

Momentum Mental Health: Larapinta Challenge 2027



Trip Highlights

- Share an inspiring adventure with fellow supporters and help create brighter futures for people facing mental health challenges
- Hike more than the main highlights of this iconic Australian desert walk along the West MacDonnell ranges
- Mark ANZAC Day with a sunrise summit of Mt Sonder, the iconic finale and highest point of the Larapinta Trail
- Gain a deeper understanding of the ancient Indigenous culture and Traditional Arrente Owners
- Relax around a campfire under the Milky Way as your guides prepare delicious 3 course meals
- View spectacular and abundant bird-life along the whole trail



Trip Duration	8 days	Trip Code: LMM
Grade	Moderate	
Activities	Trekking	
Summary	6 days trekking, 5 nights multi-award winning Eco-Comfort Camps, 2 nights hotel	

Supporting Your Cause

Momentum Mental Health is an Australian not-for-profit that supports people living with mental health challenges to build independence, confidence, and connection in their daily lives.

Their approach is recovery-focused, offering practical support through services such as supported accommodation, community programs, and personalised care. Rather than focusing solely on treatment, they work alongside individuals to help them regain stability, purpose, and a sense of belonging.

At its heart, their work reflects a more compassionate understanding of mental health—one that values connection, dignity, and ongoing support as key to wellbeing.

Join us on the iconic Larapinta Trail—one of Australia's most stunning desert treks—and help raise vital funds to support hope for people living with mental health challenges.

Your Huma Challenge

Thank you for your interest in our Momentum Mental Health: Larapinta Challenge 2027. Huma Charity Challenge is a division of the worldwide adventure travel company World Expeditions. When joining a Huma Charity Challenge you embark on a remarkable journey to discover your inner philanthropist as you raise money for a Charity that is important to you. At the same time you take on the challenge of fundraising and partake in an adventure to discover new worlds, new landscapes and new cultures ... perhaps you'll even discover how far your personal boundaries stretch as you take on a physical challenge like a cycling, trekking or a mountaineering adventure. We are passionate about off-the-beaten track travel experiences as they provide travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. Our itineraries provide the very best travel experience, designed by people with vast local knowledge who share our vision of authentic exchange and real exploration with a responsible travel approach at the core.

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Trip Dates

2027 20 Apr - 27 Apr

important notes

RF - Registration Fee

DO - Minimum fundraising target/donation

Your Adventure

Since pioneering the first commercial trek on the Larapinta Trail in 1995, we've continued to lead the way. This fully supported itinerary offers the ideal balance of challenge, comfort and connection to Country.

Our exclusive network of architect-designed Eco-Comfort Camps allows for a genuine through-walk experience—with less backtracking, fewer transfers and more time on the trail. You'll stay in three of our four multi-award-winning camps, each offering fresh perspectives and deeper immersion in the spectacular West MacDonnell Ranges.

Covering around 80km of the trail's most breathtaking sections, this itinerary showcases the very best of the 223km Larapinta Trail. Walk along high quartzite ridgelines, through the dramatic red-walled gorges of Ormiston and Serpentine, and discover permanent waterholes, rugged escarpments and the ever-changing desert landscapes of Simpsons Gap and Standley Chasm.

A true highlight of the journey is a pre-dawn ANZAC Day ascent of Rwetyepme / Mt Sonder (1,380m), the highest point and iconic finale of the Larapinta Trail. Reaching the summit as the sun rises over the ancient ranges provides a moving setting to commemorate ANZAC Day—an unforgettable moment of reflection, achievement and connection.

Each evening, unwind at our sustainable Eco-Comfort Camps, purpose-built for comfort in the Outback. Enjoy hot showers, private safari tents, heated dining shelters and gourmet three-course dinners.

Led by experienced, passionate guides, you'll be supported every step of the way on a journey that's not just about spectacular scenery, but also camaraderie, purpose and making a meaningful difference.

Fundraising Options

There are several ways you can approach your fundraising goal:

Fundraise the charity donation through sponsorship and donations from family, friends, colleagues and your wider network, while paying your own travel costs.

