

## 5 Day Ningaloo Hike & Kayak Journey Including Whale Shark Discovery

Sea Kayak / Snorkel / Hike / Camp / Swim with Whale Sharks!

Sunday June 6th - Saturday June 12th, 2027



### Includes

- 1 night camping in the hills of the Cape Range
- 2 nights Beach camping on the ningaloo Coast
- 2 day Hike journey with spectacular views of the range and reef
- 2 day kayak journey with loads of snorkel stops
- 2 nights of accommodation in Exmouth town (twin share)
- 1 day Whale Shark Discovery Tour
- All delicious meals and equipment

Join us for an immersive experience as we explore the Ningaloo Coast on this epic human powered journey. Get off the beaten track as you traverse the upper reaches of Yardie Creek over ancient coral formations, looking for iconic black-flanked rock wallabies, osprey and other birdlife before making camp on top of Cape Range under a blanket of stars. Sea kayak in the sheltered, turquoise lagoons of Ningaloo Reef, snorkel different amazing sites each day, and in the afternoon land your kayak at a beautiful beach to make camp amongst the sand dunes, with the waters of Ningaloo mere metres from your tent. Watch the sun set, and sleep under the stars in Cape Range National Park. Turtles, rays, dugong, dolphins, reef sharks, myriad reef fish are some of the abundant marine life that makes Ningaloo a brilliant place to kayak and snorkel. Finish with the experience of a lifetime swimming with the majestic Whale sharks.

**Day 1 - Sunday June 6th, Arrival in Exmouth**

Arrive in the town of Exmouth! You will organise your own accommodation for this evening. Your Region X Host will contact the whole group to organise an option meet and greet dinner at a local brewery. Meet your fellow travellers and get excited for the adventure!

Meals: no

Accommodation included: no

**Day 2 - Monday June 7th, Ningaloo Odyssey: 4-Day Trek and Kayak Expedition**

7.15am to 7.30am - The team from Exmouth Adventure Co (EAC) will pick you up from your chosen accommodation to join your guides and fellow expeditioners at Exmouth Adventure Co's base (24 Pelias St, Exmouth) for a pre-trip meeting and gear fit out. You'll be kitted out with all the equipment you need for the sea kayaking and snorkelling portion of the tour, to be packed by the EAC guides for your rendezvous tomorrow afternoon.

It's then time to pack your backpack and ensure that you are trek ready, before departing town to enjoy the 40-minute journey into Cape Range National Park (CRNP). Stop in at Milyering Visitor Centre for a quick break before our trek begins. Once at our start point, it's time for a safety brief and to ensure our packs are snug. Our first steps take us alongside picturesque Yardie Creek Gorge; as we ascend the Range, we keep a keen eye out for the rare Black Flanked Rock Wallabies and the myriad birdlife that call this place home. It's not long at all till we glance back and enjoy sweeping views of Ningaloo Reef and Cape Range stretching away into the distance.

We spend the rest of the day exploring the upper reaches of Yardie Creek and make our way to the top of the Range to camp. Once packs are off, camp is set, and meals cooked, we spend the evening spotting for Humpback Whales and enjoy the changing colours as the sun sets below the horizon. You will never forget your night in this remote corner of Western Australia, atop Cape Range overlooking Ningaloo Reef and the Indian Ocean with the Milky Way above.

Hike distance approx 7km (uphill)

Meals: L, D, S

Accommodation included: Camping

**Day 3 - Tuesday June 8th, Ningaloo Odyssey: 4-Day Trek and Kayak Expedition**

Rising with the sun, we enjoy a hearty breakfast and continue with our adventure. Making our way down through ancient wave-cut sandstone terraces, we cross the coastal plains where it's not uncommon to see wallaroos, western red kangaroos, dingoes, or perhaps the shy but spiky Short Beaked Echidna.

Once over the coastal dunes, it's not long till our boots are off, and we're enjoying a dip in the refreshing crystal clear waters of the Ningaloo lagoon. We then beach-comb our way along

pristine coastline and meet up with our guides from Exmouth Adventure Co.

Osprey Bay is our usual launch point for this tour, and upon arrival, your guides will assist you in the transition from trekking gear to kayaks: they'll familiarize you with your kayak; and you'll learn the best way to pack your gear. Following a paddle briefing and safety talk, a quick look over the maps and charts of the area whilst talking about the plan for the next few days, it's off to explore the wonders of Ningaloo! Today we'll enjoy a short paddle in the stunning turquoise lagoon to our campsite for the night, looking for turtles and other marine life along the way, before we pull up to a beach to make camp for the night amongst the sand dunes. A delicious dinner under the stars rounds out the day before we settle in for a satisfying nights' sleep.

