



## SOUTHERN FLINDERS RANGES WEEKENDER FOR WOMEN

Creeks, Climbs and Connection

3 days | 2 nights

### OVERVIEW

Join women walking the Southern Flinders Ranges on a Weekender to Nukunu and Banggarla Country.

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

Walking pack-free (day pack only) we enjoy easy-moderate walks in ancient landscapes with views, connection time, fresh meals, and comfortable group accommodation.

With yoga by our qualified instructor and also the option to sleep under the stars in a swag.

Professionally led by our qualified and experienced female bushwalking leaders, we affectionately call this trip 3 Days 3 Walks 3 Bakeries.

### DETAILS

- Type: Weekenders For Women
- Adventure: Guided Southern Flinders Ranges walking tour for women
- Destination: Southern Flinders Ranges, South Australia
- Traditional Country: Nukunu and Banggarla
- Group Size: Max 9 plus leaders

### ITINERARY

#### Day 1 | Depart Adelaide / Mambray Creek

We depart Adelaide at 8am and hit the highway heading north. Our first stop is at Port Wakefield for morning tea with a choice of bakeries on offer. You have the opportunity to walk it off though with a stunning hike at Mambray Creek. Our walk takes around 2 hours on various easy and moderate trails, and includes an invitation to connect with wise old river red gums and ancient creek beds. We enjoy a picnic lunch here too.

We then head to our comfortable accommodation for a 2 night stay. Optional yoga session this afternoon.

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

#### Day 2 | Dutchman's Stern

Today is our biggest day of walking, we take on the Dutchman's Stern – a stunning 11km hike again with the most amazing views of the Conservation Park and wider Flinders Ranges all the way to the Spencer Gulf. We will pack lunch and enjoy a picnic along the way, returning to our accommodation for our final evening with grazing platters while watching a magnificent Flinders sunset. Optional yoga session and therapeutic foot bath this afternoon.

Meals Included: Breakfast, Lunch, Trail Snacks, 2 Course Dinner  
Walking Distance: 11km

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[www.bigheartadventures.com.au](http://www.bigheartadventures.com.au) | [hello@bigheartadventures.com.au](mailto:hello@bigheartadventures.com.au)

PO Box 6046 West Lakes Shore SA 5020 | ph 08 7006 5620



@bigheartadventures



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### Day 3 | Alligator Gorge / Drive to Adelaide

Although we travel back to Adelaide today, we make the most of the views near Wilmington and follow the inland roads.

We start our day with a sunrise yoga session before heading to the stunning Alligator Gorge and our final hike. The terrain here is rugged and a magical experience.

A lunch stop at an iconic bakery famous for gourmet pies and quandong tarts is a tradition (Bakery number 3!) After a fulfilling lunch, we should arrive in Adelaide at approximately 5pm. Please do not book flights for this evening.

Meals Included: Breakfast, Trail Snacks  
Walking Distance: 4km

## 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 2 | D x 2

### Accommodation

2 nights triple share bunk rooms (2 single rooms)

option to bring a swag and sleep under the stars

### Activities

Professionally guided walks by our female Leaders

Iconic bakeries

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
- Swag (if applicable)

## 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 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: 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
- 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 up to triple share bunk rooms (2 single rooms)



- Private transport to and from the Southern Flinders Ranges is included from Adelaide, with multiple pick up points available in transit between Adelaide and Quorn
- Private transport for our time at the Southern 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
- Sleeping gear (pillow, sleeping bag and sheet, or blankets/quilt)