Make a personal tax-deductible donation to cover the charity donation amount yourself and pay your travel costs separately.

Combine fundraising and personal contributions by fundraising as much as possible and personally covering any remaining balance of the charity donation.

Once you register for the challenge, a representative from your chosen charity will welcome you, provide access to their fundraising platform, and authorise you to fundraise on the charity's behalf.

You'll also receive our comprehensive Confirmation Kit, including a Fundraiser's Guide packed with practical tips, ideas and resources to help you achieve your fundraising goal.

Itinerary at a Glance

DAY 1	ARRIVE ALICE SPRINGS
DAY 2	TELEGRAPH STATION TO WALLABY GAP OR NICK'S CAMP (14KM OR 20KM)
DAY 3	WALLABY GAP TO SIMPSONS GAP CULTURAL TOUR AT STANDLEY CHASM (11KM)
DAY 4	SERPENTINE GORGE TO CHARLIE'S CAMP (16.5KM)
DAY 5	SERPENTINE GORGE TO ELLERY CREEK OCHRE PITS & GLEN HELEN (14KM)
DAY 6	MT SONDER SUNRISE SUMMIT – ANZAC DAY (1380M, 16KM)
DAY 7	ORMISTON POUND WALK (8KM), TRANSFER TO ALICE SPRINGS
DAY 8	DEPART ALICE SPRINGS



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Fast Facts

Group Size Min:

12

Group Size Max:

16

Singles:

A single tent may be available on this trip at no extra charge*

Leader:

Expert local leader

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

Trip grading Moderate

The trek is graded moderate. This trek involves walking 5-8 hours each day over rugged terrain with some steep ascents and descents. The trail conditions of the Larapinta Trail are rocky, rugged, hard surfaced and dry. While a number of sections of the trail wind through open plains, undulating areas and relatively flat country, overall, the trail is characterised by rocky, stony and mountainous terrain which can rise from 680m above sea level to more than 1,200m along some sections.

Suggested preparation: We recommend regular exercise 3 or 4 times per week (this can be cycling, jogging or walking) in the months leading up to your trip. At least once a week, you should walk with a weighted day pack (5-7kg) for several hours for leg strengthening and aerobic fitness. The best way to train for an active holiday is to simulate the activity you will be undertaking on the trip. Train for uneven terrain by finding a hilly, rough narrow bush track, and go for a lovely long walk in your trekking boots.

What's Included

- Wide variety of tasty yet healthy and high energy trail snacks
- Hotel accommodation in Alice Springs before and after the trek
- 5 nights at our exclusive eco-comfort camps on a twin share basis or free upgrade to single tent for solo travellers
- Professional wilderness guides & support staff who share stories and interop of the trail and cook epic meals
- Camping equipment including tents, beds plus all cooking equipment and utensils
- Fees to Aboriginal Traditional Owners
- National Park fees
- Alice Springs hotel pick up/drop off on first and last day of tour
- All transport during the tour which also moves your luggage from camp to camp
- Emergency communications & 24 hour back-up plus comprehensive group first aid kit
- USB phone charging available at each camp
- Pre departure information kit to help you plan and prepare

What's Not Included

- Transfers from/to Alice Springs airport
- Items of a personal nature, such as laundry and alcoholic beverages
- Backpack and sleeping bag (if you would like to hire a sleeping bag please let our staff know at least 14 days prior to your trip)
- Airfares
- Travel insurance
- Face masks and hand sanitiser

Detailed Itinerary

Your trip begins with a mandatory pre-tour briefing at 3:30pm on Day 1 (arrival) at the Lone Dingo Camping Store, 6/63 Todd Street, Alice Springs. The session runs for approximately 30-60 minutes and includes meeting your group, a detailed itinerary overview, gear and clothing check (no need to bring items), safety and emergency procedures, conservation and Leave No Trace principles, weather updates, confirmation of departure details for the following day, and an opportunity to ask your guides any questions.

