



## GRAMPIANS WEEKENDER FOR WOMEN

Summits, Peaks and Flows

4 days | 3 nights

### OVERVIEW

Join us on a Grampians women's walking weekender in gorgeous Gariwerd Country.

Find Yourself Be Yourself Challenge Yourself with this 4 day adventure.

Walking pack-free (day pack only) on moderate trails each day with incredible views, waterfalls and rocky escarpments. Return to comfortable accommodation each night with relaxation and freshly cooked meals.

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 Grampians walking tour for women
- Destination: Grampians National Park, Victoria
- Traditional Country: Gariwerd
- Group Size: Max 11 plus leaders

### ITINERARY

**Day 1 | Adelaide to Grampians / Mackenzie Falls / Brambuk**  
Today we have an early departure (6.30am) from Adelaide CBD where we take the freeway out past Murray Bridge and Taillem Bend. We will have lunch enroute, with stops for coffee and comfort along the way.

Excitement builds as we get closer to the Grampians and the horizon changes and the distant dots grow in size. Upon arriving we journey up to Mackenzie Falls. Without a doubt one of the most popular locations in the Grampians National Park, Mackenzie Falls is home to a stunning cascading waterfall with plenty of photo opportunities. Be sure to bring your smartphone or DSLR for this!

Along our walking trail today is also Fish Falls. A quiet little spot which is perfect for relaxing on a rock while listening to the sounds of rushing water. It is just over an hours walk between both falls.

Next we visit the Brambuk Cultural Centre to learn about this land, named Gariwerd by the First Nations People. We will then check in to our accommodation and enjoy a nibbles platter together, followed by dinner.

Meals Included: Lunch, Trail Snacks, 2 Course Dinner  
Walking Distance: 4km

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## Day 2 | Mount Rosea

After a hearty breakfast, we will pack our lunch for a moderate hike up Mount Rosea.

This hike is rated moderate and will take us around 4 hours to complete. A very picturesque trail, it has a perfect mix of bushland, rocky climbs, narrow corridors, and incredible views as we make our way to the summit. Remember to turn around and look back at your surroundings along the way – it is absolutely worth it! We will enjoy a picnic lunch along the way.

The afternoon is a restful one to relax, unwind and enjoy sundowners. We also journey to Boroka Lookout to enjoy sunset over Halls Gap.

*Meals Included: Breakfast, Lunch, Trail Snacks, 2 Course Dinner*  
*Walking Distance: 13km*

## Day 3 | Pinnacle / Boronia Peak / Venus Baths

The Pinnacle Lookout is one of the many highlights of the Grampians. We venture on a 6km loop hike to this gorgeous place following our breakfast. We then return to our accommodation for a well earned lunch.

After lunch and adjacent our accommodation, Boronia Peak trail is a good old fashioned challenge. Winding its way up before a short rock scramble that will see us to the summit. You'll experience 360 degree views of Halls Gap and the surrounding areas, on a trail that is without a doubt the most underrated hike in the area. This walk will take 3 to 4 hours to complete.

An option for those low on energy after lunch is to join us on a relaxed walk to the picturesque Venus Baths instead.

*Meals Included: Breakfast, Lunch, Trail Snacks, 2 Course Dinner*  
*Walking Distance: 16km*

## Day 4 | Chatauqua Peak / Drive to Adelaide

Sadly our time walking in the Grampians will end today but not before one last hike to Chatauqua Peak. This has some steep sections and a rocky scramble to the top but again the views are sensational. This walk will take around 2 hours to complete.

After checkout we depart for Adelaide, stopping for lunch and comfort along the way.

We will arrive back to the CBD by around 5pm. Please do not book flights for this evening.

*Meals Included: Breakfast, Trail Snacks*  
*Walking Distance: 6km*

## INCLUSIONS

### Travel

*Comfortable private vehicle transport*

### Meals

*All meals and snacks as per the itinerary*

*2 course dinners*

*Grazing platters*

*B x 3 | L x 3 | D x 3*

### Accommodation

*3 nights comfortable group style accommodation*

### Activities

*Professionally guided walks by our female Leaders*

*Hike sections of the Grampians Peaks Trail*

### 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 good level of fitness is required to walk the trails on this trip
- You will be walking pack free (day packs only)
- You will walk on a variety of surfaces including some rock scrambling, steep sections and loose ground
- We recommend you do some hilly walks (up to 12km) before this trip to maximise your enjoyment of the climbs and views
- Trail rating: Moderate-hard

## 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 double, triple or quad share rooms
- Private transport to and from the Grampians is included from Adelaide, with multiple pick up points available in transit between Adelaide and Victoria
- Private transport for our time at the Grampians 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 suncream, insect repellent
- Sleeping attire
- Bath towel

## 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

