



WOMEN'S NEWLAND HEAD MICRO ADVENTURE

Guided hike and camping

2 days | 1 nights

OVERVIEW

Join woman walkers on our Newland Head Conservation Park hike in Ngarrindjeri (Ramindjeri) Country.

This Micro Adventure brings beautiful trails, fun and adventure over 2 days. It is the perfect opportunity to Find Yourself Be Yourself and Challenge Yourself. Whether you're a seasoned trekker or new to overnight camping/pack carrying, you will enjoy this safe, supported and educational experience.

You will carry a 60-75 litre backpack on moderately challenging trails and sleep in a tent overnight. On this overnight hike, we teach you how to manage your backpack, erect a tent, and cook a lightweight meal. We also share hiking tips along the way.

Professionally led by our qualified and experienced female bushwalking leaders – ladies, it's time to overnight hike with us.

DETAILS

- Type: Women's Micro Adventures
- Adventure: Women's Newland Head Hike
- Destination: Fleurieu Peninsula, South Australia
- Traditional Country: Ngarrindjeri (Ramindjeri)
- Group Size: Max 8 plus leaders

ITINERARY

Day 1 | Prepare and hike to camping spot

We meet at our central pick-up spot at 7:00am ready to travel south from the city to the Fleurieu Peninsula.

Upon arrival in Encounter Bay, we have a briefing before distributing hiking gear, then we demonstrate what items must be included and how to properly pack the backpack to distribute weight safely. Please bring a packed lunch with you today.

We provide hot drinks and morning tea before heading off on our hike towards our campsite for the night, pausing to catch our breath and enjoy moments of mindfulness throughout our walk.

We take a rugged trail that follows dramatic cliffs with spectacular views of landforms and the ocean 100m below. At low tide, fish traps used by First Nations People may be visible. Stopping for lunch on the way allows us to reflect and connect with the beautiful coastline before turning inland and going through dense vegetation to camp. We may spot echidnas, seasonal orchids, and fungi along this section, allowing us to further immerse ourselves in nature.

Once we reach our secluded camp, we will enjoy a cuppa together (including a stove and fuel demonstration so you can have a go at cooking your dinner later). Then, it's time to select your tent site and construct your room for the night. Waterless toilets, a rainwater tank and a picnic shelter are available on site.

BIG HEART ADVENTURES
more than just a trek...

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We cover the topic of hiking food over dinner and share recipes and lightweight meal ideas for you to take home. After dinner and dessert, hot drinks will be available. You can bring your own treats if you like too. Then it's time to relax and share a laugh.

Meals Included: Morning Tea, Trail Snacks, 2 Course Dinner
Walking Distance: 14km

Day 2 | Hike back to starting point

With camp tucked in behind coastal white mallee, we start the day listening to the wild Southern Ocean while enjoying a fresh brew of tea, coffee or hot chocolate and a morning stretch.

A hot breakfast will be prepared on the stoves provided, or cereals are available. Then, we pack up the site (tents and gear), ensuring we leave nothing behind.

We leave the camp, appreciating the sweeping panoramic views along the coast and the breathtaking Waitpinga Cliffs. Starting inland through Newland Head Conservation Park, the trail gently undulates with only a few short steep hills. We continue along the coast, following the dramatic cliff line back to our bus at Encounter Bay.

Here, we will stretch, unpack our bags and redistribute any equipment before hopping onto the Big Heart bus for our homeward journey.

Meals Included: Breakfast, Trail Snacks, Lunch
Walking Distance: 14km

INCLUSIONS

Travel

Transfers to and from Encounter Bay and Adelaide CBD

Equipment

Tent (individual) or bring your own

Padded sleeping mat

Thermal underlay

Backpacks 60-75 litre

Hiking pole

Cooking stove & Fuel

Crockery/cutlery

Meals

All meals and snacks as per the itinerary

2 course dinners

B x 1 | L x 1 | D x 1

Accommodation

Campground

1 night individual tent

Activities

Professionally guided hike by our female Leaders

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

Conservation Park 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
- Sleeping bag and liner

FITNESS REQUIREMENT

- A moderate level of fitness is required to complete this overnight hike
- You will be walking with a pack
- You should be able to walk on a variety of surfaces: undulating trails and hilly sections
- Our longest walking day is 14km
- Trail rating: 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
- 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 individual 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

- Gear you will need:
- Rainproof jacket and pants
- 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 – can be hired through us
- Head torch- can be hired through us