



EverestOne
finding your everest

LARAPINTA

Larapinta Trail > Northern Territory

End-to-End Guided Trek 16 days (including 1 night in Alice Springs)

The Larapinta Trail is one of Australia's great walks.

With the stunning, rugged MacDonnell Ranges rising impressively from the harsh Central Australian desert, you will experience vast mountain views, vivid landscapes, unique flora and fauna, explore incredible rock formations and water holes, as we pass and on two nights camp along the ridge tops, travel through the deep, red gorges, and across vast open terrain.

The full end-to-end is the ultimate experience and without doubt one of the most challenging and rewarding multi-day walking adventures.



➤ Dates

3rd to 18th June, 2022

➤ Details

Duration: 16 days

Grade: Moderate to Difficult

Max Group Size: 10 persons

Cost: \$2650

➤ Inclusions

- > 1 Nights Accommodation in Alice Springs
- > National Park and camping fees
- > Trek Transfers
- > All meals on the trek
- > Food Allowance
- > 3 Food drops along the trail
- > Tent/ Cooker/ Fuel/ Utensils

➤ Exclusions

- > Airfare & Travel Insurance
- > Drinks & items of personal nature
- > Meals in Alice Springs
- > Airport transfers
- > Personal gear

Trip overview > duration 16 days (15 days trekking)

Leaders don't force people to follow, they invite them on a journey to achieve their dreams

> Allan Cohrs



As a qualified and experienced high altitude mountaineer and guide in the Himalayas, Africa, South America and Australia, Allan delivers a personalized service, focused on providing a safe, professional experience for his clients.

He has guided in all corners of the globe with over 20 high altitude climbs in the Himalayas including summits of Mt Everest (8850m), Lhotse (8516m) and Ama Dablam (6812m), with 11 summits of Kilimanjaro (5895m) along with successful climbs of Aconcagua (6962m), the highest peak in South America.

When not leading trips overseas, Allan also guides on iconic Australian adventures, including the Overland Track and the Larapinta Trail in the Northern Territory.

With extensive knowledge in wilderness medicine, nutritious food, hydration, physical preparation, equipment and gear selection, he will ensure you have everything you need for a comfortable and well-prepared trip.

With a relaxed, easy-going manner, you will feel confident you are in capable hands, from preparing for your adventure, giving sound advice, sharing travel stories to ultimately achieving your goal.

Team Safety & Support

Your team leaders are experienced in small group adventure travel tours, from security and personal safety in all locations, to highly experienced on-ground support teams.

All services have been meticulously planned, ensuring your safety throughout the journey.

Trip Notes

- > Country: Australia
- > State: Northern Territory
- > Grade: Moderate to Difficult
- > Vaccination: Seek GP Advice
- > Travel Insurance: Essential



Your trip leader



Trek Grading and Fitness

The Larapinta Trail should not be underestimated. For those who chose to undertake the full end to end walk the trek is graded as Moderate to Difficult. Although there are some days along the trail that are not as demanding, you can expect to be walking anywhere from 5 to 12 hours per day, covering uneven trails, from rocky surfaces to sandy creek beds, with many steep ascents and descents.

As this trek is unsupported, apart from food drops, you will need to be able to carry a heavy pack including additional water on some days.

You should be comfortable in any outdoor environment. As part of your training program, you should be incorporating aerobic exercise into your regime at least 4 days per week, including long bush walks, carrying a heavy pack and including hill climbs.

The Larapinta Trail is a challenge, but the feeling of accomplishment and the memories you build along the way are truly precious. Travelling across demanding terrain, which for most will be unlike any walk you have undertaken before, is one of those accomplishments in life that you will never forget.



Trip Highlights

- Climb of Mt Sonder (1379m)
- Ridge top camping with sunset over Mt Sonder and Mt Giles
- Swimming at Ellery Creek Big Hole
- Camping on Brinkley Bluff, with glorious sunrise over the Chewings Range and Mt Giles
- Exploring Standley Chasm, with breathtaking 80 metre high rock formations.
- Travelling and boulder hopping through the Hugh Gorge, surrounded by striking red rock walls and unique flora.
- Diverse vegetation from Spinifex, Mulga, Ghost gums to River Red Gums, ancient Cycads, to deep river gorges, open terrain, and remarkable mountainous views.
- The opportunity to regather, relax, experience nature, get back to simplicity and take in the simplistic beauty of the harsh desert.

Larapinta Itinerary

Note:

Trekking times are a guide and may vary depending on individual fitness and weather conditions.

> DAY 1

Arrive in Alice Springs. Transfer to Redbank Gorge.

Today we transfer to our hotel in the morning, arrange equipment including collection of tent, cooking equipment, fuel, cooking utensils and any other gear you require before conducting a team briefing.

We will arrange our food in the food containers provided.

Once sorted, we will have lunch before our 156km drive out to Redbank Gorge, where you have the option to climb Mt Sonder.

The climb is relatively steep in sections, however we will be travelling light. As we ascend, you will notice the change in vegetation before we reach the dramatic, cliff-edged western peak of Mt Sonder, offering incredible views of the MacDonnell Ranges and the vast surrounding plains.

Redbank Gorge to Mt Sonder – 14.2km return – 6 hours
– Elevation 700m – 1379m

After a nice long break, soaking in the scenery, we slowly make our way back to camp, where we prepare our dinner before an early night.

What an incredible first day of trekking to mark the start of our adventure.

Note: These containers will be dropped off at 3 allocated secure food drop locations and 1 camp where our supplies will be cached

> DAY 2

Redbank Gorge to Hilltop Lookout

15.8km – 7 hours (no facilities, water)

The first section of today's walk is fairly flat and straightforward through dense mulga and mallee. You will have stunning views of Mt Sonder behind you as we start our trek, traveling from west to east.

