

KUMANO KODO

JAPAN

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 your 8 day Kumano Kodo Walk

This 8-day pack-free guided walk explores the 1000 year old Kumano Kodo ancient pilgrim trail that stretches across the picturesque mountains of the Keii Peninsula in Japan, a region many visitors to Japan never get to see.

We have hand-crafted this journey to give you the best of this region, we have avoided the busy train transport between locations and have included private transfers which allow our guests the flexibility in walking options each day. We have hand-picked the finest accommodation in each area with their unique Japanese style and extra comfort, as we understand many guests don't want to sleep on thin futon mattresses on the ground for 7 nights.

Our walk takes us through UNESCO World Heritage expanse through a mesmerizing tapestry of unique mountain forests, revealing the Grand Shrines nestled amidst the green canopy. We begin by traversing a section of the northern trail, leading to Koyasan, a serene Buddhist temple town seemingly untouched by the passage of time.

Then journey south upon the imperial Nakahechi Route immersing yourself in the landscapes woven with history, spirituality, and culture. This tour commences and finishes in Osaka making it easier to join your tour and continue your journey in Japan afterwards.



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 the Kumano Kodo pack free walk, you'll have the opportunity have these included wow-mazing experiences you'll want to brag big about to everyone who'll listen to you!

MEDITATION WITH A MONK - KOYSAN

Amidst the captivating tranquility of Koysan, an enchanting opportunity awaits with an invitation to join a meditation session guided by a Japanese monk. Immersing yourself in the serene ambiance of a traditional meditation hall, adorned with intricate wooden carvings and the soft glow of candlelight. This is a unique and wonder experience to have.

KUMANO RIVER TRADITIONAL PILGRIM BOAT CRUISE - SHINGU

Embark on a river adventure through Kumano's heritage. For more than a millennium, pilgrims have travelled by boat along this river to complete their Kumano Kodo pilgrimage route, linking Kumano Hayatama Taisha in Shingu. Step into history by sailing in traditional flat-bottom boats mirroring the ancient journey's of pilgrims, wondering in amazement at the numerous waterfalls along the way and dramatic natural scenery.



Enjoy flexible walking options, private transfers and insightful local guides

FLEXIBLE WALKING OPTIONS

Private transfers on this tour allows us to give our guests flexible walking each day.

You can choose to enjoy the entire day's walk, opt for a shorter walk or even take your own rest-day, which allows you to make this walking holiday exactly what you want.

LOCAL GUIDES & A LIFE'S AN ADVENTURE HOST

Our guides are essential in providing the ultimate walking experience. You'll be accompanied by a local guide who has passion and enthusiasm for the area and a second host guide - one of our experienced Senior Guides who will accompany you for the entire trip ensuring we deliver a world-class walk up to our high standards.



Here's what is included in your 8 day Kumano Kodo 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 offer 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, take trains between walk sections 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 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 no heavy packs to carry.
- Private vehicle transfers – no trains!
- Flexible walking options each day.
- Luggage transport EVERY day to your accommodation.
- Professional and passionate local guides that speak Japanese and English.

Wow-mazing Experiences

- Kumano River Pilgrim Boat Cruise.
- Mediation with a monk in Koyasan.

Stay in the best accommodation in each area

- 1 night at Aloft Hotel Dojima, Osaka or similar.
- 1 night at Rengejoin or The Soijin Temple Lodge, Koyasan.
- 1 night at Takahara Organic Lodge or similar.
- 3 nights at Watase Onsen Hotel Sasayuri or similar.
- 1 night Yukai Resort Koshinoyu Kii Katsuura.

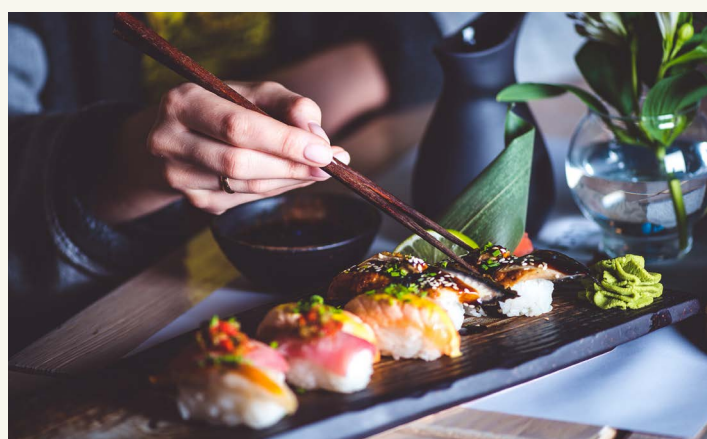
Meals

- 7 x breakfasts.
- 7 x lunches.
- 6 x superb dinners every evening featuring local produce.
- Complimentary wines with evening meals.

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

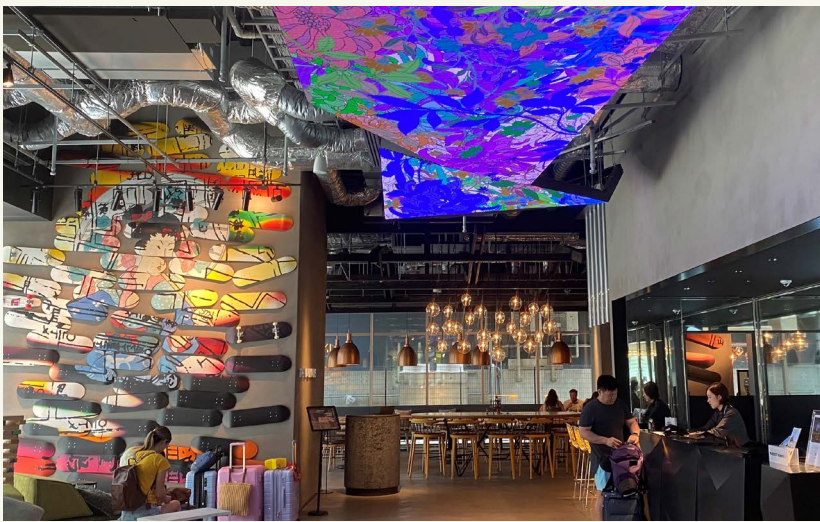
Mealtime is a special time on tour. Not only does it provide the opportunity to get to know your fellow travellers in a relaxed environment, it also allows you to sample regional specialities.

After a day of hiking the walk trail, you'll be treated to some of the best classical local traditional Japanese dining experiences. Each pride themselves on seasonal ingredient specialities (plus some secret family recipes) and also offering some of the finest wines. If you love your food and wine, you'll love this walk!



Enjoy an authentic Japanese experience with 3 and 4 star stays

A highlight of your tour will be the authentically Japanese stays. In each region we walk, we have handpicked the best accommodation in each area, to ensure we give a wow-mazing experience for our guests.



OSAKA - ALOFT HOTEL DOJIMA

Nestled in the prime location within Osaka, the Aloft Osaka Dojima is a modern 4-Star haven which is part of the Marriott Group of Hotels. The hotel offers a restaurant and bar. It's also easy walking distance to shops and transport. With its striking foyer celebrating modern Japanese art, you can chat with ease with the multi-lingual staff who are fluent in English and will offer unparalleled guidance and assistance.



KOYASAN - RENGEJOIN TEMPLE LODGE (OR SIMILAR)

The small town of Koyasan is nestled deep within the cedar forests of Wakayama Prefecture. We spend one night in a Buddhist Temple Lodge accommodation at either Soijin or Rengejoin. Guests will stay in Japanese style accommodation with the opportunity to join morning or afternoon meditation with the resident monks.



