



TRIP NOTES IKARA-FLINDERS RANGES 7 DAY TOUR

Here are the trip notes for your upcoming seven day Ikara-Flinders Ranges tour.
The trip departs from Adelaide.

Pick up location

We pick up from the Chifley on South Terrace, 226 South Terrace on the morning of departure at 7.30am and return you to the same location in the afternoon of the final day about 5.00pm or to the airport.

Our Park Trek van and trailer will be waiting out the front for you. We aim to depart before 7.30am so please arrive on time, so we can introduce ourselves and pack your bags into our trailer.

We can drop you at Adelaide Airport on our return if requested. **If you are booking a flight out on the final day, then you need to book a flight that departs from 7pm onwards.**



DAY ONE

2.5kms approx. 1 hour walking (easy)

We depart Adelaide and head north, arriving at Port Wakefield for morning tea and a tour briefing.

We head further north and stop at Mambray Creek Reserve in the Mount Remarkable National Park for our first walk of the tour. It is only a short 2.5km walk up Davey's Gully but the views across Spencer Gulf are spectacular. You may spot some local wildlife including emus, euros and kookaburras.

After our walk we will have lunch, and continue on to our place of stay at Rawnsley Park Station. We unpack and relax, and nibbles are served followed by a two-course dinner prepared by your guides. Overnight accommodation at Rawnsley Park.

Meals – lunch and dinner

DAY TWO

12 kms, approx. 6 hours walking, incl. breaks (mod to hard)

After breakfast and lunch making we travel along the Morolana Scenic Drive, where we pass through magnificent River Red Gum woodland, the habitat of many kangaroos, euros and emus, all with the spectacular Ikara-Flinders Ranges as a backdrop.

We begin our walk on the famous Heysen Trail, leading us into Wilpena Pound. This is one of the very special sections of the Trail, starting with a pretty creek walk through Black Gap, before climbing a section of the Pound Wall to Bridle Gap. Spectacular views of the Elder Range are revealed to the south as we proceed.

We walk along the floor of the Wilpena Pound and pause for lunch at Hills Homestead to gain a better understanding of how challenging life was for the 19th century pioneering farmers. From here it is a pleasant stroll to the Wilpena Pound Visitor Centre. There is an opportunity this afternoon for a scenic flight from Rawnsley Park. Your guides will provide you with this information.

Nibbles back at Rawnsley Park are served by your guides followed by a delicious two-course dinner. Overnight accommodation at Rawnsley Park Station

Meals – breakfast, lunch and dinner

DAY THREE

6kms, approx 7 hours walking including breaks (hard)

After breakfast and lunch making we prepare for today's walk, a 6km challenging trek to Tanderra Saddle. This is difficult walk but you will be rewarded with panoramic views across the Ikara-Flinders Ranges.

There are also great views of St Mary's Peak – the summit of the Ikara-Flinders Ranges highest mountain at 1171m. The peak itself is a major focus point of the Adyamanthanha dreaming and for this reason it is respected as a special site and not climbed to the top.

This walk is considered by many to be the jewel in the crown of the central Ikara-Flinders Ranges. The trail climbs gently through lovely Callitris Pine forest and as the elevation changes so too does the vegetation and the ever expanding views out over the Ikara-Flinders Ranges.

Dinner at the Woolshed Restaurant, Rawnsley Park (own expense)

Overnight at Rawnsley Park

Meals – breakfast, lunch (dinner at guest own expense)



DAY FOUR

12kms approx 5 hours combined walking over 2 walks (moderate)

After breakfast and lunch making, we depart Rawnsley Park for our day's walking. Today we complete two walks that offer great variety and spectacular views of the Ikara-Flinders Ranges.

Our first walk is the 3km Trezona loop walk where we will see some of the earliest life forms on earth in the Trezona formation. We then move on to the Yuluna Circuit at Aroona where we discover old pastoral ruins and pass through contrasting rock formations and vegetation. The ruins of the old Aroona Homestead, built in the 1850's, serves as a reminder of the difficult early years of European settlement. The risk of failure through adverse seasons and native hostility to their intrusion was an ever-present factor in the pastoralists survival. This walk affords lovely views of the Heysen and Trezona Ranges.

