



TRIP NOTES

KAKADU, ARNHEMLAND, NITMILUK & LITCHFIELD

Here are the trip notes for your upcoming Kakadu, Arnhemland, Nitmiluk & Litchfield 8 Day Tour. The trip departs from Darwin.

Our pick-up point is Mantra on the Esplanade – 88 The Esplanade Darwin. We aim to depart at 7.00 am so please arrive on time, so we can introduce ourselves and pack your bags into the trailer. Please be ready in your hiking gear for our first days walking. We will drop you back to The Mantra on the Esplanade at the conclusion of the tour at approx. 5.00pm.

Getting into Darwin from the Airport.

The cheapest way into the city from the airport is via the Darwin Airport Shuttle. The cost for a one-way ticket that will get you from the airport into the city and drop you off at your place of stay is \$18 (for one person). If you book a return ticket the total cost is \$30. There is no need to book ahead of time as they are always at the airport meeting every inbound flight. They park near the luggage collection carousel. Their number in Darwin is (08) 8981 5066 or visit the website:

www.darwinairportshuttle.com.au



SOME HELP WITH ACCOMMODATION

We will be picking up from Mantra on the Esplanade – 88 The Esplanade Darwin at 7.00 am.

There are any number of accommodation options in Darwin, for options you can visit one of the many accommodation booking sites or call Tourism Top End Visitor Information Centre. Their number is (08) 8980 6000 or 1300 138 886 or online at www.tourismtopend.com.au.

Here also are a few accommodation providers located near to where we are departing from:

Darwin City YHA – 68 Mitchell Street, Darwin. (08) 8981 3995
The Mantra – 88 The Esplanade, Darwin. 1300 881 686
Novotel Atrium – 100 The Esplanade, Darwin. (08) 8941 0755
Darwin City Hotel – 59 Smith Street, Darwin. (08) 7981 5125
Travelodge Mirambeena Resort – 64 Cavenagh St, Darwin.
(08) 8946 0111

DAY ONE

What to wear: lightweight cotton clothing plus walking boots, hat and sunscreen.

Walking: 3 km walking (easy) - approx. 1.5 hours Mamukala wetlands

Our first stop en-route to Kakadu is at the picturesque Mary River Corroboree Billabong. This morning we board a boat for a leisurely cruise along the billabong which is part of the Mary River Wetlands, and home to the largest concentration of saltwater crocodiles in the world. Sit back and observe the crocodiles as well as a vast variety of birds and other local wildlife in their natural environment.

After morning tea, our next stop is at the picturesque Mamukala wetlands for a lovely 3km walk. Mamukala is beautiful all year round and there is a myriad of bird life here as they congregate to feed. An observation platform allows you to view the birdlife. It's here we enjoy our lunch.

By mid-afternoon we will arrive into Jabiru where we unload and check in.

Enjoy some free time exploring the Lodge or swimming in the tropical pool before pre-dinner nibbles are served which is a two-course meal expertly prepared by our guides.

Meals: lunch and dinner

DAY TWO

What to wear: lightweight cotton clothing plus walking boots, hat and sunscreen. Please ensure you have day pack that can carry approx. 2 litres of water (with the Top End heat you'll be surprised how much you drink! We suggest that you add some electrolytes to your water to help you stay hydrated)

Walking: Walk up and around Injalak Hill – approx 3 hours including lunch stop (moderate to easy walking)

Today we embark on an unforgettable cultural day tour into Arnhem Land. We head into Arnhem Land via Cahills crossing, be sure to keep a sharp eye out for saltwater crocodiles which frequently inhabit this area.

This road takes us to the Injalak Arts Centre where we join up with our indigenous guide. Heading further into Arnhem Land we stop at Injalak Hill. Here we begin our walking journey up the Hill, expertly lead by our local guide. The guide will impart some fascinating historical information about the area, and the rock art.