TAKAHARA ORGANIC LODGE (OR SIMILAR)

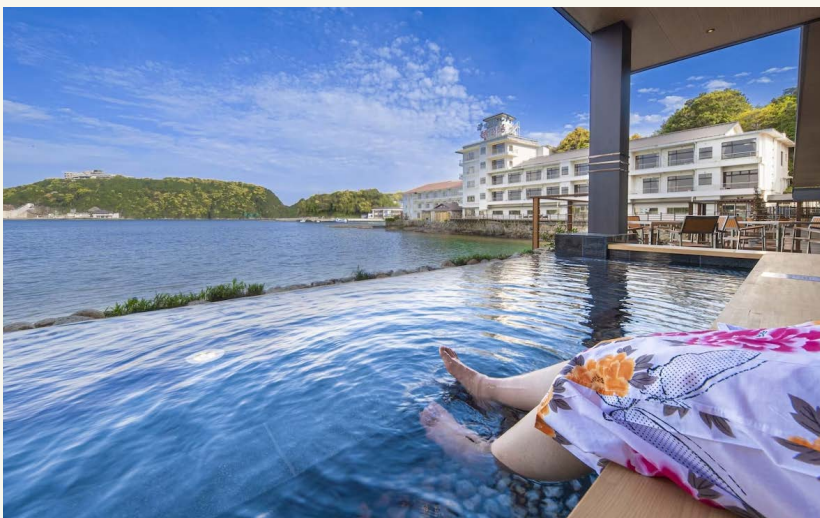
Set high on top of a mountain, the Takahara Lodge offers spectacular views over the valley below. Relax on the terrace and take in the views. The Onsen (traditional Japanese bath-house) offers the opportunity to soak your tired muscles after a day's walk. Meals are prepared using local produce, such as vegetables and freshly caught river fish. Beds in the property are a combination of traditional Japanese and western beds.

Note: As this is a remote area and there are few accommodation options, this lodge will sometimes be substituted as it has a small number of rooms. A single supplement is not available here. Only twin/triple share rooms are available.



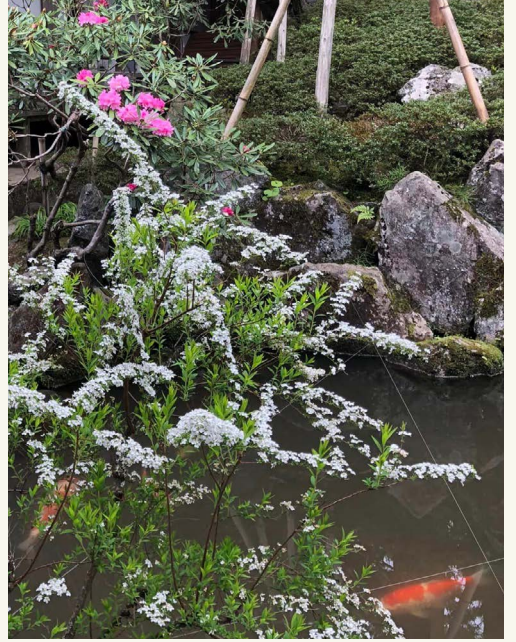
WATASE ONSEN HOTEL SASAYURI (OR SIMILAR)

Ideally situated in one of the Kumano Hongu hot spring villages, Watase Onsen Hotel Sasayuri is accommodation with free-flowing hot springs. Surrounded by mountains and trees of Ki, it sits next to the Yomura River, the hotel is perfectly placed to explore the nearby walks and enjoy a relaxing three night stay. We've chose this hotel as it offers both futon and western beds in the same room giving you a choice of both. The hotel has a Sake bar, private and public hot spring baths, and a restaurant with tables and chairs.



YUKAI RESORT KOSHINOYU KII KATSUURA (OR SIMILAR)

Perched at the water's edge, this hotel offers stunning vistas of Katsuura, that captivates the senses. Indulge in the soothing warmth of a footbath on the ocean terrace, or reveal in the relaxation offered by the sauna, hot spring bath or public. Their rooms embrace the elegance of traditional Japanese style.



DAY ONE

ARRIVE IN OSAKA

GETTING THERE

Guests will need to organise their own flights to Osaka. International flights do arrive into Osaka, or Fly to Tokyo and take the Shinkansen (Bulle train to Osaka) the day prior to the tour.

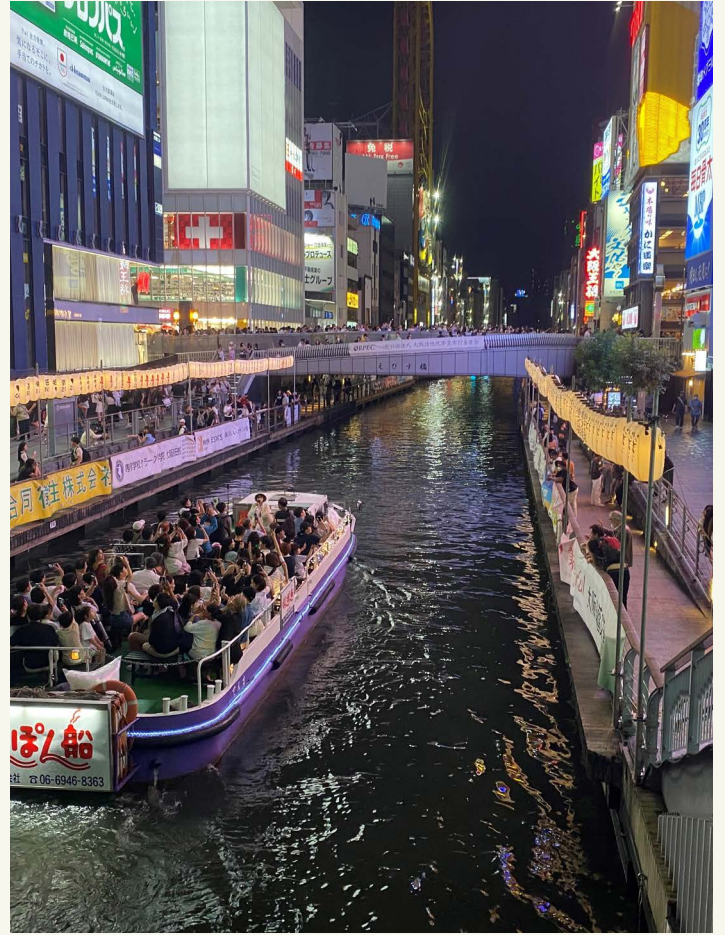
WALK ITINERARY

Make your own way to your accommodation in Osaka for tonight at the Aloft Hotel Dojima, Osaka, part of the Marriott Group.

The remainder of the day is free to explore Osaka at your leisure. The hotel is centrally located within close proximity to the local trains.

Tonight is also free to enjoy Osaka, perhaps visit the vibrant Dotonbori area with its array of restaurants or relax in the hotel restaurant. The hotel will be happy to give you suggestions.





DAY TWO

KOYASAN PILGRIM WALK



WALK SNAPSHOT

TERRAIN

The trail encompasses a diverse terrain composed of earthy pathways, intricate tree root networks.

WALK GRADE

11kms. 3 hours walking with breaks. Medium Grade. Good level of fitness required.

Total elevation gain: 350m.

FLEXIBLE WALKING

Flexible walking options available today. For those not wanting to do the whole walk, you can enjoy a 5km section of today's walk instead.

DAY TWO

KOYASAN PILGRIM WALK

WALK ITINERARY

Enjoy breakfast at the hotel before meeting your tour guides at 7.30am in the foyer of the hotel. This morning we transfer by vehicle from Osaka to the temple town of Koyasan for a short sightseeing tour of the main points of interest.

Koyasan is a revered mountain town renowned for its ancient centuries-old temples and profound spiritual significance.

Today's walk retraces the steps of generations of devoted pilgrims who sought enlightenment and inner peace.

This pilgrim trail takes winds its way through towering cedar trees forests, ascending rugged mountains, and passing serene temples, offering a profound connection with nature and spirituality.

