



H O L I S T I C
H I K E S

WILSONS PROM OVERNIGHT HIKE FAQ'S

I want to book this but have nobody to come with me. Can I book for only myself?

Yes. Solo travellers are more than welcome to join our group. It is the perfect opportunity to explore outdoor within a safe environment. Couples, friends or small groups can book too. We are strictly limited to 10 per group (plus your two guides) per Parks Victoria regulations.

Do I need to be fit? How fit?

A reasonable fitness level is required as you will need to be able to carry about 12-15kg. Some parts of the trail are steep which impacts both the climb up a hill and the descent. Some sand walking and uneven surfaces make this a challenging but rewarding hike. We stop for regular breaks and to catch your breath and hike no more than 14km in one day. Having good fitness prior to walk will ensure you enjoy it!

How do I train for this?

Training on similar trails, particularly hills, and with a weighted pack is ideal. A fitness guide will be provided upon booking and it is highly recommended that you join me for a training hike prior if possible.

What if I have an injury?

You will require a medical professional clearance to ensure any existing injuries are in accordance with your recovery plan. Please contact me and we can discuss if this affects you.

I have allergies and or intolerances, what can I eat?

Dietary requirements will be met, however if you have complex needs please call me to discuss. Menu options will be available for selection prior to hike.

What type of food will there be?

Meals are dehydrated for the purpose of training and education for future self-guided hike tours. The lightweight nature of these foods makes it a lot more comfortable to walk each day without excess weight. Predominantly vegetarian, these are anything from curries to burrito bowl. Snacks include; fruit leather, jerky, nuts, seeds, pretzels and chocolate. We also provide miso tea (great for gut health), teas, and coffee and filtration system for water. There are no other cooking facilities or food available other than what we carry in.

How much water should I carry?

2- 2.5 litres of water should be carried each day for drinking and cooking. There are water tanks at each campsite however these are dependent on rain and not guaranteed to have water. Your guides will carry filtration system to ensure safe drinking water from either these tanks or flowing creeks. A camelbak is ideal as the tube sits over your shoulder allowing easy access to sipping as you walk. A water bottle for additional water/ cooking etc should be tucked in the side of your pack also.

I don't have tent, do you hire?

The ticketed price includes hire of light weight tent either single or double- if booking with partner or friend. Please note the price difference when booking as this tells us whether you will be sharing a tent or not. These are large sizes to accommodate taller hikers and packs.

All other inclusions are listed below and comprehensive packing list provided.

How hard and long are the walks?

We hike no more than 14km a day; enjoy a slower pace taking regular breaks to photograph the remote wilderness, take off the packs and enjoy some trail snacks. Day 1 is from Telegraph Saddle to Sealers Cove and this is moderate graded hike that covers 10.3 km. A slower pace and breaks to stop in the Rainforest gully; this will take us approx. 3 hours. Once set up at camp, down your pack and wander off along the white sandy beaches to explore. Day 2 is undulating hills, some steep incline over rocks and descent. Parts of this trail are graded moderate to hard due to these sections so we will split this with a lunchbreak along the way. It is 13.6km hike this day yet again we stop, have a rest and enjoy a slower pace. The third day is 12km through the valley then a few kilometre climb back to Telegraph Saddle and will take us approx. 5hours

The Southern Circuit is graded 4 based on the hardest sections of the trail.

What if it's raining?

We walk in all conditions only postponing due to extreme weather warnings. Rain, cold/heat and wind all add to experience. Appropriate clothing, layering and accessories make this more comfortable and we will facilitate suitable cover where possible.

Will there be toilets and showers?

There will be self-composting toilets at each campground. Before each walk you will be directed to where the toilets are and as we come into each camp and will be advised of next location. There are no showers along the trail, however wet water wipes are ideal for a quick freshen up or you are invited to a 'gypsy bath' each morning- aka a swim in the beach! This is a nature experience and you will appreciate the warm shower after 2 days!

Do I have to set up the tent myself?

We'd love everyone to give it a go, if you don't already know how. This is a learning experience where we teach self-sufficiency in the outdoors. Full support will be provided in assisting you to learn the techniques required to gain confidence when you want to go it alone.

What do I need to bring?

A comprehensive packing list will be provided upon booking. Some items you may need to purchase and recommendations based on our own experience of the products will be made. The less you carry the lighter your pack is. With years of experience through hiking, we have learnt to pack only what is required.

What do I need to wear? Do I need hiking boots?

Layers are best and fitness wear can be worn. Avoid jeans or heavy clothing. It isn't necessary to wear specific hiking boots however a trail shoe/ runner with a descent amount off tread on it would be ideal.

If you are buying new boots, please make sure you break them in first as to avoid painful blisters! Wearing them on the training hikes and or around the house with the socks you will wear on the weekend. When buying new boots, try on in the afternoon when your feet are their largest as boots too small will help remove all your toenails and leave you will blisters! Try half to one size bigger to ensure that you have room for socks and swelling of your feet.

I don't have sleeping bag? What do you recommend?

