



CLARE WEEKENDER FOR WOMEN

Wine, Wilderness, Walking and Yoga

3 days | 2 nights

OVERVIEW

Join us on a Weekender for women in the stunning Clare Valley, Ngadjuri Country.

Find Yourself Be Yourself Challenge Yourself with this 3 day walking and wellness adventure. Enjoy beautiful food and walking the best trails in the Clare Valley region. At night you stay in quiet and comfortable accommodation away from busy streets. Our historic heritage-listed accommodation is where you will enjoy relaxation and freshly cooked meals.

Your wellness activities include yoga, forest bathing, therapeutic footbaths, and a native-food bush banquet. Plus guided pack-free walking on pretty trails each day through bushland and between wineries. All adventures are professionally led by our qualified and experienced female bushwalking leaders and yoga instructors. So ladies, it's time to walk and experience the wonderful Clare Valley with us.

DETAILS

- Type: Weekenders For Women
- Adventure: Guided Clare walking tour for women
- Destination: Clare Valley, South Australia
- Traditional Country: Ngadjuri
- Group Size: Max 10 plus leaders

ITINERARY

Day 1 | Depart Adelaide / Clare Valley Wine & Wilderness Trail

Our journey to the stunning Clare Valley will commence from Adelaide at 8am. Along the way we enjoy coffee and a comfort stop at Seven Hill. Then we head to Jeanneret Wines and our starting point on the Clare Valley Wine & Wilderness Trail. Passing through the properties pretty landscape it isn't long before we enter Spring Gully Conservation Park. This pretty park presents wildflowers, orchids and the Cascades Waterfall (which flows seasonally after rain).

You will enjoy a fresh lunch on the trail with coastal views out to Spencer Gulf. Then we continue past wineries to our next walk at Neagle Rock. A rare and remnant Peppermint Box woodland provides afternoon shade for our gentle climb up to the lookout. Here, up top we capture our first magnificent views of the Clare Valley.

Then, its a 15 minute drive to our historic accommodation for the weekend. Our accommodation is on a working sheep station. Here we stay in beautifully restored heritage-listed pioneer buildings. You can join an afternoon yoga session or just relax before we gather for dinner in front of the fire.

Meals Included: Lunch, Trail Snacks, 2 Course Dinner
Walking Distance: up to 7km

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Day 2 | Clare Valley Wine & Wilderness Trail

A sunrise yoga session is on offer this morning before a delicious hot breakfast.

Today we head back into Clare for a walk along the eastern range. Starting at the Wine, Food and Tourism Centre we follow the Resiling then the Wine & Wilderness Trail up to Dunns Range. The trail passes through native bushland and passes vineyards up to the top. The wonderful views over the Clare Valley and also out to the east follow you as we walk northwards. We will enjoy a fresh lunch overlooking this pretty valley if the weather is nice.

Returning to our accommodation, an afternoon yoga session or therapeutic foot bath is available. Or you can wander the property and discover the stations pioneering past through the many audioposts, signs and displays throughout.

Meals Included: Breakfast, Lunch, Trail Snacks, 2 Course Dinner
Walking Distance: 11km

Day 3 | Warndu / Drive to Adelaide

Our final day in this beautiful valley offers a chance for one more immersive day in nature.

Sleep in or participate in a sunrise yoga session followed by a hearty breakfast. Then its time for an immersive Forest Bathing walk through native bushland with our certified guide. You can explore the forest further or enjoy a Nature Journaling session.

Then, next stop is Warndu for a private native food and culture masterclass. We enjoy a delicious multi-course lunch here on the Warndu property in Clare Valley. Surrounded by 90 acres of native scrub and woodland.

With our last chance to visit the world class wineries this valley is famous for, we enjoy a wine tasting before returning to Adelaide.

Relaxed and revived we return to Adelaide by approximately 5pm. We provide multiple drop off points including most CBD hotels in Adelaide.

Meals Included: Breakfast, Lunch, Trail Snacks
Walking Distance: 3km

INCLUSIONS

Travel

Comfortable private vehicle transport

Equipment

Yoga mat

Meals

All meals and snacks as per the itinerary

2 course dinners

Grazing platters

B x 2 | L x 3 | D x 2

Accommodation

Bungaree Station

2 nights comfortable historical house accommodation

Activities

Professionally guided walks by our female Leaders

Optional yoga with qualified instructor

Native food banquet and cultural experience

Wine tastings at winery

Forest Bathing / Nature Journaling

Therapeutic foot bath

Safety

Each trip has 2 Guides/Leaders

Group First Aid kit and emergency communication device

Leaders certified in Remote Area/Wilderness First Aid

Qualified Bushwalking Leaders

Environmental

Small group guided experience

Leave No Trace principles

Invitations to connect with nature

Reduce waste through recycling, reusing and composting

National Park entry fees

Big Heart Extras

Big Heart Adventures designed head sock

Big Heart Adventures journal

A charity contribution to our Give Back program

EXCLUSIONS

- Comprehensive Travel Insurance
- Meals and drinks not stated on itinerary
- Items of a personal nature

FITNESS REQUIREMENT

- A basic level of fitness is required to walk the trails on this trip
- You will be walking pack free (day packs only)
- This tour allows for varying walking distances each day so there are choices for all walkers
- Our longest walking day is up to 11km
- Trail rating: Easy-Moderate

IMPORTANT INFORMATION

- Read terms and conditions before booking
- Itinerary and price subject to change at any time
- Travel Insurance is recommended. Get a quote from Covermore or Go Insurance
- Note weather, group member welfare and a range of circumstances outside our control can mean last minute changes to our itinerary are necessary once on tour
- A limited number of single rooms are available on a first-come basis
- Please contact us before booking any flights. Depending on flight arrival and departure times extra nights accommodation may be required at own expense
- A minimum number of travellers are required for this trip to depart so ask someone to join you. If minimum numbers aren't reached, we may decide to still go or we will provide a full refund
- If this trip departs during Fire Ban Season – last minute changes to our itinerary or walking days may be required for safety reasons
- Rooming is twin share
- Private transport to and from Clare Valley is included from Adelaide, with multiple pick up points available in transit between Adelaide and Clare
- Private transport in Clare Valley plus daily trail transfers is included
- If you have additional needs please connect with us, we're committed to being inclusive and accessible

ADVENTURE LEADERS

Our team is qualified, experienced and super friendly. We will ensure you have a fun and connecting adventure. Leaders are certified in Remote or Wilderness First-Aid. All leaders carry a group first-aid kit, emergency communications device, emergency documentation and equipment.

PACKING LIST

A detailed packing list is provided prior to travel

- Gear you will need:
- Rainproof jacket and pants
- Daypack (35 litre approx.)
- Water bottles/hydration kit (min 2Ltrs)
- Personal medications
- Clothing suitable for walking that is quick drying and breathable – consider merino/synthetic clothing
- Sun protection such as hat, sunglasses and sunscreen, insect repellent
- Sleeping attire

ACCESSIBILITY

There are stairs, uneven surfaces and moving luggage to and from accommodation, plus walking bush trails on this trip. Please talk to us about your accessibility needs before booking