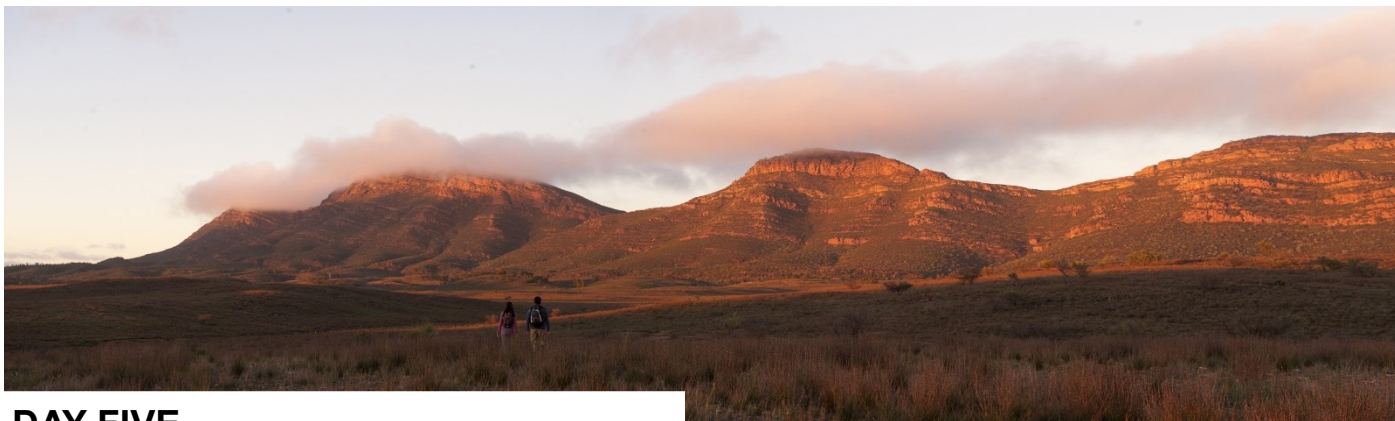
We finish up today's activities by exploring Brachina Gorge which is one of the park's most popular and spectacular attractions. Brachina Gorge meanders its way through sharp sawtooth ridges of resistant quartzite. This spectacular gorge was once used as a pass through which bullock teams pulled their loads. The 'Corridors through Time' Geological Trail has been established through this gorge which interprets the geological history of the area.

Nibbles around the campfire are served by your guides followed by a delicious two-course dinner.

Overnight at Rawnsley Park

Meals – breakfast, lunch and dinner





DAY FIVE

**10kms approx 6 hours walking including breaks
(moderate to hard)**

After breakfast and lunch making we head off to the outback town of Blinman, before driving to Angorichina village, to the start of the walk. Today's walk is a 10 km return journey to the beautiful Blinman Pools. The pool makes for a great place to stop and relax under the magnificent river red gums, or potentially a swim. The Blinman Pools, with their pretty waterfalls, have been popular picnic spots since the 1800s. Wildlife abounds as you wind your way through the rocky creek bed to the pools. There are cascading waterfalls, majestic river red gums and wedge-tailed eagles.

In some places on the trail, sheer cliffs rise almost straight up from the creek bed, providing a spectacular backdrop. The two spring-fed creeks keep the pools filled with water all year round.

We finish our walk mid afternoon and then take a short drive through Parachilna Gorge, to the trailhead of the Heysen Trail, where we have afternoon tea.

Nibbles around the campfire are served by your guides followed by a delicious two-course dinner.

Overnight at Rawnsley Park

Meals – breakfast, lunch and dinner



DAY SIX

**10kms approx 5 hours walking including breaks
(moderate)**

After breakfast and lunch making we pack up and depart Rawnsley Park Station.

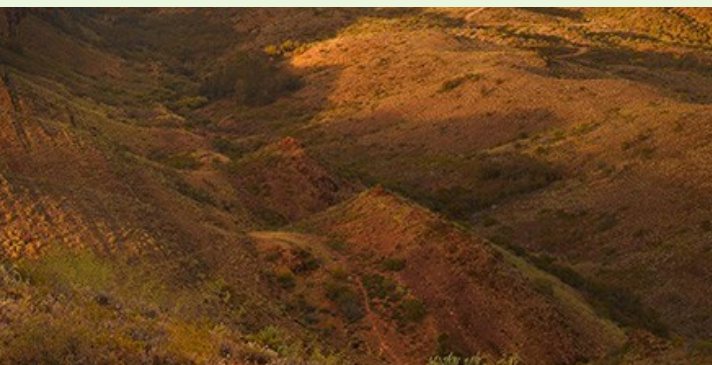
Today's walk is to lovely Dutchmans Stern in the southern Ikara-Flinders Ranges which winds through a beautiful forest and ends at an excellent lookout with views all the way over the Spencer Gulf. We have lunch out on the track at one of the loveliest environments in the Ikara-Flinders Ranges.