Light weight sleeping bags are an ideal investment and worth the little extra \$. Size does matter when it comes to what you can fit in your pack and how much it weighs! Smaller, light weight bags are the best option. We recommend purchasing a sleeping bag if you don't already have one and sleeping bag liners must be worn inside- these are not available for hire and must be purchased. These keep your bag clean and odour free, in addition to providing extra warmth.

Do you hire any gear?

Yes, we can arrange hire gear from backpacks to head torches. A hire list will be provided upon booking if you don't have or don't want to purchase gear. Due to hygiene we do not hire sleeping bags or silk liners, these will need to be borrowed from friends/family or purchased.

Do I have to carry my packs?

Yes. As part of this hiking experience, it is required that each person carries their pack. It is strongly recommended that you train with a weighted pack to adjust your pack accordingly. We can also help with adjustments to ensure the weight is loaded correctly. Building self-efficacy, this is an immersive training weekend to learn the tips and tricks of adventure hiking. Regular break stops are programed to ensure that you get adequate rest.

I've heard there is a river crossing, how deep is it?

Yes there is a river crossing at Sealers Cove. We plan to cross this at low tide so simply taking off our shoes; this shouldn't be higher than our knees. Assistance is provided to cross at the correct points and help with bags etc.

What if my pack gets too heavy?

We will be taking regular breaks to enable you to take off the pack, stretch and relax before resuming. Walking poles provide extra support and enable weight distribution of the pack through arm and legs. Your guides can assist with carrying some of the weight should this be required.

Do I need a First aid kit?

Yes, a small first aid kit is recommended with basic inclusions such as Band-Aids, Panadol and another personal medication. A list will be provided that outlines recommendations. The guides carry a fully equipped first aid kit with Ventolin, epi pen and snake bite kit in addition to an E-PIRB (Emergency location beacon) and are fully trained in First aid CPR.

Do I need insurance?

Yes, ambulance is a must for any unforeseen emergency (send details through) and travel/personal insurance recommended. Guides carry an E-PIRB and fully equipped first aid kit.

*** We require liability waivers to be recognised and signed ***

What age?

This is an adult only adventure so 18 years and older. Fitness and health questionnaires are required to be completed to ensure adequate fitness level.

Cost Inclusions & Exclusions

Includes:

- Light weight tent hire- Single / Double tents according to booking preference (large sizes)
- All meals, snacks and tea/coffee
- Light weight cooking + water filtration system for use over weekend (twin share)
- Camp plates, cutlery and mug- hire
- Sleeping mat - hire
- Comprehensive training guide with option to join hikes (free) for training purposes
- Comprehensive packing list to ensure the appropriate gear is packed
- 2 experienced guides to train, educate and show you the hiking pro tips for an adventurous life
- Bandana buff 37+ SPF for protection from the elements in all seasons- yours to keep!
- All Parks Victoria Camping a hiking fee's for 2 nights
- All training and educational aspects of weekend including; nutrition coaching, water therapy sessions, mindfulness meditations and service requirements to assist and support your learning experience

Excludes:

- Back pack – this is available for hire at additional cost
- Sleeping bag, silk liner and pillow- unfortunately we do not hire these due to hygienic regulations. Recommendations made in packing list as to what to borrow/ buy
- Bladders/bottles- these can be picked up relatively cheap
- Hiking poles- these can be hired at additional cost
- Dry packs; keep food, clothing and other items dry - can be hired at cost
- Additional purchases from Tidal River before or after circuit hike.
- Transport or travel costs to and from Tidal River, Wilsons Promontory- pick up/drop off can be arranged at a cost by contacting Amanda
- Clothing; recommendations are made as to any specific items that you may require

This is not luxury accommodation; we are here to guide, support and empower you to live a life of adventure. This will be challenging more so for some but that's where real growth comes in from the immersive experience of hike in camping!

Hikers are responsible for carrying their own gear including lightweight tents, sleeping bags, clothes and portion of food.

This is an adventure experience that requires reasonable fitness as the trails are undulating and you are required to carry approx. 12-15kg. There are breaks and plenty of time for rest – please contact me if you are unsure of your fitness levels and to talk about training options.

PLEASE take advantage of the FREE training hikes on the Mornington Peninsula – please discuss with Amanda as bookings into these are essential.

- There are limited sources of fresh water available other than at the designated camp sites along the Walk that are maintained by Parks Victoria. Your guides will provide water filtration for all water consumed and will carry additional to ensure sufficient for cooking.
- All light weight cutlery and plates are provided by holistic hikes
- A packing list will be provided upon booking and any hire arrangements made if required for packs, sleeping bags, pillows
- Both guides are Level 2 first aid trained, CPR and Amanda is trained in Asthma and snake bite first aid. First aid kits are carried at all times
- When hiking the Southern Circuit: Wear sturdy walking shoes and be equiped for all weather conditions. Know basic first aid and carry a first aid kit. Carry sufficient drinking water and know how to treat water safe for drinking. Untreated creek or tank water is available at some campsites on the Southern Circuit. Supply is not guaranteed. Store all food securely and carry out all rubbish, including food scraps. Walk completion times may vary significantly depending on weather, fitness and experience. Southern Hikes are graded Level 4 under the Australian Walking Track Grading system, based on the most difficult sections. Check tide times to avoid deep water crossings at creeks at Sealers Cove and Oberon Bay