




# Her Trails

LARAPINTA  
CULTURE  
RETREAT

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A photograph of three women in a warm, golden-hour setting, likely at sunset. They are embracing each other, with their faces partially visible in profile. The woman in the center is wearing a black tank top and a headband. The woman on the left is wearing a white top. The woman on the right is wearing a dark top. The background is a soft, hazy landscape under a warm sky.

# A unique woman-centred immersive adventure and cultural experience in the red centre, the heart of Australia!

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## Experience Overview

Crafted by women for women, this all inclusive intimate experience unites adventures of the body with adventures of the soul.

Over 7 transformative days across 3 distinct phases, you will have a rare opportunity to recharge, push yourself with new adventures and explore your inner workings.

This expansive experience will extract you from the noise and distraction of your daily life and leave you feeling empowered, nourished and deeply connected.

This is not a retreat and it is not merely a hiking trip.

This is your opportunity to tap into and cultivate the most powerful purpose that any of us can have in our lives - to turn up and to be ourselves. The ripple effect of our time together where we can be wild and free, is the most liberating gift we can give ourselves and others.

We work with the group's ability, no woman is left behind. This is not a race. This is about how you as a person work within a team that pulls on your strengths and honours your weaknesses.

## Duration

7 days

6 nights

## Dates

Arrive in Alice Springs airport by 1pm on Day 1

Final experience concludes at 11am on Day 7

3 days hiking on the Larapinta Trail

**Distance Ranging from 5-24kms per hike day** - the trail itinerary is curated based on the group and factors such as weather.

**Difficulty:** Moderate to Advanced

The preparation that each woman does before we arrive together & the removal of expectations will play a significant role in how we choose to support each other on and off the trails.

**Price Package:** \$7,000 + GST

Excludes: flights, alcohol outside of welcome drinks and insurance.

## Location

Alice Springs & Larapinta Trail, Northern Territory.



## CHAPTER 01

### OORAMINNA STATION

## Drop your shoulders

2 NIGHTS

The spectacular Ooramina Station homestead is set on 600 acres with a desert backdrop of amazing escarpments. It won't take long for the tranquillity of the outback to engulf you! This chapter of the retreat is designed to help you unwind and disconnect from the stress of everyday life and top up your cup ahead of your trail adventure. You intentionally have space during this chapter to prime yourself for this adventure.

### Includes

Delicious food!  
All meals and non-boozy drinks provided  
Glamping or cabin accommodation  
2-person share or 3 person share  
Yoga and mindfulness practice  
Facilitated workshops  
Preparing both mind and body for the trails

## Surrender

3 NIGHTS

Open your eyes and mind to the world's oldest surviving culture as you traverse 3 sections of the Larapinta Trail with 100% Adventure. They are an expert guiding company who facilitate cultural guiding experiences in the Larapinta region - in part through employment and training of Indigenous guides.

Each night you will sleep at 'base camp' - which means you are required to carry only the items necessary for walking each day. Including your water, electrolytes, medical kit, wet/ cold weather gear, camera, snacks and your lunch which has been prepared for you.

This experience will gift you with expansive views, narrow chasms and striking canyon scenery. As you hike this unique landscape, you can't help but feel the heart beat

### Includes

Delicious food!  
All meals and non-boozy drinks provided, including meals and snacks when hiking.

Quality tent accommodation on Country  
Including swag & bedding (1 person / tent)

Campfire debriefs



## CHAPTER 02

### ON COUNTRY WITH HER TRAILS & 100% ADVENTURE



## CHAPTER 03

### DOUBLE TREE BY HILTON

## Enliven

1 NIGHT

This is YOUR time. Wash off the red dirt, put on a robe and enjoy some luxury and space as you reflect on your journey and prepare to re-enter your world with a renewed energy and enlivened spirit. We then get to see the beautiful Macdonnell Ranges from the sky in a hot air balloon. It is a serene magical experience that will help you connect all of the dots.

