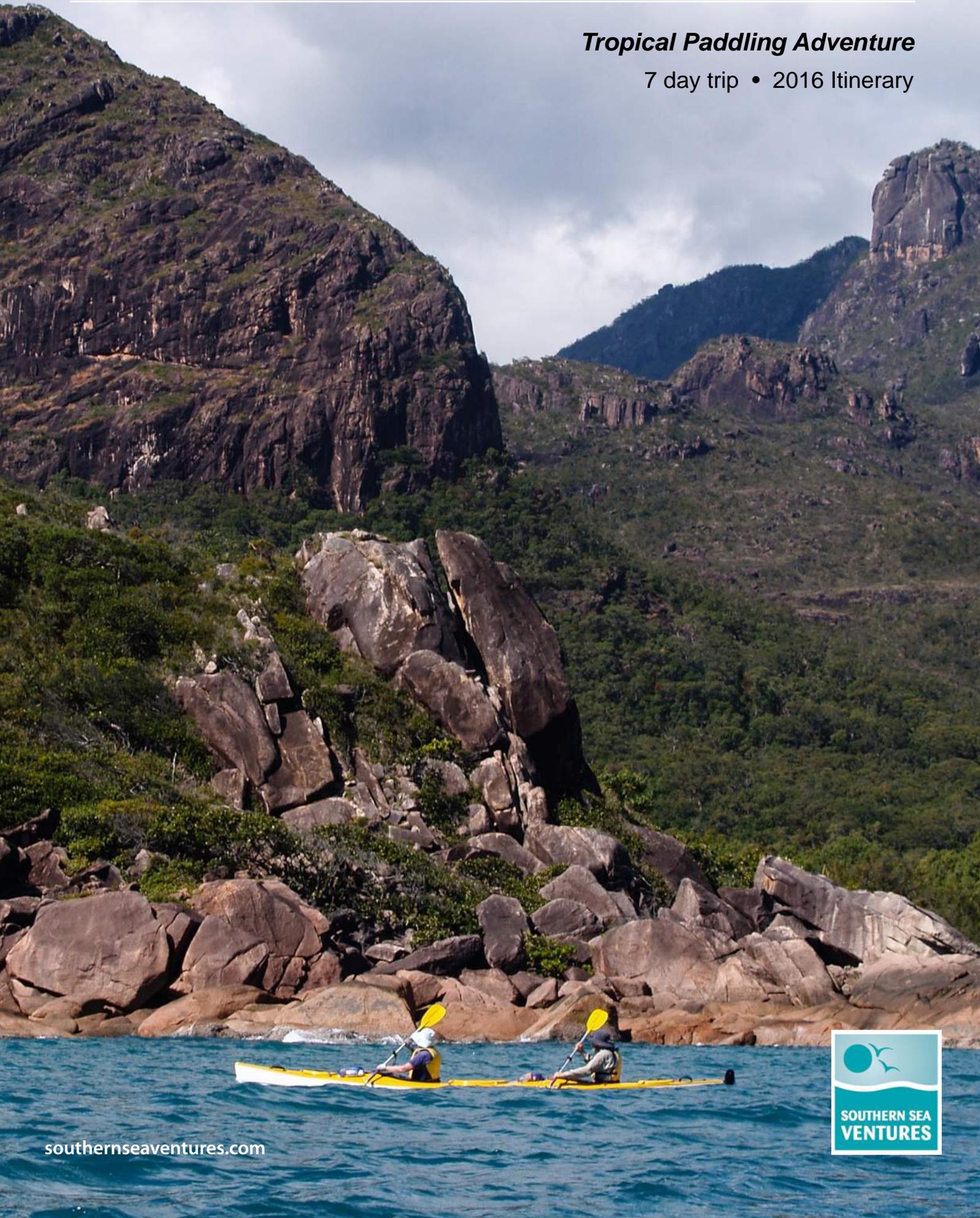


PACIFIC & ASIA

Hinchinbrook Island Group

Tropical Paddling Adventure

7 day trip • 2016 Itinerary



Australia: Hinchinbrook Island Group



7 day trip 7 days kayaking

Hinchinbrook Island, Goold Island and the Family Islands are continental islands located off the tropical coast between Ingham and Tully in North Queensland. Hinchinbrook's 39,000 hectares makes it Australia's largest island national park. Hinchinbrook Island is part of the Great Barrier Reef UNESCO World Heritage listing, due to its unique flora and fauna. With granite peaks rising 1142 metres directly out of the sea, the island is a magnificent backdrop for sea kayaking. Waterfalls, tropical rainforests, precipitous headlands, coral reefs and secluded beaches are among the island's treasures. Paddling the coast of Hinchinbrook Island and camping on the white sandy beaches is a true taste of paradise. The diversity of the island is remarkable with the mangrove swamps along the western shore contrasting sharply with golden sand and numerous bays along the eastern shore. Hinchinbrook Island is perhaps the last remnant of the eastern coastline that remains exactly as it was before white settlement of Australia.

The tiny, jewel-like, Family Islands provide a delightful playground with their dense rainforest contrasting with exquisite coral beaches. The marine life we may encounter include manta rays, dolphins, dugongs, sea turtles and tropical fish. Humpback whales migrate past the islands in late July and August. Bird life abounds both over the water and in the forests.

Using our specially designed two-person sea kayaks, we'll paddle 90 kilometres of tropical paradise exploring the magnificent grandeur of this island group. We will paddle into protected bays and ease up onto remote wilderness beaches. If you are interested in catching yourself a tasty meal may we suggest you bring a small collapsible fishing rod or hand line as there will be time to fish while paddling or relaxing on the beaches on some of the afternoons. Join us on this special wilderness adventure!

