

blue mountains weekender fact sheet guided inn-to-inn walking holiday



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

This is a short break weekend guided holiday in the Blue Mountains. You need to get yourself to Katoomba on the Friday night (by car or train). You'll stay at a B&B in Katoomba for the Friday night. In the morning you'll meet your guide and walk from Katoomba to the next B&B in Leura. Dinner is included on the Saturday night. Then on Sunday you'll walk with the guide from Leura to Wentworth Falls. The walk will finish around 3pm, allowing you time to travel back to Sydney that afternoon. 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. Auswalk's INN-to-INN walking holidays are the culmination of numerous special arrangements made just for you (eg. luggage transfers, picnic lunches, local transport etc.)

You will be accompanied by a knowledgeable and highly experienced guide. Our guides are also fun people to spend time with! The guide's role is to provide leadership, information about the environment you are walking through and generally assist you as needed.

NOTE: You need to form your own group of two or more people. You can choose your own starting date, subject to availability of accommodations and guide.

Note: We also offer longer 5 & 7 day guided inn-to-inn trip in the Blue Mountains. Plus 5 & 7 day self-guided trips where you walk without a guide, following our marked maps and detailed walk notes.

weekend trip itinerary guide...

Friday: Starts at Katoomba any time after 2pm - you should arrive before 10pm. There is no walking scheduled for today. Dinner is not included tonight - there are plenty of restaurants nearby.
Accommodation: Katoomba

Saturday: Start walking with your guide from your accommodation while your luggage is moved ahead to Leura. Learn the Aboriginal legend of how the famous 3 Sisters were formed as you descend the 862 steps of the Giant Stairway. Then it's away from the throng of tourists and into the depths of Leura Forest. Delicate ferns and mosses hug the rainforest trees as filtered sunlight creates a magical scene.

Walking summary: 12km, 4.5-5hrs, starts with a very steep descent then undulating walking with quite a few sections of steps and ladders.

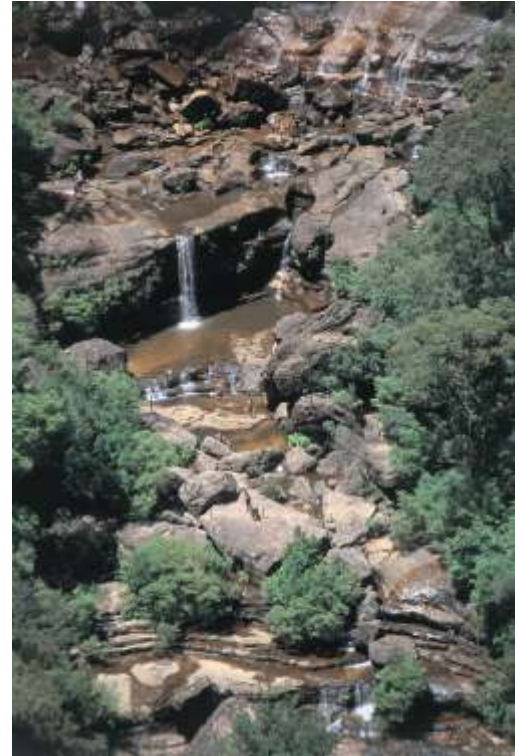
Accommodation: Leura





Sunday: The setting for today's walk is Waterfall Valley. You'll walk from your Leura accommodation to Wentworth Falls. The route winds its way past waterfalls, beneath overhanging cliffs and through magnificent grottoes. A real highlight today is the "mid-cliff" walk along a wide path that has been carved into the sheer cliff face! Handrails, ladders and airy lookouts provide a birds-eye view over hundreds of miles of forests. The spray from spectacular Wentworth Falls refreshes weary walkers before climbing to the cliff top. The walk will finish around 3pm and we will get you back to your car in Katoomba or the local train station.

Walking summary: 15km, 5-5.5 hrs, about half is reasonably easy and well graded, the rest involves steep ups and downs including steps and ladders.





how hard is the walking?...

30% easy, 35% moderate, 35% more strenuous. 12-15km (5-6 hours) walking each day. More details on daily distances and timings are available in the itinerary notes above.

Generally the trip would be described as moderate walking. However, there are some harder sections including ladders and lots of steep steps. You should expect about 5-6 hours of steady walking each day. 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 with short sections of roads to reach your accommodation.

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...