We will have lunch at Rocky Bar Gap campground and refill our water.

As tonight's camp has no water facilities, we will need to have enough drinking water for the remainder of the day, plus the first section of the following day's trek, including water for cooking and a cup of tea. (Expect to carry 6–8 liters of water).

After lunch, the trek becomes more interesting, as we continue through low spinifex hills and mulga woodland, before we reach a long spur and begin our steep ascent towards Hilltop Lookout. You will feel the climb today with the added weight in your pack.

There are a number of open campsites on the ridge, but being at almost 1000m, you will be graced with a spectacular sunset featuring Mt Sonder in the distance and a glorious early morning sunrise.

Note: This will be one of three campsites without facilities including toilets and water that we will use during the trail. Extra preparation is required, and an expectation to carry extra weight. These sights are exposed, at higher altitudes and may sustain windy conditions. There is however, no greater feeling than sitting back and watching nature on display, with the most spectacular sunset and sunrise.



> DAY 3

Hilltop Lookout to Ormiston Gorge

18.9km – 8 hours – (Food drop)

Today, we commence our long descent along the high-quartzite ridge, with views of Mt Giles in the East and Glen Helen Gorge to the south-east. You will notice our packs are lighter today, having consumed much of our water. You will need at least two liters for the trek to lunch at the Finke River where we will refill our supplies at the Trailhead.

Once we have descended, the walk levels out, and is considered easy walking, as we cross red-earth plains with Mulga trees.

After crossing the wide sandy bed of Davenport Creek, we come out onto an eroding plain, where you may see grinding stones left by the Western Arrernte people.

Note: It is illegal or inappropriate to remove and take Aboriginal artefacts.

We finally cross the wide Finke River, which could be anything from a dry river bed to a shallow wade. We will set up under the provided shelter for lunch and refill our water before setting off for Ormiston Gorge, where a hot shower awaits you.

After 4.1km, we reach a fantastic viewpoint, also called Hilltop Lookout, with clear views of Mt Sonder and the valley below, where creek lines are fringed with River Red Gums.

The final walk into Ormiston Gorge is fairly easy and meanders over a series of even-topped hills before we reach the popular campsite. Here you will find hot showers, a kiosk and rubbish bins.

Note: Ormiston Gorge campsite can be busy, due to regular vehicular access, and is popular with day trippers.

> DAY 4

Ormiston Gorge to Hermits Hideaway

13.6km – 6 hours – no facilities / water

The section between Ormiston and Serpentine Chalet Dam is long, being 28.3km of difficult terrain with no facilities in between.

We break up this section with a magnificent overnight camp known as Hermits Hideaway.

As stated, there is no available water between this section, meaning you will be carrying 8 liters of water.

Leaving from Ormiston, the trek is fairly straightforward, passing through creek beds, Desert Bloodwood trees and Mallees until we reach the Base of the Hill where you will commence a 4.5km ascent to the lookout.

After following the ridge line, which seems to continue forever, we arrive at this little gem, with incredible camp sites sheltered by rock walls. You will have unobstructed views of Mt Giles to the north and Mt Sonder to the west, making for an incredible sunset.

Hermits Hideaway is the perfect spot to sit back with a hot drink and soak in the splendid views.

This site is one of the highlights of the trip.

> DAY 5

Hermits Hideaway to Serentine Chalet Dam

14.7km – 6.5 hours – no facilities / water

After an early breakfast, we commence the descent down to Waterfall Gorge. As we are travelling from west to east, you will notice that the descent from the summit cuts back hard to the west as it starts down the hill.



The view along this section takes in a 160km section of the West MacDonnell Ranges, with Brinkley Bluff (1209m) and Mt Conway (1135m) dominating in the east.

Once at the bottom, we follow the main creek for about 600m, before we climb a short steep rocky slope to the top of the ridge and our lunch spot. Although it is called Waterfall Gorge, there is generally no natural water source.

After lunch, we continue, and find ourselves traveling through open country, crossing three saddles, whilst the trail follows a corridor of valleys running end-to-end through the Heavitree Range.

Eventually, we reach the Inarlanga Pass. This is a truly amazing part of the trail, but care needs to be taken with heavy packs and uneven rocky terrain, requiring some rock scrambling. The back drop of the red glowing walls of the gorge, with MacDonnell Ranges Cycads providing a stark contrast are amazing.

This is a significant traditional pass, and was a watering point and ceremonial place for Western Arrernte people. Once we exit the pass, we cross spinifex foothills, before descending through Mulga Woodland and reaching Serpentine Chalet Dam, our camp for the night.

> DAY 6

Serpentine Chalet Dam to Serpentine Gorge

13km – 5.5 hours

Today is a shorter day, meaning we do not have to leave camp so early.

The walk today starts off gently, passing undulating foothills through mulga woodlands and mallee-spinifex communities, before we reach our only significant climb up to Counts Point Junction. The ascent follows a wide spur on the southern flank of the range.

At the top, we will drop our packs and take our lunch, as we walk the 700m path along the backbone of the ridge to Counts Point Lookout. At an altitude of around 1140m, the view is arguably one of the best elevated vistas along the Larapinta, which includes views across to the sloping top of Mt Zeil, the highest mountain in the Northern Territory at 1531m.

You also witness Tnorala (Goose Bluff), the worn-down core of a huge crater created over 140 million years ago, and estimated to be 20km across.

After lunch, we follow the rocky, undulating path across the ridge, before descending a basic, winding trail down to Serpentine Gorge carpark, where our campsite is located 800metres away.

If you are feeling energetic, you can take a stroll up the Lookout Walk, giving you stunning views into the gorge.

