



Detailed Trip Notes



Explore Kakadu and Beyond 'Just for Singles' 40 - 59 years 20 – 28 September 2008

Introductory to Moderate Grade

9-day trip / 6 nights camping, 2 nights resort
4WD, Walking, Swimming, Canoeing.

Welcome to World Expeditions

At World Expeditions we are passionate about off the beaten track experiences as it provides our travellers with the thrill of coming face to face with untouched wilderness regions of great natural beauty. We are also committed to making sure that our range of unique itineraries is well researched, affordable & tailored for the enjoyment of our small groups or individuals – philosophies that have been part of our culture since 1975 when we began operating adventure holidays. The itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. We hope you will join us for a life changing experience!

The Trip

As far as World Heritage Areas go, Kakadu National Park is somewhat special in that it qualifies for WHA listing on the basis of both natural and cultural values. Exploring this part of Australia in small groups with an expert guide ensures a memorable and rewarding holiday. Surrounded by more than 20,000 years of Aboriginal Heritage we observe Dreamtime Rock Art, we swim in remote gorges, and cruise among the abundant wildlife of Yellow Waters.

This is followed by three tranquil days afloat on the magnificent Katherine River, gliding over some 20 kilometres of rarely seen crystal clear water.

Throughout the trip there are many opportunities to walk, swim, fish (on the Katherine River), sunbake, take photos or just relax by a crystal clear rock pool. We camp in spacious two-person tents, and your guide will ensure the best in food and fun. The warm climate encourages early starts, which sometimes leaves time for a midday siesta. Most days we get the chance to cool off in a shady water hole. Kakadu is possibly the most exciting adventure destination in Australia. Combined with the Katherine River and the rich Aboriginal culture this itinerary is beyond comparison. Come exploring with us and experience the remote beauty of the Top End!



Explore Kakadu and Beyond Itinerary at a Glance

DAY 1 – Arrive Darwin. Overnight Mirambeena Resort
DAY 2 - Depart Darwin to Kakadu, afternoon cruise on Yellow Waters
DAY 3 - Jim Jim Falls and Twin Falls
DAY 4 - Morning swim at Maguk, afternoon swim at Koolpin Gorge.
DAY 5 - Exploration of the remote Koolpin Gorge or of the rarely visited Freezing Gorge
DAY 6 - To Katherine, commence canoeing on Katherine River.
DAY 7 - Full day of canoeing on Katherine River
DAY 8 - Complete canoeing, back to Darwin, arriving at around 5pm. Overnight Mirambeena Resort Darwin
DAY 9 – Trip concludes.

Why travel with World Expeditions?

World Expeditions, Explore Kakadu and Beyond has been in continuous operation for more than 20 years, offering economical, reliable, environmentally friendly small group fully inclusive adventure holidays to some of the most beautiful pristine parts of Australia. Our trips cater to people from many walks of life, age groups and motivations. World Expeditions also offers more than 30 exclusive Australian itineraries that incorporate trekking, walking, rafting, cycling and climbing throughout Australia.

Explore Kakadu and Beyond Trip Inclusions

- Professional wilderness guide and support staff
- All group camping equipment, including tents, swags* for sleeping, stoves, eating utensils (but not sleeping bags)
- All meals from dinner on day one, to lunch on day eight
- 4WD Transport from Darwin
- All National Park and camping fees
- Comprehensive group first aid kit and emergency radio/sat phone
- 1 night pre and post tour accommodation in Darwin before and after the trip
- Welcome dinner

Explore Kakadu and Beyond Trip Exclusions

- Airfares
- Items of a personal nature, such as laundry and postage
- Backpacks
- Sleeping Bag hire
- Alcoholic beverages
- Travel insurance

Fast Facts

- ❑ Visas not required for Australian, NZ Citizens. Electronic Travel Authority required for UK, US and Canadian Citizens
- ❑ Vaccinations not required
- ❑ Group size – Minimum 6, Maximum 16 trekkers
- ❑ A single supplement is available for this trip – on request. Cost is \$250.00.