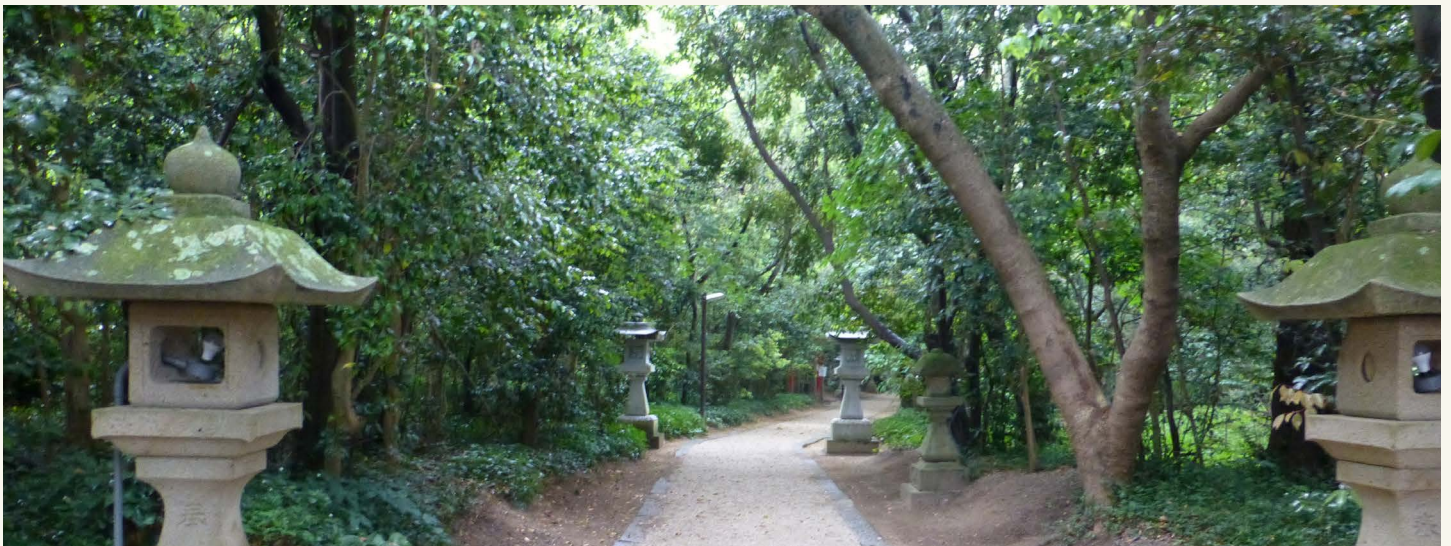
The hiking trail concludes at the Daimon Gate, a majestic two-story tall crimson gate that serves as the iconic entry point to Koyasan.

After our walk we make our way to our Temple Lodging for the evening. This afternoon you have the opportunity to join a unique and spiritually enriching experience.

As the sun's gentle rays filter through the ancient temple's paper-paneled windows, you'll have the golden opportunity to partake in a serene meditation session.

This sacred practice will be guided by one of the resident monks, whose wisdom and serenity have been cultivated through a lifetime of devotion. The atmosphere within the temple exudes an aura of profound tranquility, enveloping you in a sense of inner peace and contemplation.

Afterwards, join the group and be treated to an authentic Japanese-style dinner.



DAY THREE

WALK FROM TAKIJIRI-OJI TO GYUBADOJI MICHI-NO-EKI



WALK SNAPSHOT

TERRAIN

The trail encompasses a diverse terrain composed of earthy pathways, intricate tree root networks, well-worn stone steps, and charming cobblestone sections.

FLEXIBLE WALKING

Flexible walking options above allow you to tailor-make the walk to your needs.

WALK GRADE

Total walking today 12.6kms.

WALK 1

Takijiri-Oji to Takahara. Total elevation gain: 357m. 3.9kms. 3 hours – steep ascent. Good level of fitness required. Grade: Medium- Hard.

WALK 2 OPTION AFTER LUNCH

Takahara to Jujo-Oji and back (return walk). 6.6kms. 2.5 hours. Grade Medium -Hard.

WALK 3 OPTION AFTER LUNCH

Takahara to Michi-no-Eki. 8.7kms. 4.5 hours. Includes steep descent. 320 elevation. 400m descent. Grade Hard.

DAY THREE

WALK FROM TAKIJIRI-OJI TO GYUBADOJI MICHI-NO-EKI

WALK ITINERARY

Before breakfast there is another opportunity to join morning meditation before enjoying a traditional Japanese vegetarian breakfast.

Today we head south directly to Takijiri-Oji, travelling by private vehicle instead of train via Tanabe provides a shorter transfer time and gives us more walking or leisure time today.

We begin with a brief pause at the Takijiri-Oji Visitor Centre, where an informative introduction to the UNESCO World Heritage sacred sites awaits, along with captivating displays of traditional pilgrim clothing.

Situated just across the road, the beginning of our journey unfolds at Takijiri-Oji, an immensely significant location along the renowned Kumano Kodo Pilgrimage route and recognized as one of the five major Oji shrines.

The initial ascent to Takahara Village is a challenging one, navigating through a tapestry of both native and planted forests.

Roughly 15 minutes into this uphill trek, you'll encounter a fascinating set of imposing boulders, among which hides the enigmatic Tainai-kuguri cave — a place to test one's faith by squeezing through the crack at its far end.

Amidst this pristine wilderness, the Takahara Kumano-jinja shrine stands as an ancient sentinel, adorned with towering camphor trees that have borne witness to countless pilgrims' journeys.

As you reach the village of Takahara, prepare to be awe-struck by panoramic vistas unveiling the majestic Hatenashi mountain range, here you will find our accommodation at the Takahara Organic Hotel.

Upon arrival we enjoy a sit down lunch. You can spend the rest of the afternoon relaxing soaking up the views here or after our lunch break you have the choice of two optional walks.

Enjoy an out and back walk to Jujo-oji or walk all the way through to Gyubadoji Michi-no-Eki, this walk includes a steep descent and the walk is graded hard. After our walk we transfer back to our accommodation.

Tonight enjoy dinner served with wine at the Takahara Organic Hotel featuring fresh organic ingredients.

DAY FOUR

WALK MICHINO-EKI TO TSUGIZAKURA - WATARASE ONSEN



WALK SNAPSHOT

TERRAIN

The trail encompasses a diverse terrain composed of earthy pathways, intricate tree root networks, well-worn stone steps, and charming cobblestone sections.

WALK GRADE

Total 5kms. Good level of fitness required. 150m elevation.

FLEXIBLE WALKING

Flexible walking options available today. For those not wanting to do the whole walk, you can enjoy a shorter walk as far as Chikatsuyu-oji or walk from Chikatsuyu-oji to Tsugizakura-Oji.

DAY FOUR

WALK MICHINO-EKI TO TSUGIZAKURA - WATARASE ONSEN

WALK ITINERARY

After breakfast, we transfer back to the trail as we walk from Michi-no-Eki.

Our path leads us upwards along a brisk yet invigorating ascent towards the Hashiori-Toge pass.

Nestled at the zenith of this pass, we encounter a captivating statue that commands attention — a representation of Emperor Kazan, one of the early emperors who embarked on the sacred pilgrimage to Kumano.

In this remarkable sculpture, Emperor Kazan is depicted astride both a noble horse and a sturdy cow, symbolizing the profound spiritual journey undertaken in these mountains.

Our descent carries us along a meticulously laid cobblestone staircase, which serves as our guide towards a panoramic vista overlooking the idyllic Chikatsuyu Village nestled below.

Across the meandering Hiki-gawa River to our left, we catch sight of the Chikatsuyu-oji shrine, a sacred edifice steeped in history and significance.

