3 Days, 2 nights in Private Villas

Ex Batemans Bay or Mollymook, New South Wales, Australia

Welcome to Australia's Next Signature Walking Experience

Murramarang National Park: a breathtakingly beautiful wildlife wonderland, just 4 hours south of Sydney and 2 hours from Canberra. Temperate forest and mountain ranges flow to the Pacific Ocean. Kangaroos, Wombats and Lyrebirds play on the forest floor; the trees teem with colourful birdlife and the ocean with amazing creatures.

Walking the coast on this 3 Day Journey is one of the best ways to discover untouched Australia. Navigate a multitude of unique beaches, discover the area's incredible geological significance, and get off the beaten path.

This tour is run as a Journey-style experience where you will walk the coastline over 3 days carrying only a light daypack, with an optional lake kayaking experience on the 2nd day. Each day you walk with a day pack only and return to your villa accommodation.

Walking between 7 and 16km a day we enjoy relatively early starts, leaving plenty of time for afternoons relaxing or exploring. The tour pricing includes 2 nights' twin, triple or quad share in comfortable villas and all meals, prepared on the trail or at your accommodation by your experienced guides. Enjoy complimentary bubbly and optional activities including a range of short walks, swimming, massages* and star gazing. If you need your own **room** for 2 nights you will be subject to the single supplement surcharge.

Itinerary

Please Note: Itinerary may be altered due to weather, group fitness and seasonal demands on accommodation.

Day 1

Start with a 7:30am Hotel Pickup from your Batemans Bay area hotel. Please be ready to meet your guides with your day packs, including everything required for a day on the trail (see equipment list), and a separate overnight bag which will be transferred to your villas.

Travel in a comfortable, air-conditioned vehicle to Maloneys beach, the southernmost point of Murramarang National Park. Here you will commence your walk north, along exposed cliff tops and incredible rock platforms, with the opportunity to spot whales (June to November). Your guides will help you negotiate some of the rocky terrain as you begin to discover the many beaches, sandstone layers and spotted gum forests the area is renowned for. For morning tea and lunch, we will seek out a shady spot with a view to enjoy fresh, healthy food lovingly prepared by your guides. There's also time for a refreshing swim.

By mid-afternoon you will discover the geological significance of the area - where the Sydney Sandstone Basin meets the Lachlan Ford Belt - and explore extraordinary sediment layers exposed over time.

Be greeted by grazing kangaroos as you arrive at your resort accommodation on foot in the early afternoon. Once you have settled in, enjoy a complimentary glass of bubbly and afternoon tea to celebrate your first day on the trail. Some guests choose a beach dip, a visit to the pool or to simply kick back before the evening meal.

Your guides will leave you at the resort and head home, while you enjoy dinner at the onsite restaurant and a comfortable night sleep.

Included: Morning Tea, Lunch, Afternoon tea, Dinner (Dinner is on us to the value of $60 per person) our office team will have a reservation made for you.

Day 2

This is the shortest walking day of approximately 7km, plus a magical lake crossing kayaking experience. Wake to the sounds of waves crashing and parrots playing in the gumtrees. Find your delicious breakfast in your villa to enjoy at your leisure, before bidding farewell to the roos. Your guides will arrive at approximately 8am to commence walking with just your day packs. You can leave all other baggage in your villa. .

Enjoy an easy barefoot walk across the long sandy beach separating South and North Durras. Durras Lake is a significant catchment in the area and is identified as an ICOLLS (Intermittent Closed or Open Lake or Lagoon System). There is no pattern to when the lake is open or closed to the ocean and it can remain open or closed for months at a time. We offer an optional kayak crossing along Durras Lake, a magical way to soak up the natural beauty of the area and try something new! The end of Durras Beach marks a great spot to enjoy a snack and the view.

Here we put our shoes back on prior to beginning one of the more challenging uphill sections of the journey - up to the Point Upright lookout. A short side hike offers magical views to the ocean and a great spot for Whale Watching! Descend into the sleepy seaside village of Depot Beach for a picnic lunch.

After lunch we transfer you back to Murramarang resort - the afternoon is completely yours. Enjoy various walking trails, relax on the beach with a book, jump into the crystal clear waters, or simply do nothing. Enjoy a well-earned massage*, provided by a professional therapist in the privacy of your villa.

Some groups like to enjoy a few drinks on the sand as the sun goes down, followed by dinner all together on your cabin deck. Your guides will stay onsite to prepare you a delicious meal.

