



MOUNT GAMBIER CAVES, SINKHOLES, VOLCANOES ADVENTURE

Guided adventure tour

4 days | 3 nights

OVERVIEW

Join us on a geo-nature immersive adventure through South Australia's incredible Limestone Coast in Boandik Country.

Think caves, sinkholes, craters, limestone cliffs and volcanoes. This Mount Gambier adventure includes opportunities to get up close (and inside!) some of these awe inspiring earth creations with everything taken care of by our guides.

An active adventure for those wanting to get outside of the comfort zone and feel the experience through all the senses.

Big Heart Adventures and Seven Senses Adventures have combined forces to bring you this action packed and immersive adventure tour.

DETAILS

- Type: Challenge Trek Guided
- Adventure: Mount Gambier Caves, Sinkholes, Volcanoes Adventure
- Destination: Mount Gambier, South Australia
- Traditional Country: Boandik
- Group Size: Max 10 plus leaders

ITINERARY

Day 1 | HISTORY ON EARTH (caves and megafauna)

We leave Adelaide in our comfy bus around 7:00am on the South East Freeway. Heading, well South East of course through towns such as Tailem Bend where morning tea awaits.

We continue on to the World Heritage Naracoorte Caves for your Victoria Fossil Cave Megafauna Experience. Recently developed in 2022, this audio visual experience re-creates the movements and scale of some of the megafauna species who inhabited this land. If you would prefer to stay above ground, there is a choice of short walks for you to enjoy. We lunch here at the caves.

Next we call in on a gorgeous winery 'Brand's Laira' for tastings of cab sav and shiraz. Soaking in the beautiful aspect of vines and landscapes of the Coonawarra from the raised deck.

Leaving the cellar door its less than an hour further south to our destination, Mount Gambier. Our base for the next 3 nights. Here, we visit the Umpherston sinkhole, check in to our accommodation at 'The Commodore' and get ready for dinner. From our dinner location at 'Sorrento's' we see the Cave Gardens in the main street lit up by night.

Meals Included: Lunch, Trail Snacks, 2 Course Dinner
Walking Distance: 1km

BIG HEART ADVENTURES
more than just a trek...

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Day 2 | FRESH (freshest water and oxygen)

You can join us for an optional sunrise adventure this morning on the highest point in town or have a leisurely start before breakfast. From the high point you will see not just the Valley Lake but also the Blue Lake known for its vivid colour and reflection.

After breakfast we hit the road, firstly to get suited up in our full wetsuits, then on to Port McDonnell. This coastal town is where you are Welcomed to Boandik Country. The Boandik people were the first inhabitants of this area and have much to share with us. Nearby is spectacular Ewens Ponds. Snorkel and drift through all three sinkholes and witness an underworld of life with the freshest water on earth. You will enjoy Ewens Ponds immediately after it's annual 3 month park closure. So the water is clean and the plant and aquatic life thriving.

It's time to warm up once out of the water. We travel to Mt Schank and get up onto the rim of this extinct volcano to take in the views and size of this little cone volcano. Last erupting 5000 years ago this is Australia's youngest volcano.

We return to Mt Gambier for a BBQ dinner by the lake as the sun sets. This gives you a chance to test out the kayaks ready for our next day's adventure.

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

Day 3 | FLOW (circle of life and nature connection)

After a good night's rest, we drive over the border to Nelson where the gorgeous Glenelg River flows through to the ocean. This little town is a popular spot for fishing and boating either by motor or by paddle. It is a gateway to the Lower Glenelg National Park. We head deep into the Park and launch the kayaks.

We paddle for a relaxing 8km passing manna gums, stringy barks and blackwood. Bird spotting here may bring sighting of gang gang cockatoos, ravens, wrens, fantails, kookaburras, owls, black duck and shelduck (plus more).

Reaching our destination, we enjoy a fresh lunch on the banks of the Glenelg River. Re-energised, we prepare for our hike along the Great South West Walk trail. The section of trail you walk is shaded, quiet and not commonly used by day walkers. Allowing good opportunities to spot wildlife such as frog, echidna, wallaby, koala and emu. Making this a mindful and nature immersive experience, with gorgeous views of the river below.

After a full day of action, we return to our accommodation and dinner at Cafe Belgiorno.

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

Day 4 | NATURE THERAPY (forest and ocean immersion)

Our morning is a relaxing one if you choose. If you need your sleep or space you can take it easy and stay under the covers.

If you want to insert one last immersive nature experience, head out at sunrise for a therapeutic nature therapy experience near the lakes or get the heart rate up with a trail run.

Your drive home is coastal today and all about recovery and relaxation. Our first stop is Beachport, where we climb down the dunes for a relaxing swim in the ocean. The bay is protected by a reef bringing protective waters for a swim. Then, a short walk takes you to the Pool of Siloam. Known for its incredibly high salt content (7 times higher than the ocean) and it's healing potential. We float here and enjoy morning tea. There is a shower at the Pool of Siloam for one last wash off before we head to Robe for lunch. This coastal town has many little eateries to choose from, catering to every taste.

Following the Coorong, with pink lakes and tall sand dunes to admire, we journey home. Rewarded by the opportunity to experience connection to this beautiful part of SA (and Victoria), on your Mount Gambier Adventure.

Meals Included: Breakfast
Walking Distance: 1km

INCLUSIONS

Travel

Comfortable private vehicle transport

Equipment

*Full wetsuit 5mm, fins, hoods, mask and snorkel
Kayaks and all safety equipment*

Meals

All meals and snacks as per the itinerary

2 course dinners

B x 3 | L x 3 | D x 3

Accommodation

The Commodore

3 nights motel room

Activities

Professionally guided bush walks

Boandik Welcome to Country

Snorkelling at Ewens Ponds

Kayaking on Glenelg River

Naracoorte Caves Megafauna tour



Explore sinkholes and volcano's
Coonawarra winery tasting
Salt lake and beach swim
Nature therapy / Trail run

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
Qualified Kayaking and Snorkelling Instructor

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 for this adventure
- You need confidence in the water for kayaking, snorkelling, and swimming
- You will be walking pack free (day packs only)
- You will walk on a variety of surfaces including undulating trails, steep sections, stairs, rocks, loose ground
- Our longest walking day is 8km
- Trail rating: Moderate

IMPORTANT INFORMATION

- Eligible Past Traveller Discount applies if you've travelled with

us on any of our guided tours which were 5 days duration or longer

- 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 in motel room with ensuite
- Private transport to and from Mount Gambier is included from Adelaide, with multiple pick up points available in transit between Adelaide and Mount Gambier
- Private transport in Mount Gambier plus daily 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
- 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

PACKING LIST continued

- Sun protection such as hat, sunglasses and sunscreen, insect repellent
- Sleeping attire
- Swimwear/rashie and towel
- Shoes for kayaking: wetsuit boots, sandals, or old sandshoes (no thongs or bare feet)

ACCESSIBILITY

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