From here the trail climbs to Tsugizakura-Oji, famed for its giant cedar trees and a thirst-quenching spring.

Afterwards we transfer to Wataze Onsen, the 'onsen' is the Japanese name of thermal hot spring baths and this area has many. They are an important part of pilgrimage tradition, being used in purification rituals in preparation for visiting the grand Hongu Taisha Shrine.

We spend the next 3 nights at the Hotel Sasayuri located on the Yomura River.

We have included 3 nights here so you can relax and unpack and have specifically chosen our accommodation for its rooms with feature traditional beds as well as Japanese style beds, so you have the best of both worlds to suit your level of comfort required.

The hotel has private hot thermal baths available for our guests to enjoy and relax after a day's walk.

This evening we dress in a Yukata (traditional Japanese kimono dress) and enjoy dinner featuring local cuisine in the hotel restaurant accompanied by wine.

DAY FIVE

WALK FROM HOSSHINMON-OJI TO HONGU TAISHA - YUNOMINE



WALK SNAPSHOT

TERRAIN

The trail encompasses a diverse terrain composed of earthy pathways, intricate tree root networks, well-worn stone steps, and charming cobblestone sections.

WALK GRADE

Total 10kms. Good level of fitness required. 100m elevation.

FLEXIBLE WALKING

Flexible walking options are available today. For those not wanting to do the whole walk, you can enjoy a shorter walk to Hongu Taisha.

DAY FIVE

WALK FROM HOSSHINMON-OJI TO HONGU TAISHA - YUNOMINE

WALK ITINERARY

Following a hearty breakfast, our day's adventure unfolds as we start our walk in Hosshinmon-oki and make our way to Kumano Hongu Taisha making our way through majestic forests and remote, picturesque villages.

Along this immersive odyssey, nature bestows upon us a series of awe-inspiring panoramic vistas, each more breathtaking than the last.

It is at the sacred site of Fushigami that our senses are graced by first glimpses of the monumental presence of the Hongu Taisha's colossal torii shrine gate.

Pressing onward along our path, we find ourselves gradually descending towards the Taisha. Here, the landscape undergoes a remarkable transformation.

Contrasting starkly with the towering 33.9-meter-high torii gate, the Taisha complex emerges as a harmonious fusion of simplicity and elegance, blending seamlessly into the embracing arms of the surrounding forest. We continue along the trail to Yunomine Onsen.

Afterwards, we return to our accommodation at Watase Onsen Hotel Sasayuri. Tonight we enjoy traditional cuisine served with sake.



DAY SIX

WALK UKEGAWA TO KOGUCHI



WALK SNAPSHOT

TERRAIN

The trail encompasses a diverse terrain composed of earthy pathways, intricate tree root networks, well-worn stone steps, and charming cobblestone sections.

WALK GRADE

Total 13kms. Good level of fitness required. 420m elevation.

FLEXIBLE WALKING

Flexible walking options are available today. For those not wanting to do the whole walk, you can enjoy a shorter walk.

DAY SIX

WALK UKEGAWA TO KOGUCHI

WALK ITINERARY

After breakfast in the restaurant, we begin our walk from Ukegawa as we journey along a captivating ascent towards Hyakken-gura along the way we see the Mastuhata-jaya Teahouse remains.

Once we reach the top of Hyakken-gura, we are treated to a sweeping panorama that sweeps across the landscape, revealing the true grandeur of our surroundings.

Our walk proceeds along a winding forest track, immersing us in the heart of this enchanting woodland. The serenity of the forest embraces us, creating an atmosphere of tranquility and mystique.

Eventually, our path gently descends, leading us to the remote and secluded village of Koguchi.

Encircled by a formidable embrace of towering mountains and meandering rivers, Koguchi nestles itself in a pristine natural sanctuary, inviting us to explore its hidden charms and secrets.

Afterwards we transfer back to our accommodation at the Hotel Sasayuri.



DAY SEVEN

WALK FROM KOGUCHI TO NACHI TAISHA



WALK SNAPSHOT

TERRAIN

The first section of the trail gains 800 meters of elevation in about 5 kilometers. (2.5 hours). Terrain encompasses a diverse terrain composed of earthy pathways, intricate tree root networks, well-worn stone steps, and charming cobblestone sections.

WALK GRADE

Total 14.53kms. Hard Grade. 8 hours walk. Good level of fitness required. Elevation gain 1260m. Descent 930m.

FLEXIBLE WALKING

Flexible walking options are available today. For those not wanting to do this challenging walk, transfer with our driver directly to Nachi Taisha Shrine and waterfall either enjoy free time here or do a 5.5km return walk from Nachi Taisha to the Teahouse remains and back.

DAY SEVEN

WALK FROM KOGUCHI TO NACHI TAISHA

WALK ITINERARY

After breakfast we make our way to Koguchi for our walk which takes us from Koguchi to the grand Nachi Taisha shrine.

Today is a challenging walk meandering through enchanting forests and along lofty ridges, ancient stone walls of past terraced rice paddies, leading us on a rollercoaster of ascents and descents until we finally conquer the summit with its spectacular sweeping views.

Even though challenging, the rewards are well worth the effort as you reach the summit we are gifted with sweeping vistas that stretch beyond the rugged mountains, to the vast expanse of the Ocean.

As we continue our descent, the trail guides us to the sacred grounds of Nachi Taisha shrine, the serene Seiganto-ji temple, and the awe-inspiring Nachi-no-Otaki waterfalls the tallest in Japan.

These majestic falls command our reverence with an uninterrupted plunge of 133 meters, a true marvel of nature's grandeur. Together they form an exquisite tableau of natural and spiritual beauty, where the cascading waters of Nachi-no-Otaki add a breathtaking touch of grace to the serene grandeur of the shrine's sacred surroundings.

After our walk we transfer to the coast to the fishing village of Kii-Katsuura. Tonight we spend the evening at the beautiful Yukai Resort Koshinoyu set on the waterfront offering beautiful views over the bay and we enjoy dinner in the superb restaurant. Dinner is buffet style but the choices are endless and the displays of food are a work of art.



DAY EIGHT

TRADITIONAL PILGRIM BOAT CRUISE - KUMANO HAYATAMA TASHIHA GRAND SHRINE - OSAKA



On our final day we make our way to the Kumano River to enjoy a traditional Boat cruise. For over 100 years pilgrims made their journey to Kumano in traditional wooden flat-bottom boats.

Enjoy spectacular views of the river as we cruise down the picturesque gorge taking in stunning scenery and magnificent waterfalls along the way. Our boat arrives in to Shingu where we disembark to visit the Kumano Hayatama Tashiha Grand Shrine which has occupied the same spot on the Kumano Riverbank since at least the 12th century.

It is included as part of the UNESCO World Heritage site "Sacred Sites and Pilgrimage Routes in the Kii Mountain Range."

Afterwards we transfer by private vehicle and make our way back to Osaka arriving at approximately 5.30pm, the end of a fabulous journey.

BOOK YOUR JAPAN KUMANO KODO PACK FREE WALK TODAY

DEPARTURE DATES

Each year we will run a number of tours. The real time availability of walk dates can be checked on our website below or call our office on (02) 9975 4553. Please note, if you are booking three months or less before departure – we will need to confirm accommodation with our suppliers is still available and an alternative of similar standard may be offered instead.

PRIVATE GROUPS

Groups of 8 or more 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.

