



WOMEN'S KANGAROO ISLAND WILDERNESS TRAIL

Plus nature connection and island highlights

6 days | 5 nights

OVERVIEW

A Kangaroo Island tour for women on Karta Pintingga Country.

In this fully supported adventure for women, we walk end to end and pack-free along all five sections of the Kangaroo Island Wilderness Trail (KIWT). We witness and feel the regrowth and rebirth in varying ecosystems from woodlands and mallee scrub to the fragile coastal dune systems. Walking reflectively and mindfully, we deeply immerse you in the natural rebuild of these recovering landscapes. With a maximum of 10 walkers, this is an opportunity to walk the entire trail safely, sustainably and with a small group.

However, this tour is more than just the trek. You'll maximise your time on Kangaroo Island and experience so much more.

During our walk you have time to fully explore Admirals Arch, Remarkable Rocks and remote beaches on side trails. You will also have close up wildlife encounters in their natural environment. Plus, you have enough time on the Island for some fresh and authentic Kangaroo Island food and beverage experiences.

The accommodation too is adjacent the trail, so no long drives each day. Also single rooms and queen-sized bed are included, there's no need to share with anyone else.

Our Leaders will be with you to guide and navigate through the undefined sections of trail and take care of all the detail, so you can

relax and absorb the ever-changing surroundings.

Bring your comfortable walking boots and an open heart for this unique and iconic recovering Island Trail.

If you choose to fly direct to and from Kangaroo Island, we can pick you up in Kingscote on Day 1 and drop you off at Kingscote Airport on Day 6 (See Important Information).

DETAILS

- Type: Women's Trips
- Adventure: Women's Kangaroo Island Wilderness Trail
- Destination: Kangaroo Island, South Australia
- Traditional Country: Karta Pintingga
- Group Size: Max 10 plus leaders

ITINERARY

Day 1 | Depart Adelaide - Arrive Kangaroo Island

We depart from Adelaide in the morning and enjoy a scenic drive in our minibus through the stunning Fleurieu Peninsula.

At Cape Jervis we board the ferry and cross to Penneshaw where our island adventure begins! On the ferry journey we will keep our eyes out for whales known for passing through the Backstairs Passage as well as dolphins and sea birds.

BIG HEART ADVENTURES
more than just a trek...

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Reaching the island, we head west to Australia's oldest dedicated gin distillery, Kangaroo Island Spirits. Here, you can enjoy their world class gold-winning gins, liqueurs, or vodka with unique infusions. They also make great coffee here too if you prefer.

Next is lunch at Cactus, the funkier café on Kangaroo Island. Our destination has rave reviews and a brilliant global menu with delicious meals to choose from. This happening place is known for creating tasty food from locally sourced produce. We include a drink of your choice with lunch. So why not try a local beer, a local wine, artisan coffee, or freshly pressed juice.

After lunch we make our way to the Kangaroo Island Ligurian Bee Company for dessert. Not only does this place have the best honey ice-cream, it arguably produces the best raw organic honey too. All due to the hard work of their protected bees, the purest strain of Ligurian bees remaining in the world.

Continuing our journey south, we next drop in to Seal Bay Conservation Park. Here, local experts take you on a private guided beach tour amongst an Australian sea lion colony. This unique insight is a world-class experience.

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

Day 2 | Kangaroo Island Wilderness Trail (KIWT) - Rocky River Section

This morning we head into Flinders Chase National Park where our Kangaroo Island Wilderness Trail walk begins.

The evidence of regrowth here is inspiring – gums trees look like giant bonsai with green leafy shoots clumping along branches, grass trees aim their seed pods to the sky and lichen offer orange hues against the backdrop of blackened trunks.

We may spot rosellas, pardalotes and wrens as we cover a 10km section along Rocky River including a visit to Pardalote lookout and the soothing sounds of the Cascades where water flows through rocky chutes and pools. If we're lucky enough, we may spot platypus.

We take a side trip today and visit the mouth of the river where white sandy surf beach awaits. The rock formations here are incredible as well as seeing the numerous baby waterfalls of the terraced river rock pools. This rocky trail adds an element of adventure to our day!

We then return back towards the old campground of Snake Lagoon and our finish spot. Our transport will be waiting to take us to our comfortable accommodation next to the trail. Then it's time to unwind and relax with grazing platters while we prepare a delicious 2 course dinner.

Meals Included: Breakfast, Lunch, Trail Snacks, 2 Course Dinner
Walking Distance: 13km

Day 3 | Kangaroo Island Wilderness Trail (KIWT) - Maupertuis Section

Today we head back to Snake Lagoon where we pick up from where we left the Wilderness Trail yesterday.

The trail winds its way back down to Rocky River where we have one more opportunity to spot platypus in the morning light.

We then make our way up and over the headland to huge views of the mighty Southern Ocean below. This section is exposed and offers perfect 180 degree views of the coastline.

Then down on to Maupertuis beach for a soft sand walk. This section was known to test those doing the full trail as overnight hikers pre bushfire but with light day packs, this section is less daunting. Endangered hooded plovers nest in the dunes here and pied oyster catchers are often spotted on the shore along with seals who stray away from the Arch down the coast.