A Quick Itinerary

B = Breakfast • L = Lunch • D = Dinner

Pre trip: A pre trip briefing is held at 6.30pm in Mission Beach.

Day 1: Transfer to Lucinda and begin sea kayaking. L • D

Days 2–6: Kayak Hinchinbrook, Goold and the Family Islands. B • L • D

Day 7: Finish kayaking at Mission Beach where trip concludes. B • L

Meeting Place and Time

Our adventure begins at Mission Beach, two hours south of Cairns. The pre-trip briefing will take place at 6:30pm on the evening prior to Day 1. The pre-trip briefing meeting place is Mission Reef Resort (unless otherwise stated). At this briefing you will meet your guides who will explain the itinerary for the next seven days. The following morning you will be picked up from your accommodation in Mission Beach at 7:30 am. The group then travels to Lucinda (a two hour drive south), the kayak departure point.

How to Get There

The closest passenger airport to Mission Beach is Cairns. Once you get to Cairns, there are a number of coach services to Mission Beach. Tickets need to be booked in advance. There are taxis and airport shuttle services that will take you from the airport to the bus terminals in Cairns.

Bus Options

Greyhound Phone 1300 473946
www.greyhound.com.au
Greyhound Bus Cairns terminal - Mission Beach Bus Terminal
Cost approx. \$50.00-\$70.00 return. Journey takes about two hours.

Premier Motor Service Phone 13 34 10
www.premierms.com.au
Premier Bus Cairns terminal - Mission Beach Bus Terminal
Cost approx. \$40.00 return. Journey takes about two hours.
Usually only one service per day.

****Note:** Pre-trip briefing is conducted at Mission Beach at 6:30pm on the evening before the trip. If you come from Cairns on this day by bus, you must leave on or before the 2:00 pm departure.

The trip finishes at approximately 3.30pm on the last day, so you may connect with any bus after this time. Return flights should be booked for the day after the trip finishes, in case of unexpected delays.

Car Hire

Sugarland Car Rentals Phone 07 4052 1300
www.sugarland.com.au
Provide one-way car rental from Cairns to Mission Beach and v.v.