Hike distance approx 10km

Meals: B, L, D, S

Accommodation included: Camping

#### **Day 4 - Wednesday June 9th, Ningaloo Odyssey: 4-Day Trek and Kayak Expedition**

Our day starts at 7am with an alfresco beach brekky. Early risers will smell the coffee drifting to their tent and may wish to come and grab a cup of coffee or tea and enjoy a sunrise walk on the beach. It's then time to pack down our tents and get prepped for another amazing day exploring Ningaloo. Today we paddle a beautiful stretch of Ningaloo coastline, encompassing some of the best shore-based snorkelling in the area. With 11kms to our campsite this afternoon, we can settle into the rhythms of nature and focus on immersing ourselves in the wonders of Ningaloo. Oyster Stacks and Turquoise Bay are 2 well-known sites that we may stop (tide-dependent) and snorkel along the way today, and we have other sites that we can snorkel from the kayaks if we feel like it too. Between snorkelling and lunch on the beach, the kayaking is divided into manageable sections, even for those that aren't super experienced sea kayakers. We aim to arrive at our wilderness beach camp site around 4pm this afternoon, giving us time to set up our tents and have a quick dip before we dry off and settle in for a sundowner. Another hearty and healthy dinner under the stars rounds out the day before we settle in for a rejuvenating sleep.

Meals: B, L, D, S

Accommodation included: Camping

#### **Day 5 - Thursday June 10th, Ningaloo Odyssey: 4-Day Trek and Kayak Expedition**

Today is our last day on the water, and we make the most of it! Our day starts again at 7am with a delicious breakfast, coffee and tea. Once out on the water, we have a total of 8kms to our tour end point. As we paddle out into the clear lagoon waters, look for turtles and rays under our kayaks. This section of lagoon is also good for spotting dugong in season (late May - August), so keep an eye out! During the paddle today, you might also marvel at the stunning contrast between reef and range: the juxtaposition of turquoise waters, deserted sandy beaches and coral reef with the arid shrublands and ancient gorges of Cape Range: uniquely beautiful.

We've got one of our favourite snorkel sites saved for our last day, a beautiful shore-based site teeming with life. After a snorkel and lunch on the beach we have a short paddle to reach our end point, where it's then time to unpack our kayaks and load them on the trailer. We'll then make the 45-minute return journey to Exmouth town and your accommodation, where we'll drop you around 4pm, with a promise to have the complimentary photos of your adventure, taken by your guide, available online as soon as we can.

Guaranteed you'll be buzzing with the amazing experiences that you've just had whilst exploring Ningaloo and Cape Range, and even if you feel a tad weary, you'll feel energised and inspired by your Ningaloo memories.

Tonight you are free to explore the town of Exmouth and enjoy dinner at any number of restaurants - ask your guides for some tips.

Meals: B, L, S (dinner not included)

Accommodation included: Exmouth Twin share

### **Day 6 - Friday June 11th, Whale Shark Swim with Ocean Eco Adventures**

Our Whale Shark Cruise partners will pick you up after breakfast on Saturday morning for a day of swimming with these gentle giants - a once-in-a-lifetime experience! Aboard the comfortable vessel you will learn about the habits of the creatures before you get the opportunity to jump in with them! The day also includes lunch and a cruise in search of migrating humpbacks, dugong and more! Return to your accommodation in the afternoon to unwind and relax.

On Friday evening, enjoy a delicious set-menu dinner at Whalers Restaurant, a fantastic way to end your memorable week.

Meals: B, L, D, S

Accommodation included: Exmouth Twin share

### **Day 7 - Saturday June 12th, Tour Ends**

The tour ends upon check out from the Resort. You may wish to check out other wonders of Western Australia, ask your Region X team for more info!

Meals: no

Accommodation included: no

***\*Please be aware that whilst the above itinerary can be used as an approximate guide, it is subject to weather conditions and local government regulations. Whilst every effort will be made to adhere to the itinerary as described, some circumstances may require alterations of or delays to the itinerary.***

**HOW TO GET THERE:** Exmouth town is 36kms from Learmonth (LEA) airport. It is only possible to fly to LEA from Perth or Melbourne. Qantas is the only airline servicing this route. Exmouth Bus Charter operates an airport shuttle service between Exmouth town accommodation and Learmonth airport. Pre-booking is highly recommended. Exmouth is also well-serviced with car hire companies, including Budget, Europcar, Hertz. There are also some local car hire businesses

including Ningaloo Car and Boat Hire, and Exmouth Escape Resort.

