

TRIP NOTES

BIBBULMUN TRACK HIGHLIGHTS

WOMEN ONLY

Here are the trip notes for your upcoming trip to the Bibbulmun Track.

The trip departs from Perth.

An overview of the Bibbulmun Track Highlights Tour:

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.

ABOUT OUR ACCOMMODATION

Best Western Hotel Pemberton is hotel style accommodation 260 m from Pemberton centre. It offers a restaurant and free Wi-Fi access.

All rooms are equipped with air conditioning, tea/coffee making facilities and flat-screen cable TV. Café Mazz features all-day dining options, serving a variety of dishes from seafood to steak. Guests can enjoy drinks and light snacks at the lounge bar.

Bayside Villas Walpole is comprised of 6 2-3 bedroom villas. All villas include a fully equipped kitchen, TV and DVD player, BBQ, reverse cycle heating/cooling system and laundry facilities. The Villas are a short walk from the shopping centre and town jetty.

Each villa has its own bathroom, but none of the individual rooms within the villa have their own ensuite. You can choose a single supplement if you would prefer not to share a room. This means you would have one room in the 2 or 3 bedroom villa, but could be sharing the villa (and bathroom) with one or two other guests.

DAY ONE

Perth to Pemberton 3.7km, approx. 1 hour of walking, including breaks (easy grade)

Today we depart from Perth. Pick up is at 7.15am for an 7.30am departure. Please come in your hiking gear with day pack ready. We won't be checking our bags into rooms until we return from the walk.

We leave Perth at 7:30am 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.

We then head to our accommodation to unpack and here we enjoy a two-course meal prepared by your guides.

Overnight at Best Western Hotel – Pemberton

Meals: lunch and dinner

DAY TWO

Beedelup National Park to Beedelup Falls
14.6km, approx. 5 hours of walking, including breaks (easy to moderate grade)

After breakfast and lunch-making we head off for 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 coffee or snack, and check out the gallery.

Afterwards we return to Pemberton where you can take a stroll around the town or simply relax back at our accommodation before a fabulous two-course meal prepared by your guides.

Overnight accommodation at Best Western Hotel - Pemberton

Meals: breakfast, lunch and dinner

DAY THREE

Gloucester Tree - Warren River 9.8km, approx. 3.5 hours of walking, including breaks (easy to moderate grade)

After breakfast and lunch making we begin our walk 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 explore this quaint little town, take a stroll down to the inlet and observe plenty of birdlife, or relax back at our villa style accommodation before a well-earned two-course meal prepared by your guides.

Overnight accommodation at Bayside Villas—Walpole

Meals: breakfast lunch and dinner

DAY FOUR

Valley of the Giants to Conspicuous Beach
15.8 km, 5.5 hours walking including breaks, easy to moderate grade

After breakfast and lunch making 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.

Overnight accommodation at Bayside Villas - Walpole

Meals: breakfast, lunch and dinner

DAY FIVE

Conspicuous Beach to Peaceful Bay 15.2km, approx. 5.5 hours of walking, including breaks (easy grade)

After breakfast and lunch-making we continue heading east from where we finished walking yesterday at Conspicuous Beach.

Our first encounter 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.

Overnight accommodation at Bayside Villas - Walpole

Meals: breakfast, lunch and dinner



DAY SIX

Walpole to Perth

After breakfast we pack up and head back to Perth, stopping en-route at the pretty little riverside town of Bridgetown. Here you'll have some time to stretch your legs, enjoy lunch (at your own expense) and 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: breakfast, lunch (at own expense)

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.

Dinner is a casual two-course meal of main and dessert prepared by your guides.

Snacks will be fresh fruit for the trail and biscuits or fruit cake for tea breaks.

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.

GEAR LIST

What to Bring

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

DAY PACK

We recommend approx. 20 litres, with a load bearing harness

As a walker you will need to have your own day pack and water bladder and suitable hiking shoes/boots. Here is a suggested list of what walkers will need to be wearing or have in their day pack:

- rain jacket
- a fleece jacket
- wide-brimmed hat for sunny days
- beanie or woollen hat for cold days
- water bottle or drinking bladder, min 2 litre
- high factor sunscreen
- lip balm
- blister pads and / or tape for rubbing and/or blisters
- antiseptic hand gel
- sun glasses
- walking poles (optional)
- gaiters (optional)
- camera
- binoculars
- spare batteries for all devices/charger

MAIN BAG

Your main bag stays at the accommodation for the duration of the trip. You only carry your light day pack while walking. There are laundry facilities at Bayside Villas.

- 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
- Rain jacket/ spray jacket
- Swimmers/bathers and towel (optional)
- Walking socks
- if rain is expected, then having a set of thermal under garments can keep you warm in the face of blustery conditions
- a woollen or fleece hat for cooler weather
- 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 etc.

LIST OF WHAT WE PROVIDE:

- Guides, who will drive, cook and care for you.
- Transport which includes collection from Perth and return back. We use a comfortable 12-seater 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.
- 5 breakfasts, 5 lunches and 5 dinners, all freshly prepared using local produce where possible.
- Snacks including fresh fruit, tea, coffee, hot chocolate and biscuits/cake.
- 5 night's accommodation on a twin share basis (single supplement available at additional cost).

POST TOUR INFORMATION:

We drop back into Perth around 5.30pm. If you are flying out that night, you'll need to book a flight out after 7pm.

