



FLEURIEU PENINSULA WEEKENDER FOR WOMEN

Waterfalls, Walking and Waitpinga

3 days | 2 nights

OVERVIEW

Join like-minded women for a Fleurieu Peninsula Weekender to Kurna and Ngarrindjeri Country.

Find Yourself Be Yourself Challenge Yourself with this 3 day adventure.

Walking pack-free (day pack only) along the Wild South Coast Way and Heysen trails. Dramatic coastline views and nature inspired moments guaranteed. We visit 2 waterfalls and drop in to McLaren Vale for a wine tasting.

Comfy retreat style group accommodation with ocean views. Plus delicious meals, yoga sessions and comfortable private transport is included each day.

Professionally led by our qualified and experienced female bushwalking leaders, ladies, it's time to walk with us!

DETAILS

- Type: Weekenders For Women
- Adventure: Guided Fleurieu Peninsula walking tour for women
- Destination: Fleurieu Peninsula, South Australia
- Traditional Country: Kurna and Ngarrindjeri
- Group Size: Max 11 plus leaders

ITINERARY

Day 1 | Depart Adelaide | Ingalalla Falls | Deep Creek | Kings Beach

We depart from Adelaide in our comfortable vehicle. Stopping for morning tea and any last-minute supplies before making our way to Ingalalla Falls. Its a short but pretty walk to the base of the falls.

Next we travel to Deep Creek Conservation Park and our next waterfall walk. We will walk for approximately 2 hours enjoying a picnic lunch on the trail. Boarding our private transport once again we head to our accommodation, arriving by mid afternoon and check in to our ocean front retreat at Kings Beach.

This afternoon is at your leisure – we offer an optional sunset walk down to the beach or late afternoon yoga session before our traditional sundowners platters. Once at Kings Beach you will want to make sure you take in the endless views and unwind ready for the weekend.

Meals Included: Lunch, Trail Snacks, 2 Course Dinner
Walking Distance: 8km

Day 2 | Wild South Coast Way and Heysen Trail

An optional sunrise yoga session is available this morning to start your day with reflection and connection. After breakfast, we will enjoy the dramatic coastline along the cliffy trails between

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our accommodation and Waitpinga Beach in Newland Head Conservation Park.

This walk will take approximately 5 hours following the Wild South Coast Way and Heysen Trail. We will enjoy a picnic lunch along the way. Large sections of the trail allow un-obstructive spectacular views. Following along the cliffs and inland towards the Conservation Park where it is possible to see lots of wildlife along the way.

In the afternoon we will return to our accommodation for an optional yoga stretch or a therapeutic foot bath, and of course sundowners.

Meals Included: Breakfast, Lunch, Trail Snacks, 2 Course Dinner
Walking Distance: 12km

Day 3 | Victor Harbor | McLaren Vale | Drive to Adelaide

Enjoy an optional morning yoga session and breakfast.

Then we will follow the Wild South Coast Way and Heysen Trail to The Bluff. For those wanting a rewarding challenge we can climb to the top of The Bluff for rewarding views.

We will have an opportunity for a coffee and some morning tea at the nearby café. Then we continue our Wild South Coast Way walk to Victor Harbor for lunch. Our lunch spot in Victor Harbor is at a great little hotel.

Our journey continues back to Adelaide via McLaren Vale. McLaren Vale provides an opportunity for food and wine tastings and to stretch the legs. We include a wine tasting here at beautiful Wirra Wirra cellar door.

We will return to Adelaide around 5pm. Please do not book flights for this evening.

Meals Included: Breakfast, Lunch, Trail Snacks
Walking Distance: 9km

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

Kings Beach Retreats

2 nights ocean front accommodation

Activities

Professionally guided walks by our female Leaders

Wine tasting in McLaren Vale

Optional yoga with qualified instructor

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

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)
- The trails are mostly undulating, involving uphill and downhill terrain
- Please ensure you have some hilly walking experience
- 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 the Fleurieu Peninsula is included from Adelaide, with multiple pick up points available in transit between Adelaide and Kings Beach
- Private transport for our time on the Fleurieu Peninsula 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