**TOUR PRE-REQUISITES:** Guests should have at least an average level of fitness and agility to safely participate in this tour. This tour is suitable for guests aged 16 years and over. Guests aged 60 years or over are required to gain a medical certificate stating that they are fit to undertake the tour as described. Your trek does at times involve negotiating steep rocky gullies and rough, uneven ground; packs can weigh up to 15 kg. As we begin our trek to the top of the range in the late morning/early afternoon, daytime temperatures at certain times of the year can reach above 30°C. Ability to carry at least a 15kg share of a loaded expedition sea kayak over soft sand, with short inclines, is expected. Participation in daily camp set up and pack down is welcomed, with guests expected to set up and pack down their own tent and camping gear each day.

**TREKKING:** This is an authentic, immersive experience, and as such, once we leave the main walking trail at Yardie Creek, we will be traversing some stunningly beautiful though rugged country. Worn-in walking boots or shoes are a must, as are a good level of fitness and agility. We will be covering a total distance of approximately 18 km - just over 7 km ascending Cape Range on day one & 10 km on day two, as we descend the Range and explore the Western Coastal Plain and Ningaloo Coastline. Here the rugged terrain dictates our pace. We take in the views, watch for wildlife and take plenty of breaks to absorb our surrounds. Trek Ningaloo provides all equipment necessary for you to enjoy your trek in comfort, including a quality backpack, sleeping system, tent, chair, cooking equipment, meals, camelback, water & refreshments, hiking poles and gaiters. All you need is to turn up on day one suitably attired for your days on the trail - as per the trekking equipment list.

## CAPE RANGE CAMPING:

Trek Ningaloo's wilderness campsite is a true gem of the North West Cape, a red sand oasis amongst the rocky ramparts of Cape Range, overlooking the Indian Ocean and reef below. You will spend the night under the stars in a "cosy for two" two-person tent - If travelling alone, you should have plenty of room to spread out. Up here, where water is a rare (and heavy) commodity, a "wet one's" wipe-down will have to suffice for the night's shower. However, sitting back in your comfy hiking chair, sharing cheese and biscuits and perhaps a cup of wine, you could want for nothing more.

**SEA KAYAKING:** This is an expedition-style sea kayaking tour, meaning that we carry all of our food, water, camping gear and personal effects in the kayaks with us for 2 days. Our sea kayaks are double Eco Niizh or Sea Bear Packhorse expedition kayaks with rudder; there may be a small amount of single Eco Behzig sea kayaks available on request (subject to availability and tour numbers). The kayaks are stable, easy to paddle and control – quite forgiving and perfectly suited for this style of trip. The kayaks are designed as expedition boats and whilst there is plenty of storage space, it is important to minimise our gear (and minimise the weight) as we carry all of our

food, water and equipment on board with us.

Paddles used are good quality, plastic blade with a fibreglass shaft, available in lengths from 210cm to 222cm. Please let us know if you would like to reserve a specific length paddle, otherwise they will be distributed amongst the group. You are welcome to bring your own split paddle if you prefer.

Each day we cover between 8 and 12km in the kayaks, depending on the area we are exploring. The sea kayaking takes place inside the fringing reef, where the lagoon is rarely more than 3m deep - perfect for spotting wildlife and snorkelling. After your guide gives you the all-important paddling instruction and safety talk on our first day of paddling, we launch the kayaks and travel along the coast to our campsite for the first night. The following two days involve sea kayaking in the sheltered lagoon, stopping on secluded beaches for snacks and lunch as we go. We usually paddle the coastline from Osprey Bay and head north with the prevailing winds, usually finishing just north of Lakeside.

**SNORKELLING:** Each day provides fantastic snorkelling opportunities. At some sites we land the kayaks on the beach and swim a short distance from shore ('shore-based' snorkelling), at other sites we anchor or moor the kayaks and slip over the side ('offshore' snorkelling). We visit the well-known snorkel sites such as Turquoise Bay, Oyster Stacks (depending on having a favourable tide) and Lakeside, as well as some excellent 'un-named' snorkel spots that are accessible only by kayak. The snorkelling at Ningaloo is world-class, and our guides know the best spots to go given the conditions on the day. We aim to provide a couple of opportunities to snorkel each day, depending on the day's itinerary and weather conditions.

