

# WALK LARAPINTA TRAIL

NORTHERN TERRITORY

BRAG  
**BIG**

...WOW-MAZINGS  
100% INCLUDED



WALKING IS ONLY PART OF THE ADVENTURE



- ECO CERTIFIED ECOTOURISM - GLOBAL SUSTAINABLE TOURISM COUNCIL MEMBER -  
- 21 AUSTRALIAN AND STATE RECOGNISED TOURISM EXCELLENCE AWARDS -



# Prepare yourself for wow-mazing on our Larapinta trail pack free walk

From June to August each year the Northern Territory provides the perfect place to escape winter with generally wonderful sunny warm days and blue skies, perfect for walking.

The Larapinta Trail was voted by National Geographic as one of the top 20 trekking experiences to be had on the planet. Surprisingly this ancient landscape is abundant with natural beauty including magnificent gorges, high ridges with breathtaking views and peaceful waterholes.

The Larapinta Trail walk offers over 600 species of plants, abundant wildlife and glimpses of the longest continuous cultural history in the world, the Arrente People who have been in the region for the last 50,000 years.

Our pack free 5-day Larapinta walk is a unique itinerary. Carrying as little as your water and camera you will see the most spectacular areas of the Larapinta with some optional walks offered to fit a variety of fitness levels. Add to this an ideal choice of two nights camping under the stars in walk-in touring tents with off the ground beds at the magnificent Ormiston Gorge and two nights accommodation at Glen Helen Homestead complete with a restaurant and swimming pool to refresh after a day's walk and you have the perfect walking experience.

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# BRAG BIG

... WOW-MAZINGS  
100% INCLUDED

We carefully design our walking experience to add 'Wow' factors to every tour. These additional activities will enrich your tour and provide a walking experience that you couldn't create on your own, allowing you to reach remote areas that you normally couldn't get to in a day. On our Larapinta Trail pack free walk, you'll have the opportunity have this included wow-mazing experience you'll want to brag big about to everyone who'll listen to you!

## STUNNING SCENIC CHOPPER FLIGHT

On the last day of our walk, we finish our journey with an afternoon scenic helicopter flight. This remarkable experience takes you over the first section of the Larapinta Trail from Alice Springs to Simpsons Gap.

We take to the air and follow the Todd River to the Telegraph Station and get a bird's eye view of Mt Gillen and Heavitree Gap before making our way to marvel at the breathtaking Simpsons Gap From the air. You will also see stunning views of the East and West MacDonnell Ranges, its parallel ridges spanning out 644 kms into the distance from Alice Springs. This flight is a truly remarkable way to finish our Larapinta experience.

Life's An Adventure is the only walking tour that offers this scenic flight as 100% included.



# Here's what is included in your Larapinta Trail 5 day pack free guided walk

When you walk with Life's An Adventure you can be sure that our aim is to deliver a tour beyond your expectations. We believe our tours deliver exceptional value for money, with all the creature comforts you are after.

When comparing other tours in this region be sure you check that you don't have to carry your own gear, you don't have to camp and that your accommodation is not a long distance from where you are walking.

This is a Pack Free walk – so you'll carry as little as your water, lunch and camera each day, because we take your overnight bags for you to your accommodation.

Enjoy our genuine all-inclusive tour with no hidden extras.

## WALKING TOUR INCLUSIONS

- Pack Free fully supported walk with your overnight luggage transported to the campsite and homestead.
- Helicopter Flight over Section 1 of the Larapinta, for a unique view of the MacDonnell Ranges
- Two nights camping at magnificent Ormiston Gorge, centrally located so you can walk directly into camp on night one and take a swim after your walk. All guests will stay in walk-in tents with off the ground beds complete with deluxe camping mattresses.
- On your last two nights at Glen Helen Homestead you will enjoy pub-style meals in the Homestead's restaurant accompanied by fine wines.
- All meals including 4 dinners, 4 breakfasts, and 5 lunches. Fresh fruit and trail mix to enjoy during your walk.
- Australian wine will be served during dinner each night at camp as well.
- Professionally guided – Our guides are passionate, entertaining, well trained and enthusiastic with the ability to bring to life a depth of information. Guest indigenous guide talk and 'Welcome to Country' at Stanley Chasm.
- Return transfers from Alice Springs on day 1 and 5 of your trip.
- National Park Pass.

## PLEASE NOTE

The only equipment you will need to bring is a sleeping bag which can be hired from us for a fee of \$40. Our bags are dry cleaned after every use.



# Walking is only part of the adventure - there's also the fabulous local produce, wines and accommodation you'll experience too as included 'wows'.

During your first two day's walking, our guides will prepare a feast of superb meals featuring a range of Northern Territory produce. Expect to taste dinners like delicious Lemon Myrtle Barramundi and even crocodile sausages at breakfast time. Once we arrive at Glen Helen Homestead, our meals will be provided by the restaurant. You can expect to enjoy hearty pub style food such as Prosciutto wrapped chicken breast served with crispy potatoes, seasonal vegetables, and wattleseed garlic cream. Of course, with every meal, we include superb Australian wines.



## BREAKFASTS

Hot and cold breakfasts are enjoyed in the mornings. With tea and coffee available anytime.

## LUNCHES

Day one we stop at Stanley Chasm to collect our lunches from a local cafe. For days two and three, we have a spread of delicious meats, cheeses, chutneys and ingredients to create your own lunch. Whilst days four and five Glen Helen will provide us with a packed lunch

## DINNERS

At camp enjoy a cheese and nibbles platter with wine around the campfire while dinner is prepared for you. Dinner will be a feast of food with two choices offered each night, such as barramundi and lamb. At Glen Helen Homestead enjoy evening meals in the restaurant prepared by their resident chef. All dinners are perfectly matched with local Australian wines.

# Enjoy a true outback desert experience with camping and homestead stays

## ORMISTON GORGE - CAMPING FOR TWO NIGHTS

Location is everything – and we are very lucky to be able to take advantage of a campsite at beautiful Ormiston Gorge which is a two-hour drive from Alice Springs. Our campsite is not only a beautiful location with a short stroll to the swimming hole but central to most of our walks, minimising our transfer times each day – with our guests walking directly into camp on day one.