Included: All meals

*If you would like a relaxing massage by a local professional, please organise upon booking for an additional fee.

Day 3

Spotted Gum Eucalyptus and ancient Cycads are a feature of your day 3 hike of around 10km. Enjoy breakfast on your cabin deck, pack your bags and visit the beach for a morning dip prior to checking out and setting off on one of the most spectacular and remote days. We transfer the group to Depot beach and walk with the dominant Murramarang Range on your left and the Pacific Ocean on your right, passing the famous Pebbly Beach, home to another mob of friendly kangaroos and a surfing spot that is folklore. Your guides choose from numerous picturesque spots to stop for lunch and a swim!

Be greeted at Pretty beach, the trail end location by our driver who awaits with your overnight bags onboard. You will then be transferred back to your vehicle or Hotel in Batemans Bay / Mollymook, with a wonderful sense of achievement and lifelong memories made.

Included: Breakfast, Morning Tea, Lunch

What is Included

- Accommodation on nights 1 & 2, Twin, triple or quad share basis at Murramarang Beach Resort
- Overnight baggage transfers from your accommodation and vehicle assist for walkers
- Meals from Morning tea Day 1 to Lunch Day 3
- Glass of Bubbly on arrival to day 1 cabin
- All transfers to and from Batemans Bay to walk locations
- Qualified and experienced guides throughout the duration. Our crew make every effort to make your trip fun while at the same time ensuring your safety. They hold up-to-date qualifications and first aid training
- All necessary Permits and Licenses to enter the National Park
- Optional lake crossing kayak with all equipment and training provided

What is not Included

- All flights, airport arrival and departure taxes to and from Australia.

- Transfers to and from Airports to the walk start location - Provide us with your arrival and departure details we can add a transfer (arrival the day prior is recommended)
- Alcoholic beverages while on the tour except where noted
- Insurance, cancellation or emergency evacuation charges. Visa, passport, vaccination charges.
- Equipment necessary for hiking (Day pack and personal items)

A full list of dates can be found online or by calling our friendly office staff.

What to Bring

For Hiking

Footwear - We suggest you choose footwear suitable for beach, forest trail, rock and water. Our staff prefer to wear lightweight footwear, There's no need for heavy hiking boots on this tour. Many people opt to bring walking poles for steep or rocky sections.

Clothing - Hats, Lightweight long sleeve shirt, shorts or light long pants to stop scratches (sticks, nettles, cycad ferns), good comfy socks.

Day Pack - Used to carry your water, sun cream, essentials, and group snacks that will be divided between the group on longer hike days

Day Pack contents essentials - Drinking water (2 litres per person), Waterproof spray jacket (Great for warmth). Quick dry towel for impromptu swims or drying your feet after river crossings, medication you require, sunscreen, beanie for cold weather forecast

Day Pack contents optional - Camera, sunglasses, binoculars, swimwear, personal snacks For your Overnight Bag Footwear suitable for beach, clothing suitable for 2 nights around the beach, villas and dinners. A good book, head torch, medical essentials including insect repellent, personal hygiene items, beach towel.

Some guests like to drink alcohol with dinner, please note this is not included in the tour price, however you are welcome to supply your own.

Murramarang Coast Journey Info and FAQ's

General Information

For anyone who is reasonably active and fit, enjoys walking in nature and is excited by the possibility of lake kayaking, the *Murramarang Coast Journey* is the perfect experience. We would be thrilled to show you this incredible part of Australia.

Our small team of guides have many years of experience leading outdoor and wilderness journeys. On these trips we live simply, only carrying what we need for a day on the trail, while still providing delicious and nutritious meals.

Group sizes are restricted to a maximum of twelve, ensuring a personalised service that is also ecologically sustainable for the environments we visit.

We use vehicle support to transfer your baggage to your overnight accommodation so all you need along the trail is a light day pack.

The sections below will answer any questions you may have regarding your adventure. Please do not hesitate to call 1300 001 060 for more information.

Trip Organisation

All travellers should understand the need to be flexible due to the changing nature of the outdoors and weather. Itineraries are provided as an outline of the Journey, with the enjoyment and safety of the group our main consideration. Guides may choose to alter the itinerary to suit the weather conditions, or to cater to the group's dynamics, preferences, and abilities.