The hike meanders through sugar gums scattered along the Dutchmans Stern ridge top rewards with magnificent views across to Wilpena Pound, the remains of some of the oldest ranges in the world. The area was once a sheep grazing property so you may come across the old homestead, farm sheds, shearer's quarters and shearing shed. The rugged landscape features rough, red cliff faces, deep gorges, open plains and winding creeks lined with river red gums. A wonderfully diverse range of plants includes the rare Quorn wattle and a plethora of bird species including laughing kookaburras, yellow-faced honeyeaters, scarlet robins and majestic wedge-tailed eagles.

Following our walk we have an afternoon tea stop in Quorn and we then head south to our place of stay for the last night of the tour at Majestic Oasis Apartments Port Augusta

Dinner at local hotel (at own expense).

Overnight accommodation at the Majestic Oasis





DAY SEVEN

2kms approx 1.5 hours walking (moderate)

After breakfast we pack up and depart on what is our last day of tour. Today our walk encompasses a gem of the Ikara-Flinders Ranges – Alligator Gorge in the Mount Remarkable National Park. This walk has some of the most visually stunning scenery you'll come across in the region.

Immerse yourself in the dramatic beauty of high ochre ridges, deep gorges and watercourses lined with river red gums. Alligator Gorge is one of the premier natural attractions in the Southern Ikara-Flinders Ranges. This spectacular gorge, cut through ancient quartzite by the Alligator Creek.

Our lunch stop is in Melrose (at own expense) before continuing south to arrive in Adelaide around 5.00 pm, with an airport drop off available on request.

Meals: Breakfast (Lunch at own expenses)

(For guest flying out of Adelaide – please book flights from 7.00pm)



ACCOMMODATION

Rawnsley Park

The property is situated just outside Wilpena Pound and is the perfect base for exploring the area. Here we stay in comfortable cabins for four nights of the tour. These cabins have one, two or three bedrooms with one bathroom for each cottage, and a living area.

You can choose a single supplement if you would prefer not to share a bedroom, this means you would have one bedroom privately in a shared cabin. Please note the bathroom is also shared with other guests. A single supplement is subject to availability at the time of booking, if you wish to have a room to yourself (in a shared cabin, with a shared bathroom and kitchen).

Majestic Oasis Apartments

The last night of the tour we stay at the Majestic Oasis Apartments in Port Augusta. These apartments are fully self contained and offer kitchen facilities, private laundry, large screen TVs and a comfortable seating area. Twin share or single rooms available.

Single Supplements

If you want to have a room to yourself (**in a shared cabin, with a shared bathroom and kitchen**), please book a single supplement which is subject to availability at the time of booking.

Items that are Own Expense

Below are items that are own expense and their approximate costs.

1. We will be eating out on the evening of Day 3 at the Woolshed Restaurant at Rawnsley Park. This meal is at your own expense. Allow around \$50 for your meal at The Woolshed.
2. Dinner on Day 6 will be at a local hotel/restaurant in Port Augusta. This meal is at your own expense.
3. Lunch on Day 7 at own expense
4. There are other incidental expenses such as coffees, ice-creams etc at some of our stops.

There are other options such as a flight over Wilpena Pound while we are staying at Rawnsley Park. Ask the guides about this while on the tour and they can help you with a booking if you would like to see the Ikara-Flinders Ranges from above.

Luggage

We'd ask that you bring a soft bag of max 15kg instead of a solid suitcase. Soft bags are more forgiving in terms of storage and easier for us to handle. Please also be aware that your luggage may get dust on it while travelling in the trailer.

Travel Insurance

Park Trek strongly recommends travel insurance, please check with your individual provider for more information regarding unforeseen Covid-19 circumstances coverage

Things to note:

You may be tempted to pack clothes for each of the 7 days, however there are washing machines at Rawnsley Park.

Temperature variations in the Ikara-Flinders Ranges are between 4 to 30 degrees so it is essential that you bring warm clothing including a beanie, thermals, gloves, fleece jacket etc.

During the day items such as long-sleeve shirts, thick walking socks, shorts/long pants and a broad brimmed hat will serve you well. Your best preparation is to have layered clothing that can go from warm to cool in the course of a day's walk. Don't forget your rain jacket and sunscreen.

Footwear

The Ikara-Flinders Ranges can be pretty exacting on footwear, and the terrain is rocky and uneven underfoot. Hiking boots are required for this trip. If your intention is to buy new boots for the trip make sure that you do so as soon as you can in order to break them in. If you'll be wearing an existing pair of walking boots then give them some time to break them back in and soften up. At day's end, when we are relaxing, having a softer pair of shoes to change into will bring your feet gentle relief. Gaiters or sock protectors are also optional, walking poles that have telescopic extensions are also useful with balance. If you are trying to board your flight with telescopic poles packing them in a postal cylinder is a great way to ensure they will arrive at the other end unharmed.



ABOUT THE MEALS

Breakfast is a continental spread of cereals, stewed fruit, toast, spreads and yoghurt.