**BEACH CAMPING:** These trek & kayak tours are perfect for the person looking to immerse themselves in the beauty of Ningaloo, enjoy nature, and get away from it all. Each afternoon we pull up our kayaks at a different beach, and, in between stories of the day, set up our camp for the night. Everything needed for a delicious meal and comfortable night's sleep is carried in the kayaks with us. We endeavour to make your camping experience as comfortable as possible. Camping equipment supplied includes twin-share (3-person) hiking dome tents (private 'single' tents are available for a \$50 single supplement), self-inflating Thermarest-style mattresses, sleeping bag and liner, inflatable pillow and camp chair. As our campsites are wilderness sites (they are completely un-developed), we are very careful to respect the fragile environment within which we are travelling, operating under a strict minimal impact ethos. We carry a portable toilet, and all of our waste is carried out with us. (We have developed a good system for this, but let's leave the particulars a surprise!). All of our fresh water is carried in the kayaks, so fresh water for washing is very limited.

After setting up camp, you may choose to go for a relaxing stroll along the beach, read a few pages of a good book, grab some snacks and a drink and settle in for a west coast sunset, or just relax and reflect on the beauty of your surroundings.

No fires are permitted at any of our camp sites, however the star gazing opportunities are second to none!

**WILDLIFE WATCHING:** Wildlife watching opportunities abound at Ningaloo. Black-flanked rock wallabies, Eastern grey kangaroos, goannas, dingoes, perhaps an emu or shy echidna, and myriad bird life including birds of prey may be seen on land.

Look for turtles, rays, schools of fish, and sometimes dolphins or dugong (winter months only) from your kayak. There are over 500 species of fish and 300 species of coral to marvel at whilst snorkelling, as well as the possibility of turtles, rays and reef sharks. Between June and October, we may be able to watch some of the estimated 35,000 to 45,000 Humpback whales as they make their annual migration outside the reef, sometimes putting on a show by breaching, tail or pectoral fin slapping. Osprey, terns, and Eastern reef egrets are a common sight in the coastal areas.

Please note that we don't see Whale sharks or Manta rays on this tour, as we generally sea kayak inside the fringing reef, and Whale sharks and Manta rays are swimming and feeding outside the fringing reef. There are plenty of good operators offering dedicated boat-based Whaleshark snorkelling tours in Exmouth, and Manta ray snorkelling tours in Coral Bay. We work closely with Exmouth-based Kings Ningaloo Reef Tours and Ocean Eco Adventures for Whale shark or Humpback specific tours.

## TRIP ORGANISATION:

**Trekking:** During our two days of trekking, you will be covering a total distance of approximately 18 km - just over 7 km ascending Cape Range on day one and approximately 10 km on day two. Here the rugged terrain dictates our pace, as does the slowest member of the group. A slower pace, you will soon realise, is essential on the rugged range. We take plenty of stops along the way to adjust packs if necessary, take in the environment, enjoy the views and recharge. Once we reach camp we set up our cosy homes for the night, attend personal hygiene, change into our clean, warm evening wear, then sit back and enjoy the show - as the setting sun, the moon and the stars take centre stage. Day two sees us rising with the sun. We immediately start to pack up on waking, then enjoy breakfast and a coffee with a view. With lighter packs, we begin our descent off the range down through the gullies and gorges. Once off the range, we attend our water drop, and refill our water supplies for the days coastal trekking ahead.

**Sea Kayaking:** An average paddling day will usually start early to take advantage of daylight hours. Breakfast is usually served at 7am, however coffee and hot water for tea is generally available prior to this. It can be a good idea to get your dry bags partially packed before breakfast, especially if you're a person that needs a little extra time in the morning to get organized. After breakfast, there's time to take care of personal needs, prepare your personal items and pack down your sleeping gear and tent, so we can be on the water before 9am.

During the day we stop on the beach for lunch and sometimes snacks/morning tea, aiming to arrive at camp by 4pm. It's important to remember that the group can only travel at the speed of the slowest members. Upon arrival at camp, you will be expected to unload your own boat and set

up your tent; work as a team to carry the boats above the high tide mark for the night (capacity to carry your 15kg share of an expedition double kayak over 200m is expected); and perhaps pitch in with other camp tasks (meal preparation, washing up) where needed.

**EXPEDITION STAFF:** The role of the guide(s) is to coordinate the expedition and ensure the safety of the group. They are experienced outdoors men and women who are passionate about this amazing area where they live, work and play. They will brief you on the plan for each day and keep you informed of the objectives and progress of the trip. Guides will decide on safety matters and administer first aid if required. A satellite phone and PLB are carried for emergencies. Should you have any questions or queries during the trip, feel free to ask your guides.