> DAY 7

Serpentine Gorge to Ellery Creek

13.1km – 5.5 hours – (Food Drop)

Today is another short day. We will set off early as we plan to reach Ellery Creek for lunch. The walk itself is unlike any other experienced so far. We walk along a series of low ridges overlooking small valleys running parallel to the range. After passing through an unnamed gap, we climb along dolomite outcrops with expansive views of the surrounding country. After a number of traverses along rock crests, we reach Trig Point, which is identified by a metal drum impaled on a steel pole, embedded in a cairn of rocks.

This is a great spot to take a break, with views to the south of Chalet Ridge, whilst Namatjira Drive can be seen through the trees.

Afterwards, we continue along several dolomite outcrops before we re-enter the spinifex covered hills, before gradually descending to Ellery Creek.

If no rain is predicted, we set up our camp this evening in the creek bed of Ellery Creek.

After lunch, we head down to Ellery Creek Big Hole, a spectacular waterhole fed by the West MacDonnell Ranges and surrounded by impressive red cliffs and the sandy Ellery Creek. Thousands of years of floods have carved out this waterhole, which is recognised as an internationally significant geological site.

This is a true highlight and a wonderful way to while away the afternoon, taking a refreshing dip, and just sitting on the sandy banks taking in nature at its finest.



> DAY 8

Ellery Creek to Rocky Gully

15km – 5.5 hours

Section 6, from Ellery Creek to Hugh Gorge is one of the longest sections of the Larapinta Trail.

With good access to camping, water and facilities at the half-way point, we break up the distance with our overnight camp at Rocky Gully.

As we head out of Ellery Creek, there is a gradual ascent for 3.7km until we reach the Saddle, with views back to Ellery Creek Big Hole. The main vegetation is Red Mallee and spinifex.

We descend the saddle continuing east walking through mulga, low scrub, large sandy creek beds with gums and clumps of Inland Teatree, before we take on a short ascent, giving us views of the abruptly rising Heavitree Range to the south.

From here, it is an easy walk down to our camp at Rocky Gully, located on a small flat on the western side of the creek.

Arriving for a late lunch, this gives us a good chance to set up camp, rest and enjoy the company.

> DAY 9

Rocky Gully to Hugh Gorge

15.3km – 5.5 hours

Today we start with a short climb out of Rock Gully, and once at our high point, we traverse an easy grade, however the terrain can be hard under foot. It is a stark reminder that we are in a harsh environment, where survival is a challenge for all plants and animals.

You will pass through shrubland before we descend into Ghost Gum Flat, marked by a massive Ghost Gum and an area of open woodland. This is a great spot for a snack, with ample shade and a timber platform to rest.

The walk from here becomes easier, with open country and a few undulating hills before we take on a short ascent to Hugh View, a boulder-topped hill with views back to Hugh Gorge.

Much of this section has us traversing the wide, rolling hill country that separates the Chewings Range from the Heavitree Range.

> DAY 10

Hugh Gorge to Section 4/5 Junction

14.9km – 9.5 hours

As we depart camp, we approach the entry to southern end of the Hugh Gorge, with dense River Red Gums. You are about to enter the longest, and deepest gorges in the area.

We follow the narrow stream surrounded by high vertical walls until we reach Hugh Gorge Junction. As we are travelling from west to east, we need to take a trail that leaves the river, turning east. We are now entering the Linear Valley.

Although we don't cover a great amount of distance today, the going can be slow, having to navigate water-worn boulders and you will need to rock-hop.

This is an amazing section to travel through, with unique landscape and rare vegetation. The gorge opens out and closes in because of smaller valleys and high ridges coming in from the side, making for ever changing, dramatic walking.

Once we finally exit the gorge and make a short ascent up to Rocky Saddle, you can see your next challenge ahead, with a climb of Razorback Ridge.

Following the rocky ridge, we need to be careful, due to narrow sections, before we are greeted to exceptional views of the range.

We will find a spot here to enjoy a well-deserved lunch.

We continue along the rocky surface up to the lookout at Windy Saddle, our high point for the day.



After taking in more views, we commence the long descent, before rock hopping through Spencer Gorge, surrounded by the largest specimens of Black Teatree on the trail.

As we exit the gorge, lined with River Red Gums, we continue following the creek through a narrow valley.

We are close to our overnight camp, with a sleeping platform and tent pads nestled amongst the Mulga and Bloodwoods, making for a comfortable night

> DAY 11

Section 4/5 Junction to Brinkley Bluff

7.9km – 4 hours

Today is a short day, but one of the highlights of the trail. Depending on the weather conditions, tonight we plan to camp on the summit of Brinkley Bluff, the highest campsite on the trail at almost 1200m.

This is another camp without facilities or water, so we will need to carry extra today. Our food will be lighter though, as we have depleted our supplies at this point and have another food drop the following day.

The first section of the walk to Stuarts Pass is flanked by foothills and ranges, but the walk is flat and leisurely.

After a quick snack, we will start our steep ascent. Once at Rocky Cleft, we begin the final push.

The trail zig-zags steeply on the southern flank of the mountain, and we need to be careful with our footing as the terrain is rugged and uneven.

Reaching the cairn on top of Brinkley Bluff is an incredible moment for trekkers, and a chance to sit back and soak in the expansive views of the desert ranges.

Tonight, as you have the feeling of being on top of the world, you will be treated to an amazing sunset, whilst the sunrise over the Chewings Range and Mt Giles is an amazing way to start the next day.

Note: This is the 3rd of our two campsites without facilities including toilets and water that we will use during the trail. Extra preparation is required, and an expectation to carry extra weight. These sights are exposed, at higher altitudes and may sustain windy conditions. There is however, no greater feeling than sitting back and watching nature on display, with the most spectacular sunset and sunrise.

> DAY 12

Brinkley Bluff to Standley Chasm

9.9km – 5 hours – (Food drop)

After breakfast and packing up slowly, we begin our descent, complete with a number of short ascents, down to Standley Chasm.