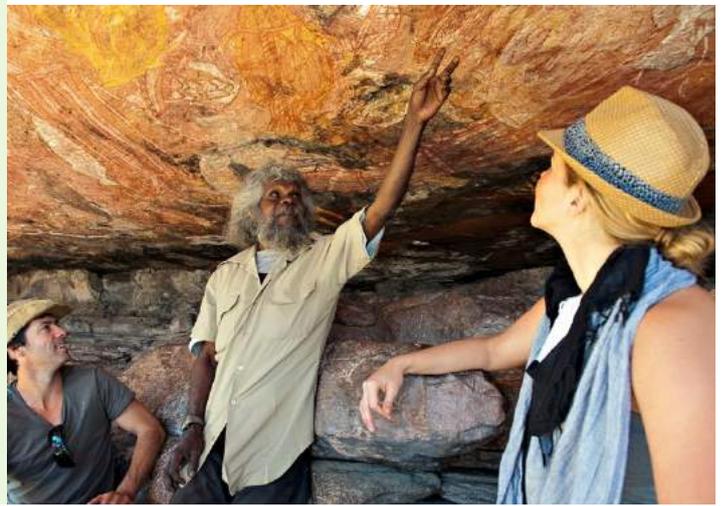
Our lunch stop is atop the rocky escarpment, where the view out over the floodplains is simply breathtaking. Then it's back to the Arts Centre for an opportunity to browse or purchase art items from this non – profit Aboriginal organisation, and watch local Aboriginal people painting and weaving pandanus baskets. With its stunning scenery of billabongs, birds, escarpments Arnhem Land is truly a place where you can experience this unique untouched have of the Northern Territory.

On our return back into Kakadu we again pass over Cahills. If you didn't spot a crocodile this morning you're more than likely to see one this afternoon.

Ubirr is our next destination for this afternoon. Here embark on an easy 1km circular walk followed by a moderately steep climb to a rocky outlook, where we have the opportunity to view Kakadu rock art. There are three main sites of rock art to experience at Ubirr. You will see representations of the many animals the Aboriginal people hunted. Important Dreamtime ancestors such as the Namarrgarn Sisters and a magnificent Rainbow Serpent are also represented in their respective galleries.

We have dinner tonight at Jabiru which offers authentic, delicious Thai food. Then it's back to our accommodation for the evening to settle in and rest up, before another exciting day tomorrow.

Meals: breakfast, lunch and dinner



DAY THREE

Walking: up to 16 km (moderate to difficult) – approx. 2 hours for Nourlangie walk (1.5km), 6 hours for the Barrk Sandstone Walk (12km) and Anbangbang Billabong

NB: You will need 4-6 litres of water for the Barrk Walk, plus some electrolytes.

We have an early start today after breakfast and making lunches. Today we visit the amazing Nourlangie Rock Art site and embark on the 12km Barrk Sandstone Walk. At Nourlangie you can see how local Aboriginal people lived in this area through changing times. Environmental and social changes are reflected in the rock art and in the ground, where archaeologists have uncovered over 20,000 years of Aboriginal occupation. The walk here takes you through what was a wet season home for generations of Aboriginal people. The rock art here is simply astounding and you will see the world-famous Namarrgon, lightning man, (among many others) at Anbangbang gallery.

The beautiful walk around Anbangbang Billabong is not to be missed and you get a spectacular view of Nourlangie from this trail. A myriad of birdlife can also be spotted here from Jabiru to Broilga, magpie geese to spoonbills. (of course, NO swimming). **NB:** Depending on the wet season access to this site may be limited. The Barrk Sandstone Walk takes you from Anbangbang Gallery to the top of Burrungui (Nourlangie), across the top then down a gully to the woodland at the base. The ground is rough in places and there are some steep slopes. If you choose to embark on this walk you will need to complete the full 12kms as there is no access mid-way to finish the walk early.

After spending the day around Nourlangie we head back to our accommodation for pre-dinner nibbles followed by a two-course dinner prepared by your guides.

Meals: breakfast, lunch and dinner





DAY FOUR—BITTER SPRINGS

What to wear: lightweight cotton clothing, hat and sunscreen.

Today we can go swimming so bring your bathers and towel. Bring your usual 2-4 litres of water.

After breakfast, we pack up our gear and head south towards Pine Creek. Our morning tea stop is at the Pine Creek picnic area. We continue on south to Bitter Springs where you can lay back in the spring-fed thermal pools amid palms and tropical woodlands in Elosey National Park, found by surveyors for the Overland Telegraph Line.

