



ULURU-KATA TJUTA

SIGNATURE WALK



5 Day/4 Night desert journey walking from
Kata Tjuta to Uluru staying exclusively inside
the World-Heritage listed National Park each night.



Palya, Welcome to the Uluru-Kata Tjuta Signature Walk

The Anangu are the Traditional Owners of Uluru-Kata Tjuta, they have walked this Country for more than 30,000 years.

Across five days and four nights alongside Anangu and carrying only a daypack, you are invited to walk in their footsteps as part of an immersive desert journey that celebrates ongoing culture, landscape, and connection. Together, we will walk 54 kilometres on the Uluru Kakararra Trail between two global icons: from the soaring domes of Kata Tjuta to the monolithic and mesmerising Uluru. Along the desert trail of geographic wonders, cresting dunes, and Mulga woodlands, we hear ancestral stories, learn of caring for Country, and savour the perceptible energy of Australia's Red Centre.

Guests stay exclusively inside the World-Heritage listed Uluru-Kata Tjuta National Park each night, resting at accommodation designed to closely consider and complement the surrounds. Beneath twinkling desert skies, we feast on local fare that's chef-inspired and prepared by our guides then gather to share stories by firelight.

By walking in Anangu footsteps and following their trails, you will come to deeply connect with a vibrant, ongoing culture that inspires and invigorates. Join us as we walk Anangu country together.

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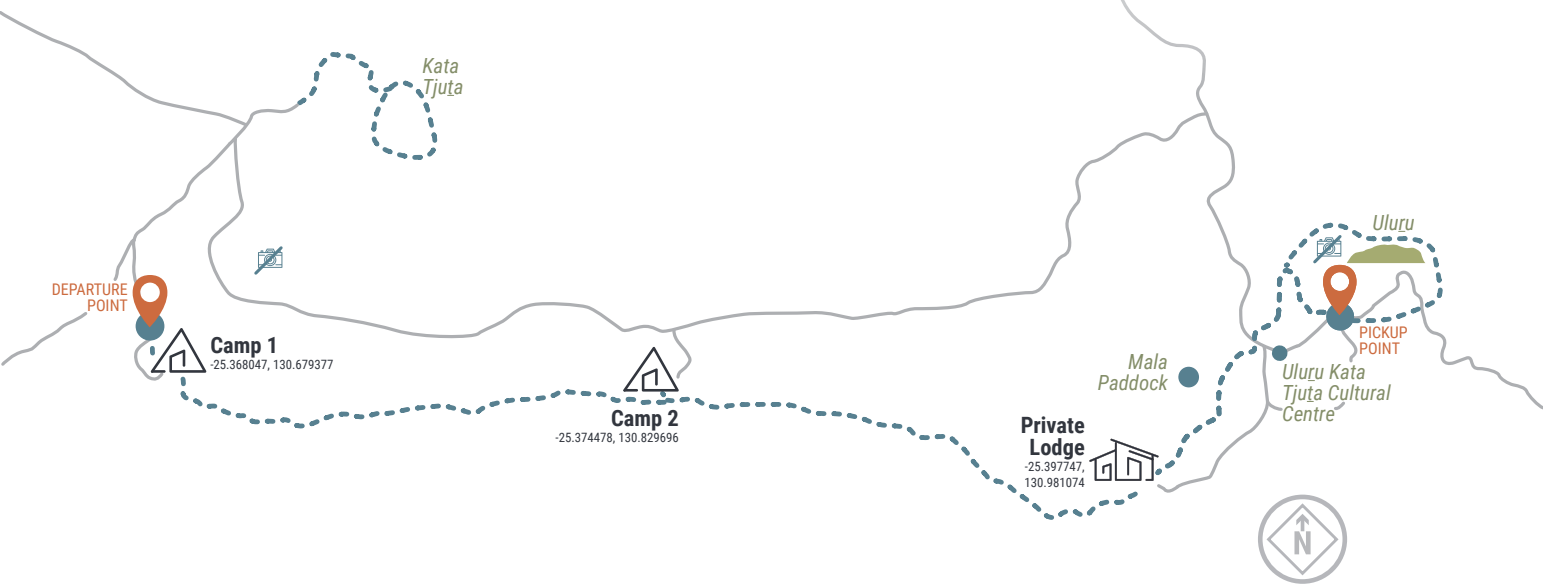
Acknowledgement to traditional owners

Uluru-Kata Tjuta Signature Walk acknowledges the cultural landscape of the Uluru-Kata Tjuta National Park. We acknowledge the Anangu, in particular the Nguraritja People, as the traditional owners and their living connections to this sacred place through Elders, past, present and emerging. We walk this Country together, both Anangu and Piranpa (non-Anangu), with a spirit of deep respect for the many pathways that unite at this ancient meeting place.




ULURU-KATA TJUTA


SIGNATURE WALK



Walk at a glance

 **Trip Duration:** 5 days/4 nights

 **Grade:** Moderate

 **Accommodation:** Secluded eco camps and private lodge within the Uluru-Kata Tjuta National Park.

 **Activities:** Seasonal desert trekking, Anangu-led storytelling and activities, stargazing and dinner in the desert, foot baths and spa treatments at the wellness centre, and a visit to the Uluru-Kata Tjuta Cultural Centre.



Why walk with us?

We are proudly Tasmanian and have been walking since 1987. We offer true Tasmanian hospitality, and our history and reputation will be with you every step of your journey. Our hosts design your meals, our guides connect you, our accommodation comforts and shelters you.

