

Ikara-Flinders Ranges Walk, Adnyamathanha Country

5 DAYS | 40 KMs | Track grading: 2 – 4 Easy to More Difficult

Join us for a curated journey walking the highlights of the stunning Ikara-Flinders Ranges region. This tour will immerse you in the wonderful and varied environments of this iconic Australian region.

WHAT TO EXPECT ON THIS WALKING TOUR

Join us for an incredible walking experience through Ikara-Flinders Ranges, combining rugged natural beauty and significant cultural history. Over five days, you will journey through rugged mountain ranges and deep gorges whilst enjoying stunning views. Keep your eyes peeled for the abundant wildlife; kangaroos, yellow footed rock wallabies, emus, and wedge-tailed eagles. The Adnyamathanha people, the traditional owners of the land, have lived here for tens of thousands of years and their culture and traditions are deeply intertwined with the landscape and areas we explore. You will feel connected to the history of the region through walks in Wilpena Pound, a natural amphitheater that is one of the most iconic in the park, whilst exploring geologically significant gorges that provide a unique insight into the earth's layered history.

OUR ACCOMMODATION

Our accommodation is overlooking the southern side of Wilpena Pound and is the perfect base from which to explore the area. With views of the rugged beauty of the Flinders Ranges region, you'll enjoy our comfortable and unique accommodation at Rawnsley Park Station. We stay in self-contained superior cabins, designed to blend with the natural environment. We use 1 and 2 bedroom cabins which all have a kitchenette, shared living area andshared bathroom facilities, each cabin has a balcony for you to sit and enjoy the surrounding views and gorgeous sunsets.





Acknowledgement to Traditional Owners

We acknowledge the Traditional Owners of Country and recognize their continuing connection to land, water, skies and culture. We are privileged to learn from them, and we pay our respects to their Elders past, present and emerging. We support the Uluru Statement from the Heart.

 © 2024 Park Trek Outdoor Experiences Pty Ltd. All rights reserved.

DAY ONE
Adelaide - Death Rock - Rawnsley Park Station
Distance: 3.5 kms | 1-1.5 hrs | Grade: 2 Easy

We depart Adelaide at around 7:30am headed north towards Ikara-Flinders Ranges via the stunning Clare Valley wine region. On the way we generally stop at Auburn for morning tea and a tour briefing.

We continue further north to the charming historic town of Quorn for lunch, home to the setting of scenes in iconic movies such as Wolf Creek, and the Sundowners. Quorn displays a range of other historical buildings and interesting sites for you to enjoy.

From here we travel further north on the Flinders Ranges Way to our first walk, Death Rock and Kanyaka Station Ruins. This is a relatively short walk; however the 7-meter-high quartzite rock and spring fed waterhole are an impressive site, rich with Aboriginal significance, this site sets the scene for the days to come. Additionally, the remnants of the station offer a compelling narrative of their own historical legacy.

Our afternoon takes us to our accommodation at Rawnsley Park Station where we check in and have some time to relax and enjoy the surrounding desert scape.

In the evening, nibbles will be served by your guides by the campfire, providing an opportunity to relax and connect with your fellow guests as the end of day light softly illuminates the nearby ranges.

Tonight you will enjoy a two-course meal prepared by your guides.





DAY TWO
From Rawnsley to Heysen Trail Region and Wilpena Pound
Distance: 15 kms | 6hrs walking
Grade: 3 - 4 Moderate to hard

After breakfast and lunch-making we regroup to travel along the Moralana Scenic Drive to Black Gap. We travel through River Red Gum woodlands, the habitat of many kangaroos, euros and emus, all with the spectacular Ikara-Flinders Ranges as a backdrop. Along the way, we may stop to enjoy several lookout points with panoramic views of the surrounding landscape.

We begin our first walk on the famous Heysen Trail, named after Sir Hans Heysen, a famous Australian landscape painter who was inspired by the natural beauty of the region. The trail leads us to Wilpena Pound starting with a pretty creek walk through Black Gap, before climbing a section of the Pound Wall to Bridle Gap. Spectacular views of the Elder Range are revealed to the west as we proceed.

We walk along the floor of Wilpena Pound, pausing for lunch at Hills Homestead to gain a better understanding of how challenging life was for the 19th century pioneer farmers. From here it's a pleasant stroll to Wilpena Pound Visitor Centre.

There is an opportunity this afternoon for a scenic flight. Your guides will provide you with this information.

Nibbles back at our accommodation are served by your guides followed by a delicious two-course meal.

DAY THREE
Rawnsley to Heysen Trail, Brachina Gorge and Wadna Cultural tour
Distance: 8 kms | 4 hrs walking
Grade: 3 - 4 Moderate to hard

After breakfast and lunch making, we depart Rawnsley for our day's walking in the Aroona Valley, travelling via the Flinders Ranges Way.

