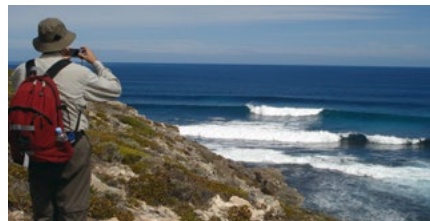




CAPE TO CAPE

ITINERARY



The Cape to Cape Track meanders 135km between Cape Naturaliste and Cape Leeuwin, sometimes along the beach, sometimes along cliff tops, but nearly always with a view of the wonderful Margaret River coastline.

Take in cliff-top vistas, white sand beaches and clean ocean air.

Carry only a day pack as you enjoy the amazing sights of one of Australia's greatest multi-day walks. By walking the 135km length of this track as a series of day walks in graded stages, people with a moderate level of fitness can complete the walk. Excellent home made food, comfortable lodge style accommodation and knowledgeable guides will complement your trip.

It's a challenging but achievable walk which you'll look back on with a great sense of satisfaction.

LENGTH	8 days
GRADE	C 6-8 hours walking over uneven terrain, some steep ascents.
START	Perth 8.00am
FINISH	Perth by 3pm, and Fremantle by 3.30pm
ACCOMMODATION	Lodges
DEPARTURES	September 2018: 4, 12, 15, 20, 28 October 2018: 6, 14 March 2019: 16, 29 April 2019: 17, 18 May 2019: 12
PRICES	Adult: AUD \$2,300.00 Adult with single supplement: AUD \$2,700.00



ITINERARY



DAY 1 DRIVE FROM PERTH, WALK CAPE NATURALISTE TO YALLINGUP

14km walk

Departing from Perth at 8am, we reach Cape Naturaliste by lunch time. Enjoy the first of many fresh picnic lunches for the week on the lawn at the Cape Naturaliste Lighthouse and get to know your companions for the week.

Today's walk on the Cape to Cape track is relatively easy with mostly cliff-top and some beach walking. Keep an eye out for dolphins!

Note, as you walk on the first afternoon, please wear your hiking clothes on the bus and bring your day pack ready to go. After your walk the bus will meet the group at Yallingup and then drive to Margaret River.

Includes lunch and dinner.



DAY 2 YALLINGUP TO MOSES ROCK

18km walk (or 10km option)

Some beach walking in the morning, and superb coastal views all day. The red granite boulders, white sand beaches and turquoise waters can be astoundingly beautiful.

You'll have lunch at the surfing Mecca, Injidup, visit Quinninup Falls and finish with ocean views at Moses Rock.

Includes breakfast, lunch and dinner.



DAY 3 MOSES ROCK TO GRACETOWN

16km walk

This is a great day, and relatively easy – although there are a few hills and some sandy patches. The magnificent sweeping views of the coast from cliff-top vantage points, and the towering red rocks of Willyabrup are two of many highlights.

If the weather's nice, you might enjoy a refreshing swim in the sheltered bay at Gracetown. Or just soak those feet as you reflect on another great day on the Cape to Cape.

Includes breakfast, lunch and dinner.

DAY 4 GRACETOWN TO MARGARET RIVER

18km walk (or 12km option)

It's fairly easy walking among coastal heath to Ellensbrook historic homestead, where you can enjoy morning tea and explore the grounds. The track then takes an inland route, which gives you a good appreciation of the landscape away from the ocean for a while.

After lunch you're back on the coast, and a very pleasant beach walk takes you to Cape Mentelle. Finish the day at the Margaret River mouth – a good place for a swim if it's warm.

Includes breakfast, lunch and dinner.

DAY 5 RIVER MOUTH TO BORANUP FOREST

26 km walk (or 14km option)

A very varied day today! Head inland again to start with, and enjoy morning tea beside the Boodjidup Brook. A beach walk takes you to Redgate for lunch and then a spectacular stretch of clifftop walking sees you reach shady Contos Campground by afternoon tea.

The final part of the day is through the cool peaceful forest on firm, easy tracks. It's a wonderful end to a wonderful day. Despite the distance, today is not usually considered the most difficult.