Please note that all our trips require minimum numbers to operate. If purchasing an advance purchase non-refundable air ticket, Southern Sea Ventures strongly advise that you take out travel insurance in the event that the departure does not operate and your ticket cannot be used.

Sea Kayaking

Sea kayaking is an activity that any reasonably fit person can participate in. However, we ask that all participants should feel confident in swimming. The two-person fibreglass kayaks are stable, easy to paddle and control. They are very forgiving and are suited for beginners to experts. The kayaks are designed as an expedition boat so it is important to keep gear to a minimum, as we carry on board with us all of our food and equipment.

Our leaders are highly experienced sea kayakers and professional wilderness guides. They will teach you efficient paddling techniques, kayak rescue and safe surf entries before setting out on this adventure. We limit our group size to a maximum of 12 participants.

The degree of difficulty of the trip will vary greatly depending on the weather we encounter. The sea and weather conditions off Hinchinbrook are affected by the south-easterly trade winds that blow from April to November and assist us as we paddle north. Conditions are rarely dead calm and our stable sea kayaks easily handle seas that develop. On occasion, the winds may be too strong and require a layover day; but on average, a paddling day will range from 3-5 hours with the afternoons free to explore our surrounds. If you have not paddled before we highly recommend some kayak tuition before your trip and we may be able to suggest a local operator near your home.

We always feel that the fitter you are the more you're able to enjoy your holiday. It's a good idea to begin some form of regular exercise well before the trip. Walking, jogging, cycling, aerobics and swimming are all worthwhile methods for achieving a reasonable level of overall fitness. Swimming and paddling are recommended for developing upper-body strength for paddling sea-kayaks.

Proposed Itinerary

The following itinerary should be used as a guide only as it can vary due to weather, client preferences, sea conditions and unforeseen circumstances. Our sea kayak guides have a good knowledge of the area and will seek out the best alternatives where necessary. We aim to experience the true wilderness of Hinchinbrook and the best of expedition sea kayaking.

Pre trip: Meet your guides at 6.30pm at Mission Reef Resort, Mission Beach, for the trip briefing. Your guides will inform you of the trip schedule, show you how and what to pack and answer any questions you may have for the trip ahead. Storage for your excess gear should be organised through your hotel or we can assist, just let the office know

before your departure. Your dry bags should be packed and ready for your pick up the following morning.

MEALS AND ACCOMMODATION NOT INCLUDED PRE TRIP

Day 1: We depart early (7:30 am hotel pick-up) as we have a two-hour drive south to Lucinda before packing our kayaks. After a safety briefing and fitting you to your boat we have lunch and practice our paddling skills before heading a short distance across the channel to Hinchinbrook Island. The island's immense grandeur seeps in as we paddle away from Lucinda and edge closer towards the towering peaks. We'll camp for the night at Mulligans Bay or Sunken Reef Bay.

L • D / CAMPING

Day 2: We leave southern Hinchinbrook and head around the vertical cliffs of its easterly aspect, Hillock Point, into the very picturesque Zoe Bay. We'll take a walk through the luxuriant forests surrounding Zoe Creek to the base of Zoe Creek Falls. Eating lunch while soaking in the large crystal clear pool is the perfect way to relax. Refreshed, we paddle a little further on to camp by Banksia Bay.

B • L • D / CAMPING

Days 3-4: Paddling up the eastern shores of Hinchinbrook Island gives us our best views of Mt. Bowen (1142 metres). Its rugged granite crags form a magnificent skyline often dotted with cumulus cloud as the island's dominant position often creates its own weather. En route we have ample time to paddle along rugged cliff lines and into picturesque coves. This untouched wilderness is one of the finest examples of Australian coastline. After paddling the eight kilometre length of Ramsey Beach we round Cape Sandwich and often camp overlooking the sheltered waters of Sunset Beach.

B • L • D / CAMPING

Day 5: Today we continue along Shepherd Bay towards Cape Richards, the northernmost point of Hinchinbrook Island. After lunching on Orchid Beach we cross a short stretch of open water to Goold Island's sheltered beaches.