The Tasmanian Walking Company was born in 1985, after the Tasmanian Government called for expressions of interest for a commercial operator to develop an “accommodation based” guided walk along the Overland Track in the Cradle Mountain/Lake St Clair National Park. We deliver unique experiences, offering guests the chance to build incomparable memories, being immersed in the magic of the remote wilderness with local produce, world-class guides, local knowledge, lightweight packs and the comfort of knowing that we have you covered -- you don't need to worry about a thing!

Our guides are our best assets. They are highly trained and with you every step of the way, seamlessly bringing together all elements of a great walking experience to make your time with us unforgettable. Our accommodation has been architecturally designed with a commitment to sit gently on the natural environment, whilst maximising natural assets and protecting wildlife. Our vision is to inspire people to connect with and conserve the natural environment and culture of the Australian wilderness for generations to come. We are committed to making a real difference with sustainable tourism at the heart of what we do.

In 2016 we expanded our horizons taking our award-winning Tasmanian hospitality across to even more iconic walking destinations around Australia including Great Ocean Road, Larapinta Trail and Kangaroo Island. Since then, we further expanded our portfolio to include the Tasmanian Walking Company Foundation, and international guided walking company, Guided by Nature.

After many years of planning and consultation, Uluru-Kata Tjuta Signature Walk will start in 2026 and represents the first time that visitors can stay overnight inside the World-Heritage listed National Park, in environmentally sensitive accommodation.

We want to provide a unique opportunity to step out of everyday life into nature and be revitalised. You'll leave your time with us with a fresh, profound perspective of humanity and the environment, and wanting to come back for more. Let us take care of everything, as we take you on an adventure of a lifetime.



Itinerary

To walk Anangu Country is an immense privilege, and we celebrate in learning from its community about an ongoing culture already more than 30,000 years old.

Tjukurpa is the foundation of Anangu life and society. Tjukurpa refers to the creation period when ancestral beings, Tjukuritja, created the world as we know it. From this, the religion, law and moral systems were formed. There may be times when Anangu are unable to join us for part of the Uluru-Kata Tjuta Signature Walk as planned because of Tjukurpa. Please refer to [Park's Australia's fact sheet](#) on Tjukurpa for more information.

Other variables such as weather may also affect the itinerary, but we will endeavour to remain as close to the outlined experience as possible.

Our team will keep you updated and informed before and during the journey and always welcome any questions. Please feel free to call us on 03 6392 2211 or email bookings@taswalkingco.com.au

At a glance

DAY	WALK SECTIONS	DISTANCE	STAY	MEALS
<u>One</u>	Ayers Rock Resort – Valley of the Winds – Camp One	8.4km (3-4 hrs)	Camp One	-/L/D
<u>Two</u>	Southern Kata Tjuta Dune Traverse to Camp Two	16.5km (5-6 hrs)	Camp Two	B/L/D
<u>Three</u>	Journey to the Lodge via desert trails	16.5km (5-6 hrs)	Private Lodge	B/L/D
<u>Four</u>	Lungkata & Kuniya Walk, Mutitjulu Waterhole, Cultural Centre (optional Uluru base walk)	12.3km (4-5 hrs) Extra 8km (3hrs)	Private Lodge	B/L/D
<u>Five</u>	Lodge to Ayers Rock Resort	0.8kms (1 hr)	Return to Ayers Rock Resort	B/-/-



Day 1

8.4km (Moderate)

Ayers Rock Resort, Valley of the Winds, Camp 1

Guests will be collected from Ayers Rock Resort before we enter the Dual World Heritage site, Uluru-Kata Tjuta National Park, to begin our journey with a warm welcome and a briefing from our expert guides.

We then travel to the Valley of the Winds, a walking trail at Kata Tjuta, that weaves deep into the heart of the formation, moving between soaring domes and through narrow valleys where shifting light, shelter, and elevation create a constantly changing experience. From its two lookout points, expansive views open across the desert plains, revealing ancient creek beds, Anangu meeting sites, and rock formations shaped by 550 million years of elemental movements. The 36 domes of Kata Tjuta astonishingly rise to almost 550 metres above the surrounding plain. Meaning “many heads” in Pitjantjatjara, a language of Anangu, this place of perceptible energy is culturally significant for men’s business.

We complete the first section of the trail - Tjakuṛa and arrive for tonight’s rest at Camp One, thoughtfully tucked into sand dunes inside the National Park. Sprawl on the viewing deck with a cold, bubbly beverage to watch our first blazing sunset across Kata Tjuta while guides prepare a scrumptious dinner. Sleep in canvas tents that offer cosy beds and space to stand or choose to snooze outside in a swag under the stars.

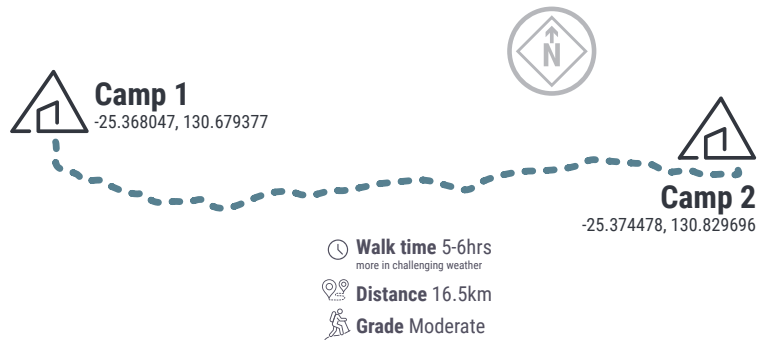




Day 2

16.5km (Moderate)

Southern Kata Tjuṯa Dune Traverse to Camp Two



Today begins early as we head east, chasing the iridescent magic of a desert dawn - a rare, spellbinding experience for visitors this deep inside the National Park. Breakfast is served by our guides as we soak in the first light, listening for singing honey eaters and the rustle of wind through desert oaks.

