



STRONG DAUGHTERS KUITPO FOREST

Guided hike and camping

2 days | 1 nights

OVERVIEW

Welcoming girls aged 7-12 and their mothers/aunties/grandmothers for an experience in Kurna and Peramangk Country.

An experience designed to allow girls and their mum or other female caregiver to enjoy the challenge and adventure of overnight hiking. While allowing the girls to feel the responsibility of carrying their own gear (appropriate to their age, height and weight).

This girls adventure in Kuitpo Forest is an overnight camping experience. It is a great chance to bond with each other, explore positive body image conversations, meet new friends, learn new skills and share the outdoors with positive and inspiring women.

Professionally led by our Strong Daughters Outdoor Leader. A qualified and experienced bushwalking leader alongside a junior peer mentor.

DETAILS

- Type: Strong Daughters
- Adventure: Girls Adventure Kuitpo Forest
- Destination: Kuitpo Forest, South Australia
- Traditional Country: Kurna | Peramangk
- Group Size: Max 6 families plus leaders

ITINERARY

Day 1 | Welcome! Meet and hike to camping spot

We meet at Meadows for a briefing and coffee stop at 9.30am. After introductions we have our first immersion activity to bring our team together. This is also your last chance to buy a sandwich/roll for lunch later.

We will drive approximately 30 minutes to our start point. Note this road includes some unsealed (bumpy) sections yet is 2WD friendly. Before we head off on the trails we distribute gear, discuss the menu and food options, weigh our packs and adjust for comfort. We ensure each child and adult is carrying a safe load according to their age/height/weight. We may lunch here before we head off OR enjoy it along the way at a comfortable spot.

Officially the adventure begins and we embark on the trails. We pass through pretty pine forest and bushland to our nights campsite. Our hiking distance is approximately 6km.

Upon reaching our campsite we offload and have a stretch. Then its time to set up camp which includes a demonstration on how to build an emergency shelter and how to pitch a tent. When we are all set up we can enjoy an afternoon hot drink together. We include a stove and fuel demonstration so you can have a go at cooking your camp dinner later on. Some dessert and hot drinks (you can bring your own treats if you like) will be on offer too.

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Chillax time – listen and share: funny adventure stories, reflect on the days adventures and a chance to laugh. We have a few campsite activities and games planned!

Meals Included: Trail Snacks, Afternoon Tea, 2 Course Dinner
Walking Distance: 6km

Day 2 | Hike different trail back to starting point

Start the day with a fresh brew of tea, coffee, or hot chocolate. A morning stretch and a 60 second meditation. Breakfast will be prepared on the stoves provided.

The tents might be wet from overnight condensation (or rain) so we will give them the longest time possible to dry. Aiming to pack-up the tents and gear and be ready to hit the trails once more at 9.00am. Today's route is different to the previous day and provides beautiful scenery and some challenge.

Arriving back to our cars we have time for a final stretch, before unpacking our bags and equipment.

We offer a reflection activity as a group before heading home. If anyone is keen, we can meet for a choice of lunch spots.

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

INCLUSIONS

Travel

Self drive own vehicle (2WD suitable)

Equipment

Tent (2 or 3 person size) or bring your own

Padded sleeping mat

Thermal underlay

Backpacks 60-75 litre for adults

Hiking pole for adult

Cooking stove & Fuel

Crockery/cutlery

Meals

All meals and snacks as per the itinerary

2 course dinner

B x 1 | L x 0 | D x 1

Accommodation

Campground

1 night tent camping

Activities

Professionally guided walks by our female Leaders

Emergency shelter construction

Make a paracord bracelet

Teamwork exercise

Insights into hiking and camping

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 for daughters

A charity contribution to our Give Back program

EXCLUSIONS

- Comprehensive Travel Insurance
- Meals and drinks not stated on itinerary
- Items of a personal nature
- Sleeping bag and liner (see us about hiring)
- Torch (see us about hiring a head torch)

FITNESS REQUIREMENT

- A moderate level of fitness is required to complete this overnight hike
- You will be walking with a pack
- The terrain is at times rocky, and has hilly sections (all part of the adventure!)
- Trail rating: Easy



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 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
- Please contact us before booking any flights. Depending on flight arrival and departure times extra nights accommodation may be required at own expense
- 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 individual family tents
- All packs are weighed and our support vehicle can transport some items to the camp site if needed
- If you have additional needs please connect with us, we're committed to being inclusive and accessible

ACCESSIBILITY

Requires following bush trails carrying a full pack and overnight tent accommodation on this trip. Please talk to us about your accessibility needs before booking

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

- Rainproof jacket and pants
- Daypack for child (30 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 bag
- Head torch / torch