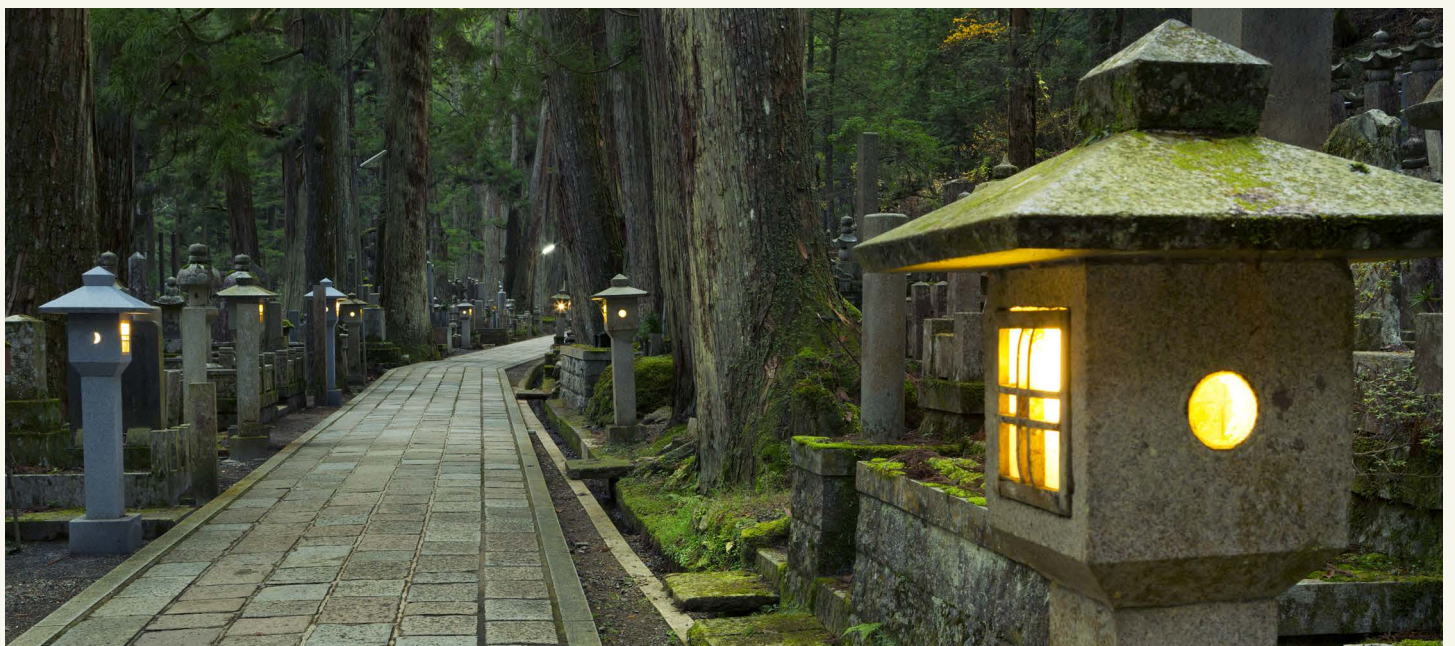
INTERNATIONAL FLIGHTS

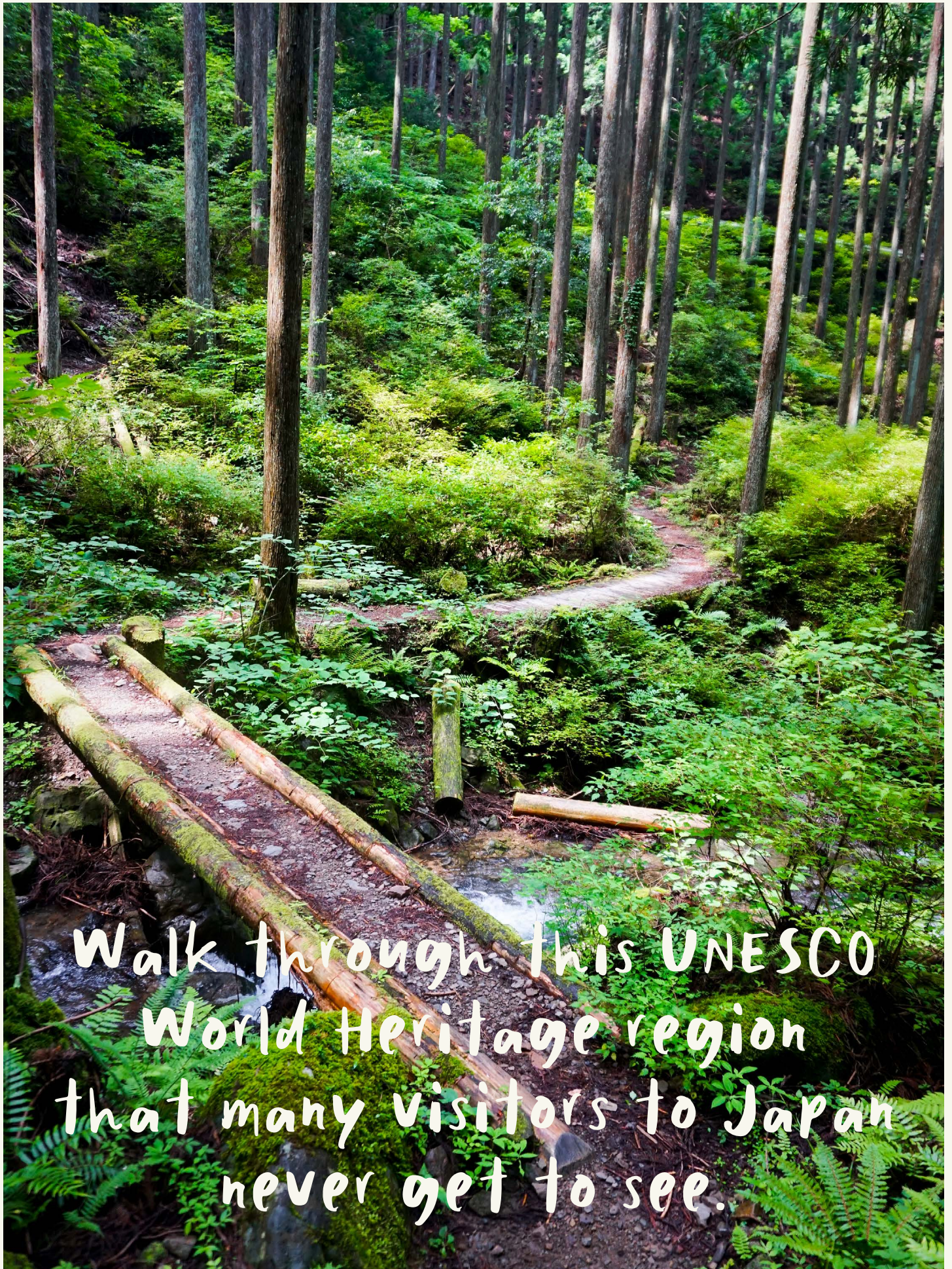
Please note your tour price does not include flights to / from the countries visited. We offer our clients a service to book their international flights and any other travel plans during their holiday.

If you would like our Flights Specialist to organise these requirements, please email us at flights@lifesanadventure.com.au with your requirements.