## TOUR INCLUSIONS:

### **Trekking equipment:**

- One-Planet High Plains Backpack and liner
- Stuff bags for clothes and personal effects
- Nalgene 1.5 L water containers
- Sleep-system includes: Sleeping bag, Sleeping bag liner, pillow slip to stuff in your soft clothes for use as a pillow, Sea to Summit Ultralight sleeping mat
- One Planet Goondie Mesh - Two person tent
- Jetboil MiniMo Cooking System, plus gas canister, Cutlery, plastic mug
- Hiking poles
- Gaiters

### **Sea kayaking equipment:**

- Double sit-inside expedition sea kayaks with rudder for comfortable cruising, paddles
- PFDs (life jackets), spray skirts
- Long sleeve sun shirts, broad-brim hats
- Snorkelling gear: snorkel and mask
- Gloves (fingerless paddling gloves are great for sun protection and blister prevention)
- Dry bags for packing clothing, sleeping gear etc
- Comfortable camping gear: twin-share tents (3p), pillows, self-inflating mattresses, sleeping bags and liners, camp chairs
- Qualified and experienced guide
- Group first aid kit, risk management, emergency planning and communications
- Complimentary tour photos taken by your guide
- Healthy and delicious food, water and non-alcoholic drinks (alcohol not included, BYO welcome – no glass containers please).

### **Your tour cost does not include:**

- Accommodation and meal on Day 1
- Dinner on Day 5 (Choose your own adventure in the town of Exmouth!)
- Breakfast on Day 7

- Alcoholic beverages (BYO welcome – no glass containers please)
- Flights

- Travel insurance
- Single tent supplement

If you are travelling solo and would prefer not to share with another solo expeditioner of the same sex, or if there is no compatible option to share, the supplement for a single tent is \$100. You are welcome to bring your own lightweight, hiking style tent to avoid the single supplement, as long as it is compact and will be appropriate for the trip (please provide details of the tent to confirm)

Single kayak supplement – If you would like to book a single kayak for exclusive use for the duration of the tour, a single kayak supplement of \$100 applies. Please note that this option is subject to availability and a maximum of 2 guest single kayaks are available. You may be asked to provide evidence of past multi-day experience successfully paddling a fully loaded single expedition sea kayak in a variety of sea conditions for this option

## EQUIPMENT & CLOTHING - WHAT YOU NEED TO BRING:

Your personal gear requirements may be slightly different for the Hiking and Kayaking sections of this tour. There will be the opportunity to swap gear over and either pick up extra gear or leave gear behind at the transition point between trekking and sea kayaking. We recommend having your gear pre-organised to make this transition as seamless and efficient as possible.

### Trekking

Light, purpose-made outdoor gear is recommended. The days can be warm, the nights cold, and the waters of Ningaloo refreshing. However, bear in mind that what you bring, you will have to carry. If you pack everything on the list below, you will have more than enough to ensure a comfortable trekking experience.

### Trekking Gear List – Essential Items:

Starting from the top down:

- Hat, wide-brimmed preferable, woolly hat or beanie for nights, Fly head net (optional)
- Sunglasses, polarised are best for cutting through the glare on the water to spot marine life
- Lightweight, long-sleeved collared walking shirt
- T-shirt short or long-sleeved for camp
- Light jumper or fleece
- Lightweight puffer jacket
- Lightweight walking trousers and/or shorts
- Socks 2 pair
- Underwear 2 pair
- Light footwear for camp, i.e. Tevas, Crocs, sandals, etc
- Swim-wear
- Lightweight towel (included)
- Rain jacket/poncho
- Boots: Yes, you need good, worn-in walking boots that provide you with good ankle support and sturdy soles that will stand up to the sharp limestone of Cape Range.
- Toiletries: Personal hygiene and foot care are paramount when on a multi-day trek;

chafing, blisters or gastritis can literally stop you in your tracks and sap morale. The list below will provide you with what we believe to be essential items on any trek.