For the first two nights you will enjoy all the fun of a camping adventure, but with the little extras. You'll arrive at camp to find your walk-in touring tent set up for your arrival, including an off the ground bed with a deluxe camping mattress and pillow.



## GLEN HELEN HOMESTEAD FOR TWO NIGHTS

We understand that four nights camping is not everyone's idea of fun. That's why we have designed our itinerary so you spend our final two nights of the walk at the historic Glen Helen Homestead. The only roofed accommodation located within the Tjoritja - West MacDonnell Ranges National Park, 130 km west of Alice Springs.

At the end of a day's walk, there is nothing nicer than cooling off in the homestead's swimming pool. With a warm cosy fireplace, a charming bar and restaurant featuring hearty pub style food, you'll love the atmosphere of the homestead.

Rooms are based on twin share and feature either a queen bed or a queen and single bed as well ensuites with hot showers.





## HERE ARE A FEW KIND WORDS FROM OUR LARAPINTA TRAIL WALK GUESTS

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Have never done this type of tour before, it was amazing and the guides, Craig, Pete & Talia were magnificent & made the whole experience extremely enjoyable, will recommend to anyone.

Robert Jones

Merel was one of the most knowledgeable guides I have experienced over many years of guided walking. She kept us safe, informed and on task. Overall impression of the tour Excellent. I walked Larapinta in 2005 (7-day trip) and thought the current trip was great for showing the highlights. The mix of camping and hotel stay was a good idea and well-suited for the demographic.

Helen

Guides Excellent. Nothing was too much trouble for our guides. Camping was Excellent. The Glen Helen homestead was well managed and had a lovely homely feel. Great scenic location as well. Loved the food and the professionalism of the restaurant. Overall impression of the tour - Excellent. Enjoyed the mix of camping and homestead accommodation. Thought 5 days was good for walkers of our level and age. The tour was great and gave us the Central Australian experience that we were hoping for.

Rod and Jewel Davies

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DAY ONE

# WELCOME TO COUNTRY AT STANLEY CHASM - ORMISTON GORGE & POUND WALK



## WALK SNAPSHOT

DISTANCE:	10 kms
HOURS:	6 hours walking with breaks
GRADE:	Medium
FITNESS:	Good
CLIMB:	110 metres ascent 110 metres descent



## DAY ONE

# WELCOME TO COUNTRY AT STANLEY CHASM - ORMISTON GORGE & POUND WALK

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### SUGGESTED PRE NIGHT ACCOMMODATION

We suggest the Doubletree by Hilton Hotel Alice Springs where we meet on day one (alternatively Desert Palms Alice Springs is only a short walk away).

### DEPARTURE TIME

7.30am

### TERRAIN

This circuit track begins with a steady climb to the top of the pass. The trail is firm underfoot with loose rocks. After descending down into the Pound there is some dry sandy riverbed crossings with the last 2km of the track leading through a dry river bed which has a mix of boulders and rocks where some light rock scrambling will be required. The terrain is rocky hard surfaces requiring sturdy hiking boots with ankle support.

### FLEXIBLE WALKING

After enjoying the Stanley Chasm walk we travel to Ormiston Gorge. For those that don't want to do the Ormiston Pound walk today, enjoy the flexibility to relax at camp where you can swim at Ormiston Gorge waterhole whilst the rest of the group is walking.

### WALK ITINERARY

Our day starts in Alice Springs at the Doubletree by Hilton Hotel where you will meet your guides for a pre-tour briefing and head for a "Welcome to Country" with local Arrernte guide Deanella Mack at Stanley Chasm. Stanley Chasm/Angkerle Atwatye is part of her dreaming and connection to Country and where she lives with her family. Deanella brings a fresh and modern-day perspective to cultural awareness and loves sharing her knowledge in order to facilitate understanding across cultures.

We travel to Ormiston Gorge which is one of the main highlights of the West MacDonnell Ranges National Park. Enjoy a beautiful and spectacular walk up to a high escarpment overlooking the pound and then we descend into the pound, and across the gorge. The walk takes you through a spinifex covered landscape. You will be amazed at the extensive population of wildlife surrounding the many waterholes along the way. Upstream as you walk through the gorge rising spectacularly on either side are cliff faces that look like Red Lego blocks. You will see ancient pines, river red gums and you may even see the famous Sturt Desert rose.

We are very lucky to be able to take advantage of a campsite at beautiful Ormiston Gorge. Today we walk directly into our campsite to find our stand up touring tents erected and your overnight bags waiting in your tent. Take a dip in the refreshing waterhole before dinner, a great way to refresh after your day's walk. Relax as a delicious dinner served with Australian wine is prepared for your enjoyment. Sit around the campfire, toast marshmallows and chat about the day's adventure with your new friends.

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DAY TWO

# A WANDER TO MOUNT SONDER



## WALK SNAPSHOT

DISTANCE:	16 kms
HOURS:	6 hours with breaks
GRADE:	Hard
FITNESS:	Good





## DAY TWO

# A WANDER TO MOUNT SONDER

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### TERRAIN

Expect a good physical workout even during the descent off the mountain. The trail is rocky, rugged, hard-surfaced and dry. The trail occasionally disappears although there are markers to follow. Terrain is rocky hard surfaces requiring sturdy hiking boots.

### FLEXIBLE WALKING

For those that do not want to walk to the top of Mount Sonder we offer an alternative shorter walk to suit your fitness today.

Our second guide will tailor-make the walk to the needs of those choosing this option with several walking options available including a Redbank Gorge walk showcasing its pretty chasm and gorge or a shorter version of Mt Sonder.

### WALK ITINERARY

We have carefully planned your journey so that the most challenging day to Mt Sonder (the highest point of the trail) is at the start of the tour when you are fresh and more energetic, then we gradually make each day easier as the tour comes to an end.

We start the day early so we can enjoy a glorious walk to Mt Sonder.

European's were first acquainted with the mountain in the watercolour painting of the famous Aboriginal artist Albert Namatjira.

This section's walk to the summit showcases the stunning colours of the range and amazing views for hundreds of miles into the distance.