B • L • D / CAMPING

Day 6: We set out across our largest stretch of open water to explore the idyllic group of tiny islets comprising the Family Islands, Wheeler Island being our destination. We have the afternoon to explore our private island, snorkel or bask in the sun.

B • L • D / CAMPING

Day 7: After a leisurely morning we set out for Mission Beach, passing Bedarra, Timana and Dunk islands and leaving the fading peaks of Hinchinbrook behind us. We enjoy a celebratory lunch at the café on the beach at Dunk Island. Our last paddle back to civilisation at Mission Beach is filled with satisfaction and achievement at having completed a unique and memorable experience. At Mission Beach we say our farewells.

B • L / END OF TRIP ARRANGEMENTS

End of Trip

We finish the trip at Mission Beach on Day 7 by about 3:30pm. Although it may be possible to connect with a 6:30pm bus back to Cairns, please don't count on catching a flight out of Cairns on this day since we may be delayed.



Climate

Our departure dates range from May through to November, this being the cooler part of the year. Expect day-time temperatures ranging from lows of between 16 - 20 degrees (July & August), to highs of between 27 - 32 degrees Celsius (Oct & Nov). The south-easterly trade winds move along the coast at this time of year and will often assist our journey; our morning departures take advantage of the lighter morning breezes. When on the ocean it is advisable to have good protection against all the elements, so ensure you have good sun protection and a lightweight wind/rainproof jacket.

Trip Organisation

The sun rises and sets quickly in the tropics. Paddling days will start early and finish early to take advantage of cooler temperatures and lighter winds. It's a good idea to pack up your dry bags before breakfast, prepare your personal items for the day and take down your tents so that loading for departure can be organised. On a paddling day we'd like to be on the water before 9:00 am and get into camp just after lunch. It is important to realise that the group will kayak at the speed of the slowest members.

A successful trip will require teamwork by all members of the group. Your participation in general camp activities will be appreciated. For example, on arrival in camp you would unload your own boat, set up tents and perhaps a few members of the group can assist in preparing the evening meal. The afternoons will generally be at your leisure although the guides will conduct escorted walks for those who would like to explore a bit more.

Expedition Staff

Your guides are highly experienced sea kayakers and love to share wilderness experiences with others. They are experienced in trip logistics, local knowledge and expedition organisation. They are chosen not only for their experience and qualifications but also for their interpersonal skills -- they will be fun to be with and approachable, so if you are having any problems please feel free to discuss any concerns with them in confidence.

Accommodation

For Mission Beach accommodation information, have a look at: www.missionbeachtourism.com or www.missionbeachinfo.com

We will stay in two-person tents, camping each night of the kayak expedition. If you are travelling alone, you may be requested to share a tent with another group member of the same sex.

Food & Water

The guides will prepare all meals during the trip offering a varied menu, including fresh fruit and vegetables, some cooked breakfasts and

wholesome, tasty dinners with yummy desserts. Food during the trip will predominantly be fresh but we do not carry eskies (coolers) and ice, so have adjusted our menu appropriately.

For vegetarians and those who have special dietary requirements, we are happy to make the necessary arrangements. Please advise us at the time of booking.

We have clean fresh drinking water on the trip.

Washing and Toilet Facilities

Our campsites are remote and basic. There are no shower facilities and only occasionally will you have the chance to wash with fresh water. It is a good idea to bring along some sea soap, which will lather in salt water. Some campsites have enviro-composting toilets, otherwise we will dig a small pit toilet.

Travel Arrangements

Should you voluntarily decide to alter your travel arrangements after commencement of your trip, Southern Sea Ventures and our local partners are not responsible for any additional charges involved. Our staff will assist you if possible but you are responsible for organising these arrangements yourself. Delays may occur due to weather or transport difficulties and staff will do their best to rectify these situations.

