



## 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.

7.30am at The Wellington Station Tourist Coach Stand near the Horseshoe Bridge on Wellington St, Perth CBD.

#### **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

**Karri Forest Motel in Pemberton** offers 3.5 star accommodation, surrounded by the karri forest since 2015.

All rooms are equipped with fridge, toaster, kettle and tea/coffee making facilities with free Wi-Fi access.

Rooms are surrounded by cottage gardens and swimming pool, with shared BBQ area and playground facilities.

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.

**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 9km, approx.**

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 to our beautiful South West, a region not only famous for producing some of the best wines in the world, but boasting one of world's greatest long distance walking trails, The Bibbulmun Track.

We stop at Balingup where our first walk along this iconic trail commences. This section of the Bibbulmun Track takes us through the World Heritage Listed Golden Valley Tree Park, a photographer's delight, before finishing up at Spring Gully Road. Our journey then continues when we jump on the bus and travel onto Pemberton where we are staying for the next two nights. Time to freshen up prior to heading off to Pembury Pub for our first meal together (guest's own expense.)

### **Overnight at Karri Forest Motel – Pemberton**

### **Meals: Lunch (Dinner at Guest Own Expense)**

## 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 at Karri Forest Motel – Pemberton**

**Meals: Breakfast, Lunch and Dinner**

## DAY THREE

**Gloucester Tree - Warren River 10.8km, 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 relaxation time, while your guides prepare 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)**

Today 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 Wilderness Eco Cruise (WOW) and  
drive back to Perth**

This morning after a relaxing start to the day and a yummy cooked breakfast, we pack up our bags and head down to the jetty where we take part in a South West 'must do' - The WOW Wilderness Eco Cruise on the Walpole/Nornalup Inlet.

After the cruise, we begin our journey back to Perth, arriving at around 6.30pm.

**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 meal 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 a small to medium sized suitcase, or soft bag to carry your personal luggage rather than hard suitcase to help guides pack the trailer.

### DAY PACK

We recommend approx. 30-35 litres, with a load bearing harness, waist straps & rain cover

As a walker you will need to have your own day pack and water bladder and suitable hiking shoes/boots with good ankle support and grip (Runners are no good). 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
- Insect repellent
- 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
- Personal lunch box or Take-away container for carrying lunch in your day pack

## 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
- 3 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
- Light sweater / fleece
- lightweight, quick drying towel
- waterproof, reusable bag for worn clothing
- Comfortable shoes and clothing for evenings and activities
- Torch / Headlamp
- Underwear
- Toiletries— shampoo/conditioner, body wash, deodorant, sanitary products, toothpaste etc.
- PPE - Masks, Hand sanitiser and Personal use rapid antigen tests
- Camera / Phone charger
- Earplugs or an Ipad 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)

## WHAT WE PROVIDE:

- 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 & 4 Dinners, Morning Tea / Trail Mix & Fruit when walking
- Two Professional Guides
- All National Park entrance fees
- Admission Fee to Valley of The Giants Tree Top Walk
- Admission Fee Award Winning WOW Wilderness Cruise Walpole

## POST TOUR INFORMATION:

We drop back into Perth around 6.30pm. If you are flying out that night, you'll need to book a flight out after 7.30pm.

## TRAVEL INSURANCE

Park Trek & Adventurous Women strongly recommends travel insurance. Please check with your individual insurance provider and read the Product Disclosure Information thoroughly for more information regarding unforeseen Covid-19 circumstances coverage.