Initially, we climb through bushland, then the tree's gradually become more stunted as the track rises on open spinifex covered slopes.

At the top, we will enjoy sweeping views of where we have been and record our achievement in the Visitor's book.

The trip to the peak of Mount Sonder comprises an 8 km walk from the gorge over rocky and steep terrain suited to fit bushwalkers.

We return to our campsite with time to have a relaxing swim in the waterhole before dinner. Tonight enjoy a wonderful dinner featuring local produce and Australia wine around the campfire.







DAY THREE

# ORMISTON GORGE TO GLEN HELEN HOMESTEAD



## WALK SNAPSHOT

DISTANCE:	12 kms
HOURS:	7 hours with breaks
GRADE:	Medium
FITNESS:	Good





DAY THREE

## DEEP CREEK TO ANSONS BAY

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### TERRAIN

This is a winding and undulating walk from the Gorge to the hilltop lookout. From the lookout onwards the area flattens out a little. There are a number of creek and river crossings to complete, but these are almost always dry. The track is firm underfoot with less rocky sections.

### FLEXIBLE WALKING

For those that don't want to walk today, enjoy the flexibility to relax at camp and have a swim at the waterhole with the option to enjoy a stroll along the short but rewarding Ghost Gum walk at your own pace.

The Ghost Gum trail meanders through sandy soil and ghost gums before gaining altitude via steps to reach a viewing platform. It is possible to continue along the path for a longer route along the gorge. Afterwards transfer to Glen Helen Homestead for an early check-in. Here you can stroll down to Glen Helen Gorge for a swim or relax around the homestead's swimming pool.

### WALK ITINERARY

Today our walk will take us from the Ormiston Gorge to the Historic Glen Helen Homestead. Our walk starts with a magnificent Red Mallee forest, wildflowers after rains if you're lucky and a dis-used cattle corral, which reminds us of the past pioneers of this rugged cattle country.

Mount Sonder looming in the distance and plains stretching as far as the eye can see. We descend over gently undulating terrain when we come to the junction of Ormiston and Davenport creeks which is the start of the famous Finke River.

The Finke was called Larapinta by the Arentee People which means salt creek and it is one of the oldest watercourses on this planet.

We cross the Finke River to the west bank and rise through a patch of river red gums to an open plain.

An easy walk leads to the oasis of the Historic Glen Helen Homestead which is our accommodation for the next two nights.

Upon arrival enjoy free time to stroll along pretty Glen Helen Gorge take a swim in the homestead pool.

Tonight our group meets in The Homestead's restaurant for our evening meal. Enjoy hearty pub-style meals accompanied with Australian wine. Retire to your room with ensuite and reverse cycle air conditioning/heating.







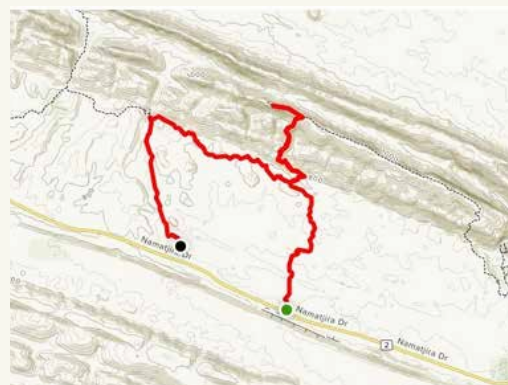
DAY FOUR

# EAGLES LANDING TO COUNTS POINT



## WALK SNAPSHOT

DISTANCE: 15 kms  
HOURS: 8 hours with breaks  
GRADE: Hard  
FITNESS: Good





## DAY FOUR

# EAGLES LANDING TO COUNTS POINT

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### TERRAIN

A gradual climb over rocky terrain before beginning a steep climb up to the top of the ridge, the climb is supported with well-constructed rock steps.

Once up on the ridge this exposed track leads over a rugged rocky clearing with a slight incline all the way to the Counts Point lookout.

Coming down off the ridge there is some steep switchbacks and steps. Once off the ridge, you'll enter a mulga scrub where there are more rocky steps leading down to the valley floor where there is smoother single track, crossing through rocky creeks.

### FLEXIBLE WALKING

For those that don't want to do the Counts Point walk today, we offer an alternative easier walk to suit your fitness. Our second guide will take you on a shorter walk to Serpentine Gorge & Serpentine Gorge lookout.

An easy three km return trip takes you into the sheltered Gorge and waterhole, then onto a short sharp climb to the lookout that enables you to see up the gorge as well as over the surrounding parks of the range country.

After spending the morning here, you will be transferred back to Glen Helen where you can take another short walk to the Glen Helen Gorge along the Finke River with views of the towering sandstone wall.

### WALK ITINERARY

Today we walk section 8 of the Larapinta Trail. We climb to Eagles landing which in the Aboriginal Dreamtime tells the story of an Eagle ancestor who patrolled the range from the Ochre pits to Serpentine Gorge.

After a morning tea stop at Eagles landing, we then continue to Counts Point. This vantage point offers a wonderful opportunity to see the overall geology of the ranges. Views along this straight Quartz ridge lines give a spectacular view of Mt Sonder.

To the right in the distance is the highest peak in the Northern Territory Mt Zeil. In our opinion, it's the best view along the whole length of the trail.

After lunch, we descend the range into the plains to the end of our walk at Serpentine Gorge chalet.

We then transfer back to our hotel accommodation at Glen Helen Homestead. Enjoy dinner in the restaurant featuring Australian wine and chat about the day's adventures.







DAY FIVE

## OCHRE PITS TO SERPENTINE CHALET GORGE & SCENIC CHOPPER FLIGHT



### WALK SNAPSHOT

DISTANCE: 8 kms  
HOURS: 4 hours with breaks  
GRADE: Medium  
FITNESS: Good





## DAY FIVE

# OCHRE PITS TO SERPENTINE CHALET GORGE & SCENIC CHOPPER FLIGHT

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### TERRAIN

The Trail leads up from the Ochre pits with a rise up and over a small ridge, firm underfoot with lots of loose rocky sections. Once at Inarlanga Pass there is a short section of boulders to navigate over. Following this the track is rocky and undulating with some smoother sections.

