



MURRAY RIVER WEEKENDER FOR WOMEN

Wellness, Yoga and Walking

4 days | 3 nights

OVERVIEW

Join women walkers on our luxury Murray River walking, yoga and cruising Weekender to Erawirung Country.

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

We adventure gently by houseboat on this Weekender with leisurely guided pack-free bushwalks, canoeing and yoga on deck with space to relax and an opportunity to connect with like-minded women. All meals, transport and accommodation are included plus a winery visit with tastings and a wetland walk on the way home.

This trip is perfect for beginners and requires a basic level of fitness. We focus on wellness, reflection and connecting with yourself and nature both on land and water with this relaxing Weekender.

Professionally led by our qualified and experienced female bushwalking leaders, nature therapy guide and yoga instructor, ladies, it's time to cruise the Murray River with us!

DETAILS

- Type: Weekenders For Women
- Adventure: Guided Murray River walking tour for women

- Destination: Renmark, South Australia
- Traditional Country: Erawirung
- Group Size: Max 12 plus leaders

ITINERARY

Day 1 | Depart Adelaide / Renmark / Murray River

Our drive today will start at 7.30am from Adelaide. We will commence our journey to Renmark stopping for comfort stops and morning tea. Reaching Renmark we call into 23rd Street Distillery before boarding our luxury houseboat for the next 3 nights. Our houseboat has 6 bedrooms with ensuite bathrooms and plenty of space to relax. Departing early afternoon, a local guide will drive us up river to our first quiet mooring spot for the night. Relax as we cruise our way along the river with a chance to spot waterbirds and discover more about the rivers ecosystem. An afternoon yoga session is an optional activity before enjoying a gourmet grazing platter with a glass of something special if you choose

Meals Included: Lunch, Trail Snacks, 2 Course Dinner
Walking Distance: n/a

Day 2 | Murray River / Guided Walk and Yoga

Wake to the sounds of nature this morning with a sunrise session of yoga on the top deck. After a hearty breakfast we begin our guided 10km walk. This walk will be mostly flat with soft sand and some short climbs along a variety of trails.

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With opportunity to spot birds and wildlife, learn more about the river ecosystem and Aboriginal history along the way. We also enjoy a packed lunch with tea and coffee along the way. We return to our lodgings on water for a relaxing afternoon in a new location. Grab your book, your journal or a glass of something special. We wind down with afternoon nibbles, drinks and a chance to reflect on a day immersed in nature. Afternoon yoga is offered before settling in to watch a magical Murray River sunset.

Meals Included: Breakfast, Lunch, Trail Snacks, 2 Course Dinner
Walking Distance: 10km

Day 3 | Murray River / Guided Canoe Adventure

A sunrise yoga session is offered this morning before breakfast giving you all the calm and peace to start your day. After breakfast our houseboat will be driven and moored at a new location. Sit back and enjoy the stunning riverside scenery while our guides drive the boat.

After lunch we head out for our 2 hour guided canoe adventure. We use 2 person kayaks (no experience is necessary) and all the necessary safety gear is provided as we explore areas along the river less travelled – a relaxing way to get up close to the banks and quietly move across the water.

This afternoon enjoy an optional guided nature journaling session with time to relax and unwind after our adventures today.

Meals Included: Breakfast, Lunch, Trail Snacks, 2 Course Dinner
Walking Distance: n/a

Day 4 | Riverland Wine Centre / Drive to Adelaide

An early morning yoga session is on offer before breakfast today. Our local guide will meet us onboard and drive the houseboat back to our mooring location by lunch. We have a chance to pack and relax while cruising our way to the dock. Once there we disembark, our private transport will be waiting for us. We wander local trails before a visit to the Riverland Wine Centre for tastings. We then start our comfortable drive back to Adelaide content with the ultimate self care weekend, arriving in the CBD around 5:30pm. Please do not book flights for this evening.

Meals Included: Breakfast, Winery Tastings, Lunch, Trail Snacks
Walking Distance: 8km

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 3 | L x 4 | D x 3

Accommodation

Houseboat

3 nights twin share room (single rooms are not available on this departure)

Activities

Professionally guided walks by our female Leaders and local guides

Murray River houseboat cruise

Professionally guided canoe excursion

Yoga and Nature Therapy with qualified facilitators

Winery tastings

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)
- You will walk on a variety of surfaces including undulating trails, clay and sand
- Our longest walking day is 10km
- 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
- No single rooms are available on this trip
- 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 Riverland is included from Adelaide, with multiple pick up points available in transit between Adelaide and Renmark
- 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

ACCESSIBILITY

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