Detailed Itinerary

The following itinerary should be used as a guide only as it can vary due to time of year, weather, client preferences, trail conditions and unforeseen circumstances. Our guides in the Northern Territory have a profound knowledge of the area, and will seek out the best alternatives where necessary. We aim to get off the beaten track and go where the average tourist doesn't.

DAY 1 - Arrive in Darwin

Arrive at the Airport in Darwin and make your own way to the Mirambeena Resort. The rest of the afternoon is at leisure. There will be a pre trip briefing at 6pm in the Mirambeena poolside bar followed by a welcome dinner at the Resort. (D)

DAY 2 - To Kakadu National Park.

We pick you up from your accommodation between 7:00 and 7.30am, before heading to the renowned bird watching areas of Fogg Dam for coffee and a briefing on the trip ahead. We then get off the sealed roads and travel east by 4WD along the old Jim Jim Road, passing some of the great wetlands such as Red Lily Billabong. Kakadu National Park is a World Heritage area covering around 20 000 square kilometers so a short drive may be a couple of hours!

In the afternoon, after setting up camp at Mardugal, we travel to Yellow Waters, an expansive billabong that is home to an astounding variety of wildlife. Here you may encounter brumbies, wallabies and goannas drinking from the waterside, salt water crocodile and thousands of birds including Magpie Geese, Brolgas, Cormorants, Pelicans and Jabiru, Australia's largest flying bird. The flat-bottomed boat and commentary by an expert wildlife guide ensures an extraordinary insight in to the wetlands of Kakadu. The cruise finishes about 6:30pm at which time you will hopefully see one of the unforgettable Top End sunsets behind the lagoon. Camp at Mardugal.

(B, L, D)

DAY 3 - Jim Jim and Twin Falls.

NB: Jim Jim and Twin Falls usually available after mid-July. Prior to this we may visit alternative waterfalls.

Wake up to the call of hundreds of birds. After a leisurely breakfast, we drive to Jim Jim and Twin Falls, Kakadu's most famous waterfalls. Our day includes swimming through crystal clear waters and exploring these remarkable waterfalls and gorges. The thundering torrent usually depicted in the postcards is a phenomenon that only occurs during the wet season and this flow declines gradually through the dry season until it is a gentle trickle. We return to our group camp-site at Mardugal.

(Please note that Jim Jim and Twin Falls are only available subject to seasonal flooding, usually open from July onwards. In earlier months we will visit other less famous yet still spectacular gorges and waterfalls) **(B, L, D)**

DAY 4 - Barramundi Falls.

It is about a 45-minute drive to Maguk (Barramundi Falls), which flows all year round. We walk through lush sub-tropical forest before stumbling across the falls themselves. A large glassy pond at the foot of the falls lends itself to a relaxing morning of swimming or exploring the natural surroundings replete with the flora and fauna for which Kakadu is renowned.

In the early afternoon we drive to Koolpin Gorge, a remote and restricted area accessed by just a handful of tour operators and locals. By now we are well into the southern part of the Park -- it is much drier, which means less wetland (and hence fewer mosquitoes in the evenings!). You can swim in the main plunge pool with its white sandy

beaches and shady pandanus palms. **(B, L, D)**

DAY 5 - Koolpin Gorge.

NB: Koolpin Gorge is usually available from Mid June. If Koolpin Gorge is not available we may visit alternative destinations in Kakadu

Today involves a full-day hike in the Koolpin Gorge area, deep in to wilderness of the Southern plateau and stone country. The walk involves a lot of rock scrambling through spectacular gorges, but your efforts are well rewarded by crystal clear, unspoilt rock pools of remarkable beauty and some outstanding views of the surrounding hills and woodland. The pace of the walk and the distance covered is up to the mood of the group on the day. On the way there are often limpid rock pools lined with ferns and Livistonia palms. Within the walls of the gorge birds and animals find water and shelter from the heat of the plains. It is a wonderful opportunity to explore this magical environment and, once again the day can be as strenuous as the group prefers. This is an area that only very few people are privileged to experience, and for many, this day is one of the highlights of the trip. Return to our overnight camp at Koolpin Gorge. **(B, L, D)**

DAY 6 - Katherine Gorge

After an early breakfast, we pack and board the vehicle once again for our drive to Katherine Gorge. We leave Kakadu National Park and pass through the old goldmining town of Pine Creek. We will spend the afternoon exploring some of the spectacular walks overlooking the Gorge. There may also be time for optional helicopter flights (own expense). We will camp for the evening at the Gorge. **(B, L, D)**

DAY 7 - Katherine Gorge.