- Baby wipes: when freshwater is a valuable commodity, baby wipes provide the perfect adjunct to personal hygiene, great for cleaning your whole body from top to bottom!
- Talc or anti-fungal powder: used sparingly on every crack and crevice and between the toes; this miracle dust helps keep feet dry and thighs and pits from chaffing. ○ Emollient: i.e., paw-paw cream or Vaseline: provides relief for chafing thighs and other parts, also great for lips if no chapstick.
- Sunscreen and chapstick: Your guide will have a plentiful supply of SPF 50 sunscreen. However, having your own small tube at hand and a chapstick in your pocket will ensure you can reapply your sun protection on the go and protect yourself from harmful UV rays.
- Hand sanitiser: Essential for hand hygiene in the bush.
- Toothbrush and toothpaste: Guarantees that Hollywood smiles for your holiday pics. ○ Personal first aid and blister kit: Although your guide will carry a comprehensive first aid and blister kit, you should have at hand a small first aid and blister kit as available from any pharmacy or camping store, or even make your own up, if you use paracetamol or Ibuprofen for headaches, aches and pains then include some as well.
- Medications: It is your responsibility to ensure you have brought along enough of your prescription medication required for the duration of your trek, plus one extra day.

#### **Trekking Gear List – Optional Items:**

- Alcohol: What better way to end a hard day's trek than sitting back and enjoying a glass (or mug) of red wine or perhaps a tot of rum with your hot chocolate while you contemplate the night sky and the Universe. Whatever you decide to bring along, make sure to decant it into a plastic bottle or metal flask, and of course, as always, in moderation, and again, what you bring, you carry.
- Food and snacks: Will be provided. However, if you will be providing your own equipment and have your own meals set out, then feel free to bring your own meals, also. Likewise, with your favourite snacks or lollies, feel free to bring them along and share them out if you're feeling generous.

#### **Sea Kayaking**

As we carry everything in the kayaks with us for the 2 days, it is important to keep personal gear to a minimum. Everything that needs to stay dry will be packed into dry bags and then packed into the waterproof hatches in the kayaks.

We carry our own fresh water on this trip for drinking and cooking, but you may not be able to wash with fresh water for the duration of the kayak expedition.

#### **Sea Kayaking Gear List – Essential Items:**

- Drinking water bottle (capacity for at least 1 L)
- Sunglasses (polarised are great for seeing through the water) with cord
- Sunscreen, zinc or SPF lip balm. Please consider using 'reef safe' sun protection products
- Bathers/boardshorts
- Small towel or sarong
- Buff or scarf made from light material (e.g silk) to protect your neck

- Footwear that may get wet (crocs are our guide's footwear of choice, sports sandals or reef shoes will also work). Thongs/flip flops are not suitable for this trip
- Head torch (plus spare batteries or charging cable and power bank)
- A small personal dry bag (5-10L) is good for holding things like sunscreen, glasses, water bottle etc in your kayak cockpit. Avoid day packs with metal zips as they will corrode
- Clothes: Please pack warm clothes for cool nights, especially May to September. Camp clothes should include as a minimum: 1 pair of shorts and 1 pair of warm long pants/trousers; 1 x T-shirt/lightweight long sleeve and 1 x warm fleece/sweatshirt; beanie and warm jacket (winter months can have some cool, clear nights); shoes and socks or old ugg boots to keep your feet warm in winter
- Rain jacket/wet weather gear (not often required in the north-west, but if you don't bring it, you know what will happen! Your guide can give you information on the expected weather conditions on the day prior to departure)
- Something to sleep in
- Underwear
- Toiletries should include insect repellent, and (biodegradable) wet wipes or a flannel that you can wet with a little fresh water for a wash. Please keep in mind that fresh water is prioritized for drinking and cooking (we carry all of our water for 2 days in the kayaks with us), and little to no fresh water may be available for personal washing.

#### **Sea Kayaking Gear List – Optional Items:**

- Camera, with a waterproof container if it is not waterproof (plus spare batteries or power bank and charging cable)
- Drinks for sunset happy hour. Note: NO GLASS please. Drinks must be in cans, plastic or cardboard containers. Please keep drinks to a minimum as storage space is limited. Drinks may not be able to be kept cold for the second night
- Surf tights or sarong for sun protection on legs
- Small book
- Binoculars
- Talcum powder to prevent rash, or cream for chafe (nappy rash cream is great)
- Ear plugs – in case of windy nights or snorers!
- You can bring fishing gear, however this is not a focus of this trip and opportunities may be limited. No bait please, lures only.

## MEDICAL MATTERS

Every guest on this tour will be asked to complete a comprehensive personal details questionnaire that is to be filled out completely and accurately. This involves gathering personal information that will only be used for, and disseminated to, essential staff in the course of tour operation. You will be asked to provide personal and medical information, including height, weight, dietary requirements, emergency contact and other information to ensure that guides can adequately prepare for the tour.