Includes breakfast, lunch and dinner.

DAY 6 BORANUP FOREST TO COSY CORNER

21km walk (or 14km option)

This morning continue through the karri forest before making your way down to the aqua-blue waters of Hamelin Bay. This 6 km beach stretch can be very enjoyable, with the right mindset. Enjoy the peace, the view and the moment as you walk into Hamelin Bay for a picnic lunch.

After lunch it's a short but challenging hike up to the tiny Foul Bay Lighthouse, with sweeping views back along the coast.

Then before you know it, you'll reach the end of another beautiful day.

Includes breakfast, lunch and dinner.

DAY 7 COSY CORNER TO CAPE LEEUWIN

21km walk

This can be an exciting last day, especially if it's windy! Much of the walking is along a limestone ledge close to the sea, complete with blowholes!

There is a long beach stretch where you can daydream about all that you've achieved this week.

After that head inland, occasionally sighting the Cape Leeuwin lighthouse, signalling the end of your walk. Your 'end to end' journey officially finishes at the Cape Leeuwin waterwheel but you can take a walk up to the lighthouse, if time permits.

Tonight you will celebrate your wonderful achievement!

Includes breakfast, lunch and dinner.

DAY 8 RETURN TO PERTH

Enjoy a sleep in and a leisurely breakfast this morning before you will be dropped into Margaret River where you can enjoy a coffee and perhaps a spot of shopping.

Pick up some take-away lunch (own expense) before you head back to Perth, arriving by mid afternoon (usually between 2.30-3.00 pm).

Includes breakfast.



LIFE ON THE TRAIL

GRADE C

- Up to 6 hours physical activity per day
- At times carrying small backpack of 5-6kgs (11-13 lbs)
- Tracks generally in good condition
- Altitude gains of up to 600m on harder days
- No hiking experience necessary
- Reasonable standard of fitness required.

To determine the grade of a particular adventure a number of factors are considered. These include the condition of the walking terrain, altitude and the length of the trek.

A guide will accompany you each day as you walk between 14 and 26 km. There is no such thing as an easy day on the Cape to Cape. However, with a moderate level of fitness, they are all enjoyable! There are some steep sections, and beach walking can be challenging, so we recommend training such as regular walking three or four times a week for at least three months prior to your departure. Hill walking with a daypack is recommended.

ACCOMMODATION

All 7 nights accommodation will be based at "The Break" in Prevelley (the beach suburb of Margaret River). Rooms are allocated on a double or twin share basis. If you are a solo traveller we will room you with another solo traveller of the same sex. Limited single supplements are available at an additional charge. Please ask for details and availability if interested. We stay in one location for the duration of our Cape to Cape track tour. This means that you can unpack your bags once and just relax for the week. We spread out over a number of town houses (two to four depending on numbers). The town houses are modern, well appointed and close to the beach. Each of the town houses has three bedrooms and two bathrooms. One of the bathrooms in each of the houses is an ensuite, so after a day's walk we encourage whoever is in the adjoining bedroom to share their shower so that everyone in your house can get showered before dinner. This hasn't been a problem in the past and, apart from this minor detail, I'm sure you will find the accommodation perfect for our needs. After a full day on the Cape to Cape track, we come together in the main house for our evening meal. Breakfasts are also served in the "main house".

ADDITIONAL COSTS

Single supplement - AU\$400



GUIDES AND SAFETY

The guides are experienced outdoor leaders who will take the time to make you comfortable if you have not been hiking before. The guide is responsible for your safety at all times during the trip.

Feel free about approaching the guide about anything that may concern you. He/she will be doing everything possible to ensure that you get the most out of the trip. The guide will coordinate every aspect of the tour, including meal preparation. You are welcome (but not obliged) to assist in things like clearing away and washing up after meals.

TRANSPORT

An air-conditioned coaster bus will take us from Perth to the Margaret River Region and back, and to and from the track each day. As the transport from Perth is provided at no additional charge, discounts cannot be offered to those who choose to make their own way to Margaret River.

FOOD

All meals are included, with the exception of lunch on the last day, when you can pick up something in Margaret River on the way home.