The dunes have been slow to recover with widespread damage evident. Being such a fragile ecosystem, the trail on this section is hard to navigate at times and we will take this section slow to ensure we protect the delicate plants and shrubs re-establishing.

We finish our days walk at the lighthouse where our private transport will return us to our accommodation for sundowners and a freshly prepared 2 course dinner.

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

Day 4 | Kangaroo Island Wilderness Trail (KIWT) - Sanderson Section

After a good nights rest and delicious breakfast, today we conquer a longer section of the KIWT with approximately 18km including side trips.

We start our walk from Admirals Arch where we have the seals to ourselves with an early morning moment before the park opens to the public. Seals raise their young and breed here, so it's a busy spot with young ones sparring or learning to swim in the safety of the rock pools. Tired mums sleep after doing long haul feeding missions while babies play nearby. It's a feast for the senses and a great way to start our day.

We make our way to Weirs Cove for a visit to a site where three lighthouse families lived and worked the lighthouse during times where the only way to receive goods on this side of the island was by boat and pulley.

The views of the dramatic coastline are amazing from this side and with Remarkable Rocks in the distance, the next landmark sits on the horizon. Our journey takes us inland on a meandering and at times disorientating journey through what used to be thick coastal mallee scrub.

With the coastline offering incredibly wild conditions for the afternoon, we make our way towards the feisty Sanderson Beach which we can see in the far distance as we leave the Rocks. Walking on limestone trail with plenty of hard terrain underfoot, you can see the regrowth of salt loving succulents and even fungi.

Relax back at our accommodation with gourmet platters at sunset followed by a delicious 2 course dinner with us.

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

Day 5 | Kangaroo Island Wilderness Trail (KIWT) - Grassdale Section

Today offers landscape and trail variance not yet seen before. Our day starts on the original trail as we follow the stony recovering section to Cape Younghusband. You can see parts of native bush here untouched by fire while sections right to the cliff edge were singed.

Just past Cape Younghusband the inland trails are littered with diggings so we will keep our eyes peeled for echidna and goanna.

We visit Hanson Bay with views across the bay and beach, stunning turquoise waters (a great swimming beach if a warm day!).

Tonight we enjoy our final dinner together and a restful evening as the sun sets behind the gum trees.

Meals Included: Breakfast, Lunch, Trail Snacks, 2 Course Dinner
Walking Distance: 13km

Day 6 | Kangaroo Island Wilderness Trail (KIWT) - Kelly Hill Section | Return to Adelaide

Today, its up and over the dunes as we follow the brackish river towards the open plains of Grassdale and then Kelly Hill Conservation Park. With not far to go, the trail will climb over small hilly sections past the lake and lagoon, with fast regrowth seen amongst gums, acacia and grass trees.

Completing the trail at Kelly Hill caves, it's all aboard as we make our way back to Penneshaw and our ferry back to the mainland. At Cape Jervis we enjoy the 90 minute journey in comfort back to Adelaide feeling accomplished and rewarded by this incredible wilderness experience.

Meals Included: Breakfast, Lunch
Walking Distance: 10km

INCLUSIONS

Travel

*Comfortable private vehicle transport
Return ferry to Kangaroo Island*

Meals

*All meals and snacks as per the itinerary
2 course dinners
B x 5 | L x 6 | D x 5*

Accommodation

*5 nights hotel room
single room with queen-size bed*

Activities

*Professionally guided walks by our female leaders
Hike the full length of the Kangaroo Island Wilderness Trail
Seal Bay Tour (private)
Cactus – the funkiest café on the island
Kangaroo Island Spirits distillery
Kangaroo Island Ligurian Bee Company*

Safety

*Each trip has 3 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 and trail fees*

Big Heart Extras

*Big Heart Adventures designed ioMerino hiking top
Big Heart Adventures designed head sock
Big Heart Adventures journal
Guided pre-departure training walks and or program (trip specific)
Discount card for pre-departure purchases at Exurbia
A charity contribution to our Give Back program*

EXCLUSIONS

- Comprehensive Travel Insurance
- Meals and drinks not stated on itinerary
- Items of a personal nature
- You may choose to fly to Kangaroo Island in lieu of taking the ferry with the group

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 undulating trails, rocky limestone paths, uneven terrain and soft sand
- Our longest walking day is up to 18km and we walk 5 consecutive days on this adventure
- 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
- Single room accommodation with personal ensuite included each night
- Please contact us before booking any flights. Depending on flight arrival and departure times extra nights accommodation may be required at own expense. Airport transfer cost not included if arriving or leaving on different days or at times that require private transfers
- 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
- Training walks start 8 weeks prior to departure. We recommend you attend these walks to maximise your enjoyment and for the groups welfare when away
- If this trip departs during Fire Ban Season – last minute changes to our itinerary or walking days may be required for safety reasons

- Accommodation – hotel room (single) with queen-size bed
- Private transport to and from Cape Jervis is included from Adelaide
- Private transport on Kangaroo Island plus daily trail 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 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 sunscreen, insect repellent
- Sleeping attire
- Casual attire

ACCESSIBILITY

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