Today is a full day of paddling up the Katherine Gorge, enjoying the spectacular scenery and the deep clear flowing water. We paddle up the gorge as far as we can in the time allowing, with some relaxing paddling back down stream. **(B, L, D)**

DAY 8 - To Darwin.

After our second night camped by the river, pack up for our 4WD trip back to Katherine. We aim to return to town by mid morning and head back up the Stuart Highway to Darwin. We may enjoy a relaxing lunch beside the waterfall of Edith Falls or Adelaide River on the way north and expect to arrive back into Darwin around 5:00pm. Overnight Mirambeena Resort **(B, L)**

DAY 9 – Trip concludes.

Own arrangements to the airport for your onward flights.

What You Carry

Explore Kakadu is fully supported. You will need to carry just a day-pack with your water bottles, lunch, camera and other personal items.

You should plan on carrying at least 3 litres of water each and every day.

Accommodation on Tour

During the trip you camp with swags* and tents. You will be experiencing the Territorian style of camping, so your participation will be appreciated. The guide will prepare all the meals and run the camp, however you will be asked to contribute by putting up your own tents and rolling out swags. Participation around the camp will make for a more enjoyable experience for everybody.

We supply swags to sleep on. A swag is comprised of a three-inch thick foam mattress with a canvas cover to keep it clean – they are very comfortable.

- Your swag contains a pillow with pillow cover and one sheet.
- Swags are rolled out inside Mozzie Dome style tents, these offer sleeping under the stars while protecting from bugs and converting to weatherproof tents in case of rain.
- Sleeping bags are essential for warmth. You can bring your own or hire. They are available for hire for \$20, so please contact WE reservations staff if you require one. We ask that you provide your own inner sheet if you hire a sleeping bag.
- All tents are issued with a tent fly which are optional to put over the mozzie dome and the fly will also provide privacy.

If you are travelling alone you will share a tent with someone of the same sex or you can choose to pay a single supplement for your own tent.

What to Expect

The vehicles we use on our Kakadu trips are Toyota Landcruisers. We take a maximum of eight passengers plus a driver. The rear seating arrangement is generally centre-facing ie. seating

along each side of the vehicle. All our vehicles are registered as commercial tourist (passenger carrying) vehicles.

Our guides are very experienced outdoor leaders, so if you have not been camping before they will assist to make you feel comfortable. On this trip there will be one guide only. He/She will be driving the vehicle at all times, and is responsible for ensuring the safety of the group as a whole as well as the safety of individuals. Your guide will also be doing everything possible to ensure that you get the most out of your trip. Feel comfortable about approaching him/her if there is anything concerning you. World Expeditions guides are selected for their excellent local knowledge and outdoor skills.

He/she will oversee all food preparation, cooking and all camping arrangements, but you should come prepared to chip in and help where possible (food preparation, loading vehicles, washing-up, collecting water, etc.). Your participation in the running of the trip is not only encouraged, but will also ensure a rewarding trip.

The Canoes

The canoes we will be using on the Katherine River are open Canadian canoes. These plastic canoes take two people and we use single blade paddles. These craft have been found to be ideal for the Katherine River. All gear and equipment will be packed into waterproof containers or bags and we will camp on the banks of the river. We travel 20 - 30km downriver and some small rapids are encountered which will add to the excitement of your trip.

Climate

Generally speaking, it is fine, rain-free and there is plenty of sun between May and October. The days are quite warm from May to November (tops of around 35°C) and evenings can be cooler (down to around 15°C). Mid dry season (Jun-July) can be cold at night down to around 5°C in Katherine). As the wet season approaches (Oct/Nov) there are sometimes spectacular thunderstorms which provide relief from the humidity. Throughout the year we can swim in crystal clear, spring fed pools.

