

TREK for their FUTURE

LARAPINTA 2023

In July 2023, head into the heart of Australia to trek one of the world's premier walking tracks – the Larapinta Trail.

Immersed in the rich history of Australia's First Peoples, as part of Trek For Their Future Larapinta 2023 you'll follow well-worn, red dirt tracks along the slopes of the West MacDonnell Ranges, beside ancient winding riverbanks, across open plains, over towering mountains and into shaded gorges. At night, you'll camp under black skies filled with silver stars and fall asleep to the sounds of the desert.

Best of all, with every step you take, you'll raise vital funds to help Miracle Babies Foundation achieve better, healthier outcomes for newborns and their families challenged by prematurity and sickness.

Highlights

- Challenge yourself on one of Australia's greatest walking trails in the majesty of the outback
- Be immersed in the traditional lands of the Arrernte people, and explore the country that is part of this 40,000-year-old culture
- Camp beneath a million stars with the sounds of nature surrounding you
- Raise \$3,500 to help premature and sick newborns and their families



26–31 JULY 2023



Moderately challenging (3/5)



Fundraising target: \$3,500

Travel package: \$3,121
Land only, subject to change



Twin-share in a 4-star hotel and comfortable swag camping

EARLY BIRD DISCOUNT

Register before the 6th of November 2022 and get \$100 off your travel deposit

Register now

www.inspiredadventures.com.au/event/miraclebabies-larapinta-2023





“Speaking to somebody who understands what you’re going through helps you cope by making it normal.”

– Miracle Mum, Morgan

The difference you’ll make

The money you raise during the Trek For Their Future Larapinta challenge will be used to expand the Miracle Babies *Nurture* Program, which provides life-changing peer support to families from pregnancy, throughout their emotional and challenging hospital journey with a premature or sick newborn, and for years beyond.

The experience of having and caring for a premature or sick newborn is isolating. Parents in this situation can find it hard to relate to others – the trauma of watching their baby fight for their life, then going home without the baby, remains with them for years or even a lifetime.

Your fundraising will provide more of the 48,000 families impacted each year with life-changing support that is proven to reduce parental stress, improve attachment, bonding and social connection, and empower parents to make informed health choices. Research shows that babies of parents with poor mental health are less likely to thrive. These families need our support.

Every \$143 you raise will provide full support to one family throughout their hospital journey, which could mean weeks or months under specialised care.



About Miracle Babies

Miracle Babies Foundation is Australia’s leading not-for-profit organisation supporting premature and sick newborns, their families and the hospitals that care for them.

Every year in Australia more than 48,000 babies require the help of a neonatal intensive care unit (NICU) or special care nursery (SCN). Around 27,000 of these babies are born premature and up to 1,000 babies lose their fight for life.

For families, the experience of having a baby come into the world not as planned is life changing. Without

support, this overwhelming and traumatic experience can have lifelong effects on the emotional wellbeing of these miracle families. It affects the entire family unit.

Since 2005, Miracle Babies Foundation has been developing and providing vital programs and resources to support and enhance a family’s experience from a threatened pregnancy and the hospital journey with a premature or sick newborn to the transition to home and beyond.



Trip notes

B = Breakfast, L = Lunch, D = Dinner

Please note: We recommend arriving into Alice Springs Airport no later than 4pm on the first day to ensure you will make it in time to attend the welcome briefing.

Day 1: Wednesday 26 July 2023 Arrive in Alice Springs

The adventure of a lifetime begins! Upon arrival in Alice Springs, make your way to the hotel in the heart of Central Australia. In the early evening, head to the hotel lobby where you'll meet your guides for a briefing about the coming days. For the rest of the evening you're free to explore this interesting town in the heart of Australia.

Meals: **B** **L** **D**

Day 2: Thursday 27 July 2023 Geoff Moss Bridge – Wallaby Gap

After breakfast and packing your lunch, there's a short transfer to the start of our trek. We begin our Larapinta Trail adventure walking Geoff Moss Bridge to Wallaby Gap, where we'll witness some vast, beautiful stretches of the Australian landscape. On our walk, we allow ourselves to be immersed in the wonder of the region and get a taste of what's coming in the next few days. Afterwards, we'll drive to our remote campsite within the MacDonnell Ranges National Park. The true experience begins as we settle into a region synonymous in the dreamtime of Western Arrernte people.