Our adventure resumes with the southern Kata Tjuṯa dune traverse, a winding journey over sculpted dunes and through acacia woodlands, where desert oaks, mulga, and wattles punctuate the ochre landscape. Along the way, we watch for wildlife - perentie lizards sunning on rocks, thorny devils crossing our path, and wild budgerigars darting overhead – that can remind us of the desert’s vibrant, living pulse.

After several hours of exploration, we pause at a shaded Wiltja shelter for lunch before continuing the second section of the trail - Tali-Wanu, to arrive at Camp Two. Positioned halfway between Kata Tjuṯa and Uluru, the camp features hot showers and spacious canvas tents with plush beds - perfect for unwinding after a day in the dunes. Guests can further rejuvenate with afternoon tea, soothing foot baths, and a 360-degree panorama of the National Park.

As the day gently fades and the desert hues shift, we gather for refreshments and a leisurely dinner beneath the night sky - here, a luminous ocean of stars - before retreating to our tents, falling asleep embraced by the stillness and vastness of Country.



Day 3

16.5km (Moderate)



Camp 2

-25.374478, 130.829696



Private Lodge

-25.397747,
130.981074



 **Walk time** 5-6hrs
more in challenging weather

 **Distance** 16.5km

 **Grade** Moderate

Journey to the Lodge via desert trails

We begin the day sipping coffee as dawn paints the desert sky from Camp Two's lookout, before breakfast and setting out once more along winding trails through Mulga woodlands and sun-baked shrubland. Our guides share rich interpretations of the land, while attentive eyes may spot the tracks of slinky reptiles or shy marsupials etched into the ochre earth.

Midway, we pause for lunch and rehydration beneath the cooling shade of another Wiltja, before continuing section three of the trail - Mala, and our approach to Uluru. Its monumental shape, shifting colours, and sheer presence evolve with every step, growing ever more awe-inspiring as we near our private Lodge; a sophisticated sanctuary set within this incomparable landscape and home for the next two nights.

At the Lodge, guests find cosy quarters with premium linens and spaces for quiet reflection, alongside attentive hospitality and indulgent wellness therapies, from massages and facials to restorative bathing. As evening falls, we gather for a shared dinner before settling around the campfire, listening to stories beneath another night sky brimming with stars, and finally drifting into a well-earned, serene sleep.



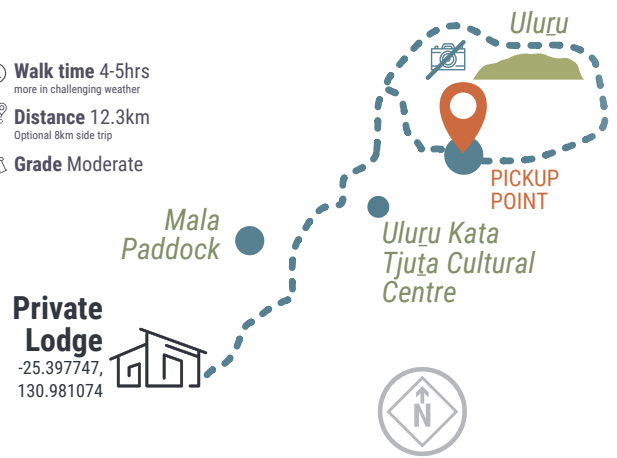
Day 4

12.3km (Moderate)

Lungkaṯa & Kuniya Walk, Muṯitjulu Waterhole, Cultural Centre

Optional 8km Uluru Base Walk

- Walk time** 4-5hrs
more in challenging weather
- Distance** 12.3km
Optional 8km side trip
- Grade** Moderate



Today we draw even closer to Uluru, beginning with the Liru Walk - a storied landscape named for the ancestral battle of Kuniya and Liru. Continuing along the Lungkaṯa Walk toward Muṯitjulu Waterhole, we pause for rest and lunch, surrounded by the subtle sounds of the desert and the vibrant activity of birdlife: black-breasted buzzards wheel overhead and galahs call from nearby branches.

One of the most reliable water sources around Uluru, Muṯitjulu Waterhole is a serene oasis where river red gums and tall grasses create shade and life. Small animals may rustle among the vegetation, while bush foods such as tjantu (bush tomatoes) and ilji (figs) hint at the desert's hidden abundance. The gentle trickle of water and wildlife offer a rare opportunity to sit quietly, close your eyes, and feel a truly intimate connection with Country.

Guided by Anangu, we hear stories and wisdom passed down through generations, deepening our understanding of this sacred place. Standing at the base of Uluru, a 348-metre-high sandstone monolith stretching more than 9 kilometres in circumference, is a poignant highlight. Its monumental scale, shifting colours, and sheer presence inspire reflection and awe, reminding us of the extraordinary gift of walking this land alongside its custodians.