DAY 1 Arrive Alice Springs

Welcome to the Top End! After all the preparation and fundraising, your adventure begins. On arrival in Alice Springs make your way to the Mercure Hotel for overnight (breakfast included).

At 3:30pm this afternoon, there is a compulsory pre-trip briefing with your guides at the Lone Dingo Camping and Outdoor Store on the corner of Todd Mall and Gregory Terrace.

Overnight Mercure Alice Springs

meals: NIL



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Adventure Travel

By its very nature Charity Challenges involve an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are suitably fit, 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 charity representative or one of our team.

Important Note

These trip notes represent the most current information for this itinerary, and may supersede any other supplied information, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAY 2 Telegraph Station to Wallaby Gap or Nick's Camp (14km or 20km)

After an early breakfast, you'll be collected from your hotel between 7:00–7:30am and transferred to the historic Alice Springs Telegraph Station, the official starting point of the Larapinta Trail. From here, you'll begin your westward journey through the spectacular West MacDonnell Ranges, culminating days later with the sunrise ascent of Mt Sonder. Few itineraries offer the opportunity to experience the trail from its symbolic beginning to its most iconic finish.

Today's walk takes you through witchetty bush, mulga scrub and bird-filled woodlands before climbing onto the exposed spine of Euro Ridge, where expansive views stretch back towards Alice Springs and across the surrounding desert ranges. The trail then descends to Wallaby Gap. Those seeking an extra challenge can continue on to Nick's Camp, extending the day's walk to 20km.

This evening, settle into Nick's Camp, one of our exclusive Eco-Comfort Camps, nestled among desert oaks with panoramic views of the Heavitree Range. Relax and enjoy true bush hospitality, and savour a native-inspired entree prepared by local culinary specialist Rayleen Brown.

Walking Time: 5–7 hours (depending on distance)

meals: B,L,D

DAY 3 Wallaby Gap to Simpsons Gap | Cultural Tour at Standley Chasm (11km)

After breakfast, transfer from Nick's Camp back to Wallaby Gap to start today's walk.

Enjoy a scenic 11km trek to the striking Simpsons Gap, one of the most prominent gaps in the West MacDonnell Ranges and a sacred site to the Arrernte people.

After the walk, drive 40 minutes to Standley Chasm where you'll take part in a cultural experience led by a local Indigenous guide. Learn about the deep spiritual and cultural significance of the area, bush tucker, and traditional land management practices.

In the late afternoon, transfer approximately 1 hour and 20 minutes to Charlie's Camp, your exclusive campsite for the night.

Walking Time: Approx 5 hours

meals: B,L,D

DAY 4 Serpentine Gorge to Charlie's Camp (16.5km)

Today's highlight is the 5km walk along the crest of the high ridge leading to Counts Point. From here we have clear views of Central Australia's western horizon to Mt Zeil (1531m), the highest peak in the Northern Territory, and Mt Sonder which marks the end of the Larapinta Trail. We can also see the huge comet crater of Gosse Bluff, a feature of the landscape for the next few days. We descend from the high ridgetop through mysterious stands of mulga trees.

At the base of the ridge we follow a track of dolomite limestone toward camp; keep your eye out for fossil stromatolites under foot, one of the most ancient forms of life. Stepping off the main trail, we follow our private track to Charlie's Camp, named in honour of pioneering Larapinta guide Charlie Holmes. Tonight's camp is nestled in secluded wilderness at the foothills of Counts Point. Spend the evening relaxing around the campfire while your guides prepare a scrumptious dinner.

Walking Time: 5.5-6.5 hours

meals: B,L,D



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DAY 5 Serpentine Gorge to Ellery Creek | Ochre Pits & Glen Helen (14km)

Transfer from Charlie's Camp to Serpentine Gorge, the starting point for today's walk. This section of the Larapinta Trail (Section 7) tracks along the southern flank of the Chewings Range, where the terrain becomes more undulating and rocky. The geology is exceptional—you'll pass Stromatolite fossils, remnants of some of the Earth's earliest life forms, and traverse exposed layers of an ancient inland seabed.