Then it's back to our glamping style accommodation just outside the township of Katherine on the way to the Gorge. Tonight, you will experience homestyle cooking prepared by our host.

Meals: breakfast, lunch and dinner

DAY FIVE

Walking: 10 km (moderate) – approx 3 hour walking

What to wear: lightweight cotton clothing plus walking boots, hat and sunscreen. Bring your usual 2-4 litres of water.

After breakfast, we head off for Nitmiluk National Park. Here we do the lovely walk around the gorge and up to Jeddhas lookout which takes approx 3 hours. Views of the second gorge are spectacular from Jeddhas Rock and the upper gorge area. This walk traverses the sandstone escarpment through rock platforms and gullies. After lunch, we board our Nit Nit Dreaming cruise which travels along the Katherine Gorge. You will discover the cultural significance of the first 2 gorges to the traditional landowners - the Jawoyn people. On this cruise, you will enjoy a journey of discovery through the magnificent Nitmiluk Gorge.

Once back at our accommodation, tonight we enjoy dinner prepared by our host.

Meals: breakfast, lunch and dinner



DAY SIX

What to wear: lightweight cotton clothing plus walking boots, hat and sunscreen. Today we can go swimming so put your bathers and towel in your day pack. Bring your usual 2-4 litres of water.

Walking: 8 km (moderate) – approx 3 hours walking (plus a swim)

After breakfast and lunch making, we pack up and head off for Edith Falls. Here we walk the 8 km return trip to magnificent Sweetwater Pool. Sweetwater Pool is a beautiful place for swimming and relaxing. Indulge in a tranquil dip and then find a spot on a flat ledge to warm yourself, and have some lunch. If you're lucky you may see several species of turtle and birds. We then head off to Litchfield National Park, with a 20-minute stop enroute at Adelaide River for fuel, here you can purchase ice creams and drinks if you wish. Next, we head to our accommodation which is located on the edge of Litchfield National Park. We unpack, settle in and have a bit of free time before a two-course dinner prepared by your guides.

Meals: breakfast, lunch and dinner

DAY SEVEN

What to wear: lightweight cotton clothing plus walking boots, hat and sunscreen. Today we can go swimming so bring your bathers and towel. Bring your usual 2-4 litres of water.

Walking: 9.5 km (easy - moderate) – Wangi Falls walk approx. 1 hour walking (1.6km) (plus a swim), Walker Creek approx. 5km (2 hours walking), Green ant Creek walk approx. 2 hours walking (3km)

We depart for the day after breakfast and lunch making. Today we visit Wangi Falls, Walker Creek and Green Ant Falls. Wangi Falls is one of Litchfield's most popular and easily accessible attractions. On this short walk you climb to the top of the escarpment for a great view, and then wander back down to the base of the falls to have a swim.

At Walker Creek we walk about 5km and hike alongside the crystal clear water course. We can pause for a refreshing dip in one of the many pristine waterholes and enjoy the tranquility of this amazing national park. Spot local wildlife including wallabies and possums, or listen to some of the curious bird calls from the variety of birdlife that also inhabit this forest area.

The Green ant Creek walk meanders through rainforest to another attractive plunge pool. Typically un-crowded there is abundant birdlife to spot - look out for colourful red-winged parrots, double-bar finches or kingfishers.

This evening you will be dining at the Litchfield Tourist Park Restaurant (guest own expense)

Meals: breakfast, lunch (dinner is guest own expense)



DAY EIGHT

What to wear: lightweight cotton clothing plus walking boots, hat and sunscreen. Today we can go swimming so bring your bathers and towel. Bring your usual 2 –4 litres of water.

Walking: 5 km (easy)

Our last day on tour today. After breakfast and lunch making we pack up the trailer and visit Tolmer Falls, Florence Falls, Buley Rockholes and the magnetic termite mounds.

We walk to the lookout at Tolmer Falls where we stand on the viewing platform to see the water cascading over escarpments into a deep plunge pool.