Breakfast comprises cereals, fruit, yoghurt, toast, juice, tea and freshly brewed coffee.

Each day your guide will carry tea, coffee and a home-made cake for your morning tea. Fruit is also available.

On some days lunch is self-made from fresh breads, salads and meats. On other days, where there is vehicle access to the track, the bus will bring us a tasty and nutritious picnic lunch.

Enjoy pre-dinner nibbles with fellow guests each evening while your guides prepare a delicious two course meal for dinner.

Feel free to bring alcohol and additional snacks e.g. muesli bars, nuts, chocolate etc. There will be time for you to purchase additional alcohol and supplies during the week.

Please let us know of any dietary requirements before you book. We can happily adapt our menu to accommodate most dietary needs. Assistance is appreciated with clearing away and washing up.

PACKING LIST

WHAT TO TAKE

You will need to carry just a day-pack with your water bottles, jacket, camera and other personal items. You should plan on carrying at least 3 litres of water each and every day.

ESSENTIAL ITEMS

- Day-pack – with a thick waist strap to help take some weight off your shoulders. In wet weather, a waterproof cover or a bin bag to wrap your belongings in can be handy
- Shorts/long pants and shirts for walking – as many sets as you wish! Quick-dry material is best, especially for trousers. Don't wear jeans walking.
- Socks – whichever thickness you're comfortable walking in and as many pairs as you like
- Boots/shoes for walking (make sure you wear them in well)
- Windcheater or lightweight jumper for walking
- Waterproof jacket*
- Sun protection – hat (secure fitting and/or with chin strap), sun cream, sun glasses
- Casual clothes for evenings
- Torch/headlamp (can be handy when twin sharing for getting up at night)
- Any preferred first aid supplies – such as your favourite blister treatment! (Your guide will carry a full first-aid kit)
- Water bottle/s or camelback – 2 to 3 litre capacity
- A lunch container (with freezer brick if desired)

*You have to expect some bad weather at any time of the year down here so bring wet weather gear even if the forecast is fine.

OPTIONAL ITEMS

- Waterproof pants. Some people love them and some hate them – personally, we don't wear them but there have been times when we have wished for a pair!
- Fly net (especially for walks in warmer weather)
- Camera and charger/batteries
- Gaiters for snake bite protection are recommended unless you are wearing long pants and long socks. They're also good for keeping sand out of your shoes.
- Sock protectors (to keep sand out of your boots)
- Robust sandals for wading/beach sections
- Bathing and towel
- Small towel to carry during the day
- Snacks and alcohol – there will be time to purchase more during the week if you need to. Some people like to have some muesli bars, nuts, lollies etc
- Walking poles

WE SUPPLY

- Satellite phone for emergency use only
- Group first aid kit for emergency use only

BOOKING CONDITIONS

Price includes

- Support vehicle
- 7 breakfasts, 7 lunches and 7 dinner
- Professional wilderness guide and support staff
- All park entrance fees
- Emergency communications and group first aid kit
- Transport from Perth
- 7 nights accommodation at 'The Break' in Marqaret River (includes bath towels and linen)

Not included

- Airfares
- Accommodation in Perth before and after the trip
- Backpacks
- Alcoholic beverages
- Travel insurance

Payment

Prices are quoted in Australian dollars.

Deposit

For bookings four months in advance, a deposit of 25% can be paid, with the balance due 65 days prior to departure. For tours within four months, full payment is required at the time of booking.

Cancellation

If you book on the Cape to Cape tour, we will not cancel the tour. We don't have minimum numbers, so you can book your holiday with confidence.

If you wish to cancel your tour, the following fees apply:

More than 12 weeks: AU\$50 administration fee

6 to 12 weeks: AU\$350 cancellation fee

4 to 6 weeks: 25% of full tour cost

2 to 4 weeks: 50% of full tour cost

less than 2 weeks: 100% of full tour cost, no refund

Travel insurance

We suggest clients take out a comprehensive travel insurance.

World Nomads Travel Insurance provides online quotes.

This trip is run in conjunction with another operator.