### FLEXIBLE WALKING

Today's walk is an easy 6.2km from the Ochre pits to Serpentine Chalet with a spectacular morning tea stop at Inarlanga Gorge (one not to be missed) however if you are wanting an alternative option you can enjoy the Ochre pits with the group and then travel with the second guide around to Serpentine Chalet carpark where you will wait for the group to finish their hike

### WALK ITINERARY

Today we hike an easy 4 km track along the Song Line of the Arrente track from Ochre pits which connect to Inarlanga Pass. The Ochre pits are still used by the traditional landowners, Arrente people. The track follows high ground to some of the best views of the whole Larapinta trail.

We enter into the Inarlanga Gorge the smoking green fronds of the McDonald ranges Cycads stand out against the glowing red walls of the gorge formed 300 million years ago.

The gorge has been the ceremonial place an important watering point for the Western Arrente people for thousands of years. We walk the descent back through spinifex foothills over a low saddle through mulga back to our starting point.

We travel back to Alice Springs and finish our journey with an afternoon scenic helicopter flight to see the dramatic landscapes from the air.

On the last day of our walk, we finish our journey with an afternoon scenic helicopter flight from Alice Springs. On this remarkable journey, you will fly the first section of the Larapinta trail from Alice Springs to Simpsons Gap.

We take to the air and follow the Todd River to the Telegraph Station and get a bird's eye view of Mt Gillen and Heavitree Gap before making our way to marvel at the breathtaking Simpsons Gap. From the air, you will also see stunning views of the East and West MacDonnell Ranges, parallel ridges spanning out 644 kms into the distance from Alice Springs. This flight is a truly remarkable way to finish our Larapinta walking experience.

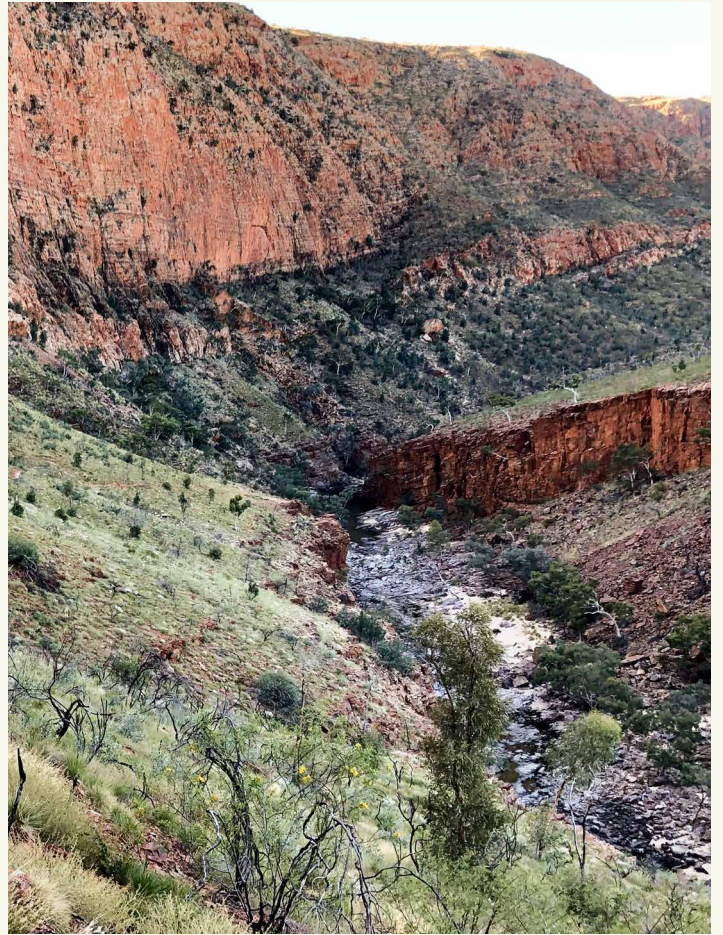
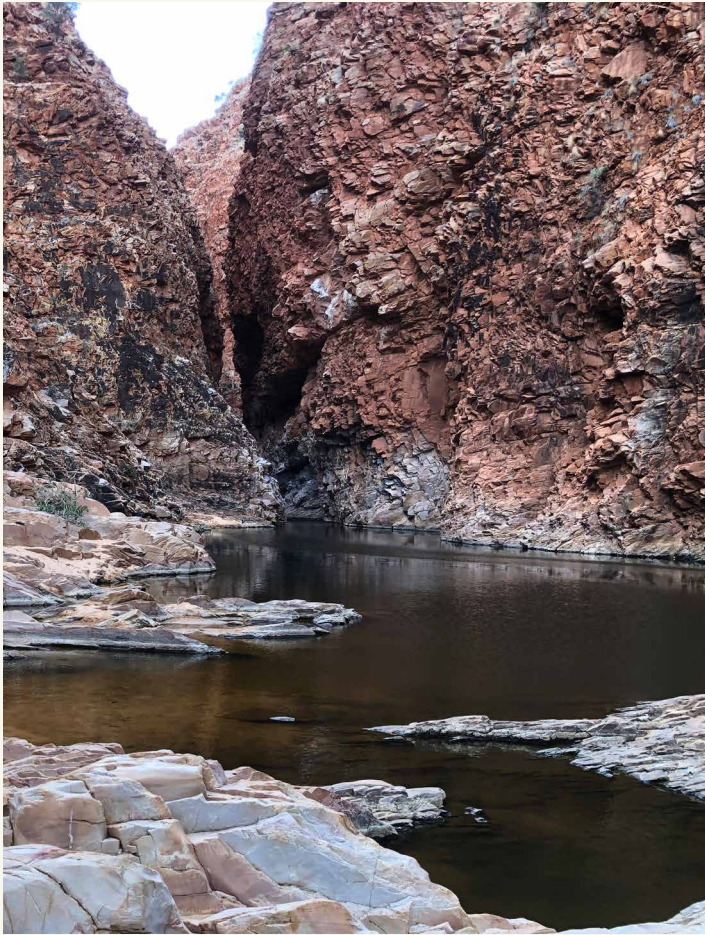
Afterwards, we head back to the Doubletree by Hilton Hotel, the end of a fantastic journey.