The Florence Creek Walk links Florence Falls and Buley Rockhole (both offering beautiful swimming opportunities). We can start the walk at either end and follow the trail through cool monsoon rainforest. As you walk, look out for birdlife, including kingfishers, honey-eaters, fairy-wrens and pigeons. Other wildlife to spot includes brown bandicoots and northern quolls. Or you might see black flying foxes (bats) roosting in the trees.

One of Litchfield National Park's most impressive sights is the hundreds of termite mounds standing up to two metres high in a wide swathe of empty ground. Up to 100 years old, these structures are unique to northern Australia. Stroll through the area and marvel at what are enormous magnetic compasses, with their thin edges pointing north-south and broad backs east-west.

We'll then head off and return to Darwin about 5pm



ABOUT OUR ACCOMMODATION

We stay in the heart of Kakadu, in a natural bush setting near Katherine Gorge and close to the entry of Litchfield National Park.

In Kakadu we stay in lodge style rooms at Kakadu Lodge. Each lodge room contains a Queen bed, Air conditioning, television and refrigerator. Communal bathroom and kitchen facilities are close by. After a days touring return to the relaxation of the magnificent lagoon style pool, which is surrounded by lush tropical gardens & is complemented by the Poolside Bar & Bistro.

At Katherine we are on a rural property located mid way to the Gorge and township. Our accommodation is in powered glamping tents. At our private camp, there is an enclosed common dining area, with 240 volt electricity, full fridge and freezer facilities. Group meals are served and enjoyed in this space.

At Litchfield we are located near the entry of Litchfield National Park staying in lodge style rooms. Relax at the end of a long day with a swim in the nearby swimming pool.



Single Supplements

A single supplement is available at the time of booking. If you want to have a room to yourself the total single supplement amount payable is \$480 for the seven nights.

Items that are Own Expense.

Dinner on the evening of night seven when we dine out at Litchfield Tourist Park Restaurant. Naturally if we stop somewhere and you decide you'd like a coffee or an ice cream, these sundry items are at your own expense.

Luggage

We'd ask that you bring a soft bag of max 15kg instead of a solid suitcase. Soft bags are more forgiving in terms of storage and easier for us to handle. Please also be aware that your luggage may get dust on it while travelling in the luggage trailer.

Clothing and other items

Bring with you some insect repellent. Mosquitos are not out in vast numbers during the dry season but it is good to be prepared.

We don't expect it to rain during the trip as it is dry season in the Top End but temperatures during the day are about 30 degrees and mid teens overnight. Please bring with you light cotton clothing such a loose fitting pants and comfortable shirts that afford some neck protection from the sun.

Walking in either jeans or tracksuit pants is not suitable as such clothing is far too heavy and hot. You want to have clothing that will allow the air to circulate around you but also keep the sun at bay. A sunhat is also an important requirement.

It is also a good idea to have a set of sandals that will allow you to wear either in the van or after getting out of the water from a swim. It can cool down at night so having a very lightweight jumper is a good idea.

You will need to have walking boots/ shoes

We always recommend walking boots/ shoes (this does not mean runners or trainers). Walking socks, gaiters or sock protectors are also useful. A walking pole that has a telescopic extension is also a very useful tool to help with balance. If you are trying to board your flight with telescopic pole packing it in a postal cylinder is a great way to ensure it will arrive at the other end.

There will be plenty of opportunities for swimming so do have your bathers and a small towel you can carry in your daypack. With your water bladder, make sure you get one that will fit into your daypack and enables you to suck on water as you walk. Evening wear can be anything you want it to be, although we want to stress that a Park Trek Walking Holiday is a very relaxed experience.

ABOUT THE MEALS

The food we serve is healthy, hearty and home style. Our menus are designed to showcase the fabulous regional produce. Fresh local cheese, yoghurt, fruit, vegetables, fish and meats are used, supporting local farmers and minimising our food miles. We don't offer five-star dining, but our guides take pride in ensuring that all meals are delicious and plentiful, prepared with top-quality fresh seasonal ingredients.

Breakfast is a continental spread of cereals, stewed fruit, yoghurt, toast and spreads. Coffee and tea are always available at your base accommodation.