Meals: **B** **L** **D**

Trekking distance: 12km

Day 3: Friday 28 July 2023 Finke River – Ormiston Gorge – Ochre Pits

This morning we'll weave our way from the Finke River to Ormiston Gorge through rolling limestone hills filled with unique plant life. The Finke is part of one of the oldest river systems in the world, and the local Arrernte name for this waterway – Lhere Pinte, which means 'salty river' – gives the whole trail its name. Today's hike finishes at the beautiful Ormiston Gorge, where there's a near-permanent waterhole shaded by ghost gums and towering red rock walls offering a chance for a dip. Later in the day, we'll explore the Ochre Pits before returning to camp in the late afternoon and enjoying another dinner in the wilderness.

Meals: **B** **L** **D**

Trekking distance: 13.6km

Day 4: Saturday 29 July 2023 **Redbank Gorge – Mount Sonder**

This morning we rise before the sun and transfer from our campsite to Redbank Gorge at the base of Mount Sonder, where we start our ascent to the peak. The mountain is known traditionally as Rwetyepme – in local Arrernte culture she's portrayed as a pregnant woman forever doomed to lay on her back and watch the sky. The climb to the summit along a rocky path is arduous, but we're rewarded with a spectacular sunrise and incredible 360° views of the ranges, plains, valleys and salt lakes below. Here, we'll take time to catch our breath and bask in the grandeur of the desert landscape and the incredible achievement of reaching the summit. After descending, we transfer back to our campsite where we'll enjoy our last evening under the stars of the Milky Way.

Meals: **B** **L** **D**

Trekking distance: 15.5km

Day 5: Sunday 30 July 2023 **Standley Chasm – Reveal Saddle**

For our final day of trekking, we start at Standley Chasm, set in the West MacDonnell Ranges, and trek to Reveal Saddle. Known traditionally as Angkerle Atwatye, meaning 'gap of water', Standley Chasm has great cultural relevance. After exploring the area, we'll transfer back to Alice Springs, arriving in the early evening. Tonight, we'll get together for a final celebration meal and reflect on our achievements over the past few days.

Meals: **B** **L** **D**

Trekking distance: 8km

Day 6: Monday 31 July 2023 **Depart Alice Springs**

This morning, we bid farewell to Alice Springs, the Red Centre and our Larapinta adventure as we head to the airport for our flight home. You'll be taking with you memories and moments that have made this adventure one you will never forget.

Meals: **B** **L** **D**



If absolutely necessary, Inspired Travel may have to add on an additional supplement fee. This fee would be required if our operator needs to add on additional vehicles, equipment and/or staff.

Includes: Transfers as per itinerary • 4-star hotel twin-share and comfortable swag camping • Meals as per itinerary • Local guide • Entrance fees as per itinerary

Doesn't include: • Airfares • Airport transfers • Travel insurance (highly recommended) • Soft drinks and alcoholic beverages • Personal expenses • Tips and gratuities



Fundraising

The people who enquire about our adventures are looking to make an impact for the causes they care about. Fundraising not only generates needed funds it also creates opportunities to educate and advocate within your network.

Most of our participants are first time fundraisers, who are seeking a way to make a difference and to get involved. We know fundraising can seem daunting, but with our support, participants raise \$5,500 on average, far surpassing their initial expectations.

When you join an adventure, you will be paired with a member of our fundraising team, who will be there to support and inspire you every step of the way. They will help you create a

fundraising plan that is personalised to your time availability, level of experience, and network. The support they provide is as much as you need and is personally catered to you.

Additionally, you'll have access to an all-in-one fundraising hub which includes a dedicated fundraising page, a toolkit and planning resources, and as many ideas as you can imagine.

Sample Fundraising Plan for \$4,000+



Travel

COVID-19: Safe travel and flexible bookings

We understand the challenges of planning ahead right now. That's why we promise to look after you if your adventure is affected by COVID-19.