Please advise us of any medication you are taking and any potential side effects; present or past injuries, conditions, diseases or complaints; allergies or sensitivities that may impact your, or other guests', ability to fully participate and enjoy this tour. These conditions/injuries/allergies etc may be able to be effectively managed, but it is important that your guide is aware of any potential complaints or complications so they can appropriately respond in the context of operating in a wilderness

environment, where definitive medical care may be over 2 hours away.

Guests aged 60 years and over at the time of tour departure are required to gain a medical certificate to state that they are fit to participate in the tour as described.

### Medical Supplies

Your guide carries a comprehensive first aid kit and is trained in wilderness first aid. It is your responsibility to carry ample quantities of any medication that you may require. In addition, we suggest that each guest carries their own small first aid kit consisting of:

- Sunscreen – a water resistant variety that is at least SPF 30. Please consider using reef safe sun protection products for the sea kayaking portion of this tour
- SPF lip balm or zinc
- Blister block and/or Band aids (waterproof)
- Antiseptic cream or liquid (betadine)
- Personal hand sanitizer
- Insect repellent
- A mild anti-nausea drug if you are concerned about sea sickness (E.g Kwells) • A cream to combat chafe – Nappy rash cream is a good option for this

**FITNESS LEVEL:** This tour is suitable for those with **at least** an average level of fitness and agility, and prior camping, hiking and kayaking experience. Your trek does at times involve negotiating steep rocky gullies and rough, uneven ground; packs can weigh up to 15 kg. As we begin our trek to the top of the range in the late morning/early afternoon, daytime temperatures at certain times of the year can reach above 30°C. Group members will be asked to assist in carrying at least a 15kg share of loaded sea kayaks up and down the beach each day, sometimes over soft sand with short inclines, and helping to carry group gear to and from the kayaks each morning and afternoon.

### MEALS:

**Trekking:** As we must carry what we eat, we try to pack light meals. That is, main meals and breakfast will consist of lightweight, specially made and packaged dehydrated meals that are both nutritious and quick to prepare after a long day on the trail, and as all you have to do is add water to the pack, no washing up! We always have a freshly prepared wrap or salad for lunch made up with fresh veggies, meats, and cheese; on top of that, there will be fresh fruit, muesli bars, nuts and raisins to keep you going through the day. On the second day, we replenish at one of our water drops, which helps reduce the overall weight needed for the two days trekking.

**Sea Kayaking:** On the kayaking portion of this trip, all meals are freshly prepared by the guides, who are great camp cooks. Breakfasts usually consist of muesli or granola, seed sprinkles, milk and yoghurt, toast and condiments, and tea and coffee. Lunches are picnic-style, with a selection of wraps, crackers, cheese, cold or tinned meats, salads, avocado, condiments, tea and coffee. Most dinners are prepared with fresh ingredients and varied daily. Dinners may be chicken/tofu stir fry, pasta, curry or Mexican style. There's usually a sweet treat to finish the meal. Snacks are also supplied, and fresh fruit, biscuits,

nuts, dried fruit, corn chips and dip may be enjoyed for morning tea. Once at camp, a cheese platter is shared as we watch the sun go down.

**We are happy to cater for vegetarians and other special dietary requirements. Please note that there is a \$10 surcharge for dietary requirements (other than vegetarian) including vegan, gluten free/coeliac, FODMAP etc, due to the costs of sourcing special ingredients from our small, remote town. You are welcome to bring your own alternatives to avoid this surcharge. Please contact us if you have any questions.**

**CLIMATE:** Exmouth and Ningaloo Reef are in the Gascoyne region of Western Australia. The area experiences a semi-arid climate, with an average of only 270mm of precipitation per annum. April is the warmest month in which we operate our multi-day tours, with an average minimum temperature of 20 degrees Celsius, and an average maximum of 33 degrees Celsius. July is the coldest month, with an average minimum of 11 degrees Celsius, and an average maximum of 24 degrees C. However, be prepared for warmer or cooler temperatures than average and the effects of wind chill.

**WHERE TO STAY:** There are a broad range of accommodation options in Exmouth, from the 4.5 star Mantarays Ningaloo Resort, to caravan parks and backpacker dorm rooms. Exmouth Escape Resort offers individual chalet-style accommodation with Whalers restaurant on site. Ningaloo Lodge is a clean and friendly mid-range option an easy walk to the town centre, with the option of a self-catering kitchen. The Potshot Resort is a large complex comprising motel-style accommodation with a busy bar and restaurant on site. There is a large selection of Air BnBs available to rent in Exmouth, and RAC Exmouth Cape Holiday Park, Ningaloo Caravan and Holiday Resort, and Yardie Homestead caravan park all have cabins/chalets available for booking. We do recommend confirming accommodation availability at the same time as booking your tour and flights, as accommodation can be at a premium in Exmouth during peak periods.