Lunch can vary from day to day, but includes meat, salad, bread and wraps. Some days might include something different like roasted chicken.

Dinner is a casual two-course meal of main and dessert prepared by your guides. The menu changes to suit available fresh produce but could include a classic roast lamb, salmon fillet or Thai chicken. Dessert may include things like maple baked apples, pears in red wine or seasonal fruit salad.

Snacks Guests can prepare their own trail mix each morning from our self-serve trail mix selection. There will be fresh fruit for the trail and biscuits or fruit cake for tea breaks.

Pre-dinner antipasto Each evening we prepare a selection of antipasto delights, dips, cheese and crackers before dinner.

Dietary requirements We are able to accommodate guests' specific dietary requirements and can prepare meals to meet individual needs.

Alcohol Our tours do not include alcoholic beverages, however guests are most welcome to bring wine/beer along with them. If you are bringing bottled wine, please pack this well in your main bag to avoid breakages.

There is no alcohol available in Kakadu so we suggest you purchase any alcohol that you want for the first four nights in Darwin before we head off. Please ensure this is packed well in your bags so any bottles are not damaged in transit from Darwin to Kakadu.



Travel insurance

We strongly recommend taking out travel insurance for this trip. If, for instance, you had to leave the trip at some point then you'd want to be able to recoup some of the trip cost. Travel insurance is the best way for this to happen. As unlikely as all of this may seem, nonetheless we think it would be prudent.

Gulp, gulp drink plenty of water.

Despite this being the most temperature time of the year, day time temperatures are around 30-32 degrees. Keeping yourself properly hydrated both during the walks and outside of the walks is important in maintaining your personal well being. Remember to make an effort to keep your fluid levels topped up. We also recommend hydrolytes for drink bottles/ water bladders.

Suggested packing list

You need to bring clothing for the duration of the trip (there are washing facilities for the first 3 nights and last 2 nights), as well as a pair of comfortable walking boots/ shoes, toiletries and any personal medication.

The most important item for you to have with you is a reliable pair of walking boots/shoes. Runners and flat-soled shoes will not suffice except as something you can wear after the day's activity.

GEAR LIST

Please bring you gear in a soft bag rather than hard suitcase to help guides pack the trailer.

DAY PACK—recommend approx. 20 litres, with a load bearing harness As a walker you will need to have your own day pack, 4 litre water bladder/bottles and suitable hiking shoes/boots. Here is a suggested list of what walkers will need to be wearing or have in their day pack:

- Drinking bottles/bladder, 4 litre plus electrolytes
- wide-brimmed hat for sunny days & sun glasses
- high factor sunscreen & lip balm
- blister pads and / or tape for rubbing and/or blisters
- antiseptic hand gel
- walking poles (optional)
- gaiters (optional)
- camera
- binoculars
- Mobile phone—preferably a Telstra provider (or purchase Telstra sim)
- spare batteries for all devices/charger
- Bathers and towel for swimming days

MAIN BAG

Your main bag is transported for you, you only carry your light day pack while walking.

- 2 pairs long and/or short pants. Preferably loose fitting, lightweight and quick drying
- 2 x Long sleeved shirts
- 4 x T-shirts
- fleece jacket/woollen sweater – something warm
- swimmers/bathers and towel (optional)
- walking socks
- lightweight, quick drying towel
- waterproof, reusable bag for worn clothing
- comfortable shoes and clothing for evenings and activities
- underwear
- toiletries— shampoo/conditioner, body wash, deodorant, sanitary products, toothpaste, insect repellent etc.



LIST OF WHAT WE PROVIDE:

Two Park Trek guides, who will drive, cook and care for you.

- Transport which includes collecting from Darwin and return. We use a comfortable mini coach with a trailer attached for luggage. Plus we use the coach to drop off and pick up during the course of the day.
- 6 dinners, 8 lunches, 7 breakfasts. Plus trail mix, nibbles, fresh fruit
- We have thermos with tea, coffee and biscuits/cake for morning/ afternoon tea
- 7 nights accommodation on a twin share basis (single supplement available at additional expense which can be organised at time of booking).