Along the way, we visit Serpentine Chalet Dam, a quiet and scenic spot that was once the site of a failed tourism venture in the 1950s, and continue into the stunning Inarlanga (Echidna) Pass, known for its striking rock formations and stands of ancient cycad palms, which have survived here for millions of years.

From here, we descend through open country to an original ochre quarry, a sacred Aboriginal site where ochre was traditionally collected for ceremonial use. The wave-like ochre walls, painted in vivid reds, yellows, and whites, are a striking sight.

Continue to Ellery Creek and a refreshing swim at Ellery Creek Big Hole, one of Central Australia's most iconic and picturesque waterholes.

Transfer west (approx. 50 minutes) to Fearless Camp, our private wilderness camps, named in honour of Australian mountaineer and trekking guide Sue Fear.

Settle in and relax at camp in preparation for tomorrow's big day.

Walking Time: 6-7 hours

meals: **B,L,D**

DAY 6 Mt Sonder Sunrise Summit – ANZAC Day (1380m, 16km)

An early start (around 2–3am) sees us set out by headtorch for the unforgettable climb to the summit of Rwetyepme / Mt Sonder (1,380m). As dawn breaks over the ancient West MacDonnell Ranges, we'll pause to commemorate ANZAC Day, reflecting on courage, sacrifice and resilience in one of Australia's most inspiring natural settings.

As the highest point and official western end of the Larapinta Trail, Mt Sonder rewards your efforts with breathtaking 360-degree views across the vast desert landscape you've traversed over the past few days. Watching the first light of day illuminate this remarkable country is a fitting and memorable finale to your Larapinta adventure.

After descending to Redbank Gorge, enjoy a well-earned brunch back at camp. The afternoon is yours to relax, or perhaps cool off with a refreshing swim in the nearby Finke River.

Walking time: 7–8 hours

meals: **B,L,D**

DAY 7 Ormiston Pound Walk (8km), transfer to Alice Springs

This morning we enjoy the best side walk of the entire Larapinta Trail: Ormiston Pound. The Pound offers an immense variety of extraordinary scenery and is the perfect walk to complete our journey. We explore the upper reaches of the Gorge where we may see Rock Wallabies scamper about the imposing cliffs, and follow the track through scrub filled with native birds: Spinifex Pigeon, Budgerigar and Mistletoe Bird. Keep an eye out overhead for the majestic Wedge-tailed Eagle, Australia's largest raptor. This walk includes an unavoidable water crossing, through still, cold water. The water level varies throughout the season but can be up to 1m deep in the early season. The water crossing is about 20m across, and your guides will be there to assist.

After lunch we board the bus and transfer to Alice Springs. Sitting back and watching the now familiar ancient desert landscape slide by the bus window gives most trekkers a sense of awe and satisfaction. Congratulations on all you have achieved over the last six days! We will drop you at the Mercure Hotel at approximately 4-5pm. Overnight Mercure Hotel.

Walking Time: 3-4 hours

meals: **B,L**



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DAY 8 Depart Alice Springs

Arrangements conclude after breakfast with a transfer to the airport for your onward flight home.

meals: B

This itinerary is subject to change with any modifications in Community regulations as well as Governmental changes and natural circumstances beyond our control.

Exclusive Eco-comfort Camps

Since 1995, World Expeditions has led the way in this outstanding walking destination and our pioneering and exclusive eco-comfort camps continue to set the standard on the Larapinta Trail. We worked with Neeson-Murcutt Architects to design innovative, stylish and sustainable semi-permanent facilities that will enhance the experience of walkers while at the same time minimising environmental impacts. The design won the 2014 NT Architecture Award for Small Project Architecture.

Our innovative eco-comfort camps give walkers a relaxing base to enjoy the outback solitude between hikes while enjoying the pristine desert scenery. The kitchen, lounge and dining shelter are set on a raised platform out of the dust. The comfortable lounge is a great place to relax in a cool and shady open sided haven on warm afternoons, while also offering a heated shelter during the cool nights. The dining wing offers stylish table setting for the entire group while the campfire circle is an informal area to relax around the fireplace.