It is essential in this climate to keep up a high fluid intake (plain water is best) to avoid dehydration. The first sign of mild dehydration is headache, which can make your holiday

uncomfortable. More severe dehydration can lead to heat exhaustion, a most uncomfortable experience, and there is no 'quick fix' for this condition. Please ensure that you drink *4 litres per day*. Your guide will point this out again when you start the trip, as mild dehydration can be easily avoided.

Amenities

On some nights (1,2) we will have access to running water and solar heated showers. For the remainder of the trip (four nights) we will not have access to showers, but we will have several opportunities to swim in creeks and rockpools. Please remember not to use any soaps, toothpaste or detergents in natural areas such as creeks and rockpools.

Flushing toilets will be available some nights. At other times we will have access to composting toilets. Our last 2 nights will be the most remote, and we will not have access to any formalised toilet facilities. At these campsites we will bury human waste. Your guide will elaborate further on this.

In remote wilderness areas, good hygiene is essential to ensure that you don't fall ill during the trip. To make it easier to wash your hands after using the toilet, and before preparing or eating meals, your guide will always have soap and water available.

Trip Grading

This trip is for almost anyone with a reasonable level of fitness and competent swimming ability. This adventure is designed for the enthusiastic and adventurous in search of something different. This trip has been graded at a introductory-moderate level on the basis that most days do not involve heavy physical exertion. However, some days will be quite active involving steep walks or canoeing for most of the day. These adventures are best prepared for with some regular moderate exercise. As always with adventure travel, you should enjoy a healthy lifestyle before undertaking this trip. Please bear in mind that because you will be traveling into a remote wilderness, creature comforts are limited.

Your level of fitness can also help you acclimatise to the warm temperatures and humidity, so we suggest a bit of swimming, walking, jogging or cycling to trim yourself up ready for the Territory!

How To Get There

We recommend that you travel by air to Darwin. Flights should be booked **as soon as possible**, as there is always a heavy demand. Please note that your return journey should be booked for the day after the trip arrives back in Darwin, in case of unexpected delays.

Take care if you are intending to book your flight using frequent flyer points, or heavily discounted flights. Please note that all our trips require minimum numbers to operate. If purchasing an advance purchase non-refundable air ticket, World Expeditions strongly advises that you take out travel insurance in the event that the departure does not operate and your ticket cannot be utilised.

Adventure Travel

By its very nature adventure travel involves an element of the unexpected. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

Responsible Travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence.

World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our *Responsible Travel Guidebook*. This detailed guide to responsible & sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website www.worldexpeditions.com

Wilderness Considerations

It is very important to behave respectfully towards the Kakadu's special ecology. We will strictly adhere to our policy of *"Take only photographs, leave only footprints"*.

The use of biodegradable soaps would be

appreciated and the guides will outline what we can do to limit our impact on the environment further. In remote areas in particular, we ask that each person follow a policy of taking out everything they bring in, including lolly wrappers, batteries, etc. Please don't bring aerosol sprays on the trip.

Cultural Considerations

Australians in general are an accepting and tolerant society and are quite used to travelers and tourists. All of our Australian adventures explore remote and harsh environments with few local people. Often locals in remote areas are friendly interesting people who welcome visitors, it is also possible that they want to go about their life without having to talk to every tourist that appears. In dealing with local people keep in mind that you are a casual visitor to their country and respect their way of life.

As a general rule of travel, anywhere in the world, please ask permission before taking photographs of people.

You will be traveling through Aboriginal land with a living culture and rich heritage. When on Aboriginal land it is necessary to accept that there may be some conditions of travel (your guide will explain) and that local and traditional obligations take precedence over permission to travel. Consider that Aboriginal land is essentially private land and that permission to enter is a privilege. There is incredible diversity in Aboriginal culture and each local clan may have their own language and culture. Your guide will keep you informed of local culture, issues, and any considerations for dealing with local

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Important Note:

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