### FINISH TIME

Approximately 5.30pm

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# BOOK YOUR LARAPINTA TRAIL PACK FREE WALK TODAY

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## DEPARTURE DATES - MAY TO AUGUST SEASON

Our Larapinta Trail pack free walk season runs from May to August each year. We have generally one departure a week during this time. Real time availability can be checked on our website below or call our office on (02) 9975 4553.

## PRIVATE GROUPS

Groups of 10 or 12 can select a departure date of their choice. We advise booking as early as possible as dates fill up quickly. Ask us about Group Pricing.

FOR AVAILABLE DEPARTURE DATES, SPECIAL OFFERS, PRICES AND BOOKINGS  
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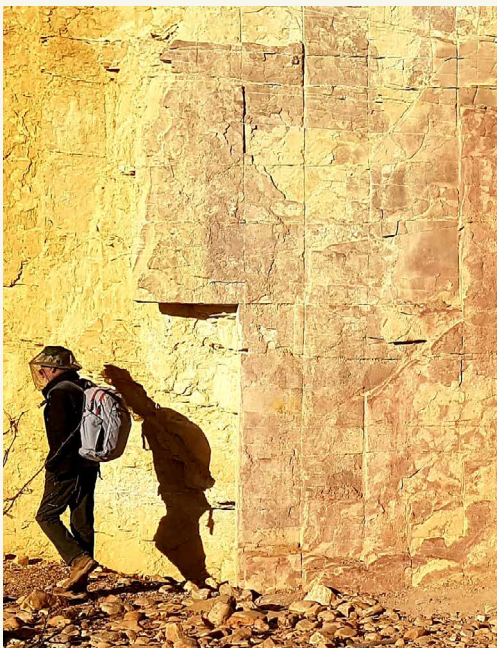
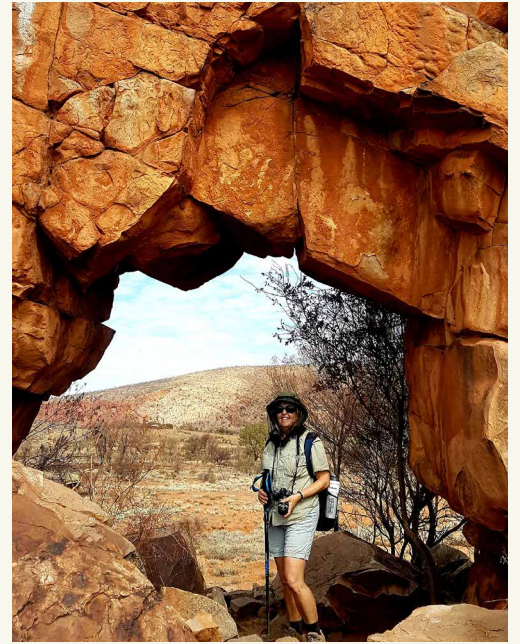




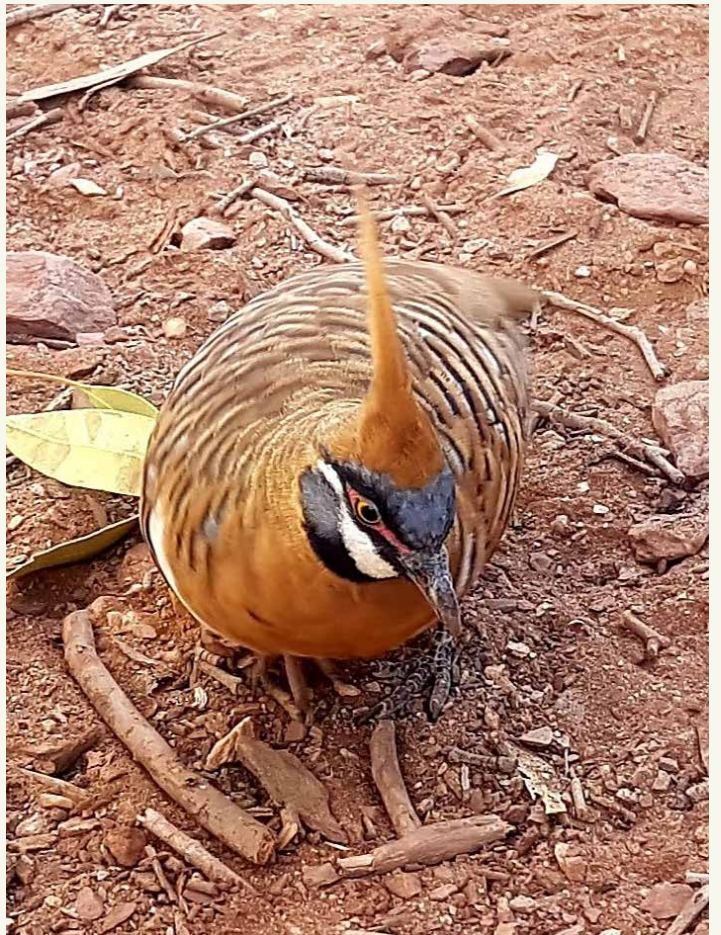
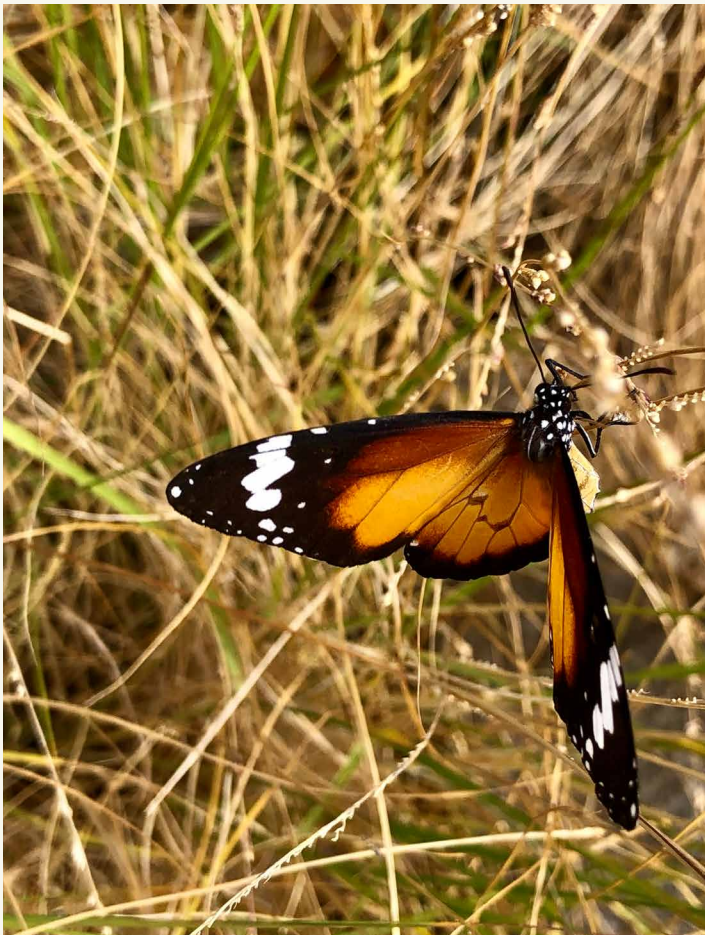
A photograph of a large, white-barked tree growing from a red rock cliff. The tree has a thick, white trunk and a dense canopy of green leaves. The cliff is made of layered red rock. The sky is blue with some light clouds. The text is overlaid on the lower part of the image.