The composting toilets are in a clean, airy amenities shelter and use a special compost system that breaks down waste without using water or chemicals. The hot showers give walkers a welcome way to wash away the dust of a good days walk on the Larapinta Trail.

The custom-built safari tents are spacious at 3.6m x 1.8m x 2.2m, offering plenty of room for two people and gear. You sleep on a mattress and bed base. The beds are 30cm off the ground with a firm comfy 18cm thick mattress. We provide a cotton fitted sheet, pillow, and pillowcase which you keep for the entire trip. The sturdy canvas tents also offer great protection if bad weather threatens.

There are 4 exclusive eco-comfort camps in secluded wilderness locations spread along the trail and you will stay one or two nights in each.

1. Nick Murcutt's Camp near Simpsons Gap, named in honour of the architect, approximately 30 km west of Alice Springs
2. Charlie Holmes Camp near Serpentine Chalet Dam, approximately 130 km west of Alice Springs
3. Fearless Campsite, near the base of Mt Sonder and approximately 210 km west of Alice Springs
4. Sonder Camp, at the base of Mt Sonder and approximately 210km west of Alice Springs.

Our exclusive eco-comfort camps would not be possible without a strong partnership with Aboriginal Traditional Owners and the NT Parks and Wildlife who jointly manage the land. This partnership ensures that the benefits of trekking tourism are shared equitably with the Aboriginal Traditional Owners whose land we walk and camp upon.

Meals During the Trek

World Expeditions aims to provide high quality, interesting and nutritional meals for all our guests. Wherever possible we use fresh, locally sourced and carefully selected produce, stored and transported so as to maintain freshness and quality. There is often plenty of fish, meat or other protein based main dishes and fresh salads. On many trips we re-supply with fresh food every few days however on some more remote trips we may go longer before we can stock up on fresh food.



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Our guides have remarkable wilderness culinary skills and pride themselves on the variety and standard of their meals, and the ability to cater to most dietary requirements (e.g. vegetarian or gluten free). The following is a general guide:

- Breakfasts: Ranges from cooked eggs and bacon, toast with yummy spreads, to continental (fruit, cereal, yoghurt). Always accompanied by fresh coffee and hot drinks.
- Lunches: Depending on the trip, you may prepare your lunch such as wraps or sandwiches in camp before the day's trek. Or we may have a picnic style lunch on the track with a wide selection of bread rolls, wraps, deli-meats, salads and spreads to prepare a tasty lunch how you like it.
- Dinners: 2-3 courses. The main meal is usually a classic outback style meal such as grilled barramundi, classic Australian camp BBQ, or perhaps a tasty stirfry.
- Snacks: Your guides will always have plenty of trail snacks available such as muesli bars and fruit. In the evenings we often serve hors d'oeuvres around the camp while dinner is being prepared.

Dietary Requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

Accommodation on the Trip

During your walk you will stay at our exclusive eco-comfort camps. Nestled amongst the hills just off the Larapinta Trail, these semi-permanent wilderness camps offer a relaxing and comfortable stay in remote locations.

Our exclusive eco-comfort camps are fully set up, so there is no need to worry about pitching or packing away tents. Each site has a large, covered area in which to relax at the end of a day of walking, with lounges, dining table and kitchen. Beside this shady communal space is our campfire, the perfect place to gather as the sun sets.

The toilet facilities are clean and comfortable. All toilet waste goes in to a composting tank, ensuring the environment is protected. There are simple shower facilities: a bucket of water heated over the fire is strung up, providing a few minutes of wonderful hot shower. All water is brought in by tanker as there are no suitable local water sources in the arid ranges.

The safari-style tents offer plenty of room for two people and gear. Luggage should be kept in the tent at all times, preventing dingoes from taking shoes and other items.

If you book as a single traveller you will receive a free upgrade to your own private tent.