We stay up on the ridge-line, moving through a number of saddles, and admiring the views from the distant Heavitree Range to the tin roofs of the Iwupataka (Jay Creek) Aboriginal communities.

The terrain is still rugged and undulating, but you will have a spring in your step, knowing that a hot shower, cold drink and grassy campground awaits.

Once down off the ridge, we follow the creek line through a rocky, gorge which is normally dry, lined with River Red Gums. We eventually arrive by the roadside, about 500 metres from the entry to Standley Chasm, and follow the road into camp.

Standley Chasm is an important cultural place of indigenous Australia. It is located in a private reserve surrounded by West MacDonnell National Park. Standley Chasm is 100% owned and operated by the local Arrernte community and has full facilities including a restaurant, gift shop, toilets, showers and a great open camping site. It is popular with tour groups and day trippers, so expect quite a few people.

After setting up and before dinner, there is a good opportunity to head out for a short stroll into the Chasm, a spectacular geological formation with breathtaking 80 metre-high cleft.



> DAY13

Standley Chasm to Mulga Camp

24.4km – 9.5 hours

Usually, trekkers walk from Standley Chasm to Jay Creek. We prefer to continue on an additional 10km, which makes the final run into Alice Springs on the final day a lot shorter.

Today can be quite challenging with some steep and rugged terrain.

We follow the track up to the Chasm, before we veer off and start our climb out, over rocky terrain. There are steps along the way, which make the journey a little easier, before arriving at Angkale Junction.

From here, we follow the narrow valley of Cycad Creek, with a few short scrambles before we arrive at Millers Flat for a snack.

At Millers Flat junction, depending on how the group are feeling, we have the option to take the high or low route, with the latter saving us an hour.

Either way, once we reach the Tangentyere Junction, the walk becomes straightforward, crossing over low hills and creek flats covered mainly in shrub-land, before we arrive at Fish Hole and less than 2km from Jay Creek, where we can rest under the platform, boil up some hot drinks and have a long lunch.

After resting up for a few hours, the initial part of the walk involves a slight incline, through mulga woodland and rugged country.

As you reach the highest point of the ridge you will be rewarded with views of the high, impressive Chewings Range before we arrive at camp.

> DAY14

Mulga Camp to Wallaby Gap

27.2km – 9.5 hours

We are getting close to the finish line. By this stage, you will be feeling strong, whilst your pack is getting lighter.

From Mulga Camp, the walking becomes easier as we follow the gradual descent into Simpsons Gap. As the first break has water facilities, you need only carry 2–3 litres of water.

Simpsons Gap is another popular site, with sealed road access, making it popular for tourists.

We will stop here for another long lunch under the shelter giving your the chance to visit the Gap which is a stunning gorge carved out of the West MacDonnell Ranges by Roe Creek, where water flows through a small gap in the range.

In the later afternoon, we will set off for our final 10km for the day, arriving before sunset at Wallaby Gap, our last camp for the trip.

Leaving Simpsons Gap, we cross the sandy bed of Roe Creek, and gradually ascend to Hat Hill Saddle, where you gain an incredible view as the orange face of Rungtjirba Ridge, which rises above.

As we descend from the saddle, the walk camp is reasonably flat, crossing through a number of various habitats, including a narrow creek flat with magnificent Desert Bloodwoods and tall Ironwoods.

> DAY15

Wallaby Gap to Telegraph Station

13.9km – 5 hours

Today is our last day of walking.

Now you will see why we put in two solid days prior, making the final journey into Alice much shorter and enjoyable. By now you will be feeling like a nice cold drink, a big meal and hot shower.

Your pack will again feel lighter, as you will only need to carry minimal water and some snacks.



It is nice to get away from Wallaby Gap early as we ascend the steep western spine of Euro Ridge. From the top of Euro Ridge, at around 790m, you will be inspired by panoramic views of Alice Springs, which are wonderful at dawn, and the first sign that our journey is coming to an end.

As we continue along rolling hills with low shrubs and Mulga, we cross the Adelaide to Darwin railway line. From here it is not far to the John Moss Bridge, which signifies the last 5km of our walk.

You now get a taste of civilisation again as we pass under the bridge whilst trucks, caravans and vehicles pass us overhead. You are now on the final stretch, as you pass through rounded boulders of Alice Springs Granite, and see the telegraph poles, left from the abandoned Overland Telegraph Line.

After passing through the Alice Springs Telegraph Station Historical Reserve, the birthplace of the Alice Springs Township, you can see the official Larapinta Trail sign, marking the end of our journey.

After celebration and a few photos, our transfer vehicle, complete with an esky full of cold beverages of your choice will be waiting for us.

Congratulations, you have just completed one of the finest, and most challenging long walks in Australia.

> DAY16

Depart Alice Springs

Today we say goodbye.

Depending on the time of your flight, this morning is a good opportunity to head into the mall in Alice, just to chill out at one of the wonderful cafes, and think about your achievements.

Well done on an unforgettable experience.

Time to head home and continue exploring the incredible Northern Territory.



What you should know?

Food

Everest One arrange for 3 food drops along the trail for end-to-end walkers.

Food items are sorted according to your meal plans, and stored in secure sealed tamper proof plastic boxes and stored in cool, secure storerooms.

3 of the drops are at the allocated food drop facilities at Ormiston Gorge, Ellery Creek and Standley Chasm.

Each trekker is provided a food allowance, a suggested meal plan and schedule of how many meals to carry in between food drops. It is advised to purchase suitable food before arrival in Alice Springs.



Footwear

One of the biggest issues with the trek is taking good care of your feet. The landscape can be harsh, from rocky terrain to dry, sandy creek beds, often covering long distances in a single day. Having a good pair of solid, proven boots is a must, along with a basic repair kit, whilst a healthy supply of strapping tape, bandages, Betadine and blister pads is essential.