### Includes

Spectacular food!  
All meals and non-boozy drinks provided  
Twin share accommodation in a quality room





## What's Included?

- Transportation through the experience
- Local Food. All meals & snacks included. We cater to all dietary requirements.
- Lodging (glamping, cabin, luxury eco-camp and hotel).
- Champagne on arrival at Ooraminna Station homestead.
- 4 day and 3 night guiding experience with 100% Adventure (which includes world class safety systems during your time on the Larapinta trail).
- Permits for the Larapinta Trail
- Backpack & Gaiter loan for the hike
- Yoga
- Facilitated conversations
- Sunrise and Sunset walks
- Hot Air Balloon ride & champagne breakfast in the outback
- Her Trails & partner brands merchandise
- 8 week Her Trails specific training program
- Gear guidance in the lead up to the adventure
- Photography memories of your time

Price Excludes: Transportation to/from Alice Springs, Travel Insurance, personal specific snacks and hotel laundry services.

Please book personal travel insurance with evacuation

## More information on Larapinta Trail and the hiking component of the trip.

The Larapinta Trail is located in Central Australia, an arid region that is one of Australia's most spectacular bushwalking and trekking experiences.

You need to have moderate fitness and the mindset to enter moments of discomfort. The average temperature in August is 23 degrees, which can feel hotter on the trail because there is no shelter from the heat. The terrain is rocky and there are steady steep climbs and descents.

**PLEASE NOTE:** This is an adventure & no experience is a carbon copy!!

We provide guidance on any gear you may require, but hiking boots or sturdy trail shoes that are worn in are highly recommended.





## REFUND POLICY

To book for this adventure we require a 20% (non-refundable) deposit of the full package cost. Should you desire, you are welcome to pay for your adventure in full at the time of booking.

Should you pay in full at the time of booking, please be aware that 20% of the full package cost remains non-refundable. The 20% is non-refundable as it covers our cost to facilitate your administration.

Should you desire, you're welcome to pay for your adventure incrementally and interest free. You are also welcome to pay the balance of your account in one payment, not later than eight-weeks prior to the date of your intended arrival to chosen adventure destination. Receipt of your adventure fee eight-weeks prior allows Her Trails to facilitate payments to external suppliers for the facilitation your adventure.

Please be aware: Within eight-weeks of the date of travel, should you decide that you no longer wish to travel, or you can no longer travel on the chosen date, your money is no longer refundable, it has been spent in good faith with our suppliers for the facilitation of your adventure. You now hold travel credits with Her Trails to the value of your invested funds.

Please be aware: You are entitled to transfer your 100% Her Trails adventure credits to another adventure within a 12-month period. You are also entitled to transfer your 100% Her Trails adventure credits to a third-party.

Should you decide you no longer wish to proceed with your booking, you are entitled to a refund on all invested monies, except the 'non-refundable 20% deposit'. Notification of your intended withdrawal must be confirmed with Her Trails prior to six-weeks of the intended date of arrival to your chosen adventure destination at [info@hertrails.com](mailto:info@hertrails.com)

**Insurance:** Her Trails recommends that you obtain personal travel insurance prior to booking your adventure with us. A travel insurance policy purchased at the earliest available opportunity affords the highest chance of payout. Please do not delay the purchase of travel insurance, insurance companies retain the right to refuse making payment due to a lack of time between the purchase of a policy and an application for payment. In the event you are not entitled to a refund of your monies aligned with this Her Trails refund policy, and you do not wish to use your travel credits within the following 12-month period, Her Trails is not liable for the release of funds.

## COVID related issues:

In the event that a COVID travel restriction is placed within six weeks of the date of intended travel, Her Trails holds travel credits to the value of your investment for a period of 12 months, you are not entitled to a refund. With respect to your vaccination status, please note: Her Trails respect your right to receive or not receive a COVID 19 vaccination. Her Trails takes no stand on vaccinated/ non-vaccinated participation; however, we are subject to State and Territory legislations that are. This legislation dictates a client's participation, and Her Trails is under no obligation to refund any monies as a result of State and Territory Legislation with respect to your vaccination status and travel, this is your responsibility. Any refund in relation to your vaccination status remains your responsibility and no refund will be issued outside of the normal refund policy.

If you have any questions in relation to our refund policy, please don't hesitate in contacting us on 0404 074 007 or email, [info@hertrails.com](mailto:info@hertrails.com)





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