pants - polypropylene, wool, polyester powderdry, daymart E	Twin share tent (we provide) E	
2 x t-shirts/long sleeve shirts	Head torch with spare batteries E	
Warm trousers - wool, synthetic fibre	Sunglasses	
Walking trousers (not jeans or cotton)	Water bottles or water bladder - minimum 4 litres E	
Walking shorts (not cotton)	Swimmers and small pack towel	
Walking socks - 3 pairs wool or thermal E		
Warm gloves or mittens E	Personal Toiletries and First Aid	
Sun hat E	Personal toiletries - please do not bring soaps or shampoos unless they are biodegradable	
Balaclava or warm beanie hat E	Insect repellent cream	
Underwear	Sunscreen and lip balm E	
	Personal first aid kit E	
Footwear	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. E	Waterless hand sanitiser gel E	
Lightweight sandals with straps or shoes for around camp.		
Optional Equipment	Optional Equipment	
Walking poles	Camera	
Gaiters (short/sock style are a good option for the Larapinta Trail)	Book	
	Maps	

Table to be used as a guide only. Please contact us with any questions.