The Larapinta Trail  
was voted by National  
Geographic as one  
of the top 20 trekking  
experiences on the planet.





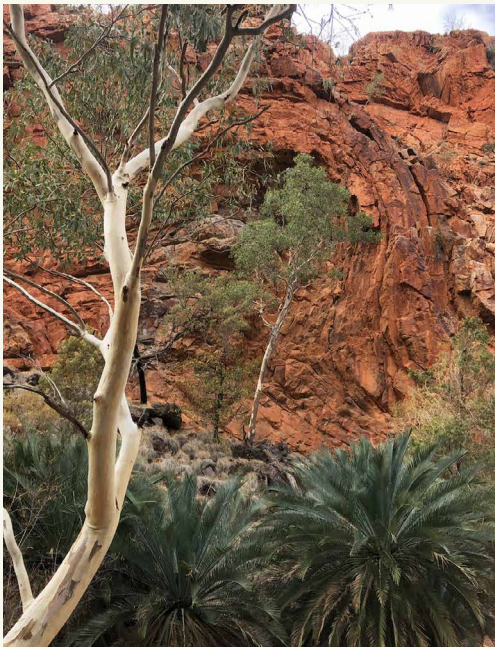




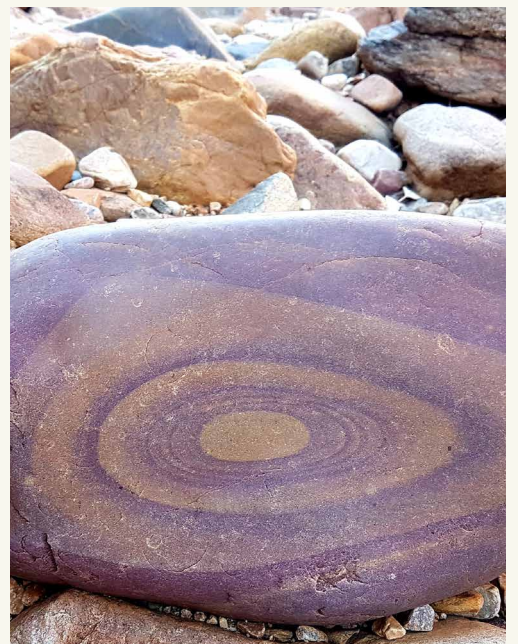
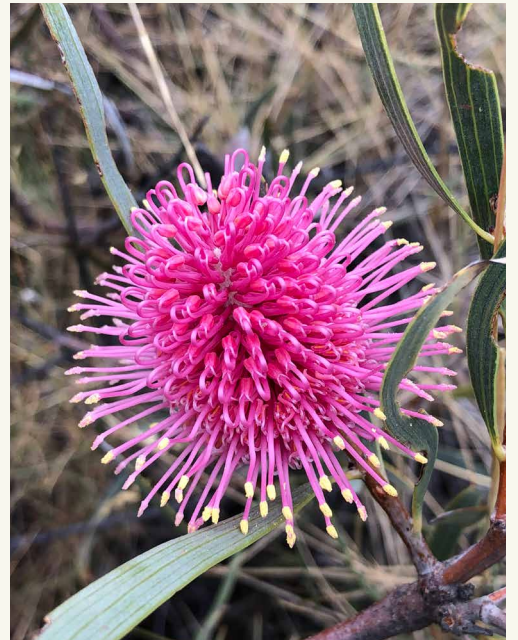