Our walk begins with the Yuluna Circuit Walk. We walk old pastoral ruins and pass contrasting rock formations and vegetation. The ruins of the Aroona Homestead, built in the 1850's, reminder us of the difficult early years of European settlement. The trail affords lovely views of the Heysen and Trezona Ranges and winds through a scenic gorge, past towering rock formations and a picturesque creek where Yellow Footed Rock Wallabies are commonly seen resting among the rocks.

We then explore Brachina Gorge, one of the park's most spectacular areas for its rock formations and unique geological history. The gorge was formed over millions of years as water and wind eroded the layers of rock, creating a deep and narrow canyon. The gorge meanders through sharp sawtooth ridges of resistant quartzite. The rocks in the gorge are also rich in fossils, including those of early marine life.

In the afternoon we head to Dingley Dell where we are immersed in Aboriginal culture with Adnyamathanha man Kristian Coulthard. Dingley Dell is an ancient site which has a number of engravings. Kristian will share his traditional knowledge on bush tucker, bush medicine, plants, animals and Adnyamathanha stories.

Once back at our accommodation, guests enjoy nibbles with fellow guests followed by a delicious two-course dinner prepared by your guides.





DAY FOUR
Rawnsley to Blinman Pools
Distance: 12 kms | 6 hrs walking
Grade: 3 - 4 Moderate to hard

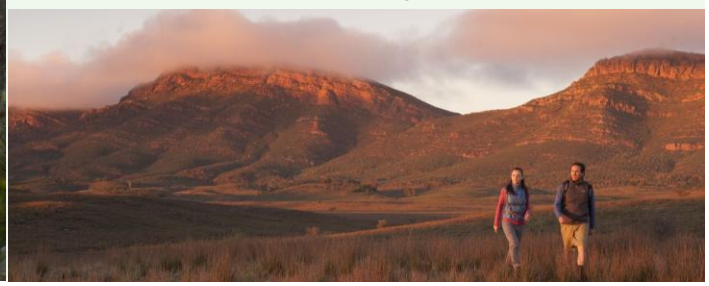
Today we head north to the outback town of Blinman, before driving to Angorichina village, to start our walk. Today's trail is a return journey to the beautiful Blinman Pools. Fed by a series of cascading waterfalls, these tranquil and refreshing swimming holes are both stunning and perfect for cooling off on a hot day. The water is crystal clear and relatively shallow.

The pools, bordered by majestic river red gums, have been used by the Andyamuthanha people for centuries, and have been a popular picnic spot since the 1800s. There are several lookouts offering breathtaking views of the surrounding landscape. There are opportunities to spot native wildlife such as kangaroos, emus, and various bird species.

After our walk we have time to visit the Wadna centre to have a look at Kristian's carvings and art work.

Returning from Blinman to Rawnsley, guests can take part in any local walks from the accommodation or take some time to relax before dinner.

Tonight we will enjoy nibbles before dining out at the Woolshed restaurant. Drinks at guests own expense.



DAY FIVE
Rawnsley to Alligator Gorge and Adelaide
Distance: 3 kms | 1.5 hrs walking
Grade: 2 Easy

After breakfast we pack up and depart for our last day of walking. We travel to Wilmington via Hawker, then on to Alligator Gorge.

Today's walk encompasses a real gem of the Ikara-Flinders Ranges region – Alligator Gorge in the Mount Remarkable National Park. This walk has some of the most visually stunning scenery you'll come across in the region.

Immerse yourself in the dramatic beauty of high ochre ridges, deep gorges and watercourses lined with river red gums. Alligator Gorge is one of the premier natural attractions in the Southern Ikara-Flinders Ranges, with Alligator Creek cutting through ancient ABC quartzite.

From Alligator Gorge we head south stopping for lunch in Melrose. We then begin our final return leg to Adelaide, arriving around 5.00 pm at the Terrace Hotel where we bid our goodbyes.