Our guides are professionals who deal with changing weather conditions daily. You can trust they will make the wisest decision to ensure the safety of the group and an enjoyable Journey.

On all our adventures we like to make a relatively early start to take advantage of the cooler part of the day and lighter winds. We do most of our walking in the

mornings, arriving at our accommodation by mid-afternoon. This leaves the afternoons and evenings free for you to explore or relax.

As with any journey, we do appreciate group participation along the way. The more you put in the more you get out, so for a rewarding, active holiday your assistance in certain activities will be appreciated. You may be delegated certain responsibilities such as ensuring everyone remains within a reasonable proximity along the trail.

Batemans Bay and How to Get There

Batemans Bay is situated approximately 2 hours east of Canberra and 4 hours

south of Sydney in NSW. Canberra and Sydney are serviced by both national and international flights. Qantas, Jetstar, Virgin and Tiger offer regular flights from major Australian cities. The town of Moruya has a small airport and the airline Rex services this daily.

On arrival in Australia there are two coach companies with regular services to Batemans Bay. Premier Motor Services from Sydney and Murrays from Canberra.

Region X can also provide a private vehicle or group shuttle service, please contact our customer relations team on 1300 001 060 to arrange transfer.

Batemans Bay is comprised of several beaches, each with its own small community. There are various places to stay ranging from resort-style to backpacker's accommodation, and centrally located Airbnb's and hotels.

Batemans Bay also offers many water activities, including kayaking, scuba diving, surfing, sea plane flights, oyster tasting and skydiving.

You may like to extend your stay prior to, or after your Journey to enjoy the other sights that make up this region. We are happy to recommend accommodation and transport options for your pre- and post-trip travel.

Please contact our office by e-mail or phone, if you have any questions regarding travel or accommodation details or check out www.eurobodalla.com.au

Climate

The temperate climate on the NSW South Coast allows our tours to operate year-round; Autumn, Winter and Spring being the best on the walking trail. You can expect day-time temperatures ranging from lows between 14 - 24 degrees (March to September), to highs between 19 - 34 degrees Celsius (Oct - Feb).

The south trade winds move along the coast in our winter and the north winds in our summer. It is advisable to have good protection against all the elements, so ensure you have good sun protection and a quality wind/rainproof jacket.

Medical matters

All participants are asked to provide us with a completed medical form, these are an online document sent to you upon booking. All our Journeys take us into isolated regions, so prior attention to medical matters is important.

Please advise us of any relevant medical conditions, regular medications, or special dietary requirements. Let your guide know about any allergies you may have, and if you suffer from any known anaphylactic allergic reactions - especially to allergens that may be present on the trip - we HIGHLY recommend carrying an Epi-pen or other adequate forms of administering adrenalin. Our guides are trained and qualified in First Aid and we carry a comprehensive medical kit on our journey, however you are asked to provide your own basics such as: Aspirin or headache relief, Band-Aid strips, Insect repellent, Zinc cream or lip protectant, Sun screen, Mild anti-nausea drugs if you suffer from seasickness (optional sea kayak section) and any medications specifically prescribed for you for any known medical conditions.

MURRAMARANG
COAST JOURNEY

Travel Insurance

We strongly recommend that you take out travel insurance to cover you against sickness, accident, cancellation, loss of baggage and the unlikely event that you require emergency evacuation due to illness or accident. Please check if your policy covers cancellation. This insurance can be arranged through your travel agent when booking your flights. Please also check our terms and conditions which will answer questions regarding cancellation.

Guides

We believe that the cornerstone to an exceptional trip is having exceptional guides. We pride ourselves on employing the best guides in the business to lead our trips. All our guides are highly qualified with years of miles behind them. They trained and qualified in Wilderness Medicine and CPR. They are not only skilled on the trail and gracious hosts, but also provide you with amazing food on the trail and at your accommodation.

Our guides are nature lovers, the area is their backyard and they feel a strong connection to it. They take great pride in not only sharing the wonder of this environment, but also in acting as stewards for its preservation. Ultimately and most importantly our guides are genuine humans, friendly, kind souls who pride themselves on making authentic connections with all who journey with them.

Meals and beverages

Our guides will prepare all meals during the trip (except night 1, noted in the itinerary) offering a varied menu, including plenty of fresh vegetables and fruit, some cooked breakfasts, and wholesome tasty dinners with yummy desserts. Exercise and the great outdoors can often mean great appetites too, so we make sure we have plenty of provisions. However, we are unable to carry coolers on our backs, so our meals are planned accordingly.