If conditions permit, we may explore a side section of Uluru's base walk, or participate in an artist-led dot painting workshop at the Uluru-Kata Tjuta Cultural Centre, and peruse two Aboriginal-owned galleries.

Back at the Lodge, we share a final evening meal, reflecting on the journey and celebrating new friendships - a fitting close to a remarkable adventure.



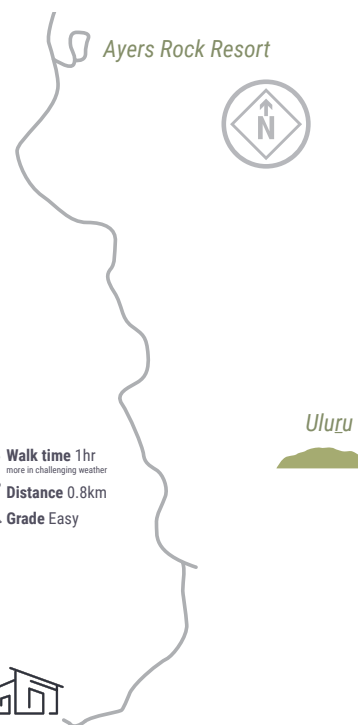
Day 5

0.8km (Easy)

Return to Ayers Rock Resort

On our final morning, linger a little longer in bed, or rise to watch the last embracing sunrise of our journey. Over a leisurely breakfast, we celebrate the accomplishment of completing this extraordinary walk - together, we did it.

Take a final moment to absorb the extraordinary sight of Uluru, letting the colours, shapes, and stillness of the landscape settle in. After a leisurely check-out, we head back to Ayers Rock Resort, your hotel, or the airport. Farewells are warm, but the sense of renewal, wonder, and connection with Country will stay with you long after your boots are off - until we walk again.





What is included

- Return transfers between Ayers Rock Resort and the start/finish of the walk
- Accommodation at our private camps and lodge within the Uluru-Kata Tjuta National Park
- All meals, non-alcoholic beverages and a selection of local wine and beer
- Use of a backpack and weather-proof jacket for the duration of the walk
- Bedding
- Three qualified guides for the duration of the walk (two on track, one at each camp)
- National Parks Pass

Bedding

All bedding is provided for you as you stay in our Camp's tents and sleeping pods. At Camps 1 and 2, you will be assigned a tent. At Camp 1, you also have the choice of sleeping under the stars in a swag. We have incredibly comfortable, fully enclosed swags, with woollen underlays, a cotton under sheet, sleeping bag and pillow. Should you choose to sleep in a swag, you will need to bring your own sleeping bag liner. The swags have fly netting and a canvas cover so you can sleep with the flap open, taking in the night sky, or if it is chilly, the canvas flap provides extra warmth and protection.

At The Lodge, you rest in sleeping quarters with cosy beds, fresh linen and a floor-to-ceiling window that overlooks Uluru-Kata Tjuta National Park.

Guests will need to be mindful that our water supply is limited. We have two rain water tanks, but as the season warms up and the chance of rainfall is very unlikely, we rely on having the tanks refilled by a water truck.

Communication

Mobile coverage is poor throughout the journey. Should you wish to take photos, we recommend keeping your phone on aeroplane mode to conserve battery, or bring a camera. Our guides are equipped with two satellite phones with full coverage; however, these are only for emergency use and are not available for personal calls.

At the camps and lodge, we have ports for charging phones and cameras, but please bring a charger and lead with you (USB-A).

Gear List

We provide the following:

- Daypack (available on the morning of departure)
- Lunch container and cutlery
- Rain jacket (3-layer membrane; weatherproof and breathable, available on the morning of departure)
- Basic toiletries (sunscreen, after sun care, insect repellent, sorbelene-based moisturiser; available at each camp and lodge)
- Biodegradable liquid soap (also suitable as a shampoo; available at each camp and lodge - we would appreciate it if you used our soap as it is phosphorous-free and suited to our greywater systems)
- Towels at each of our private Camps and Lodge.

Water Usage



Essential Gear List

When you arrive at the pre-departure point, please have all the gear you are intending to take with you packed and ready to go.

Essential Items

- ❖ Please refer to our [footwear guide](#) for specific shoe recommendations for this walk.
- ❖ We can not over-emphasise the importance of appropriate footwear. Lace up above ankle hiking boots are NOT recommended as they have an increased impact on the dunes and tracks where guests will be walking. Good fitting walking shoes must be worn in to minimise the risk of blisters. You will be unable to commence the walk without the appropriate footwear, so please feel free to contact us for more details. We are more than happy to discuss footwear with you.
- ❖ One small to medium soft bag for the trip that will be stored in your tent (maximum 50 litres; no hard suitcases). If you do not have a suitable soft bag, we recommend the [Macpac 50L Duffel Bag](#)
- ❖ Polar fleece jacket (preferred) or woollen jumper/pullover
- ❖ Light jumper (warm)
- ❖ Beanie
- ❖ Buff – For wind protection around neck and face
- ❖ Gloves or mittens
- ❖ Sunglasses