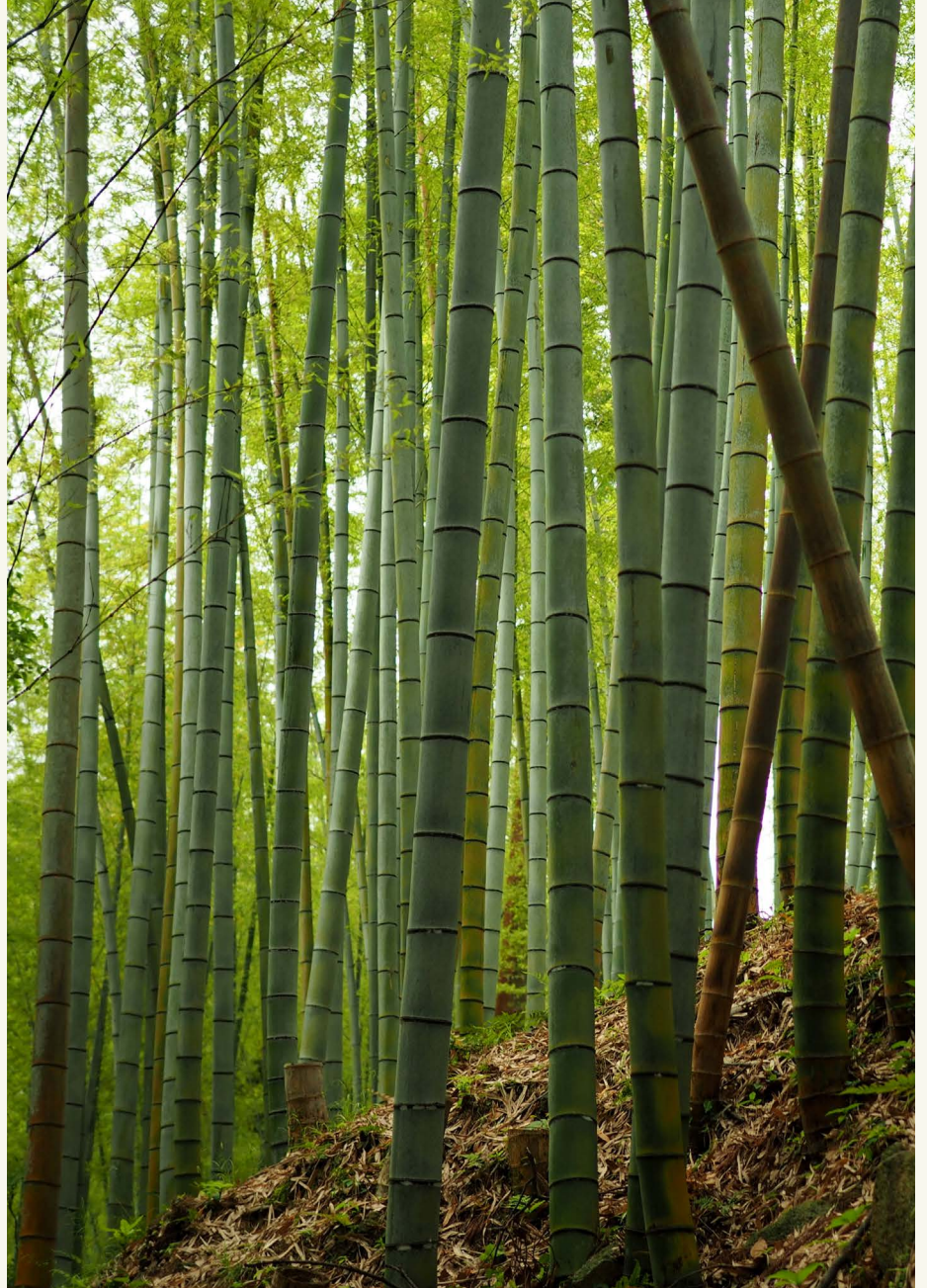
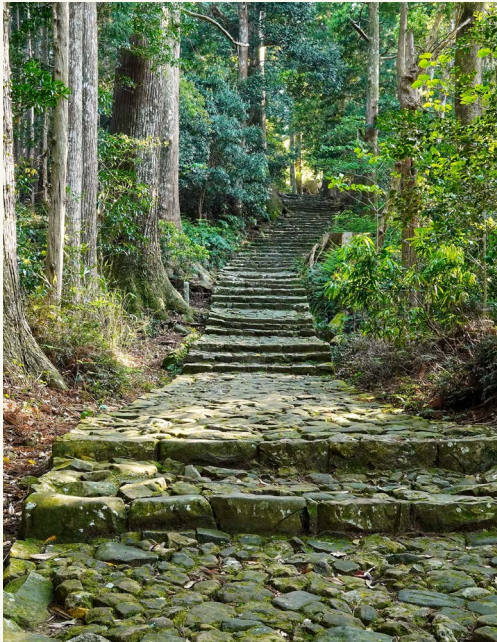
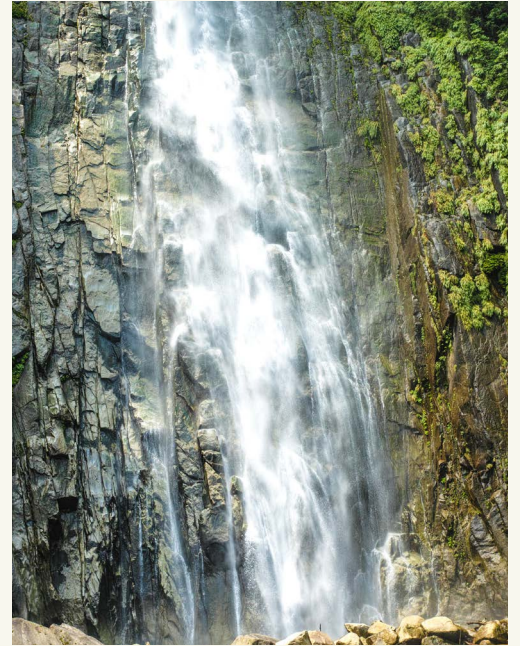
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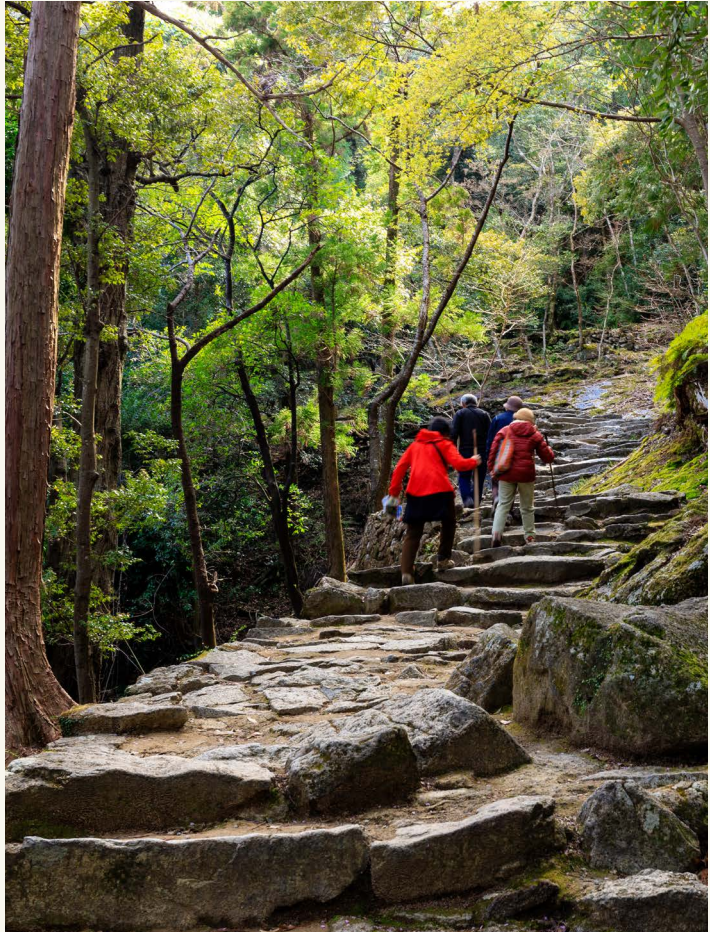
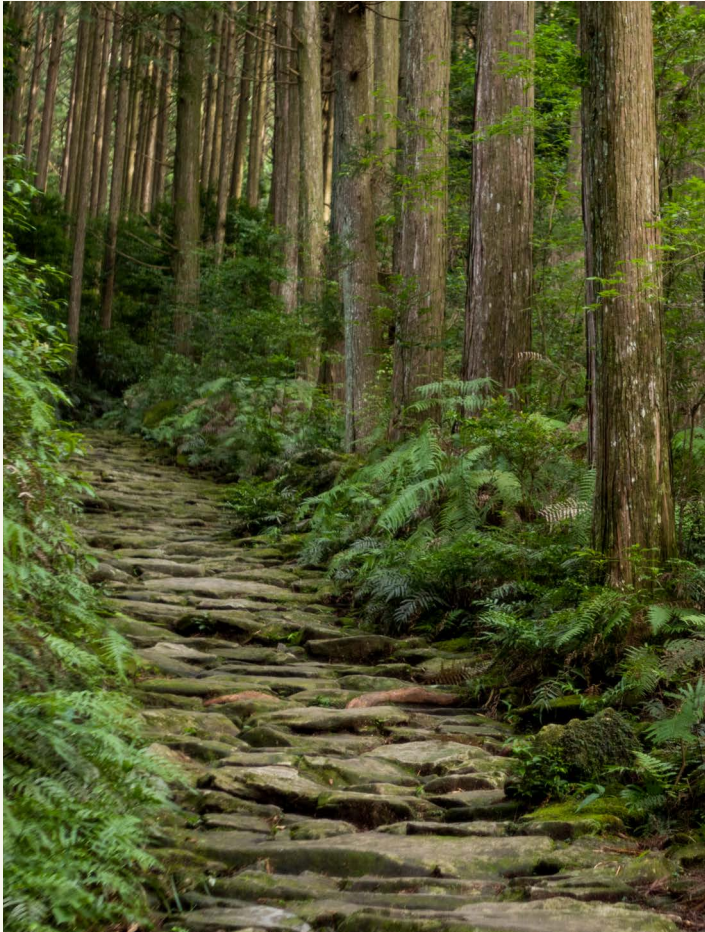
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CALL US ON (02) 9975 4553 OR EMAIL: walks@lifesanadventure.com.au**