Travel Insurance

It is necessary to take out a personal comprehensive travel insurance policy. Please make sure your insurance policy covers lost monies in the event that the trip has to be cancelled or curtailed due to inclement weather.

Australian residents should note: Under the Federal Government Medicare Act it is prohibited for any domestic travel insurance product to provide any financial reimbursement with regards to ambulance or air ambulance services. We advise clients to take specific cover for ambulance services through the respective State Ambulance Service providers or through your own private health insurance.

Ensure you have read your travel insurance policy thoroughly and are familiar with the claim process in case it becomes necessary to make an emergency claim. We will require proof of your insurance prior to departure.

Time & Communication

Mission Beach and Cairns are always on Australian Eastern Standard Time (i.e. there is no daylight saving). During the trip we carry a satellite phone for outgoing emergency calls. We will not be contactable once the trip has begun.

Conservation

It has always been our motto that "we take only photographs and leave only footprints". We are keenly aware of the ecology of the areas we visit and try to



limit our impact on them. We ask that each person takes out everything they bring in including sweet wrappers, batteries, etc. Toilet waste will be buried in pit toilets in less frequented areas. The use of biodegradable soaps would be appreciated and the guides will outline what we can do to limit our impact on the environment.

Photography

The humidity is always high in North Queensland and as we are paddling in a salt water environment the delicate electronics in cameras can be damaged. You might consider a waterproof camera or a small plastic waterproof case or dry-bag with a supply of silicon packs. Ensure you have sufficient memory storage and batteries as there is no opportunity to purchase batteries or access electricity during our island stay. It is wise to keep lenses to a minimum. One variable lens will reduce your load and the amount of your equipment that can be damaged. If you are buying a new camera, consider a waterproof one and get it well before departure so you can practice with it.

Money Matters

Your tour cost includes:

- Two-person expedition kayaks, paddles, life jackets and safety equipment.
- Two-person tents.
- All meals from lunch on Day 1 to lunch on Day 7.
- Transport from Mission Beach to the start of the trip on Day 1.
- Watertight containers for your personal gear.
- Professional guides.
- National and marine Park fees.
- Group first aid kit.
- Emergency radio or satellite telephone and marine distress kit (flares etc).

Your tour cost *does not* include:

- Travel between Cairns and Mission Beach before and after the trip.
- Mission Beach accommodation.
- Meals in Mission Beach.
- Travel insurance
- Alcoholic beverages.
- Sleeping bag and sleeping mat.
- Items of a personal nature such as postage and laundry.

Money to Bring With You

You may like to have enough money to purchase a morning beverage on the way to Lucinda on Day 1 and also for drinks to have with lunch on Dunk Island on Day 7. The amount required at Mission Beach for meals and sightseeing before and after the trip will vary according to your requirements. Mission Beach does have a Bendigo Bank, ATM's and offers a wide variety of activities.

Glasses and Jewellery

People wearing glasses or sunglasses should tie them on with some elastic. This is something you can prepare before the trip. Take a spare pair of glasses if you depend on them for survival or comfort. Contacts can be used if you close your eyes at the right times! Bring a spare pair.

We suggest you do not wear jewellery during the trip.

Security

We accept no responsibility for the loss of, or damage to, any valuables or equipment whilst on the trip. With all adventure travel, it is best to leave unnecessary valuables at home or in your hotel safe. All passports, airline tickets, valuables, excess cash and credit cards should be secured in your hotel safe in Mission Beach during the kayaking.

Medical Matters

Trip participants are required to provide us with a medical questionnaire filled out completely and accurately. For those aged 65 years or over, a doctor's letter is required stating your fitness for a multi-day kayak trip.

Please advise us of any side effects of any medication you take and of any dietary requirements related to the medication. Be sure to let your guide know of any drugs to which you are allergic as well as noting this on your medical form. You will be isolated from modern medical facilities, so attention to medical matters is vital.