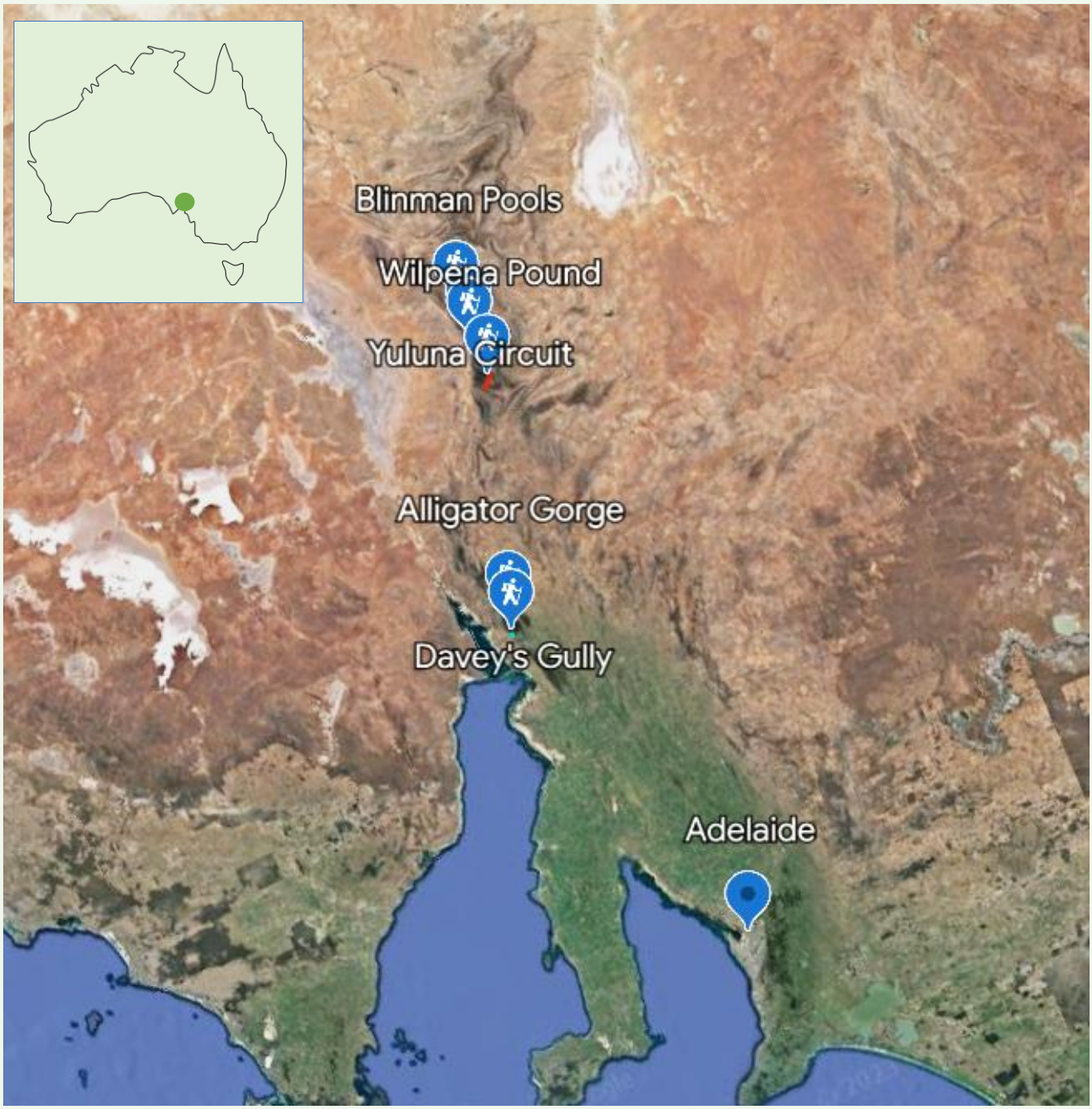




IKARA-FLINDERS RANGES, 5-DAY WALKING TOUR

WALK OVERVIEW & MAP

Location: South Australia
Duration: 5 days / 4 nights.
Total distance: 40 kms, typically 5-6 hrs per day.
Typical grade: Generally moderate with some harder sections.
Group size: Maximum of 10 guests and 2 guides.
Accommodation: Superior cabin style accommodation in twin-share configurations.
Nature of activity: Trekking with a day-pack, carrying only your essentials and daily lunch.



OUR COMMITMENTS & OTHER MATTERS

Our commitment to sustainable tourism

We are committed to sustainable travel and 'leave no trace principles', in line with our Ecotourism Australia accreditation among other things. As such we encourage guests to bring along your own food containers (medium size for lunch, and small for trail mix), beeswax lunch wrap, keep cup etc. if you have them. However, please do not buy any of these items if you don't already have them as we can supply containers for lunches on tour.

Our commitment to reconciliation

Park Trek acknowledges the Traditional Owners of Country and recognizes their continuing connection to land, water, skies and culture. We are privileged and proud to walk this beautiful country that has been cared for by Traditional Owners for over 60,000 years. We pay our respects to their elders past, present and emerging. We support the Uluru Statement from the Heart, and through our Reconciliation Action Plan we are committed to action for reconciliation.

Travel insurance and other matters

Park Trek strongly recommends travel insurance, please check with your individual provider for more information regarding coverage for unforeseen circumstances, e.g. flight delays, illness, Covid-19. Please see our website T&C's for more info.

A note to nature

All of our tours are subject to the occasionally unpredictable forces of nature. Indeed this is the spirit and attraction of adventure. As such our guides may alter our proposed tour itinerary where necessary having regard to Governmental changes, environmental and safety considerations. They will always strive to provide the most scenic and enjoyable walks possible in the environmental circumstances.