Flexible bookings: If COVID-19 travel bans mean your Inspired Adventure cannot go ahead as planned, we will endeavour to reschedule the departure to a later date or you will receive a travel credit

Keeping you safe: We've developed a stringent COVID-19 Pandemic Safety Management Plan in cooperation with government guidelines, tourism boards and the advice of medical experts to minimise the risks associated with travel as best as possible.

To learn more about what we're doing to keep you safe, you can visit our COVID-19 hub at www.inspiredadventures.com.au/our-covid-response

Responsible travel

When you travel with Inspired Adventures, you can be confident we've taken steps to look after you, the communities we visit and the wellbeing of our planet. Responsible travel is at the heart of everything we do.

Environment: \$10 from your travel package will support carbon credit programs in partnership with Carbon Neutral to offset the emissions from this trip.

Treading lightly: Trekking is a great, low-impact way to explore.

Small group travel: Your team will consist of a maximum of 25 people. Better for you and better for the planet.

Responsible business: Inspired Adventures is a certified B-Corp, committed to using business as a force for good.



Payment Information

In order to secure your place, you will need to pay half of your travel deposit (\$475) upfront, and the second half four weeks after registration. This is non-refundable.

A second installment of your balance is due 6 months prior to departure, and the final balance is due 3 months before travel. If you are registering with less than 7 months to departure, you will most likely be invoiced in fewer installments based on the date of registration.

Your travel payments are invoiced in installments to provide ample time to pay your balance. We can build a personalised payment plan that suits your schedule if our standard timeline does not suit.

Frequently Asked Questions

About the Adventure

How challenging is this adventure?

This adventure is ranked 3/5. While no extensive trekking experience is required prior to registering, our adventures are specifically designed for people who are relatively fit and willing to train. The Larapinta trek is a physical challenge, and the fitter you are, the more you will enjoy the experience. You will be well supported on the adventure, with the guides and your team all cheering you on. You are free to move at your own pace and we will take frequent breaks.

How many people will be on my adventure?

We believe small group travel is better for the planet, and better for you. Our adventures average between 10 and 20 participants, connected by their commitment to the greater good.

Can I join an Inspired Adventure on my own?

Of course, most people do! Throughout your adventure journey, we will connect you with your fellow adventurers so you can get to know each other before you hit the road.

What is the general age range of participants?

The minimum age for this adventure is 18, however younger ages are considered on application. We have had participants aged 16 to 84+ take part in our challenges, all united by their sense of philanthropy and adventure.

Who is Inspired Adventures?

Miracle Babies Foundation has partnered with Inspired Adventures to bring you this adventure of a lifetime. Over the past 17 years, Inspired Adventures has taken more than 7,000 people, just like you, on adventures all around the world, raising over \$41 million for important causes. When you choose to travel with Inspired Adventures and Miracle Babies Foundation, you can be confident you're in the best hands.

Fitness and Training

How do I train for this adventure?

We will provide you with information on how to prepare for your adventure when you register. In addition, we recommend that you consult your GP and a personal trainer to develop a training plan that will prepare you for the challenge. As part of your training, we recommend making use of your free time to complete full day hikes and ideally a hike over several days. You should aim to be able to walk for 6 to 8 hours and get up to do it again the following day comfortably. It is sensible to start training as early as possible before you go on your trek.

Do I need to carry my luggage on trekking days?

You will need to carry a day pack with personal items such as water, snacks, medications and spare clothing. The rest of your luggage will stay at your accommodation.

What to expect

What is the accommodation like?

Accommodation on this adventure is twin-share at a 4-star hotel before and after the trek. While trekking, accommodation is at one of the ground operator's comfortable campsites. You will be sleeping in traditional Aussie swags that include a mattress, sheets, pillow and a sleeping bag, all supplied by our ground operator. A limited number of tents (twin-share) are available on a first-come-first-served basis and vary in appearance and standard depending on the campsite.

Will I be sharing accommodation?

Accommodation on this adventure is based on twin-share. You will be paired with a teammate of the same gender and, whenever possible, age group. Single rooms at the hotel are available at an additional cost and subject to availability.

I'm travelling with a friend. Can we stay together?

Absolutely! If you're travelling with a friend, please make note of this and we will pair you together.

What is the food like?