You sleep on a mattress and bed base. The beds are 30cm off the ground with a firm comfy 18cm thick mattress. We provide a cotton fitted sheet, pillow, and pillowcase which you keep for the entire trip.



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Sleeping bags are essential for warmth. You can bring your own or hire from us - please contact our team if you would like to hire one at least 14 days prior to your departure. A sleeping bag liner will be provided if you are hiring a sleeping bag. Most groups are made up of a mixture of single participants and couples. If you are travelling independently you will have your own tent at no additional cost.

At the campsites you can charge devices through USB ports in the lounge area. Ports are very limited and shared between participants. Charging is via solar panels so can take longer than usual. We suggest bringing portable power chargers or fully charged spare batteries as back-up for your devices.

You will be required to help with washing up your cups, dishes, etc after breakfast and dinner.

What You Carry

The Larapinta Trek is a fully supported trek. You will carry just a day pack containing the following items:

- Water for the day's walk (2-4L, amount is dependent on the day)
- Sunhat, sunglasses & sunscreen
- Snacks for the day, provided by your guides
- Waterproof and warm layers
- Camera and any other personal items

Depending on the amount of personal items you decide to carry, your day pack will weigh approximately 5-8kg. Your luggage will be transferred by the support vehicle. Please keep luggage to one soft duffel bag per person; please do not bring hard suitcases or extra large duffels as these are hard to transport.

Equipment Required

Specialist gear is required include walking boots, head-torch and day pack. You will receive a comprehensive gear list for this tour with your confirmation documents. This list has been compiled with our experienced knowledge of the local conditions and we ask that you read and adhere to it; having the correct equipment will ensure you stay comfortable and get the most out of your wilderness experience.

Protecting the Environment

World Expeditions has created exclusive semi-permanent campsites that are specially designed to reduce the impact of trekkers on the environment. These camps have specially designed composting toilets so as to ensure that no waste enters the environment. Solar lighting systems provide sustainable and reliable light. Hot water is heated in an outback style, gas fired 'donkey' water heater. All firewood is supplied from sustainable sources outside the National Park. All waste and rubbish is removed from the camps on a regular basis: food waste is composted, bottles and cardboard are recycled, and non-recyclable rubbish is disposed of in municipal waste.

Our campsites are in the National Park therefore animal sightings often occur; we see dingoes, perentie, hopping native mice, and variety of birds, even while in camp. We respect the presence of local fauna and hope to share with you the excitement of seeing them in their natural habitat but not disturbing them.



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Vehicles & Safety

Throughout the trip, we will use a variety of vehicles for transfers and trail access. All vehicles are fit for purpose and appropriate for the conditions encountered in remote Central Australia. Travel on unsealed roads may at times be bumpy and dusty. We ask that participants follow all safety instructions provided by guides and drivers and use seatbelts whenever available.

How To Book

To register for this Challenge visit the Huma Charity Challenge website and click REGISTER NOW. A \$200 registration fee is required at the time of booking. Or you can contact Huma Charity Challenge by email for more information: megan@humacharitychallenge.com.au

FAQs

Q. What are the Great Walks of Australia?

A. The Great Walks of Australia are an exclusive collection of the best multi-day walking experiences in Australia. Each walk is an independently owned guided walking experience that enables access to some of Australia's most iconic landscapes. All of the Great Walks of Australia can be viewed on their website - www.greatwalksofaustralia.com.au

To qualify as a great walk, each walk provides exceptional guided walking experiences in high-value natural areas for small groups. These experiences include outstanding accommodation, food & wine.

Q. What is the terrain like?

A. A majority of the terrain on the Larapinta Trail is hard, rough and rocky, particularly on high ground, in gorges, creek and river beds. The ground is often distorted with embedded or loose rock depending on the trail variations.

The trail conditions of the Larapinta Trail are rocky, rugged, hard surfaced and dry. While a number of sections of the trail wind through open plains, undulating areas and relatively flat country, overall, the trail is characterised by rocky, stony and mountainous terrain which can rise from 680m above sea level to more than 1,200m along some sections.