**TRAVEL ARRANGEMENTS:** Should you decide to alter your travel arrangements after the commencement of your trip, Trek Ningaloo, Exmouth Adventure Co and Region X Kayaking are not responsible for any charges involved. Staff will assist you where possible, but you are responsible for organizing these arrangements yourself. Delays may occur due to weather, transport difficulties, other factors beyond our control. Your guides will do their best to rectify the situation, but please understand that some circumstances are beyond our control, that delays and waiting can occur, and although we do our best to keep to schedule, it is not always possible.

**TRAVEL INSURANCE:** It is compulsory to take out a personal comprehensive travel insurance policy for this tour. Please ensure that your policy covers:

- Lost monies in the event that you need to cancel your trip or that the trip needs to be cancelled or curtailed due to inclement weather
- Medical evacuation costs (investigate specific cover for ambulance service through WA St John's ambulance service or private health insurance)
- Costs associated with evacuation due to testing positive to COVID-19

**LUGGAGE STORAGE:** Exmouth Adventure Co can store your excess luggage for the duration of the 4-day tour at our base, for no extra charge. Please make arrangements for this prior to the tour by emailing [info@exmouthadventureco.com.au](mailto:info@exmouthadventureco.com.au)

**VEHICLE STORAGE:** Secure parking is available inside Exmouth Adventure Co's fenced yard, at 24 Pelias St, for \$10/day. This is not undercover – your vehicle will be exposed to the elements. Parking is available on the verge outside Exmouth Adventure Co's premises free of charge. Please arrange secure parking in advance by emailing [info@exmouthadventureco.com.au](mailto:info@exmouthadventureco.com.au). Drop off time on the morning of tour departure is 7.15am.

**TIME & COMMUNICATION:** Exmouth and Ningaloo are on Australian Western Standard Time (AWST). There is very limited phone reception in the trip area and no electricity for charging of devices. We recommend that you join the trip with devices fully charged, carry spare batteries where applicable, and bring along a power bank if you need to ensure that devices stay powered up. Once the trip departs Exmouth town, we recommend either switching devices off, or to 'flight mode' so they can still be used to take photos without running the battery down due to it constantly searching for signal.

Your guide carries a satellite phone and PLB for emergencies.

**CONSERVATION:** Your guides are keenly aware of the sensitive nature of the Ningaloo Coast and the need to preserve both environmental and cultural environments and heritage for future generations. We follow Leave No Trace and Minimal Impact guidelines on all of our tours, aim to educate and inspire our guests, and promote the conservation goals of the natural, cultural and spiritual environments in which we live, work and play.

## WHALE SHARK DISCOVERY TOUR:

Swimming with a Whale Shark is unforgettable! With years of experience in offering Whale Shark cruises at Ningaloo, our partners at Ocean Eco Adventures know exactly what your expectations are and deliver on all levels.

### **Includes**

- Exclusive use of our private Microlight spotter aircraft - allowing swimmers maximum time with the Whale Sharks - (One plane, one boat policy)
- Photos of your day out are provided as a complimentary gift (value AUD \$50)
- Wetsuits, Fins, Snorkel and Face Masks (prescription mask available) are provided free of charge
- No sighting Policy - In the unlikely event that you do not swim with a Whale Shark on your day you will receive another cruise free of charge (conditions apply)
- Breakfast, morning tea, lunch, afternoon tea, cold beverages, herbal and black teas, premium coffee and water all provided.
- Complimentary transfer service to and from your accommodation

- A well informed, fun and experienced crew made up of marine biologists, visiting marine researchers, dive masters and commercial skippers

The team at Ocean Eco Adventures include marine biologist, visiting marine science researchers, dive masters and swimming teachers.

Please bring a towel, bathers/swimmers, a clean change of dry clothing if required. A parker/jumper in case it cools down in the afternoon and for sun protection.

If you are prone to seasickness please make sure to stop by the pharmacy and pick up some anti-seasickness medication prior to your trip!

### Needs from here

info@regionx.com.au

GT : 1300 001 060

Once you are in Exmouth best on ground contact is our partners at Exmouth Adventure Co.

Exmouth Adventure Co.

info@exmouthadventureco.com.au

www.exmouthadventureco.com.au

Ph: +61 (0)457 685 123