Backpack

Having a quality backpack that is comfortable, and learning to pack so that your load is balanced makes the journey far more pleasant. Straps and harnesses can rub, particularly on the lower back, hips and shoulders, so having padded bandages can help.

Water

Staying hydrated is essential, and you will need to drink a minimum of 4 litres of water per day. There is a good supply of water along the trail, with remotely monitored water tanks. Although the water is reliable, the use of water purification tabs is recommended. Bringing hydration tabs is a good way of maintaining hydration, and also provides an alternative taste to the treated water.

Facilities

There are quality toilets located at each main camp, and are kept clean and maintained by NT National Parks. Washing your hands and using hand sanitiser is important to stay healthy throughout the trail.

There are shower facilities at Ormiston Gorge and Standley Chasm along with a swim at Ellery Creek Big Hole.

Communication

Everest One carry a satellite phone along with Personal Locator Beacons (PLB's).

There is usually reliable mobile phone coverage along the ridge-lines, allowing you to check in at home or update your social media.

Everest One post regular updates on Facebook, allowing family and friends to monitor your progress.

Air Mattress

If you carry an inflatable mattress, which is a good idea, ensure you protect it when storing, preferably inside your pack. Spinifex has needle like spears and can quickly turn your comfortable bed into a pin cushion. Ensure you have a patch kit also.

Weather

During the months of May to August, you can expect daily temperatures to be in the mid 20C range. Night-time conditions can drop considerably, with a range of 0 to 10 degrees.

Over the course of the full end to end trek, you can expect a 30% chance of rain, from a light drizzle to heavy downpours.

Flies

There are often a large number of flies on the trail which can become irritating.

Having a Mosquito head net which comfortably slips over your hat is essential.



Larapinta Overview

Preparation and suitability

The Larapinta trail is suitable for anyone who is fit, has an adventurous spirit and is comfortable in an outdoor environment.

The best time of the year to walk the trail is between May to August. During these times, you can expect day time temperatures in the low to mid 20C, whilst the nights can be cold, getting down to 0C. Rain can fall in the region during these periods.

The trek is physically demanding, challenging but highly rewarding. You will need to be comfortable carrying a heavy pack with all your food, clothing and shelter.

A suitable training program, including bush-walking, carrying a loaded pack, strength and cardio should be part of your preparation.

Remember, the fitter you are, the more you will enjoy the trip.

Previous bush-walking experience is recommended.



Covid 19

The latest advice from the Northern Territory Government is that the Larapinta Trail is fully operational again.

These conditions are subject to change as per Government guidelines.

Everest One can provide you with a quality 3-4 season tent, cooking equipment and utensils and can arrange the use of a suitable backpack, sleeping bag and wet weather clothing.

We also have arrangements with a number of quality outdoor equipment stores, where you can gain significant discounts on equipment, boots and clothing.

If venturing into the outdoors is something you already do or intend to keep doing in the future, it is recommended to purchase a good base of quality equipment.



Packing list for Larapinta

FEET

- 3x pairs trekking socks
- 1x pair trekking boots/approach shoes
- 1x lightweight sandals/sneakers
- 1x spare laces (important)
- 1x gaiters (optional)

HEAD / HANDS / EYES

- 1 x pair thermal gloves
- 1 x beanie
- 1 x sunglasses (category 3 or 4 lenses)
- 1 x sunhat (wide brim)
- 1 x buff (great for covering face when dusty, sun protection)
- 1 x head lamp (plus spare battery/bulb)
- 1 x Mosquito/fly head-net (essential)

UPPER BODY

- 1 x soft shell/ fleece or light puffer jacket
- 1 x waterproof/windproof jacket (Goretex)
- 1 x mid layer long sleeve shirt – quick dry
- 2 x synthetic or Merino wool t-shirts
- 1 x thermal top

LOWER BODY

- 1 x trekking pants
- 1 x shorts or zip-off pants
- 1 x windproof waterproof pants (optional)
- 1 x thermal bottoms
- 3 x underwear (Merino wool or similar)

HYDRATION

- Water purification tabs
- 2 x 1 litre water bottles
- 4-6 litre water bladder
- Hydration Tabs

BACKPACK

- 1x 75 /100 litre backpack

IMPORTANT ESSENTIALS

- 1x sleeping bag (can be hired)
- 1x sleeping mat
- 1 x tent (supplied)
- 1 x Personal Locator Beacon (supplied)
- 1 x pillow (optional)
- 1 x pair trekking poles (optional)
- 1 x travel towel (microfibre are best)
- 1 x small face cloth
- 2 x small bottles hand sanitiser (important)
- Insect repellent
- 1 x mattress repair kit
- 1 x boot repair kit i.e. tape, glue
- 1 x tube Sunscreen
- 1 x tube Lip balm (minimum 40 SPF)
- Water Proof bags (for inside pack)
- Roll of garbage bags
- Camera (take extra battery)
- Power bank

TRAVELLING DOCUMENTS

- Personal Identification
- Airline tickets
- Travel insurance
- Wallet/Pouch for travel documents/money

FIRST AID KIT

- Pain relief
- Antibiotics
- Band-aids
- Bandages
- Strapping tape
- Blister Pads
- Ointments





BOOK NOW

Personal Details

Please write your name as it appears on your passport.