Please refer to the Australian Walking Track Grading System for grading of all walks on this tour.

Our guides hold the experience and knowledge that enables them to adjust our itinerary on any given day in regard to group safety and consideration and hold to right to do so at their discretion.





OUR MEALS ON TOUR

The food served on tour is designed to be healthy, hearty and home style. Our menus seek to include regional produce, including local cheeses, yoghurt, fruit, vegetables and meats, and to support local farmers and minimise food miles. Our meals can accommodate most dietary needs - please specify any at the time of making your tour booking.

Breakfast is a continental spread of muesli, fruit, yoghurt, toast and spreads. Coffee and tea are always available.

Lunch may vary from day to day, but includes sliced meat, salad, rolls, 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, curry or similar. Dessert may include things like apple crumble, mini pavlovas or seasonal fruit salad.

Snacks & antipasto are provided throughout and include fresh fruit for the trail, biscuits and/or fruit cake for tea breaks. Each night we offer cheese, dips and crackers as pre-dinner nibbles and self-serve trail mix selection at the start of each day.

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

© Park Trek Outdoor Experiences Pty Ltd. All rights reserved.

REQUIRED GEAR FOR YOUR ADVENTURE

The two most important items to bring with you are a reliable and comfortable pair of walking boots or shoes that you have worn in, and a good quality rain jacket. *Runners and flat-soled shoes are not recommended except as something you can wear after the day's activities.*

Weather can be quite variable in the Flinders Ranges, so your waterproof jacket is an essential item while on our, regardless of the weather forecast.

Your day pack: We recommend a day pack of at least 20 litre capacity, with a load bearing harness and the ability to carry a water bladder and your required gear. Here is a suggested list of what walkers should wear or have in their day pack**:**

Essential Items

- Hooded rain jacket - Good quality, seam sealed
- Fleece jacket
- Wide-brimmed hat for sunny days
- Beanie or woollen hat & gloves for cold days
- Water bladder and water bottle - 2 litre capacity
- Electrolytes / hydrolytes
- High factor sunscreen and lip balm
- Blister pads and / or tape for rubbing / blisters
- Antiseptic hand gel
- Sunglasses
- Tupperware / reusable container to carry lunch
- **Optional Extras** (personal preferences)
- Walking poles
- Gaiters – *for safety / protection measures*
- Camera & Binoculars
- Spare batteries for all devices / charger
- Keep cup for any café stops

- **Main bag**: Please bring your gear in a soft bag (rather than a suitcase) to help our guides pack the trailer. Your main bag stays at our accommodation as you only carry your day pack walking.
- 3 pairs long and/or short pants - preferably loose fitting, lightweight and quick drying
- 2 long sleeve shirts – light & breathable for sun protection
- 4 x T-shirts
- Fleece jacket / woollen sweater for warmth
- Swimmers / bathers, lightweight towel for swims
- Walking socks & underwear
- Thermals to keep warm in blustery conditions
- Waterproof, reusable bag for worn clothing
- Comfortable shoes / clothes for evenings
- Toiletries – shampoo / conditioner, deodorant, soap, toothpaste, repellents and personal items
- PPE - Masks, hand sanitiser, rapid antigen tests



LIST OF WHAT WE PROVIDE
Our Tours Are All Inclusive!

- Two Park Trek guides who are experienced, accredited and safety gear equipped to guide, drive, cook and facilitate your tour experience. Our Guides are our story tellers, our chefs, and our legends in the field!
- Transport which includes collection from and return to Adelaide. We use comfortable 12-seater minibuses with a luggage trailer . We also use the minibus to drop off and pick up during the course of each day where required.
- Meals – 4 Breakfasts, 5 Lunches & 4 Dinners
- Snacks including trail mix, antipasto, fresh fruit, biscuits or cake.
- We always have a thermos with plenty of tea, coffee or hot chocolate and a cold drinks esky in the van for after walks.
- 4 nights accommodation on a twin share basis (single supplement available at additional cost, subject to availability).
- All National Parks Fees and Passes.
- Guided cultural tour at Wadna.
- Carbon offset program.

PRE- AND POST TOUR INFORMATION

Pick up location & time: We depart from The Terrace Hotel Adelaide, meeting at 7:15 am for a 7:30am departure. **Park Trek guests enjoy special pre- and post- tour rates at The Terrace Hotel Adelaide.**

Drop-off location & time: We return to The Terrace Hotel at around 5:00 pm on the final day of tour.

If flying out that night, we recommend booking a flight after 7pm to be on the safe side. In the event of an emergency before tour departure, we can be contacted during business hours on 03 9997 0500.

 © Park Trek Outdoor Experiences Pty Ltd. All rights reserved.