



NORTHERN FLINDERS RANGES WEEKENDER FOR WOMEN

Gorges, Gaps and Galleries

4 days | 3 nights

OVERVIEW

Join our Northern Flinders Ranges walking weekender for women to Nukunu, Banggarla and Adnyamathanha Country.

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

This Weekender brings stunning trails and spectacular views. Connecting you to this ancient landscape and yourself over 4 beautiful days.

Walking pack-free (day pack only) on selected moderately challenging day hikes, with comfortable accommodation each night included.

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 Northern Flinders Ranges walking tour for women
- Destination: Northern Flinders Ranges, South Australia
- Traditional Country: Nukunu, Banggarla and Adnyamathanha
- Group Size: Max 11 plus leaders

ITINERARY

Day 1 | Depart Adelaide / Arkaroo Rock / Northern Flinders Ranges

Leaving Adelaide this morning, we head north in our comfortable minibus, ready for adventure in the stunning Northern Flinders Ranges. After a stop for coffee and a leg stretch at Port Wakefield, we will notice the landscape change as the Flinders Ranges gradually rises on our eastern side.

Next stop is at Quorn, a pretty outback town and popular filming location. Here you will enjoy a fresh and healthy lunch.

Continuing further north, we arrive at Akurra Adnya 'Arkaroo Rock'. A place to stretch your legs and connect with this gorgeous country and indigenous songline. Meeting us here and welcoming us to this Country is our Adnyamathanha guide for the afternoon. You will be taken on a gentle 2 hour walk through this culturally significant area, which is home to rock art that is more than 6000 years of age.

Then its a short drive to Rawnsley Park Station in time for a sunset walk and dinner by the campfire.

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

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Day 2 | Alison Saddle / Black Gap / Bridle Gap / Wilpena Pound

A short sunrise walk to Alison Saddle will showcase the Flinders Ranges rainbow as we call it. The colours of the landscape change by the minute as the light touches the lands around the Station. After breakfast, it's a scenic drive to our next walks starting point at Black Gap.

We will follow the Heysen Trail for approx. 15km up and over Bridle Gap into the spectacular Wilpena Pound. The views are amazing. Lunch will be enjoyed along the way and we have a chance to visit the Wilpena resort café and store.

Dinner during sunset will be provided when we return to our accommodation.

Meals Included: Breakfast, Lunch, Trail Snacks, 2 Course Dinner
Walking Distance: 18km

Day 3 | Rawnsley Bluff / Wilpena Pound

Today's main walk is challenging but we do offer alternatives. The walk up to Rawnsley Bluff is rated moderate to difficult, but is also a lot of fun and adventurous on the rocky sections.

There are two great viewing points that highlight Wilpena Pound from a different angle and the ranges on the eastern side of the Bluff. We will take a packed lunch as this walk will take 5-6 hours in total.

The alternative walk for today is to stick to easier trails at Rawnsley Station or in Wilpena Pound. Or take a scenic flight over Wilpena Pound (own expense and subject to availability and weather).

We share our final evening with a Flinders sunset, and a well-earned Australiana themed 2 course dinner at the Woolshed Restaurant.

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

Day 4 | Warren Gorge / Drive to Adelaide

A more relaxing start today. Journeying south, we head to our next walk at Warren Gorge. A picturesque jaunt on the trails, and your chance to farewell this wonderful land.

Then we will start our journey back to Adelaide with comfort stops along the way. Our lunch stop will be at an iconic bakery (known for gourmet pies and quandong tarts)... it is a must.

We take a scenic afternoon drive through the Clare Valley as we arrive back into Adelaide at approx. 5:30pm. 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

Rawnsley Park Station

3 nights cabin accommodation

Activities

Professionally guided walks by our female Leaders

Cultural walk with an Adnyamathanha guide

Hike sections of the Heysen 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 15km) 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 twin share
- Private transport to and from the Northern Flinders Ranges is included from Adelaide, with multiple pick up points available in transit between Adelaide and Hawker
- Private transport for our time at the Northern Flinders Ranges 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

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