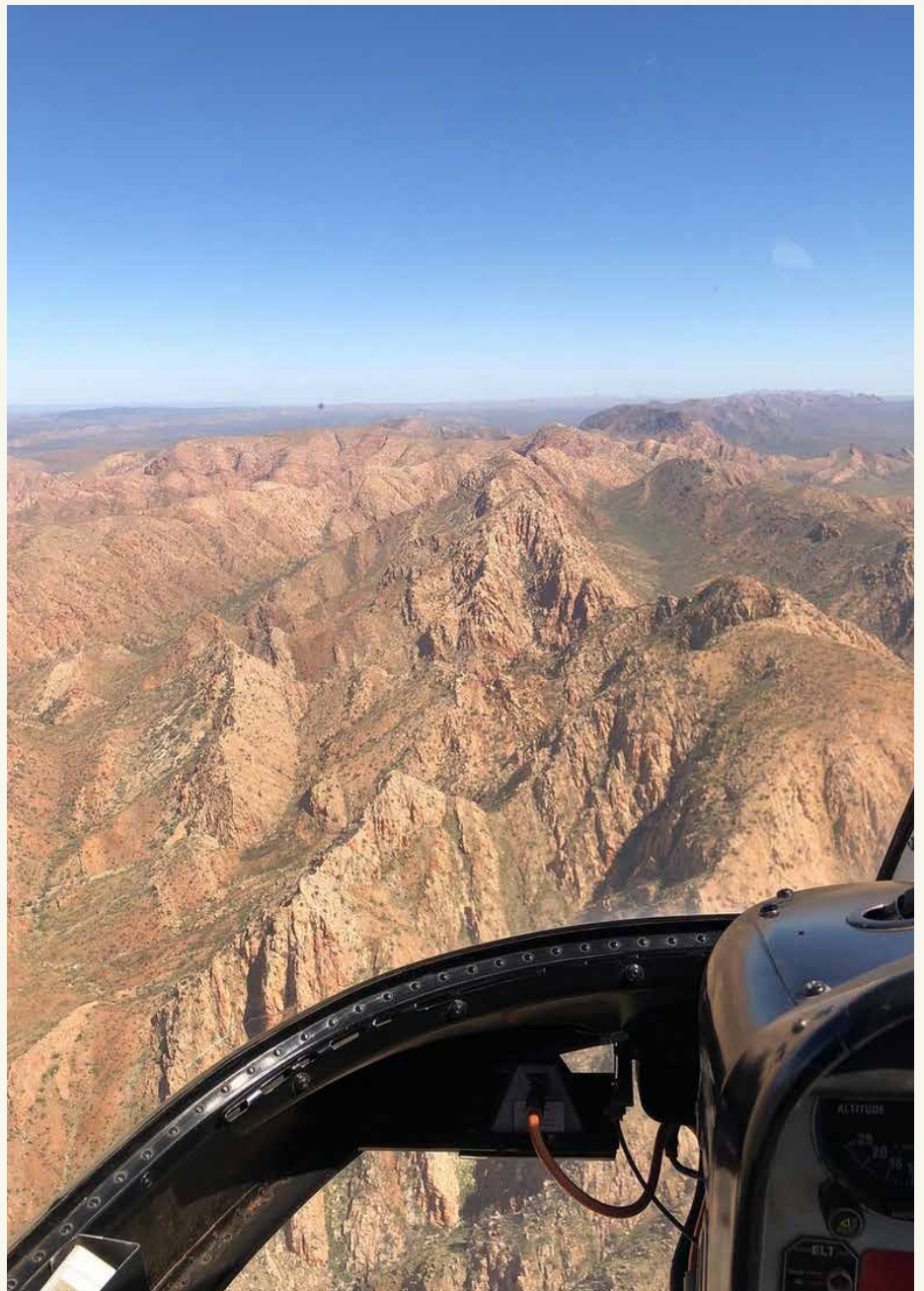
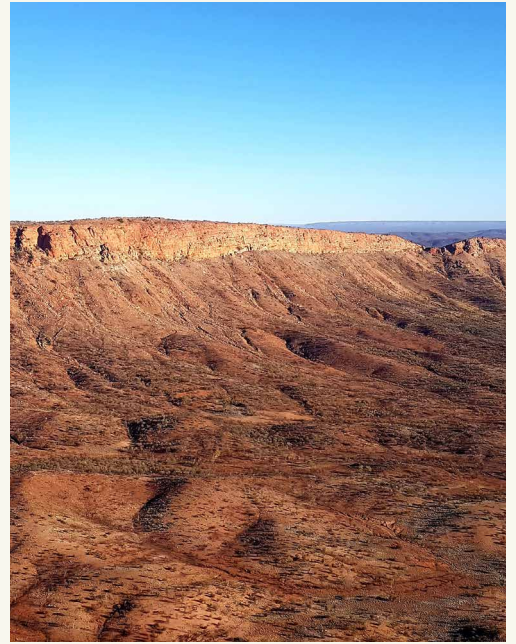














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# WHAT MAKES US 'WOW-MAZING' DIFFERENT? TAKE A LOOK.

LIFE'S AN ADVENTURE GIVES  
YOU PACK FREE GUIDED WALKING  
TOURS WITH OUR UNIQUE  
WOW-MAZING INCLUSIONS LIKE...

... WILDERNESS CRUISES  
TO REMOTE LOCATIONS - CHOPPER  
FLIGHTS OVER STUNNING SCENERY  
- MEETING LOCAL CHEFS AND  
WINE MAKERS - DELICIOUS  
PADDOCK TO PLATE DINING  
- LOCALLY SOURCED WINES  
- FLEXIBLE FITNESS WALKING  
OPTIONS - FABULOUS BOUTIQUE  
ACCOMMODATION - SURPRISE  
& DELIGHT EXPERIENCES + MORE.



# BOOK AND WALK WITH CONFIDENCE.

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## PERSONALISED TOURS

Our tours are curated to be personal and intimate with a maximum group size of 12 – 16 guests. However, if you'd like to have a bigger group, contact us for more details.

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## CEO GUIDES

Our guides are CEOs – Chief Experience Officers – and their passion is to give you a world-class walk. We pride ourselves on employing a talented team of passionate CEOs who all have a passion for their tour.

They're committed to your safety and have a genuine desire to provide an enriching, immersive and wow-mazing walking experience.

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## 21 TOURISM AWARDS

We don't mean to boast but it is awesome to be recognised for having tours that people love walking on. We've won 21 Tourism Awards of Excellence including the Qantas Australian Tourism Award for Australia's Best Adventure Company. Awards are great, but our biggest accolade which we value even more, is that our clients come back and travel with us time and time again.

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## GENUINE ALL-INCLUSIVE

Our walking tours are all genuinely all-inclusive – so once you pay for your tour there are no hidden extras. During your evening meals, you won't need to put your hand in your pocket to pay for wine as it's included in the price of the tour and if your tour has a stunning scenic chopper flight or eco wildlife cruise – it's 100% part of your tour package. What's more – there are No Credit Cards fees.

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## FLEXIWALK

Our FlexiWalk is a new optional Add-On that allows guests to cancel their tour last minute and not be penalised. Exclusively designed by Life's An Adventure, this product gives our guests certainty in a time of uncertainty.