- ❖ Underwear
- ❖ Bathers
- ❖ Warm long pants and a jumper/knit (to wear in the evening)
- ❖ Shirts/t-shirts (3 recommended)
- ❖ Long sleeve shirt for sun protection
- ❖ Comfortable, good quality walking socks, we recommend synthetic or merino
- ❖ Lightweight footwear (thongs/sport sandals; to wear at the camps and lodge)
- ❖ Sun hat & sunscreen (small bottle for use during the day)
- ❖ Short gaiters or boot protectors are optional but will help keep grass seeds from your socks
- ❖ A face washer and personal toiletries
- ❖ Water bottle(s) or water bladder (minimum of 3L total capacity required)
- ❖ Head torch (minimum 300 lumens with spare batteries or USB charging cable)
- ❖ Any personal medication, including anti-inflammatories and EpiPens
- ❖ Fixomull or thin strapping tape for blisters and rubbing
- ❖ Shorts and/or zip-off light walking trousers
- ❖ Thermal base layer (long-sleeved top and long johns - merino or polypropylene)
- ❖ Fly head net (only essential in April, May and September)
- ❖ Travel mug for hot drinks on the track

[Download Footwear Guide](#)



Recommended Items

- 🌿 Power bank for charging cameras and devices
- 🌿 USB-A charging cord
- 🌿 Camera

Optional Items

- 🌿 Sleeping bag liner (essential if you choose to spend a night under the stars in our swags)
- 🌿 Small mirror (especially if you wear contact lenses)
- 🌿 Walking poles

Tip: Layering

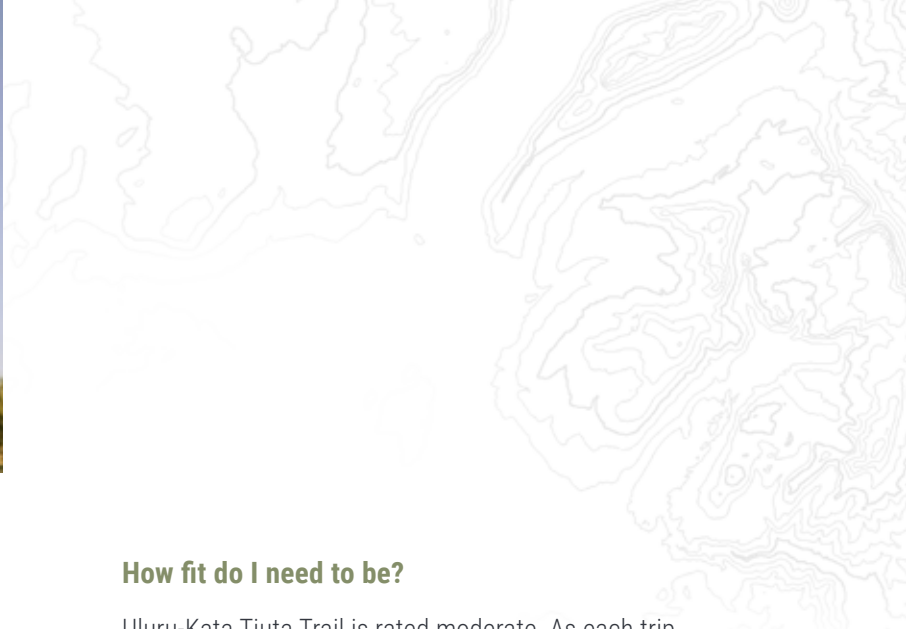
Layering of clothing has long been the basis for dressing in the outdoors and the gear list above follows this principle. When the temperature drops, we add another layer of insulation; if it rains, we add a rain shell on top and when it's warm and dry, we strip off a layer.

* Aim for one set of warm clothes for evening and another set to wear whilst walking. Thermals are necessary due to their lightweight, quick drying and warm properties

* There is no laundering of clothes as we have a limited water supply, and our campsites are remote

* You're also welcome to bring your own rain jacket and day pack

* Please note that guides will complete a gear check prior to departure. If you are unsure about anything on the gear list, please call us or talk to your local outdoor adventure store.



Frequently Asked Questions

How often do trips depart?

Our trips depart between April and September each walking season. Please refer to our booking calendar for dates.

What is the accommodation like?

Guests have the unique privilege to stay in environmentally sensitive accommodation within the World-Heritage listed Uluru-Kata Tjuta National Park.

For the first two nights, guests stay in two separate eco camps in complete comfort. Camp One offers stunning vistas and comfortable facilities including flushing toilets, warm showers and cosy beds under canvas. Camp Two offers elevated comfort with foot spas and a lookout platform that invites sweeping views of the surrounds. Towels are provided at Camps One and Two.

Night three and four at our private lodge are worth the wait because of the proximity to Uluru, plus amenities including massages, plunge tank and wellness centre. The living area and bedrooms have been considerably designed and meticulously crafted to amplify the surrounding scenes, absorb sunlight, and touch the ground lightly. Towels are also provided at the Lodge.

How fit do I need to be?

Uluru-Kata Tjuta Trail is rated moderate. As each trip has two guides walking with you, we can split the group according to ability if necessary, challenging the fit walkers without pressuring guests who prefer a more leisurely pace. If you are wondering if these walks are within your ability, or perhaps if they are challenging enough for you, please contact us to discuss.

How much weight / what do we carry while walking?

