

grampians traverse fact sheet self-guided inn-to-inn walking holiday



self-guided "inn-to-inn" walking...

During this holiday, you will walk from place to place through the Grampians staying in comfortable accommodation along the way. You only need to carry a light day pack each day as the rest of your luggage will be moved ahead of you by vehicle whilst you are out walking. You will walk independently, without a guide, following our detailed walking notes. Auswalk's INN-to-INN walking holidays are the culmination of numerous special arrangements made just for you (eg. detailed walking notes, luggage transfers, picnic lunches, meals in remote locations, local transport etc.)

On an Auswalk, it is very easy to find your way. We will supply you with a very detailed set of walking notes that are easy-to-follow, as well as maps with the route highlighted. Auswalk's unique Walk Notes will guide you from point to point along the way and provide lots of interesting and valuable information to enhance your walking. As well as describing the walking route, the notes include information about the natural environment you are passing through, average walking times, optional side-trips and many interesting things en route. Our walking notes have been tried and tested over many years!

In addition to the walking notes you'll receive a comprehensive kit of documents packed with information on the area. We provide a marked map showing the walking route and location of each accommodation. There are informative booklets on the flora, fauna, geology, history etc. of the area you walk through and information on public transport and other places of interest.

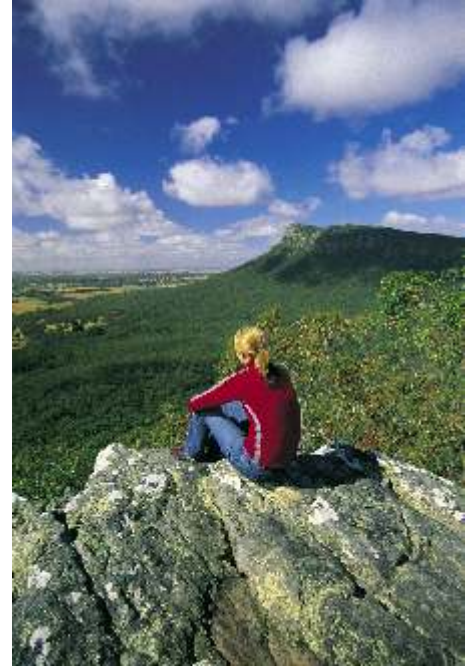
Self-guided walking offers great flexibility. You can discover an area at your own pace, stopping and starting as you wish. You walk with your own companions (a minimum of two people is required). Most importantly, you choose your own starting date. Once confirmed, we won't cancel the booking, so you can book in the sure knowledge that your walking holiday will operate.

Note: This holiday is also available as a guided trip.

5 day trip itinerary guide...

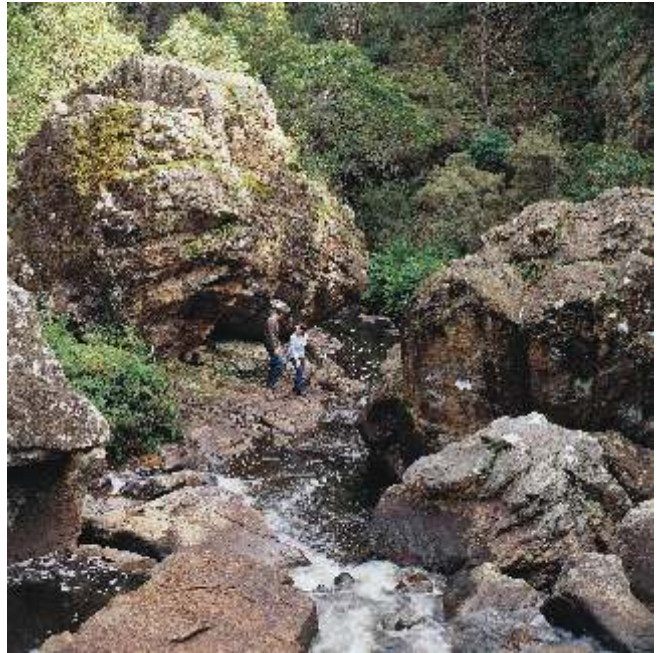
Day 1: Starts at Lake Lonsdale any time after 2pm. Accommodation: Lake Lonsdale area.