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# LEAVE ONLY FOOTPRINTS AFTER YOUR TOUR

Life' An Adventure commitment to sustainability ensures our guests enjoy, appreciate and learn the importance of preserving and protecting the landscapes we visit and its inhabitants. The ethos of our walking holidays across Australia is to minimise our footprint, working towards a leave no trace outcome and emphasizing the elements of conservation in all elements of operations across the business.

We are firmly against businesses that disturb our National Parks by the construction of buildings and structures. On all tours we utilise existing accommodation close to the trails, which not only support these local accommodation providers, but also minimises our impact on the environment.

We also support local communities by buying local produce, working closely with local businesses such as cruise companies, chefs, wineries and small local cafes with the same environmental ethos as us, as well as hiring local guides.



## ECO TOURISM ACCREDITATION

We hold Eco Tourism Accreditation with EcoTourism Australia, this accreditation is given to ecologically sustainable tourism companies with a primary focus on experiencing natural areas that foster environmental and cultural understanding, appreciation and conservations.



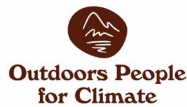
## GREEN GUARDIAN PROGRAM

Our project is working with PWS, Birdlife Tasmania and the Department's Resource Management and Conservation Branch. Whilst walking along the wild and remote beaches in Tasmania, we will identify a number of threatened and vulnerable shorebird and migratory shorebird species. This important work will aid in assessing shorebird populations and habitat quality, both of which have been seriously affected by human activity. The vital information collected will be uploaded into the Department's Natural Values Atlas where it will assist in improving conservation outcomes, planning.

Life's An Adventure has partnered with the Tasmanian Parks and Wildlife Service to promote environmental conservation through the Green Guardian program. As part of the Green Guardian program, our guests are given conservation volunteer opportunities during their walks and decision making.



# LEAVE ONLY FOOTPRINTS AFTER YOUR TOUR



## OUTDOORS PEOPLE FOR CLIMATE

Life's An Adventure supports 'Outdoors People for Climate' who are a grassroots community of people who love, live, and work in the Australian outdoors. Climate change and other ecological stressors are causing irreversible damage to the wild places we love and will make it progressively harder for Australians to access the outdoors. Outdoors People for Climate are here to add to the growing call for meaningful, ambitious, and rapid political and business leadership on climate change in Australia. It is time for Australians to come together, listen to the science, take action, promote solutions and support positive change for people, the planet, and the outdoors. It's clear: when nature thrives, people thrive. What's more, individuals, communities, and governments already possess the solutions needed to tackle the climate crisis and in turn create a better future, but we must act urgently.





# LEAVE ONLY FOOTPRINTS AFTER YOUR TOUR

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## CONSERVATION OF OUR ENVIRONMENT

Our walks are all in stunning natural areas, and we want them to be there for future generations to enjoy.

So on our tours we're super considerate and follow a few simple rules to minimise any environmental damage on our wow-mazing walk experiences for you to follow.

When Walking...

Stay on the track, even if it's rough or muddy. Walking on the track edges and cutting corners on steep, zigzagging tracks increases erosion and visual scarring.

Tread softly, choosing your footwear for the terrain. Often you will only need to wear lightweight walking boots or even running shoes.

If there are no tracks, spread out rather than follow each other's footsteps. A plant will be more likely to recover if walked on once than if stomped on by the whole party.

Appreciate and respect the local wildlife. Walk as quietly as possible. This reduces the likelihood of disturbing wildlife and increases the chances of seeing it.

Carry all rubbish with you. Even discarded organic litter such as apple cores or orange skin adds nutrients to the soil which can aid the spread of weeds.

Only use toothpaste and soap if you're at least 50m from any waterways, to prevent harm to fish and other wildlife.

Please don't feed native animals – it can damage their health and make them dependent on campers for food. The wrong food can cause birds to lay eggs with weak shells that break before the young can develop. Find out more about how feeding native animals can affect them, their behaviour and you.

No damage or removal of native plant species.

No removal of shells from beaches, coastal areas or inland middens.

Try to leave everything as you found it. Don't disturb historic places, Aboriginal sites, plants, animals or bush-rock.

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# LET'S INTRODUCE OURSELVES

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## THE LIFE'S AN ADVENTURE PACK-FREE STORY

Life's An Adventure Company Director Mark Norek was born and bred in Tasmania, and has a passion hiking ever since he was president of his high school bushwalking club. Mark started walking with his wife Vicki and to get her to walk more often he would add the finer things in life to the walk so that she would come along and do it more often... such as footbaths, bottles of wine and her favourite liqueur Bailey's for her!

This translated some 12 years ago into starting a business called Life's an Adventure where the goal is to make every walk a more enjoyable experience for all and taking heavy packs out of the equation – and hence we added the tag-line to our logo 'The Pack-free Walking Experience'

They also wanted to offer the best accommodation and fine dining in the area as we currently do on our Three Capes walking tour. They then added to that wow factors to reach more remote areas by helicopter or boat.

Mark and Vicki have carefully designed all our tours to give good value and quality in Pack Free walk, so you carry as little as your camera, water and raincoat (if required). Our guides are all passionate and are incredibly sociable and proud of their state, and this comes through with their guidance through the area.

Enjoy the walk, and feel free to share your photos with us of your memorable experience.

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## CONTACT US

CALL US : 02 9975 4553

TOUR ENQUIRIES: [walks@lifesanadventure.com.au](mailto:walks@lifesanadventure.com.au)

MON-FRI: 9:00 am - 5:00 pm SAT-SUN: CLOSED

HEAD OFFICE: SHOP 7, 1306 PITTWATER ROAD, NARRABEEN NSW 2101

FOR OUR SIGNATURE TOURS WEBSITE - [WWW.WOWMAZINGWALKS.COM.AU](http://WWW.WOWMAZINGWALKS.COM.AU)

FOR MORE THAN 90 DIFFERENT TOURS VISIT - [WWW.LIFESANADVENTURE.COM.AU](http://WWW.LIFESANADVENTURE.COM.AU)

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A SMALL NUMBER OF SUPPLEMENTARY IMAGES ARE COURTESY FROM TOURISM NT.