Mr Mrs Ms Dr Other

First Name: _____ Middle Name: _____

Surname: _____

Address: _____

Suburb/Town: _____ State: _____ Postcode: _____

Date of Birth: _____ Country: _____

Passport Number: _____

Nationality: _____ Country of Issue: _____

Date of Issue: _____ Date of Expiry: _____

Email: _____

Mobile: +61 _____

Work Number: +61 _____

Home Number: +61 _____

Payment Details

AUD\$500.00 deposit is required to secure your booking

Everest One
BSB: 064 000
ACC: 1486 0514

Credit card facilities also available - please contact us

Emergency Contact

Relationship to you:

Mobile: +61

Work Number: +61

Home Number: +61

Email Address:

Mailing Address:

Travel Insurance

Can be completed at a later date

Company Name:

Membership Number:

Insurance Cover:

Contact Name:

Yes No

Passport

Country of issue:

Nationality in passport:

Date of issue:

Date of expiry:



Medical & Health Form

Please answer each question below and include details of dates, location and treatment received (as applicable). Please attach a separate page if insufficient space is provided for answers.

You, the participant, acknowledge that you have obtained medical advice as to the suitability of EO's Adventure given your medical status and fitness or that you have given careful consideration to obtaining medical advice but have declined to seek it and accept all risk associated with your decision.

1.	Have you ever suffered any form of cold injury or illness, including frostnip or frostbite? If yes, please describe below:	<input type="checkbox"/> Yes <input type="checkbox"/> No
2.	Have you ever experienced any form of altitude related illness? If yes, please describe below including location, altitude, illness, treatment and recovery.	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.	Describe any major accidents, illnesses, injuries or operations you have had in the last 5 years:	<input type="checkbox"/> Yes <input type="checkbox"/> No
4.	Do you have any problems with or limitations caused by any physical or mental condition that may reasonably impact your participation in the Adventure, including by your back or knees or as a result of any other injury or illness, and including any heart related condition? If yes, please describe below:	<input type="checkbox"/> Yes <input type="checkbox"/> No
5.	Are you on any medication currently and/or do you intend to use medication on the Adventure? If yes, please describe below:	<input type="checkbox"/> Yes <input type="checkbox"/> No
6.	Do you have any allergies or intolerances to food or medication? If yes, please describe below:	<input type="checkbox"/> Yes <input type="checkbox"/> No

7.	Do you wear corrective lenses?	<input type="checkbox"/> Yes <input type="checkbox"/> No
8.	Are you familiar with standard CPR and resuscitation techniques?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9.	Do you have any pre-existing medical conditions that may affect your ability to undertake this Adventure? If yes, please describe:	<input type="checkbox"/> Yes <input type="checkbox"/> No
10.	Is there anything else from a medical perspective that you think EO ought to be informed about?	<input type="checkbox"/> Yes <input type="checkbox"/> No
11.	Do you have any special dietary requirements? Please Note: whilst EO will endeavour to cater to any specific food requirements you may have, you should feel free to carry with you additional food that you consider necessary for your special dietary requirements.	<input type="checkbox"/> Yes <input type="checkbox"/> No
12.	Please indicate your current level of fitness: Excellent Good Poor	
11.	Please outline your training program:	
13.	Please outline your trekking/mountaineering experience:	

SIGNATURE: _____

DATE: _____

PRINT NAME: _____

>> Terms & Conditions

1) Booking Form: By You completing the Booking Form, submitting it to EO, and EO's acceptance of it by written reply, You agree to the terms and conditions contained in this document to the exclusion of all other terms and conditions not in this document, unless they are set out in the Booking Form, and/or otherwise agreed to in writing by You and EO (the parties).

2) Prior dealings and variations: Any prior dealings between the parties and the terms and conditions that apply to those dealings do not apply to the Adventure. Any variation of these Terms and Conditions must be agreed in writing by You and EO and, in the case of EO, the signatory must be duly authorized by EO to agree to the relevant variation.

3) Price: the price of the Adventure is outlined in the Trip Notes or has otherwise been notified to You in writing. The inclusions for the Adventure are listed in the Trip Notes. The price quoted is in AUD dollars and is payable by cash or direct deposit into EO's nominated bank account. You will be liable for all bank charges that may be levied on direct deposits. Every endeavour will be made by EO not to change the Price. However, if there is a change to the exchange rate or local conditions, EO reserves the right to change the Price.

4) Timing to Payment: Unless otherwise agreed in writing, the Price is payable as follows:

- a) 30% at the time You submit the Booking Form to EO; and
- b) The balance no later than 30 days prior to the first day of the Adventure, or such other date as EO in its absolute discretion may agree (i.e. Where You book the Adventure closer to the first day of Adventure); or
- c) If the Booking Form is submitted to EO within the 90 day period prior to the first day of Adventure, the Price is payable at the time the Booking Form is submitted, or such other date as EO in its absolute discretion may agree.

5) Transfer: if You book for this Adventure and decide to transfer to another adventure with EO that is at that time advertised by EO and the start date of that other adventure is not more than 12 months after the start date of this Adventure, then EO will agree to transfer your payment across to the new Adventure provided that your written notice of the change is received no later than 90 days prior to the date that the Adventure You initially booked was due to start or such other date as EO in its absolute discretion may agree.

6) Cancellation by You:

a) Payments made by You for your Adventure are forfeitable or refundable as follows. If You cancel:

- i) 90 days or more prior to the first day of your Adventure – the full Price paid or payable by You is refundable or forfeitable to You, less any bank charges or fees that EO may incur or have incurred.
- ii) 60 days or more but less than 90 days prior to the first day of your Adventure – 50% of the Price is refundable or forfeitable.
- iii) Less than 60 days prior to the commencement of your Adventure – 100% of the Price payable by You will be forfeitable (or forfeited, if paid) to EO.

b) The Price is quoted as a package and no partial refunds will be made for any services not used or for any early exit by You from the Adventure. If any part of the Price is to be forfeited to EO but has not at the relevant time been paid by You then EO reserves the right to recover that amount from You as a debt due and payable.