Q. Can I bring a CPAP machine?

A. If you need to use a CPAP machine during the trip please speak with our staff about this. There are charging points at camp, but not in your tent. You will need to bring spare batteries that can be charged by USB port during the day while the group are not at camp and/or bring a small solar panel to charge the batteries.

Q. Can I have my own tent?

A. Yes, if you are travelling on your own you will receive a free upgrade to your own private tent. No single supplement applies.

Q. How fit do I need to be?

A. You will need a good level of fitness for this trek on the Larapinta. You need to be capable and prepared to spend 5-7 hours each day trekking over rugged terrain with some steep ascents and descents. If you have any questions about your suitability please give us a call and speak with one of our staff members. We are more than happy to discuss additional information about what you can expect.

Q. Do I need to wear hiking boots on the Larapinta Trail?

A. Yes. The terrain on this trek is rugged, and the Quartzite rocks are famous for shredding even the most trusted old pair of hiking boots. For your comfort, you must have high supported boots with a heavy duty grip. There are lots of rocky, uneven and unstable sections, so ankle support will be beneficial. We recommend they are waterproof though this is optional.



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Q. How much weight will I carry?

A. The Classic Larapinta Trek is fully vehicle supported. You will carry just a day pack containing the items you need during the day (including water, sun hat, snacks, lunch, camera, waterproof and warm layers). This is likely to weigh between 5-7kg.

Q. What can I do with my excess luggage?

A. Any excess luggage can be stored at your pre/post tour accommodation in Alice Springs.

Q. Do you recommend hiking poles?

A. Hiking poles can definitely assist you with going up and down the inclines and for stability. If you have not used them previously, we recommend that you do some training with them before you head out on the hike.

Q. Do I need to pack water purification tablets?

A. No. A water tank will be carried in the support vehicles and the guides will provide you with drinking water each day.

Q. Will I be able to charge my batteries?

A. At the campsites you can charge devices through USB ports in the lounge area. Ports are very limited and shared between participants. Charging is via solar panels so can take longer than usual. We suggest bringing portable power chargers or fully charged spare batteries as back-up for your devices.

Q. Is there phone reception on the trail?

A. Not frequently. Sporadic reception can be received depending on your carrier, but generally only for the first day and when on top of Mt Sonder.

Q. When is the best time to walk on the Larapinta?

A. Our Larapinta Trail trekking season runs from April to September, when trekking conditions are most favourable. Winter is arguably the best time to experience the Larapinta Trail, as it offers prime trekking conditions, more stable temperatures and endlessly blue days.

Q. What is the weather like?

A. In the Centre, the four traditional seasons are more distinct, and temperatures are more extreme than in most other parts of Australia. Trekking in winter (May to August) is generally pleasant with light winds, and daytime temperatures averaging 15-25C. However, winter nights often plummet below freezing and there are frequent frosts; please make sure that you prepare for the cold evenings on winter treks.

The shoulder seasons of April and September tend to bring higher daytime temperatures with daytime temperatures averaging 25-35C. Nights are typically mild hovering around 10-15C. Higher daytime temperatures can occasionally occur necessitating adjustments to itineraries. This may entail a reduction in walking activities and an increase in more leisurely pursuits such as swimming.

While rainfall is infrequent along the Larapinta Trail, it remains essential to be equipped for any weather scenario. The region is susceptible to unpredictable spells of hot or cold weather at random intervals. Rest assured, our facilities are well-equipped to accommodate both extremes, ensuring an enjoyable experience amidst the diverse conditions of Outback Australia. However, in light of this variability, we hope to stress to you the importance of following our suggested packing list, checking local weather updates prior to departure and packing appropriately for a more informed and enjoyable journey.

Q. I will have a car - where can I park in Alice Springs?

A. As we do not have a parking facility to offer travellers, you will need to make your own arrangements for your car. You can ask your pre/post tour accommodation about car parking or contact Discovery Parks Alice Springs on phone (02) 8952 6111 or alicesprings@discoveryparks.com.au who may be able to offer parking for a fee.