Hygiene

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

Vaccinations

Generally speaking, there are no specific vaccinations required for travel to Australia, however it is always wise to consult your doctor or travellers medical centre. Due to the chance of cuts and scratches, we strongly advise that you be up to date with your Tetanus vaccine.

Dental

Due to the remoteness of the trip, it is advisable to have a checkup before departure.

Medical Supplies

On our trips into more isolated areas we carry a comprehensive medical kit. However, it is your responsibility to bring sufficient quantities of any specific medications you require. In addition we suggest that each passenger bring:

- Sun screen (water resistant variety at least SP15).
- Lip protectant.
- Band-aid strips.
- Compeed (or similar) blister protection.
- Insect repellent is essential. In the tropics, repellents containing DEET are generally more effective eg: RID or similar.
- A mild anti-nausea drug if you are concerned about sea sickness.
- Paracetamol or equivalent headache remedy.
- A mild antiseptic soap/liquid hand wash.

Equipment & Clothing: What You Need to Bring

As we carry all of our food and equipment in the kayaks, it is essential that you travel light. All personal clothing and equipment is stored in waterproof containers. If you have any sharp objects or unusual items, these will be stored separately. Cameras are stored in the personal clothing dry bag and are not easily accessible while paddling unless you have a waterproof camera or your own separate waterproof bag to carry it in.

Gear List

The following checklist is a guideline for your trip. Contact us if you have any questions.

Essential Items:

- A wide brimmed hat for protection from the sun is essential. Visors are inadequate. A hat with a stiff brim that will hold rigid in a breeze, e.g. straw hat with a strap to put under your chin is good. A scarf made from a light material like silk to protect your neck can be useful too.
- Sun-glasses with a cord to prevent them from falling into the water. Side flaps are a good idea, in particular the type that can be added to conventional sun-glasses by slipping them onto the arms.
- Light weight rain jacket or spray jacket (you may want two, one for paddling and one for camp).
- One long sleeve lightweight synthetic shirt. This is highly recommended for sun protection while paddling. Cotton is not very suitable for paddling as it gets stiff with salt and can irritate the skin. A lightweight capilene or polypropylene top may be suitable.
- Two T-shirts.
- A lycra sun top is useful for snorkelling.
- One pair of light-weight, quick drying, full length trousers.
- Long-sleeve shirt is recommended in camp for insect protection.
- Two pairs of shorts and swimwear.
- Sarong (this can double up as a second sheet).
- Very light-weight fleece jacket (not a heavy jacket), i.e. Polartec 100 is sufficient, or a sweatshirt
- Lightweight and compact sleeping bag and inner sheet.**

- Sleeping mat or Thermarest.**
- One pair of running shoes (recommend to get away from wet sandals and sand in the evenings).
- Reef shoes for paddling or a good fitting pair of sandals that attach solidly.
- Lightweight socks to wear with your running shoes.
- Small towel (a chamois towel is ideal, or a medium sized hand towel).
- Minimal toiletries (a bio-degradable soap that will lather in salt water is very useful).
- A headlamp or small torch and batteries.
- One or two 1-litre water bottles—the type used by cyclists are fine and inexpensive.
- A small dry bag is good for holding things like sun screen, glasses, water bottle, etc. (try and avoid day packs with metal zips as they will corrode).
- Lightweight cycling gloves can ease blistering if you are not used to paddling.
- Pillow case or very small pillow (e.g. airline pillow). It must fit into your dry bag. A pillow case can give you the flexibility to make for a comfortable sleep.

Optional items:

- Camera and film, with waterproof container if the camera is not waterproof.
- Book, cards, games.
- Binoculars.
- Talcum powder to prevent salt water rash.
- Limited snorkelling gear (there are only two areas with reasonable snorkeling and suitability will depend on winds). There is limited space to carry much snorkelling gear..

Delays or Problems

In case of last minute delays or problems, contact Southern Sea Ventures in Australia. The guide's phone number in Mission Beach will be advised in your final documents.

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