Breakfast is generally a choice of cereals/muesli, toast cooked on the campfire, porridge, fruit, coffee and tea. Lunch is typically served en route during trekking days. Your guide will lay out the food buffet style and you can make your own wraps and sandwiches using gourmet meats, beans, cheese, fresh vegetables and delicious condiments. By night, your tastebuds will be treated to traditional Australian outback campfire cookery, with a diversity of dishes that could include steak and salad, jacket potatoes, barbecues, risotto, pasta and stir-fries.

I have dietary requirements. Will I be catered for?

Of course, we will happily cater for any dietary requirements you've noted during booking. Please also advise your local guide and Team Leader on Day 1. You will be fed very well while you're on the adventure, but if you have a very specific dietary requirement or severe allergies, often it's best to pack some extra things as back-up.

What happens if there is a medical emergency?

Providing the safest possible environment is our highest priority and we have an outstanding safety record. All Inspired Adventures guides and Team Leaders are first aid trained and well-equipped to handle any medical emergencies.

How will you manage the risk of COVID-19?

We have prepared a detailed COVID-19 Safety Management Plan to account for the wide variety of scenarios that may impact your departure. In the instance that the adventure is unable to proceed due to COVID-19, alternative departure arrangements will be provided where possible. For more information, please visit www.inspiredadventures.com.au/our-covid-response.

Are COVID-19 vaccinations required for this adventure?

Inspired Adventures requires that all travellers are fully vaccinated against COVID-19 or have a valid medical certificate issued.

Fundraising

How do I fundraise?

Never fundraised before? Not sure where to start? No worries. We don't expect you to do it alone. You will have regular support from the Inspired Adventures fundraising team, who will help you make a fundraising plan to meet your target. Alongside personalised coaching, we will also send you lots of ideas and resources on how to fundraise. From online fundraising to trivia nights, bake sales to out-of-the-box ideas, we have years and years of tried-and-tested tips to pass on to ensure your fundraising is a success.

What happens if I don't meet my fundraising target?

It's normal to worry you won't meet your fundraising target, but we know you can do it. In fact, with the support of Inspired Adventures, almost everyone goes on to raise far more than they imagined. By registering for the adventure, you agree to raise the minimum fundraising amount specified. Like you, we are looking to make a significant impact for our charity partners, so the goal is for each person to have met their fundraising target before departure. If you fail to raise the minimum fundraising target by this time, we will review the situation on a case-by-case basis.

I'm travelling with a friend. Can we fundraise together?

Absolutely! Fundraising with a friend is a great idea. Just remember the fundraising target is per person, so you will each need to meet the minimum fundraising goal to participate. We know you can do it.

Will the funds raised go directly to Miracle Babies Foundation?

Yes, all of your fundraising will go directly to Miracle Babies Foundation. Only the registration fee and travel costs are payable to Inspired.

Is my donation tax-deductible?

The funds raised for Miracle Babies Foundation are tax-deductible (conditions apply).

Costs and Payments

How much does it cost to participate in this adventure?

The total cost to participate in this adventure is: \$3,121. In addition, you are also committing to raising \$3,500 for Miracle Babies Foundation.

Is the travel cost guaranteed?

We do our best to keep the travel costs as quoted. However, please bear in mind they can change due to group size or factors out of our control. Due to the unpredictability of the impact of COVID-19 on borders and safety requirements, our ground operators may be required to change their operations in a way that could impact cost. In this event, Inspired Travel may have to add on an additional supplement fee if absolutely necessary. This fee would be required if our operator needs to add on additional vehicles, equipment and/or staff.

Insurance

Do I need to have insurance?

Travel insurance is highly recommended for domestic adventures to cover cancellation, hospital, emergency evacuation and lost luggage. We recommend purchasing your policy as soon as possible. It is up to you to ensure you have fully comprehensive travel insurance and you will need to share these details with our team before departure. For more information, please visit www.inspiredadventures.com.au/travel-insurance-information.

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Still have questions?

Get in touch via email (info@inspiredadventure.com.au) or phone (1300 905 188) and our team will be able to assist. We're always happy to help.



Register now

☎ 1300 905 188 or 💻 www.inspiredadventures.com.au/event/miraclebabies-larapinta-2023