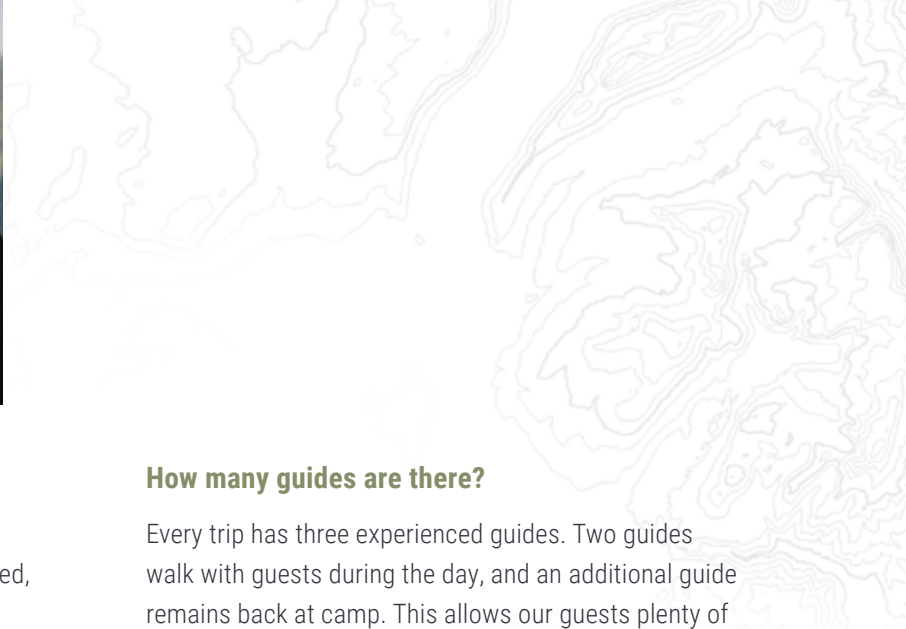
One of the many great aspects of the Uluru-Kata Tjuta Signature Walk is that we return to our accommodation every night so there's no need to carry a heavy pack. **Your pack should weigh no more than 5kg.**

All you need to carry is a day pack, containing a drink bottle or bladder (we recommend minimum three litres), rain jacket, your snacks for the day and if you'd like, a device to capture photos.

The guides carry everything else needed while walking, and the soft medium bag with the rest of your luggage will be transported between accommodations.

Do we need travel insurance?

We strongly recommend travel insurance. Consideration needs to be given to our cancellation policy, injury, evacuation, delayed flights, illness, etc. Please see our [Booking Terms & Conditions](#) for details and contact us if you have any questions.



What are the photography guidelines in the Uluru-Kata Tjuta National Park?

Uluru and its surrounds must be seen to be believed, and as a result is one of the most photographed places in the world. The Uluru-Kata Tjuta National Park offers countless photo opportunities and while it can be tempting to capture every moment, it's important to respect cultural guidelines along the way. Some sites we visit hold particularly deep significance to the Anangu people, and they request no photography or filming take place in these areas. At these sites, we encourage you to set aside your devices and consciously participate in the natural and cultural beauty that surrounds you.

Please refer to [Parks Australia Photography Guidelines](#).

Will I have mobile coverage and WiFi?

Mobile phone coverage throughout the journey is limited, with some areas having little to no reception. While you may get signal in certain spots, we recommend switching your phone to airplane mode to conserve battery, especially if you plan to take photos or use a camera. Our guides carry satellite phones with full coverage for emergencies only, and they are not available for personal use.

We do have ports for charging phones and cameras at Camp One and Camp Two communal spaces, and in the bedrooms at the Lodge (night 3 & 4), but please bring a charger and lead with you. International guests should bring adapters for their devices to suit Australian plugs.

How many guides are there?

Every trip has three experienced guides. Two guides walk with guests during the day, and an additional guide remains back at camp. This allows our guests plenty of opportunities to rest, take photos and walk at your own pace.

What about the climate and weather?

We only operate trips along the Uluru-Kata Tjuta Trail in Australia's winter months to take advantage of the best climatic conditions for walking in this part of the country. The average temperature between May and August is generally between 18 degrees C and 25 degrees C during the day and between -4 and 15 overnight. Rain is not highly likely, but you still need to be prepared for all weather conditions. There can often be a chilly breeze on the trails, especially on the ridgelines and dune summits.

Guests will be emailed a comprehensive packing list well before the trip departs.

How do I pre-book a treatment in the Wellness Sanctuary?

Based at The Lodge, the Wellness Sanctuary offers a range of treatments to ease sore muscles. Browse these options and pre-book your treatment at our [Wellness Sanctuary page](#).

How about food?

All meals are provided, including scrumptious chef-inspired dinners each night with ingredients sourced locally wherever possible. We regularly change the menu, depending on the season and what the local producers have for us that week. We happily cater for dietary requirements; we just need to know in advance. Evening meals are served with a selection of local beer, wine and non-alcoholic options.



What time does the trip commence and conclude?

On the morning of your walk, we ask that you be dressed to walk and ready at 8:45am for guest pick-ups from the below select locations. The shuttle will not stop unless we are advised. We do not offer alternate pickups.

- 🌿 Ayers Rock Resort, including Outback Hotel, Sails in the Desert, and Desert Gardens Hotel. Please allow a 15-min window for pick-ups.
- 🌿 If you are staying at the The Lost Camel, please walk next door to Sails in the Desert.
- 🌿 If you are staying at the Campground, please meet at the Outback Hotel.
- 🌿 If you are staying elsewhere including the Emu Walk Apartments, please meet at Desert Gardens Hotel.

At the conclusion of your walk, we will drop off at Ayers Rock Airport/Connellan Airport at approximately 11:00am (please book domestic flights no earlier than midday). We will then transfer to Ayers Rock Resort.

What style of shoes should we have?