7) Cancellation by EO (tour numbers): EO may cancel the Adventure if EO considers that the number of persons booked on the Adventure is insufficient for EO to run the Adventure. You may not claim any costs, loss or damages (whether direct or indirect) from EO in connection with any cancellation of the Adventure for such reason, including for any time incurred or inconvenience suffered, gear purchases, flights booked or vaccinations obtained. However, all or any part of the Price already paid by You will be refunded to You, less any bank charges or fees incurred at the time You paid the Price.

8) Cancellation or other changes by EO (other): in the case of inclement weather, snowy or icy conditions, conditions that EO reasonably considers may make any part of the Adventure unduly risky, or any political military, terrorist threat or due to a variation to or introduction of a government travel warning after the date You book the Adventure, EO reserves the right to change the start date of the Adventure, the end date, the duration, the route, to cancel or postpone or delay the Adventure if EO considers that there may be a risk to the safety of participants, or to a third party providing those services if such conditions exist or may reasonably exist. You acknowledge that in the event of any such change, cancellation, postponement or delay You have no right to claim any costs, loss, damages (whether direct or indirect) or refund from EO. You also acknowledge that EO is not obligated to inform You of any government travel warning that may apply and that You have or have had the opportunity to check any government travel warnings that may be in place.

2) Warranties and representations: You warrant and represent to EO that:

- a) You are in good health and are mentally and physically fit at the time of booking this Adventure;
- b) You have disclosed every matter concerning your health and wellness of which You are aware or ought reasonably be aware and/or expected to know that is relevant to EO permitting You to participate on this Adventure;
- c) You will notify EO as soon as You become aware if your health and fitness is adversely affected in any way prior to the start of the Adventure, or during the Adventure so that EO can assess whether to permit You to participate or continue to participate in the Adventure;
- d) EO may disclose medical information about You to its consultant doctor (if applicable);
- e) You have sought medical advice as to your suitability for this Adventure or, You have elected not to seek medical advice for this purpose and wholly accept the risk of not having obtained such advice;
- f) EO has not made any representations to You in connection with the Adventure other than those contained in these Terms and Conditions;
- g) You are fully aware that the Adventure involves challenging trekking at high altitudes and You have satisfied yourself that You have the requisite skills and experience necessary for You to participate in the Adventure or You will ensure that You have the requisite skills and experience prior to the day of the Adventure;
- h) It may or may not be possible for You to insure yourself in relation to the Adventure, including the high altitude aspects of the Adventure;

i) You have made all due and independent enquiries in adventure travel, high altitude trekking and expeditions similar to the Adventure; and
j) During the Adventure, You will follow the instructions of the Guide leading the Adventure, noting that those instructions in many circumstances will relate to the safety and wellbeing of participants in the Adventure.

10) Adventure Guides: EO will nominate a suitably experienced Guide to lead your Adventure. However, EO reserves the right at any time to change the nominated Guide and replace that Guide with another suitably experienced Guide. You may not claim any costs, loss, damages (whether direct or indirect) or refund from EO for any change to an Adventure Guide or any other staff engaged by EO for your Adventure.

10) Exclusion from Adventure (health and fitness): if for any reason, the Guide, as nominated by EO, considers, in the Guide's absolute discretion, that You should not participate in the Adventure for reasons associated with your health and wellness, despite You having obtained a medical clearance to do so, the Guide may exclude You from the Adventure, either before or during the Adventure. If on such grounds the Guide excludes You from the Adventure before the Adventure commences, then any refund will be in accordance with condition 6 as if You had cancelled during the timeframes stated in that clause. However, if the Guide excludes You from the Adventure on such grounds after the Adventure commences for any reason, no refund of the Price (or part of the Price) will be payable to You except in the absolute discretion of EO.

11) Exclusion from Adventure (other): The Guide may, in the Guide's absolute discretion, exclude You from the Adventure if You engage in any illegal act, or the Guide considers that your behaviour is or is reasonably likely to cause danger, distress or nuisance to any other participant on the Adventure, including staff engaged by EO for your Adventure. In connection with such exclusion, You must follow the instructions of the Guide. You will not be entitled to any refund of the Price (or any part of it) in connection with any such exclusion and it is a matter for You to insure for this, if You can, as You may consider appropriate, reasonable, and appropriate or covers You for all risks that may apply to You as a participant on the Adventure.

12) Information and Trip Notes: EO provides information and prepares Trip Notes in good faith. EO may make reasonable changes to any Adventure itinerary, services or route having regard to timing of the Adventure or for any reason considered necessary by EO or if it receives advice to do so.

13) Insurance: Insurance for You is not included in the Price. You acknowledge that it is your responsibility to make enquiries about and obtain and maintain appropriate insurance to cover You in connection with the Adventure, if possible. EO may ask You for your insurance details and You must provide those details to EO promptly but EO is not obliged to check that the insurance You obtain is reasonable, appropriate or covers You for all risks that may apply to You as a participant on the Adventure.

14) Travel documents: It is your responsibility to obtain the appropriate travel documents for entry to the country where the Adventure is to take place. EO will be responsible for applying for any permits that are relevant to the Adventure, but only to the extent listed as inclusions in the Trip Notes.

> Terms & Conditions continued

16) Airlines, flights: EO recommends that You obtain flexible flights for the Adventure as sometimes Adventures can be delayed due to events such as inclement weather and internal flights. You are liable for any costs You may incur in connection with your flights should timing of your Adventure change. You may not claim any costs, loss or damages (whether direct or indirect) from EO in connection with any change to the Adventure or your participation in the Adventure resulting in You incurring additional costs in connection with your flights.

17) Privacy: You agree that You:

- a) permit EO, its agents or assigns to collect personal information from You, or from your medical practitioner, regarding your health and wellness, including any medical conditions You may have or have had previously. You acknowledge that this information may be disclosed to EO representatives in order to ensure your safety and wellbeing in connection with the Adventure, but will not be used by them for any other purpose; and
- b) will respect the privacy of the Guides and fellow participants in the Adventure and not do anything that is deemed by EO to be an invasion of their privacy.