The Blue Mountains is about 2 hours west of Sydney and is easily accessible by local train. Trains depart from Central train station approximately every hour and you cannot pre-book or pre-pay for tickets. Simply turn up at the station, buy a ticket and board the train. The fare is approximately \$20 per person each way. A train timetable will be included in your document pack. When you arrive in the Blue Mountains you will need to catch a taxi the short distance to your accommodation. If you arrive by private car you may leave it parked at the first accommodation.

at the end of the trip...

This trip finishes at 3pm - you will be taken back to your car in Katoomba or to a railway station for public transport connections back to Sydney.

what's included...

Guiding, 2 nights accommodation, 2 breakfasts, 2 lunches, 1 dinner, luggage transfers, National Park fees, information booklets, insulated lunch bag, map case.

More details:

- * Accommodation. Typical accommodation on this trip is in B&Bs. 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. Dinners is included at your B&B on Saturday night. 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 Blue Mountains on the Saturday and Sunday.
- * 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:

- * Maps. Your guide can highlight the walking route for you.
- * 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 Blue Mountains, alcohol, meals not specified.



typical accommodations...



what to bring with you...

- * Map, map case and lunch bags (provided in your final document pack).
- * Casual clothing for dinner.
- * 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.
- * Day pack. The best day packs 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
- * Personal medications
- * Camera/binoculars (optional)
- * Mobile phone (optional 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 traveling.
- * Thermos (for hot drinks) optional
- * Insect repellent
- * Insect net hat, optional

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). Our accommodation 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 inn-to-inn walking holidays . . .

On an INN-to-INN walking holiday, you walk from one place to the next while your luggage is moved ahead for you. They are all available self guided and some can be done guided any day of the year.

- * Blue Mountains Traverse - near Sydney, there's much more here than the famous 3 Sisters!
- * Gold Coast Hinterland Walk - near Brisbane, traverse the Lamington Plateau then hike Springbrook
- * Grampians Hike - near Melbourne, Auswalk's home base and our favourite place, rugged rocky ranges, a fabulous place to hike amongst native animals
- * 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 North Walk - starts in Sydney, 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
- * 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 South West Walk - near the Vic/SA border, hike the entire 250km track or do just the highlights
- * 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 trips . . .

- * Blue Mountains Hiker - starts in Sydney, 4 days, based at Blackheath
- * Carnarvon Gorge - starts in Brisbane, 8 days, also includes the Bunya Mountains & Cania Gorge
- * Flinders Ranges - starts in Adelaide, 8 days, hike Alligator Gorge, Dutchmans Stern, Wilpena Pound
- * Gold Coast Hinterland Walk - starts at the Gold Coast, 6 days, hike in the Lamington National Park from O'Reillys to Binna Burra then up to Springbrook Plateau
- * Great Alpine Walk - starts in Melbourne, 7 days, traverse the Vic Alps from one village to the next
- * Great North Walk - starts in Sydney, 7 days, hike the first section of this long distance walking track from Sydney to Brooklyn then ferry over to Patonga and continue to Ettalong Beach.
- * Great Ocean Walk - starts in Melbourne, 7 days, hike from Apollo Bay to the 12 Apostles
- * Great South West Walk - starts in Melbourne, 7 days, walk the highlights of this track including the Lower Glenelg River and the Three Capes section.
- * Kangaroo Island - starts in Adelaide, 7 days, staying in wilderness lodge and lighthouse cottages
- * Lord Howe Island - accessible by plane from Sydney or Brisbane, 7 days, hike this World Heritage Area, cruise around the island by boat and much more
- * 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
- * Tropical Hiker - starts in Cairns, 8 days, includes the Daintree, Mossman Gorge, Atherton Tablelands, Mission Beach and Dunk Island
- * Waterfall Way - starts in Coolangatta, 7 days, includes stunning waterfalls and escarpments of New England National Park, Dorrigo, Wollomombi Falls, Dangars Gorge, Cathedral Rock and more

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

how to contact us . . .

ADDRESS: 4 Red Gum Lease Track, HALLS GAP, VIC 3381, AUSTRALIA
PHONE: From Australia (03) 5356 4971 From overseas +61 (3) 5356 4971
FAX: From Australia (03) 5356 4970 From overseas +61 (3) 5356 4970
EMAIL: info@auswalk.com.au WEB SITE: www.auswalk.com.au