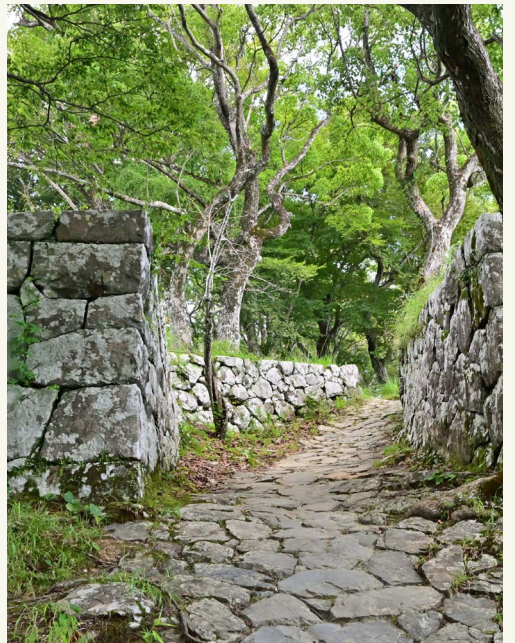
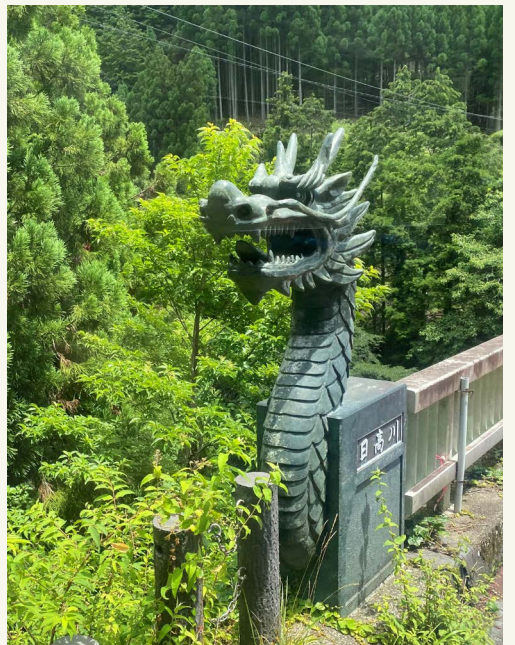