Day 2: The walking begins in the flat country on your approach to the Grampians Ranges. Meander beside a pretty stream that flows through eucalypt forest the bird life in the morning is prolific. Along the way you're bound to see the first of many kangaroos and wallabies. Climb to the summit of Chautauqua Peak for a birds-eye view over the valley before descending to the tourist hub village of Halls Gap. Walking summary: 18km, approx 5-5.5hrs plus an optional 30 mins. Mostly easy with one steep section. Accommodation: Halls Gap



Day 3: Follow the fascinating Grand Canyon circuit through the Wonderland Range, passing many unusual rock formations including the Elephant's Hide, Venus Baths, Guardian of the Canyon and Echo Cave. Today's aim is the lofty heights of the Pinnacle Lookout. For those with energy to spare, there's a optional circuit walk alongside Fyans Creek. Walking summary: 11km, approx 5-6hrs. Moderate to challenging. Accommodation: Halls Gap





Day 4: After a short and very scenic transfer, hike down through lush fern gullies to Silverband Falls. The route progresses to Lake Bellfield, the region's water storage facility. See the historic water tunnel carved $\frac{3}{4}$ of a mile through the Mount William Range quite impressive for 1881 and it's still used today! Then it's one final climb and a final view over the magnificent Serra Range before descending into the picturesque village of Pomonal. Walking summary: 18km, approx 5-5.5hrs. Moderate to challenging. Accommodation: Pomonal

Day 5: After breakfast you'll be transported back to your car or to your public transport connection.



typical accommodations...



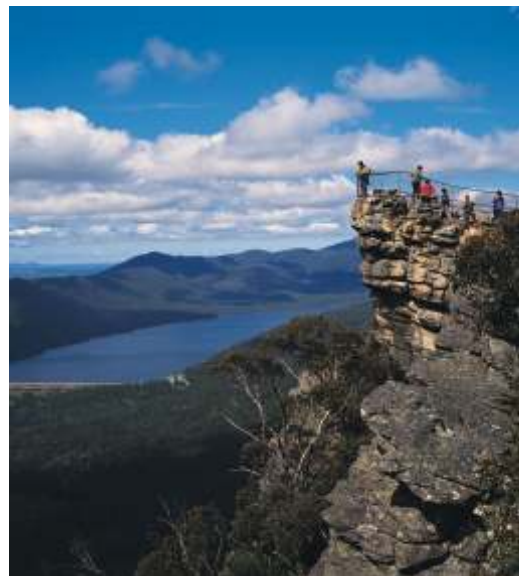
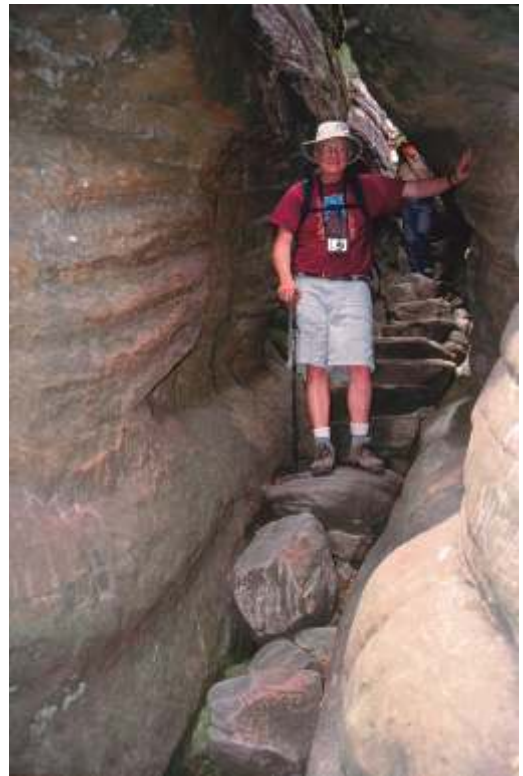
how hard is the walking?...

50% easy, 35% moderate, 15% more strenuous. 14-22km (6-7 hours) walking each day. The tracks are well formed and easy to follow. However some of them have rough, uneven surfaces which require confidence and reasonable nimbleness. There are also many steps along the way. Your walking notes describe how to increase or decrease the amount of walking on most days.

Generally the trip would be described as moderate walking. However, there are some harder sections including rocky ground. You should expect about 5-6 hours of steady walking most days. For average healthy walkers this allows lots of time to take in the views, have a snack, photograph your delightful surroundings or simply sit and relax. The walking will be mostly on narrow, well-defined and well-marked foot tracks, disused 4WD tracks and short sections of roads to reach your accommodation.

Each day you will walk independently, without a guide. You'll walk without the constraints of group travel, free to stop and start when you choose, and to walk at your own convenient pace. On most days, your notes will describe optional extra walks for those who want to do more walking. This allows you to plan your day according to the weather and how you are feeling.

For many people, the walking distances on this holiday are more than you are likely to do at home and you may be quite weary by the end of each day. The best preparation is a program of regular walking. We suggest at least one hour of walking each day, preferably in an area with lots of ups and downs. Plus a full day of walking each week. Do this for at least three weeks before the start of your holiday. Alternatively take up an active sport like aerobics, tennis or swimming. A bit of sweat now will make your walking holiday much more enjoyable.



getting there...

