Highlights of the Bibbulmun Track - Women Only
3rd - 8th May, 2020

This area of WA is home to some of Australia’s most magnificent forests, pristine beaches and rust stained granite headlands. It also has two of the best walking trails – the Bibbulmun Track and the Cape to Cape track. The team at Adventurous Women & Park Trek have put together a six day journey capturing the best of these iconic trails and taking in some of the loveliest locations in this famous region.

Delightful accommodation along with comfortable coach transport, excellent catering, pack-free walking at it’s best while encompassing the stunning colours of Autumn in WA, will provide you with a most memorable travel experience!

Day 1 - Cape Naturaliste to Sugarloaf Rock (3.7k easy walk)
Day 2 - Beedelup National Park to Beedelup Falls (14.6k moderate walk)
Day 3 - Gloucester Tree to Warren River (9.8k moderate walk)
Day 4 - Valley of the Giants to Conspicuous Beach (15.8k moderate walk)
Day 5 - Conspicuous Beach to Peaceful Bay - (15.2km easy to moderate walk)

Trip Cost:
AU$1950.00 (incl gst)
Single Supplement on request $350 (incl gst)

What’s included:
Transport in comfortable 12 Seater Coaster Bus ex Perth
5 Nights comfortable twin share accommodation including all linen (single supplement on request)
5 Breakfasts, 5 Lunches and 5 Dinners
Daily Morning Tea when not walking / Trail Mix & Fruit when walking
Two Professional Guides
All National Park entrance fees & permits
Admission Fee to Valley of The Giants Tree Top Walk
Some complimentary local produce and wine on tour
Day 1  Drive Perth to Pemberton / Walk Cape Naturaliste to Sugarloaf Rock (3.7k)

Pick Up Location & Time:

7.30am  - Red Cat Stand in front of Raine Square - a few paces from the Ibis Hotel, 334 Murray Street, Perth

Welcome to Western Australia .... Today we leave Perth and take a leisurely drive towards Margaret River, a region not only famous for producing some of the best wines in the world, but boasting some of the best coastal scenery in the South West! We drive to Cape Naturaliste Lighthouse and take a leisurely 3.7km stroll to picturesque Sugarloaf Rock. This walk will take us along the first stretch of WA’s premier coastal walking trail, The Cape to Cape Track. After stretching our legs, we hop back in the bus and journey towards the bustling market town of Margaret River, where we’ll enjoy some leisure time, before continuing onto our final destination for the day, Pemberton.

Accommodation: Best Western Hotel - Pemberton
Meals L D

Day 2  Beedelup National Park - Beedelup Falls (14.6k)

This morning we travel onto the Beedelup National Park, where we begin our first walk, finishing at beautiful Beedelup Falls in the afternoon. From here, we take you to a local winery/gallery where you can sample some of the local fare from the region. Here you can enjoy wine tastings, grab a cuppa/snack and check out the gallery and afterwards we return to Pemberton where you can take a stroll around the town or simply relax back at our accommodation.

Accommodation: Best Western Hotel - Pemberton
Meals: B L D

Day 3  Gloucester Tree - Warren River (9.8k)

Today’s walk begins at the mighty Gloucester Tree, continuing on into the magnificent karri’s, where we’ll enjoy the sounds of birds and the many delightful scents, typical of the south west forested region. We walk on through the forest, with the sound of the babbling brook close by, arriving at our destination at around lunch time. Once we pick you up from here, we’ll take a very short drive to The Cascades...a beautiful setting where we will enjoy our lunch.

Afterwards, we drive a further two hours south to Walpole, nestled in the heart of the Valley of the Giants, an internationally recognised nature-based tourism attraction. You’ll have free time later this afternoon to enjoy exploring this quaint little town, take a stroll down to the inlet and observe plenty of birdlife, or relax back at our villa style accommodation.

Accommodation: Bayside Villas - Walpole
Meals: B L D
Day 4  Valley of the Giants - Conspicuous Beach (15.8k)
This morning, we experience the excitement of The Tree Top Walk, which is 40 metres high above the ground, through a canopy of the giant tingle forest. Here we have magnificent views of core wilderness areas from this vantage point. As we continue our walk, a boardwalk winds through a grove of veteran tingle trees known as the Ancient Empire. After passing through heathlands and low woodlands, dominated by the magnificent red flowering gum, the track rejoins the coast at Conspicuous Beach where our walk ends today. After a great day’s walking, it’s back to our cozy accommodation to enjoy some local produce and wine provided for your enjoyment, while your guides prepare your dinner.
Accommodation:  Bayside Villas - Walpole
Meals: B L D