Please advise us on your booking form of any specific dietary requirements. We are more than happy to cater for these requirements, just so long as we have prior knowledge.

Alcoholic beverages

You're welcome to bring your own alcohol on the trip for the evenings. This will need to be purchased in batemans bay the day before your trip. We can then transfer this to your accommodation with your bags. Murramarang Resort also has an onsite restaurant that provides alcohol at their bar (not takeaway). Just remember, walking with a hangover is not much fun!

International Travel Challenges

Most of our guests are aware that travel in the current climate can pose its own interesting idiosyncrasies, we suggest you read the Foreign, Health and Commonwealth Office advice on Australia prior to your departure. We recommend a few phrases of the local language will get you a long way such as G'day (Good Morning) and Mate (Friend) Our trip leaders are on hand if you have any queries about Australia as a country.

Trip forms, Medical and dietary requirements

On receipt of your payment balance, we will send you a pre departure form which includes our waiver and any suggested medical or dietary requirements that you have. If you require some assistance or clarification on the items suggested for your trip please let us know prior, so you can be well prepared in advance.

Risks on the Tour

The standard outdoor adventure activity poses threats to participants. It is expected that each participant is to follow guidelines set by their tour leaders. Standard risks on this hike also include loose and slippery cliff edges, walking where no formal trails are marked, and we are always on the lookout for nasties on the trail such as the annoying stinging nettle plant, and the potentially dangerous local snakes.

Excess Baggage and Valuables

You are requested to look after your own valuables and excess baggage in your overnight bags. Each morning our team will transfer your overnight bags to your accommodation where it will be waiting for you.

Money on your trip

Besides optional extras such as alcoholic drinks to go with dinner on night 1 or Coffee the next morning, all monetary aspects of your trip are taken care of. Please note aside from the Murramarang Resort there are no shops or cafes on our Journey.

Massage Service

The afternoon of day 2 is a perfect opportunity to take up the additional massage service. A therapist travels out to our accommodation to offer this and an additional fee does apply. Please note on your booking forms if you would like this service.

Difficulty Level & Terrain

The hike is a mix of on and off trail, beach, forest, cliff and rock platform. The environment changes in elevation and terrain regularly.

The trail is very well maintained so there's limited 'scrambling'. We have three very diverse days - day one is mainly a single lane bush track, day two has plenty of long beaches, and day three traverses rainforest with some rocky beach sections.

Some rocky beach sections and steep stairs may be challenging for guests with balance or mobility concerns.

Fitness Level

All our journeys will be most enjoyed by participants who are reasonably active and happy to participate in hiking (for up to six hours a day), kayaking and the occasional swim. As with many outdoor pursuits the fitter you are the more enjoyable you will find it, therefore we would suggest that you participate in a regular exercise program prior to your trip to improve overall fitness. Exercise for the upper body such as paddling or swimming would also be effective for the optional kayaking. We are operating in a coastal environment so a basic level of

water confidence is recommended for all our participants.

Equipment

On all our trips we are totally self-sufficient, you will be required to carry your personal effects that you require for the day on the trail. Please see the recommended equipment list attached to your tour itinerary. If you are participating in the optional lake kayak, we provide a waterproof dry-bag for your personal equipment. You may prefer to provide yourself with a small waterproof dry bag for easy access to necessary items such as cameras.

Poles

People often bring poles on the walk. I would say if you're thinking of bringing them - go for it! There are a few sections with sandstone steps and some rocky beaches where they can come in really handy.

Footwear

You can wear hiking boots or good runners. The main thing is that they are comfy and worn in, not new boots! We also recommend bringing some sandals or slip-on shoes in your day pack as we sometimes cross little creeks and beaches where it's nice to have your feet out in the open.

Drinking Water on tour

Drinking water is available at your accommodation and is safe to drink. You are expected to start the day hydrated and carry a minimum of 2 litres of drinking water per person per day on the trail. Please ensure you fill your bottles at the start of each day and arrive on day 1 with full bottles.

Accommodation

For 2 nights you will be staying in comfortable villas, sharing with a fellow adventurer from your trip. If you have a request regarding who you are sharing with, please inform our office. You can request a single supplement if you prefer not to share at an additional cost.

Further info and bookings

Please do not hesitate to call or email our friendly staff

1300 001 060

info@regionx.com.au

See you on the trail!