This Auswalk tour starts at your first B&B at Lake Lonsdale, which is near Stawell. From Melbourne by car, follow the Western Highway towards Adelaide for about 250 kilometres, to Stawell (3-3.5 hrs driving). From Stawell it's another 10 minutes to Lake Lonsdale. Your car can be left at the first accommodation until the end of your holiday. There are daily train/buses available to Stawell - from there you'll need to catch a taxi to the B&B (approx cost \$50). We can supply more detailed information if you intend using public transport.

at the end of the trip...

This walking holiday ends in Pomonal after breakfast on the last day. We will transfer you back to your car or to the nearest public transport connection.

what's included...

4 nights accommodation, 4 breakfasts, 3 lunches, 2 dinners, local wine with 2 dinners, luggage transfers, vehicle transfers as required for itinerary, information booklets, insulated lunch bag, map case, National Park fees, walking notes, maps.

More details:

* Accommodation. Typical accommodation on this trip includes B&Bs and a motel. Detailed information about your accommodation, including address and phone numbers, will be provided in your comprehensive Daily Walk Notes.

* Meals as specified above. A cooked or continental breakfast is provided each morning and you'll be given a packed lunch to take out walking. Some dinners are included - when not included, there will be restaurants nearby for you to dine at. If you have any special dietary requirements (eg. allergies or don't eat red meat etc) please ensure that you notify us and we will then pass this information on to the accommodation properties you will be staying at.

* Luggage transfers on days where accommodation changes. This is an important part of all Auswalk INN-to-INN holidays. We move your luggage ahead while you are out walking.

* All necessary transport within the Grampians. On one day, there will be a short vehicle transfer to reach the start of a walking track.

* All National Park fees. Australian National Parks charge a daily fee, which is incorporated into the cost of your walk.

* Insulated lunch container. This will keep your lunches cool and fresh and is yours to keep.

We will mail you a final document package about one month prior to your holiday and after you have paid for your trip in full. It includes:

* Comprehensive Daily Walk Notes. These are the simple instructions you follow each day, to guide you along the walking route and to the next accommodation. They also provide interpretation of the environment along the way.

* Maps. These have the walks highlighted so you can easily gain an overview of the route.

* Waterproof map case. You can put your map and daily walking notes in this map case, so everything stays dry no matter what the weather.

* Additional information booklets. These provide useful information about the area.

If you are coming from overseas, we can mail the package to any address in Australia for no additional charge. However, if you want the documents sent overseas, we charge an extra \$20 to New Zealand and \$35 to other countries. The package weighs between 0.5kg and 1kg so we recommend mailing it to your first Australian accommodation, so you can collect it when you first arrive in the country. It is important that you receive your documents at least a few days before you start your walking holiday.

what's not included...

Transport to/from the Grampians, alcohol, meals not specified.



what to bring with you...

- * Walk notes, map, map case and lunch bags (provided in your final document pack).
- * Casual clothing for dinner skirts and jackets are not required in the restaurants.
- * Suitable footwear. Lightweight boots are best. They should have ankle support and a strong patterned sole for good grip. Wear thick socks, or two pair of thin ones. Sandals and thongs are totally unsuitable.
- * Daypack. The best daypacks have padded shoulders and a waist/hip strap. Make sure it is large enough to carry waterproof clothing, a warm jumper, water, picnic lunch, camera etc. Most packs leak in rain so bring a plastic bag to line the pack with.
- * Walk clothing for warm weather lightweight materials, shorts and short-sleeved shirts.
- * Walk clothing for cold weather choose synthetics, thermals, polar fleece or wool. Note that cotton trousers (eg. jeans) are miserable and cold if they become wet.
- * Quality waterproof coat. The best jackets are made of goretex or similar fabrics. It is important that the material is completely waterproof. Avoid padded jackets because they are too hot and usually not waterproof. Ideally your jacket should be long enough to cover your thighs. A large hood is essential and long sleeves are desirable.
- * Sun hat choose a wide-brimmed one
- * Warm hat wool or polar fleece (you lose 40% of your heat through your head!)
- * Sunglasses recommended, as sunlight at this altitude is very bright.
- * Water bottles. It is necessary to carry adequate drinking water for the entire day - between one to two litres per person. On a hot day you may need even more than this. You should not drink water from the streams as it may be contaminated.
- * Sunscreen (at least 15+). Apply it liberally. One application will not last all day, even when the conditions are overcast
- * Toilet paper just in case! Bury everything at least 15cm deep, and well away from water/streams.
- * Matches and small torch
- * Small first aid kit containing at least two rolls of crepe bandage, a small pair of scissors and some wide adhesive bandage (in case you get a blister).
- * Camera/binoculars (optional)
- * Mobile phone (essential - note that reception is not available in all walk areas)
- * Walking stick (optional). Some people find that the use of a walking stick reduces stress on knees and ankles, particularly when walking downhill. Modern collapsible models fit neatly into most suitcases for travelling.
- * Thermos (for hot drinks) optional
- * Insect repellent
- * Insect net hat, optional

It will be best if you bring everything you need with you. There is one small outdoors store in Halls Gap.

luggage...