Please refer to our [footwear guide](#) for specific shoe recommendations for this walk.

What about luggage?

We only carry essentials in a daypack while walking, your other medium size bag (maximum 50 litres) will be transported to each camp and Lodge along the way.

We ask that you bring only the items you'll need for your trip with us, though we understand this isn't always feasible. Any luggage or items that aren't required for the trip will be kept in secure storage until the conclusion of your walk, when they will be returned to you. If you do not have a suitable soft bag, we recommend the [Macpac 50L Duffel Bag](#).

Are there age restrictions?

The minimum age for guests walking with us is 12 years old. There are no upper age restrictions, however, for guests walking with us who are 70 or above we do require a GP to sign off on a letter we provide.

How many guests will be on my trip?

Each trip requires a minimum of 8 and a maximum of 16 guests.



Accommodation Pre and Post-walk

Ayers Rock Resort offers accommodation to suit all budgets and travel styles. We have partnered with Ayers Rock Resort to secure highly competitive rates with flexible booking conditions. This gives you complete peace of mind when booking your Uluru-Kata Tjuta Signature Walk.

We recommend that you book accommodation well in advance for winter stays at Ayers Rock Resort, it's a very busy time of year and accommodation is likely to sell out quickly. Please [contact our friendly team](#) to secure your preferred accommodation option.

Sails in the Desert

Sails in the Desert is Ayers Rock Resort's premium hotel, beautifully contrasting Uluru's raw natural beauty with a decidedly luxurious outback holiday experience. The hotel provides guests with unrivalled accommodation, dining, relaxation and recreation facilities, together with superior levels of customer service and access to a range of experiences to discover this iconic destination.

Desert Gardens Hotel

Perched within an oasis of native gardens, the hotel's elegant guestrooms provide a relaxing retreat from a day of adventure. Accommodation options are diverse, from Deluxe Rock View Rooms to Standard Rooms amidst towering gumtrees and garden beds dotted with native shrubs and flowers.

Emu Walk Apartments

The Emu Walk Apartments offer the luxury of modern apartments with all the practicalities of home. With one and two-bedroom self-contained apartments available, Emu Walk Apartments are ideal for families or couples and friends travelling together.

The Lost Camel

The Lost Camel Hotel is a contemporary and fun, boutique-style hotel conveniently located in the heart of Ayers Rock Resort. Furnished in a stylish mix of Aboriginal and urban themes, The Lost Camel Hotel adds a unique and surprisingly edgy accommodation option to the resort's collection.

Outback Hotel & Lodge

Australian hospitality has its own style that combines both professionalism and genuine warmth and the Outback Hotel & Lodge offers just that. Comfortable, affordable hotel rooms with private baths are perfect for the demands of travellers looking for quality service in relaxed surroundings. Budget & Family rooms with shared facilities are available for the budget conscious traveller.



Fitness Training

Multi-day bushwalking/trekking/tramping/hiking is a unique physical activity as it involves endurance, joint stabilisation and strength. Being physically prepared ensures that your experience will be enjoyable. We recommend that you undertake some hiking-specific training in the lead-up, ideally starting 6 months in advance to allow your body time to become conditioned.

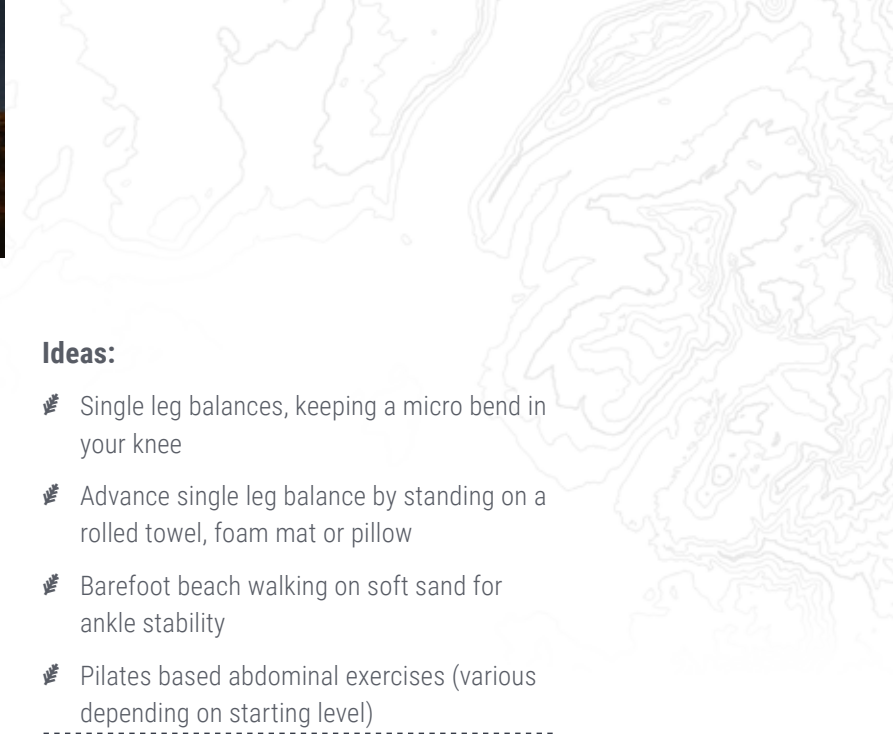
Hiking-training is more than just regular walking; your body needs to be prepared for not only the duration of the trek, but also the uneven terrain, undulating hills, pack weight and slippery surfaces. Adequate training months before the trek begins will ensure you are skipping around the hut at the end of the day with a smile on your dial.