Day 5  Conspicuous Beach - Peaceful Bay (15.2km)
Today we continue heading east from where we finished walking yesterday at Conspicuous Beach. Our first encounter, while we’re still bright eyed and bushy tailed, is the climb up to Conspicuous Cliff-top lookout, where we are rewarded with spectacular views of the beach, the river flowing into the sea and if we’re lucky, we may spot dolphins or a whale or two! Once we’ve caught our breath and spent time enjoying the views, we keep walking through to Rame Head and then onto Peaceful Bay. This section of the Bibbulmun Track is one of our favourites, as it provides the greatest variety of scenery and vegetation seen anywhere along the track.
Accommodation:  Bayside Villas Walpole
Meals: B L D

Day 6  Walpole to Perth
This morning after breakfast, we pack up and head back to Perth, stopping en-route at the pretty little riverside town of Bridgetown, where you’ll have some time to stretch your legs, enjoy a cuppa/lunch and perhaps explore some of the quirky shops & boutiques dotted along the main street. We anticipate our arrival back into Perth to be around 5.30pm.
Meals: B

Your Walking Experience:

Weather wise, this is generally a beautiful time to be in the South-West, however some of the walks are coastal and are not protected from the elements. We may also get rain or a cold snap, as it’s Autumn and this is generally a time of year where weather patterns can change in a minute. Best to be prepared for all seasons!

The walking itself - Some days are easier than others over a variety of terrain, as there is a significant degree of undulation/hills along our chosen sections of the Bibbulmun Track. We walk from valleys to
ridgelines, coastal heath to cliff top, so participants should have recent previous experience in bushwalking, good level of fitness and be able to walk approximately 15k in one day carrying a daypack only (water, lunch, sunscreen etc)

What to Bring:

- Please bring a soft bag to carry your personal luggage. This is easier to transport and pack into our trailer. PLEASE NOTE THAT WE DO MOVE YOUR PERSONAL LUGGAGE ON FROM ONE PLACE OF STAY TO THE NEXT.
- A good pair of walking boots. RUNNERS ARE NO GOOD. Ankle support and good grip are very important.
- A solid day pack (around 30 litres, with waist straps & rain cover) to carry your day’s requirements, ie: Sunscreen, Lunch, Water. Also a Hydration Bladder insert is invaluable to carry water (otherwise two, 1 litre water bottles will suffice) and a plastic bag for wet clothes.
- A good rain jacket. If it rains we still walk, depending on the intensity, so you don’t want your walking holiday compromised because you don’t have the right gear.
- 3 long sleeved shirts – quick drying materials recommended. They’ll also need to be relatively loose fitting in case it is warm/hot.
- 2 pairs of walking pants, wearing short pants is fine as well. Jeans are not suitable.
- Pair of comfy shoes/crocs/slippers (to slip into and relax in at the end of the day).
- Walking socks, preferably woollen. Cotton is not ideal as it is does not reduce friction.
- Thermal top and bottom to use for layering under clothes to keep you warm.
- Light sweater / fleece.
- Beanie / Headband / Buff (Optional but useful).
- Sun Hat.
- Loose fitting comfy pants or Tracksuit to relax in of an evening, t-shirts, clean pullover.
- Swimmers/bathers and towel (optional).
- Torch / Headlamp.
- Personal first aid kit/medications, sunscreen, mosquito repellent.
- Recharger for camera / mobile phone.
- Earplugs or Ipod for sleeping if you’re sharing a room (red wine & tiredness may affect us after all... and we don’t wish anyone to be uncomfortable ... it’s better to be prepared).
- Walking Pole/s (Optional, but can help with balance & endurance).
- Personal lunch box or Take-away container for carrying lunch in your day pack.
Our Accommodation:

During this tour we will be staying in two different areas of our south-west and we will be accommodated in both hotel/motel style rooms & villas (all linen included). Unless you are travelling with a friend or have requested the single supplement, your name will be placed in a draw along with the other ladies on the tour to allocate room buddies.

This will change again, when we arrive at our second lot of accommodation part way through the tour. We have found this to be a wonderful way for our clients to get to know different ladies while on tour and have noticed that it really helps to bond our groups.

What's Not Included:
Flights to and from Perth
Airport Transfers
Breakfast Day 1 and Lunch Day 6
Items of a personal nature
Travel Insurance

Please note that if you are flying out this evening look at booking a flight that departs from Perth after 6.30pm.