You can bring as many items of luggage as you wish. However, you must limit the weight of each bag to a maximum of 20 kilograms (about 40 pounds). Most of the accommodation properties on this holiday are small and some have lots of steps. Our hosts will be happy to help with your bags, but please remember that they are not porters! Often they are older people who cannot and should not lift heavy items. It will be much easier for them and for you also if you keep the weight down.

insurance...

We charge a cancellation fee if you cancel your Auswalk holiday after we have confirmed it. Details are clearly listed in our AUSWALK BOOKING CONDITIONS in our brochure and web page. We strongly recommend you purchase a travel insurance policy, so you are insured if you have to cancel this tour. This can be arranged through Auswalk if you are an Australian resident or through any travel agent.

auswalk's other inn-to-inn trips...

We also offer the following INN-to-INN holidays:

- * Blue Mountains Traverse - near Sydney, there's much more here than the famous 3 Sisters!
- * Great Alpine Walk - near Melbourne, traverse the Victorian Alps from one alpine village to the next, hike the Razorback Ridge and walk from Falls Creek to Mt Hotham
- * Great Ocean Walk - near Melbourne, long distance track from Apollo Bay to the 12 Apostles, magnificent coastal scenery, secluded beaches, tall forests and lots of koalas
- * Great North Walk - we offer the first part of this long distance walking track that links Sydney with Newcastle in the north, walk from Sydney Cove to the Hawkesbury River
- * Lamington Traverse - in the Gold Coast hinterland near Brisbane, walk between two of Australia's best eco lodges O'Reillys Rainforest Retreat and Binna Burra Mountain Lodge
- * Roof of Australia - in the Snowy Mountains near Canberra, hike from one alpine village to the next, see ancient glacial lakes, climb Australia's highest mountain
- * Surf Coast Walk - in the Great Ocean Road area, walk from the surfing capital of Torquay to the yuppie seaside village of Lorne, splendid inland forests, waterfalls, secluded beaches

we also offer group guided walking holidays...

- * Blue Mountains Hiker - starts in Sydney, 4 days, based at Blackheath
- * Carnarvon Gorge - starts in Brisbane, 8 days, also includes Bunya Mountains & Cania Gorge
- * Grampians Hiker - starts in Melbourne, 7 days, based in Halls Gap, hike the southern, central and northern sections of the National Park
- * Great Ocean Walk - starts in Melbourne, 7 days, hike from Apollo Bay to the 12 Apostles
- * Kangaroo Island - starts in Adelaide, 7 days, choice of staying at a luxury wilderness lodge or in historic lighthouse keepers' cottages
- * Lamington Nature Photography Walk - starts in Brisbane, 4 days, improve your photography skills with a professional photographer as your guide
- * Lighthouses Trek - starts in Canberra, 8 days, stay in secluded lighthouse keepers' cottages
- * Lord Howe Island - accessible by plane from Sydney or Brisbane, 7 days, with naturalist Ian Hutton
- * Red Centre - starts in Alice Springs, 7 days, includes Uluru, Kata Tjuta (the Olgas), Kings Canyon and sections of the Larapinta Trail in the West Macdonnell Ranges
- * Tasmanian Coastal Hiker - starts in Launceston & finishes in Hobart, 7 days, includes Bay of Fires, Freycinet & the Tasman Peninsula
- * Tasmanian Wilderness Hiker - starts in Hobart & finishes in Launceston, 9 days, includes Mt Field, Lake Pedder, Lake St Clair and Cradle Mountain
- * Wilsons Promontory - starts in Melbourne, 7 days, includes an optional overnight hike to stay in a remote lighthouse keepers' cottage

and there's more...

- * Sydney's Bushtracks, Bays & Beaches - based in Sydney, guided, 5 or 7 days, starts any day of the year except summer, walk in National Parks close to Sydney
- * Sydney guided day walks
- * Short breaks to the Blue Mountains, guided, 2 days
- * Short breaks to the Great Ocean Road area, guided, 2 or 3 days

how to contact us...

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