3-6 months before your walk

If you have limited experience with long-distance treks, ideally you will get started with your training as soon as possible. We recommend starting with a more moderate training program, and gradually increasing the length/difficulty/duration of your walks.

Ideas:

- ✎ Try parking your car further from work and walking to/from, then every second day increase the distance you park your car from work
- ✎ Getting off your bus a stop earlier and walk the extra distance to work
- ✎ Short bush walks or coastal strolls on the weekend
- ✎ Encourage a friend or family member to walk with you to increase motivation
- ✎ Record distance and duration each day that you walk. Aim to increase either distance or duration each week



5 months before your walk

As you become conditioned and can comfortably walk for 30mins to 1hr every second day (3-4 days per week), it is time to start challenging your cardiovascular endurance by adding hills and stair climbs to your weekly routine. Try to find routes that allow you to walk on uneven ground, as this will help strengthen the muscles of your lower limbs. Start by walking at a relaxed speed up the slope or stairs for the first two sessions (record the time it takes you). Focus these sessions on relaxed breathing and your technique (standing up straight, engaging your bottom muscles as you push through your heels when ascending stairs). Each session following try to increase your pace (decreasing your recorded time).

If you haven't already, start "breaking in" your hiking boots to prevent blisters and determine whether your boots are the right fit and feel. If your boots are more than 10 years old there is a good chance the glue will have deteriorated and they will fall apart. It's better to find this out on your training walk than in the middle of the wilderness!

Stability is essential for injury prevention when hiking, especially when carrying a backpack. This includes stability around your spine and pelvis and your more distal joints such as knees and ankles. Therefore balance, yoga and/or pilates based exercises should be added to your training.

Ideas:

- ☛ Single leg balances, keeping a micro bend in your knee
 - ☛ Advance single leg balance by standing on a rolled towel, foam mat or pillow
 - ☛ Barefoot beach walking on soft sand for ankle stability
 - ☛ Pilates based abdominal exercises (various depending on starting level)
-

4 months before your walk

On your walk you will be carrying a pack, so we strongly recommend that you start wearing a backpack on your training walks. Start with a lighter backpack (~3kgs) and gradually increase the weight of your pack till 100% of the weight you will carry as noted in the Gear List.

Ideas:

- ☛ Start to add a longer walk ~2hours at least once a week; this includes wearing hiking boots and carrying a pack
- ☛ Soft sand walking
- ☛ Walking on dry riverbeds
- ☛ Alternating training walks with selected focuses e.g. Mon= hills, Wed= intervals of increased pace, Fri=distance

No doubt you are starting to discover new muscles and feeling a little tight and stiff. Adding a gentle stretching program (after you have warmed up) will aid in injury prevention. Aim to stretch major muscle groups such as hamstrings, quadriceps, buttocks and calf muscles. A gentle stretch of the muscles should be felt and pain should never be produced. Hold each stretch for at least 30 seconds and avoid bouncing movements.



3 months before your walk

Map out a 7km hike in your area consisting of average hills and flat surfaces. Time how long it takes you to walk this distance (wearing hiking boots and backpack). Complete this hike once per week in conjunction with your other walking. Each week, add an extra km to your hike. By the end of the month the goal is to walk 10km comfortably. This hike is a good chance to practice with all the gear that you intend to take on your actual hike. This will enable you to work out where things are best located in/on your pack for your individual preference. Now is also good time to add in more strength based exercises.

Ideas:

- ☞ Squats (feet are hip width apart, body weight in your heels). Advance by added weights in each hand or increasing repetitions
- ☞ Lunges (alternating legs in front, protect your knees by making sure front knee does not come further forward than your ankle, keep torso up straight). Advance by increasing repetitions, adding weights in hands or walking lunges

2 months before your walk

The trekking tour is getting closer and now you are comfortable walking on different surfaces at different intensities. On the actual hike, you may be required to walk long distances on consecutive days in all weather conditions. Aim to walk 30mins-1 hour every day of the week, despite the weather (in addition to your weekly 7km hike).

Continue carrying your backpack that you will actually need to carry on the walk. Ideally by the end of this month you will be able to comfortably carry up to 100% of the required weight on all your training walks.

1 month to go!

This is your "tapering" month, we recommend reducing the intensity of your training in this last month to avoid a burnout. The idea is to keep walking regularly, but decrease your intensity e.g. slower pace, one stair at a time rather than two, decrease your pack weight back to what you will carry on the trek. The last thing you want to do is get an injury just before your walk.

Remember to continue your strengthening and stretching exercises throughout your hike.



↑ Ayers Rock
Airport 5kms
Ayers Rock Resort



Uluru

PICKUP
POINT

Uluru Kata
Tjuta Cultural
Centre

Mala
Paddock

**Private
Lodge**
-25.397747,
130.981074



Camp 2
-25.374478, 130.829696

Kata
Tjuta



Camp 1
-25.368047, 130.679377

DEPARTURE
POINT



ULURU-KATA TJUTA

SIGNATURE WALK

**TASMANIAN
WALKING
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We are committed to inspiring positive change and preserving the wild places we walk through for generations to come. That's why we launched the Tasmanian Walking Company Foundation in 2020, so we can focus on supporting environmental and community projects close to our hearts. Learn more about the Foundation on our website.

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