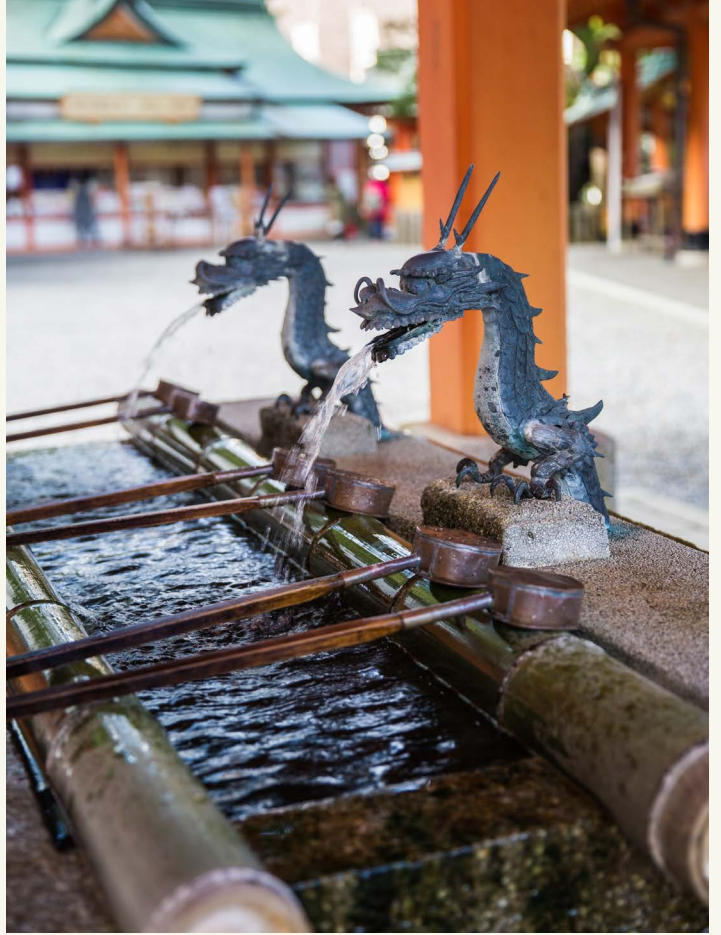


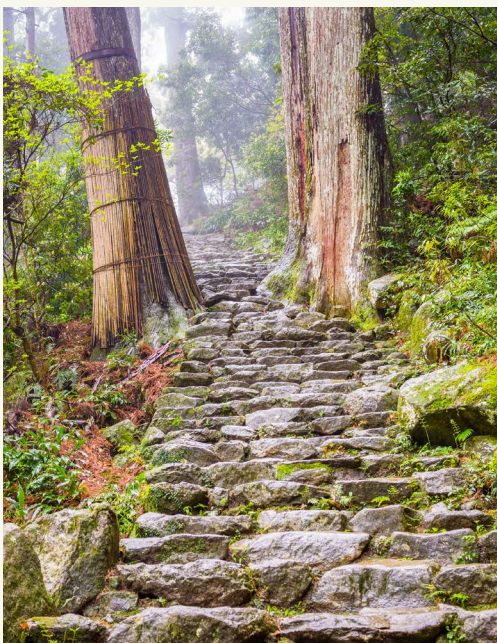
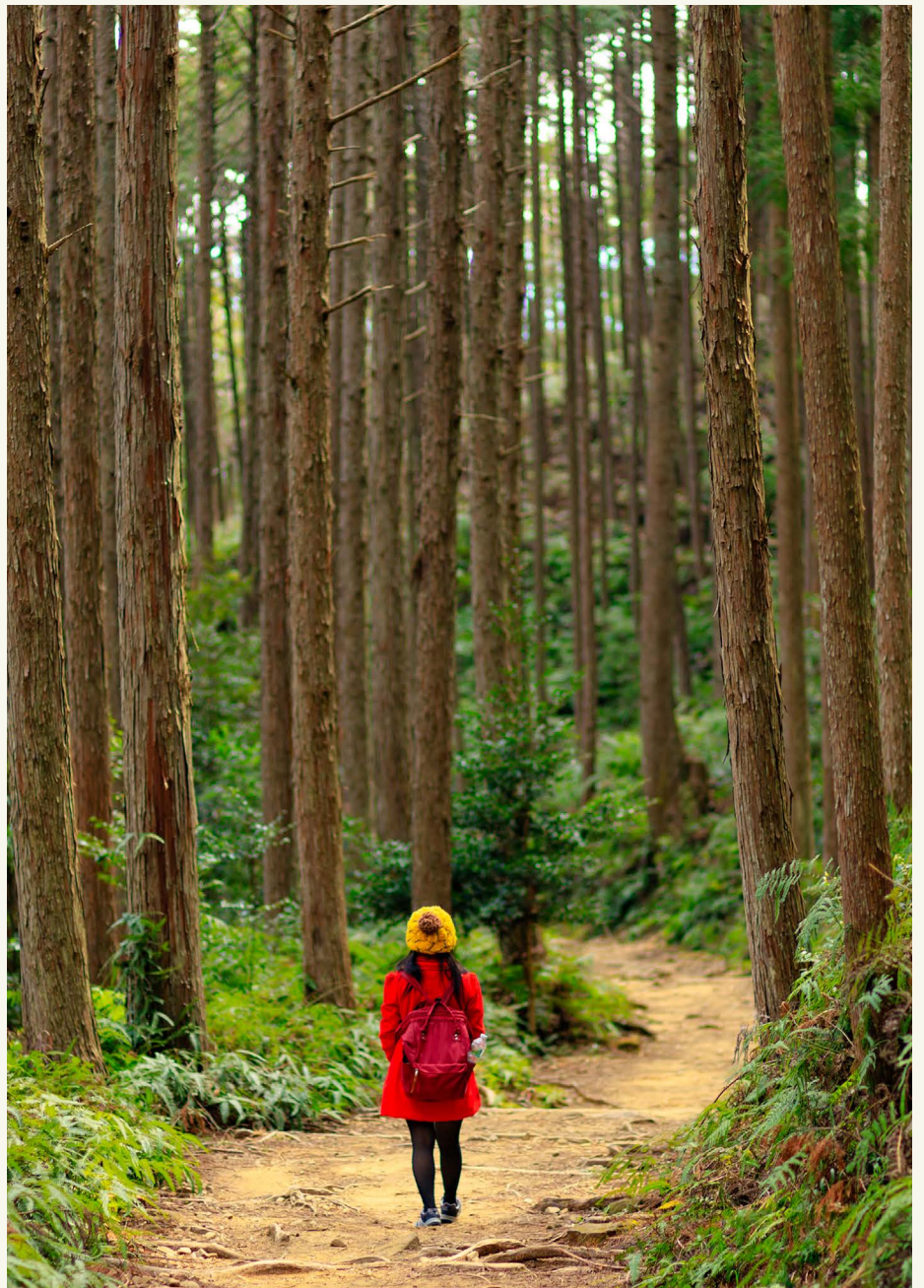
Walk through this UNESCO
World Heritage region
that many visitors to Japan
never get to see.













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

LIFE'S AN ADVENTURE GIVES
YOU OVER 100 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.

PERSONALISED TOURS

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

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.

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.

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.

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.

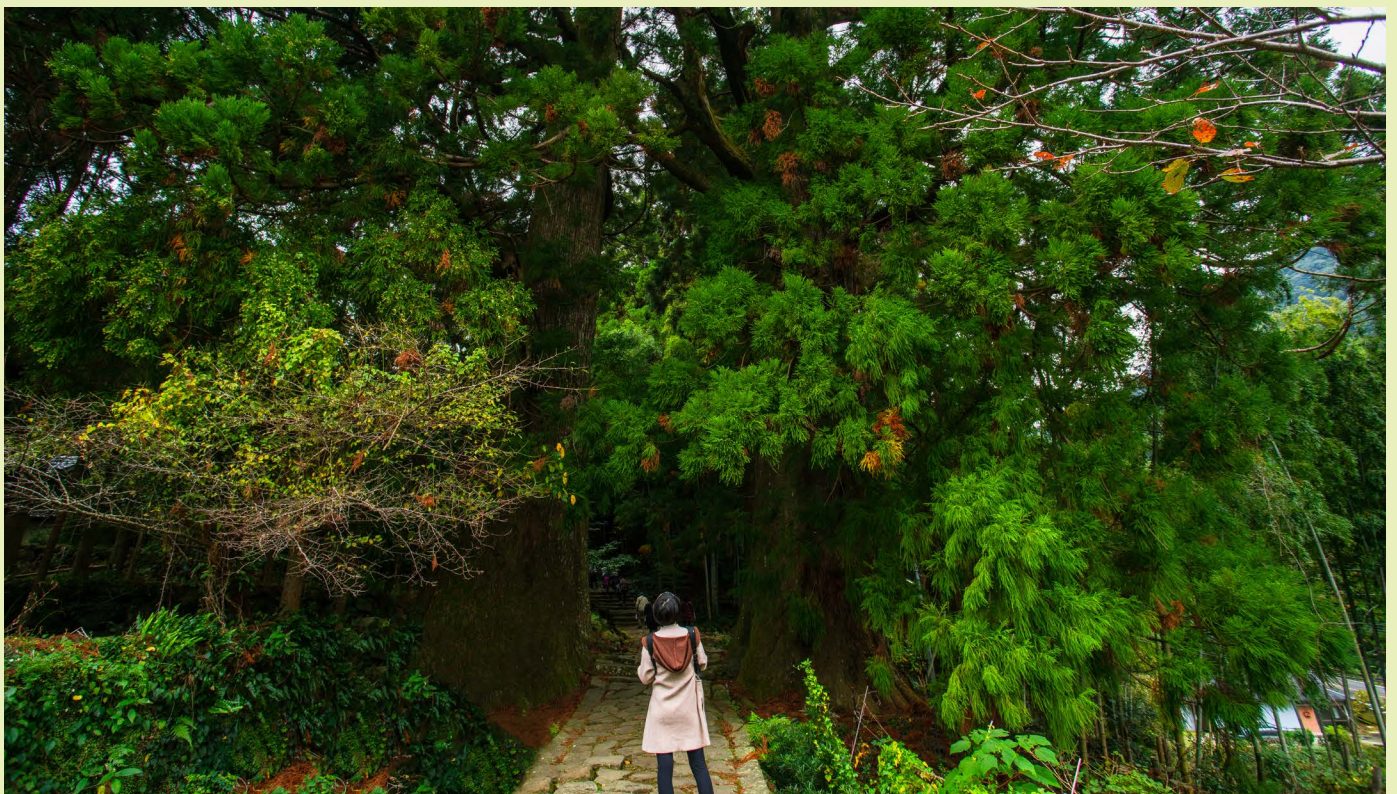
Life's An Adventure has partnered with the Tasmanian Parks and Wildlife Service to promote environmental conservation through the Green Guardian program. As part of the Green Guardian program, our guests are given conservation volunteer opportunities during their walks and decision making.

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

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.

LET'S INTRODUCE OURSELVES

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.



CONTACT US

CALL US : 02 9975 4553

TOUR ENQUIRIES: 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

FOR MORE THAN 90 DIFFERENT TOURS VISIT - WWW.LIFESANADVENTURE.COM.AU



IMAGE CREDITS: MANY PHOTOS IN THIS BROCHURE HAVE BEEN SUPPLIED BY THE TOUR'S ACCOMMODATION PROVIDERS.