Lunch can vary from day to day, but includes meat, salad, bread and wraps, some days we will have roasted chicken and salad, and others quiche to mix things up a bit.

Dinner is a casual two-course meal of main and dessert prepared by your guides. The menu is constantly changing but can include a classic roast lamb, chicken korma, salmon fillet or Thai chicken. Dessert can include maple baked apples, pears in red wine, fruit salad or eton mess to name just a few.

Snacks and nibbles - There are plenty of snacks and nibbles during the trips including fresh fruit for the trail, biscuits and/or fruit cake for tea breaks. We offer dips, cheese and crackers for a pre-dinner nibbles and a self-serve trail mix selection at the beginning of each day. The food we serve is healthy, hearty and home style. We don't offer five-star chef prepared dining, but the food is fresh, and our guides make sure it is tasty and plentiful. We are able to accommodate guests' specific dietary requirements and can always prepare a meal to meet individual needs.

We offer non-alcoholic beverages while on tour, but does not include alcoholic beverages. We do welcome guests to bring wine/beer along with them. If you are bringing bottled wine please pack this well in your main bag to avoid breakages. We suggest you purchase any alcohol that you want to consume at Rawnsley Park, in Adelaide before we head off. We do stop on day one at Quorn, where you can purchase alcohol but there is a limited selection.

PACKING LIST - WHAT TO PACK

You need your own personal clothing, a pair of comfortable walking boots, toiletries and any personal medication.

The most important item for you to have with you is a reliable pair of walking boots. Runners and flat-soled shoes will not suffice except as something you can wear after the day's activity. Weather can be quite variable in the Ranges, so a waterproof jacket is very important to pack on all trips, regardless of the weather forecast. At Rawnsley Park we eat dinner and nibbles outside by a fire, in the winter it gets cold in the evening so bring some warm clothes for sitting outside.

GEAR LIST

Please bring you gear in a soft bag rather than hard suitcase to help guides pack the trailer.

DAY PACK—recommend approx. 20 litres, with a load bearing harness. As a walker you will need to have your own day pack and water bladder and suitable hiking shoes/boots. Here is a suggested list of what walkers will need to be wearing or have in their day pack:

- rain jacket
- a fleece jacket
- wide-brimmed hat for sunny days
- beanie or woollen hat for cold days
- water bottle or drinking bladder, min 2 litre
- high factor sunscreen & lip balm
- blister pads and / or tape for rubbing and/or blisters
- antiseptic hand gel
- sun glasses
- walking poles (optional)
- gaiters (optional)
- camera
- binoculars
- spare batteries for all devices/charger

MAIN BAG

Your main bag stays at Rawnsley Park and then transported to Port Augusta for the duration of the trip. You only carry your light day pack while walking.

- 4 pairs long and/or short pants. Preferably loose fitting, lightweight and quick drying
- 4 x Long sleeved shirts
- 4 x T-shirts
- fleece jacket/woollen sweater – something warm
- rain jacket/ spray jacket
- swimmers/bathers and towel (optional)
- walking socks
- if rain is expected, then having a set of thermal under garments can keep you warm in the face of blustery conditions
- a woollen or fleece hat for cooler weather
- lightweight, quick drying towel
- waterproof, reusable bag for worn clothing
- comfortable shoes and clothing for evenings and activities
- underwear
- toiletries— shampoo/conditioner, body wash, deodorant, sanitary products, insect repellent, toothpaste etc.
- PPE - Masks, Hand sanitiser and Personal use rapid antigen tests



LIST OF WHAT WE PROVIDE:

- Two Park Trek guides, who will drive, cook and care for you.
- Transport which includes pickup and drop off from Adelaide. We use a comfortable 12 seater mini coach with a trailer attached for luggage.
- 4 dinners, 6 lunches, 6 breakfasts, trail mix, nibbles, fresh fruit
- We have plenty of tea, coffee, hot chocolate and biscuits.
- 6 nights accommodation on a twin share basis (single supplement available at additional expense).

POST TOUR INFORMATION:

We drop back into Adelaide around 5.00pm. If you are flying out that night, you'll need to book a flight out after 7.00 pm. We can drop at Adelaide Airport on request.

Pre and Post tour accommodation

We pick up from the Chifley on South Terrace
Tel: 08 8223 4355 at 7.30am on day 1 of the trip.

If you are looking for accommodation other than the Chifley, here are some options:

- Sage Hotel Adelaide—Ph: (08) 8223 2800
- Hilton Adelaide—Ph: (08) 8217 2000
- Adabco Boutique Hotel—Ph: (08) 8100 7500
- South Terrace Motel - Ph: (08) 8223 2800