18) Image and Likeness: You grant EO the right to take and use photographs and videos of You and your personal effects in connection to your participation in the Adventure. In consideration for You participating in the Adventure, You authorise EO, its assigns and transferees to copyright, use and publish your image and likeness in print and/or electronically for marketing purposes, and the like.

19) Force Majeure: If EO is prevented (directly or indirectly) from performing any of its obligations under its agreement with You by reason of act of god, strikes, trade disputes, breakdowns, interruption of transport, government or political action, acts of war, terrorism, acts or omissions of a third party or for any other cause whatsoever outside of EO's reasonable control, EO will not be liable for any costs, loss or damage You may suffer as a result and EO may cancel the Adventure and condition 8 will apply.

20) Assumption of Risk: You acknowledge that:

- a) Adventure travel, expeditions and trekking holidays are by their nature physically and mentally challenging and carry higher level of risk than a standard holiday, with potential exposure to risk of injury, death and loss to property;
- b) High altitude trekking is inherently dangerous and, of itself, carries the risk of injury, death and loss to property;
- c) Standards of accommodation, transport, healthcare, hygiene, safety and service providers are likely not to be as high in the region of the Adventure as in your country of origin;
- d) your Adventure will likely require You to travel on difficult, challenging and dangerous terrain, at high altitude, in extreme weather conditions, in remote locations with minimal or no telecommunications and with sudden changes to Adventure arrangements, and political stability in the region of the Adventure;
- e) there are inherent dangers associated with adventure travel, You have considered those dangers and, nevertheless, You have elected to participate in the Adventure and accept all risk associated with your participation in the Adventure, including risk of injury, death, and loss to property; and

f) EO is not liable for and You may not make any claim against EO for or in connection with the acts, omissions or negligence of third parties who may provide goods and/or services to EO or to You for the Adventure.

21) Release and Waiver of Liability: In consideration for EO accepting your booking on the Adventure and You being permitted by EO to join the Adventure, to the extent permitted by law:

- a) You indemnify and keep indemnified and release, discharge, waive, hold harmless EO and its officers, employees, agents, licensees, Guides and other representatives of EO from all claims, actions, costs and losses (whether direct or indirect) which may arise out of or occur in connection with the Adventure, whether arising or occurring before, during or after the Adventure, including in relation to any negligence caused or contributed to by any or all of those listed above; and
- b) You waive any claims You have or may at any time have against EO and its officers and employees and, as You accept the risks associated with your participation in the Adventure, You agree not to make any claim against EO its officers and employees for any personal injury, property loss or any other loss of any kind that You may suffer or incur in connection with the Adventure, whether before, during or after the Adventure.

22) No waiver: a party will not be deemed to have waived any of its rights or remedies under these Terms and Conditions or at law by allowing any time or indulgence or by not exercising any right or remedy arising out of any default by the other party.

23) Australian Consumer Law

- a) Under the Australian Consumer Law statutory guarantees apply to the supply of 'recreational services' of the kind offered by these Terms and Conditions. 'Recreational services' is defined as including activities that involve a significant degree of physical exertion or risk undertaken for the purposes of recreation, enjoyment or leisure. These guarantees mean that EO, its officers, servants, agents or assigns, as the supplier, is required to ensure that the recreational services it supplies to You are rendered with due care and skill and are fit for their intended purpose.
- b) Under Australian Consumer Law, EO, its officers, servants, agents or assigns, as supplier, is entitled to ask You to agree that these statutory guarantees will not apply to You. Therefore, please note that if you sign and/or submit this form to EO, You will be agreeing that your rights under EO's agreement with You, if you are killed or injured because the service provided are not rendered in accordance with these statutory guarantees, are excluded, restricted or modified in the way set out in this condition.
- c) To the extent permitted by law, You hereby exclude, release and forever discharge EO, its officers, servants, agents or assigns from all liability for any and all claim, loss, damage, cost or expense arising from your death or your suffering physical or mental injury or any other condition, occurrence, activity, form of behaviour, course of conduct or state of affairs as specified in Section 139A of the Consumer and Competition Act 2010 (Cth) (except in the case of liability arising from the reckless conduct on the part of EO, its officers, servants, agents or assigns and your participation in the recreational activities which comprise the Adventure.

24) Jurisdiction and Applicable Law: Your booking, the Terms and Conditions, and the rights and obligations of the parties in connection with the Adventure, are governed exclusively by the jurisdiction and law of Australia and you and EO submit to the exclusive jurisdiction of the courts of the State of Queensland, Australia.

25) Definitions:

- a) **Agreement** or agreement means the Booking Form and these Terms and Conditions, and any variation of them agreed to in writing by the parties
- b) **Guide** means any guide engaged by EO for the Adventure, whether as an employee, contractor or in any other capacity
- c) **Adventure** means the adventure for which You have booked and any trip substituted for that adventure in accordance with these Terms and Conditions
- d) **High altitude trekking** includes the actions of walking, trekking, backpacking, and may involve being on challenging terrain such as uneven trails, dirt trails, rock, ice and snow.
- e) **Trip Notes** means the trip notes we have provided to You for the Adventure.
- f) **You or you** means you as the participant in the Adventure and as a party bound by these Terms and Conditions.

26) Interpretation: 'include' or 'including' is to be read without limitation.

27) Severance: If any part of these Terms and Conditions are found to be illegal, unenforceable or invalid, then the relevant part will be severed un-less to do so would cause the Terms and Conditions to be frustrated.

SIGNATURE:

NAME:

DATE:



www.everestone.com.au
hello@everestone.com.au
www.facebook.com/everestoneaus
88 Macquarie St., Teneriffe, QLD 4005
AUSTRALIA

