

Australia's Red Centre & Larapinta Trail

Trip Code: ARC

Version:



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Trek through the stunning landscapes of the West MacDonnell Ranges, visiting sites like Simpsons Gap, Standley Chasm, and Mount Sonder
- Witness the majesty of Uluru at sunrise and explore the domes of Kata Tjuta
- Discover Sydney's iconic landmarks, including the Opera House and Harbour Bridge
- Unique Eco-Camp Stays in remote wilderness, offering comfort, stunning views, and a relaxing base

to enjoy the Australian outback.

AT A GLANCE

- 7 days walking
- 8 days sightseeing
- Max altitude - 1,380m
- Join at Sydney

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

The Larapinta Trail is one of Australia's most iconic walking trails, passing through the stunning landscapes of the West MacDonnell Ranges in Central Australia. Renowned for its unforgettable views, diverse ecosystems, and rich Indigenous heritage, this legendary trail offers a unique opportunity to immerse yourself in the rugged beauty of the vast Australian outback. This journey includes the ascent of Mount Sonder (1,380m), where you may witness a spectacular sunrise that fills the sky with vibrant colours.

In addition to the Larapinta Trail, your adventure features the highlights of Australia's Red Centre, including the majestic Uluru and the impressive domes of Kata Tjuta. We will engage in experiences that provide fascinating insight into Aboriginal culture, such as cultural conversations and guided tours of sacred sites. Throughout this immersive journey, you'll have the chance to spot unique wildlife, including kangaroos and Black-footed Rock Wallabies, and explore some of Sydney's iconic landmarks, including its stunning harbour and the world-famous Opera House.

Is this holiday for you?

This Larapinta Trail holiday is graded as moderate, requiring participants to walk for 5-7 hours each day over rugged terrain, with some steep ascents and descents. Trail conditions vary, featuring rocky and hard surfaces that can be quite dry. While certain sections pass through open plains, undulating areas, and relatively flat country, the overall experience is defined by stony, mountainous landscapes, with elevations ranging from 680 metres to over 1,200 metres above sea level.

During the trek, you'll stay in our stylish and comfortable semi-permanent campsites, while well-located hotels provide accommodation for the rest of the trip. Most meals are included, offering quality, locally sourced food to enhance your holiday experience.

Itinerary

Version:

Holiday Information

Meal Plan

16 breakfasts, 14 lunches, 13 dinners are included in the cost of the holiday.

Food & Water

Water in Australia is generally safe to drink straight from the tap. We encourage you to refill your personal bottles each morning, as this is a more sustainable option. Please avoid purchasing single-use plastic bottles to reduce environmental impact.

Australian cuisine is diverse, drawing influences from Europe, Asia, and the native Aboriginal heritage. You'll find classic dishes such as grilled barramundi, kangaroo fillets, and Aussie beef steaks, often paired with fresh, locally sourced ingredients. Popular meals include the iconic Aussie barbecue, featuring lamb, sausages, and prawns, and classic pub fare like meat pies and chicken parmigiana. Vegetarians and vegans are well catered for, with many restaurants offering innovative plant-based dishes. Throughout Australia, you will also find a wide variety of international cuisine, reflecting the country's multiculturalism.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

Our eco-comfort camps are thoughtfully designed to enhance your experience. After a day's hike, you'll have a relaxing base where you can unwind and take in the pristine desert scenery. The camps feature a communal kitchen, lounge, and dining shelter, all elevated on platforms to stay clear of the dust. The open-sided lounge provides a cool, shaded retreat during warm afternoons and a heated shelter for cooler nights. The dining area offers a comfortable, communal table setting, and a campfire circle provides an informal spot to relax under the stars.

The camps are equipped with clean, composting toilets that use an eco-friendly system, and hot showers, a welcome relief after a day on the trail. Accommodation is in spacious safari-style tents, each offering plenty of room for two people and their gear. A sturdy stretcher bed ensures a comfortable night's sleep, and for those who prefer, the stretcher can be moved outside, giving you the option to sleep under the vast outback sky.

Strategically located in secluded wilderness areas along the trail, these camps offer a peaceful escape where you can fully immerse yourself in the natural surroundings while benefiting from the comfort and amenities that make the experience truly special. Through a respectful partnership with local Traditional Owners and park authorities, we ensure that the impact of our presence remains minimal, supporting sustainable tourism in this iconic region.

The hotel we use in Sydney is located in the central business district, a great location for exploring the sites. We also use good quality well-located hotels in Alice Springs and Yulara

Guidance on Tipping

In Australia, tipping is not generally expected or required. Unlike in some other countries, service staff in Australia are paid a fair wage, so tipping is not relied upon as part of their income. However, if you receive exceptional service at a restaurant, café, or bar, leaving a tip is appreciated but entirely optional. It's common to round up the bill or leave a small gratuity of 5-10%, but there's no obligation to do so. In other settings, such as taxis or hotels, tipping is even less common, though you may choose to tip if you feel the service was outstanding.

Tipping is not expected by the guides on this tour. However, if you would like to show your appreciation for excellent service, leaving a tip would be greatly appreciated.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Most visitors to Australia require a visa obtained prior to arrival.

Passport holders from the following countries can apply for the Australian Tourist Visa online prior to their arrival which allows you a stay in Australia for up to 3 months:

- Canada
- United States
- United Kingdom

Applications can be made using the link below (other nationalities can also check their eligibility for an e-visa here):

<https://immi.homeaffairs.gov.au/visas/getting-a-visa/visa-listing/electronic-travel-authority-601#Eligibility>

New Zealand passport holders do not need to obtain a visa prior to arrival, they will be granted a visa on arrival.

All other nationalities should check with your nearest embassy or consulate.

Currency

The unit of currency in Australia is the Australian Dollar, abbreviated as AUD or symbolised as \$. To distinguish it from other dollar currencies, it is sometimes written as A\$ or AU\$.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience. Suggested preparation includes at least one-two hours of aerobic type exercise, four times a week (including a mix of walking and using a rowing machine). You should include day walking over steep, uneven terrain in your trip preparation.

Climate

In Central Australia, the four traditional seasons are more pronounced, and temperatures can be more extreme than in many other parts of the country. Winter (May to August) is generally pleasant for trekking, with light winds and daytime temperatures averaging between 15–25°C. However, winter nights often drop below freezing, with frequent frosts, so it's important to prepare for cold evenings during winter treks.

The shoulder seasons, in April and September, tend to bring warmer daytime temperatures, typically ranging from 25–35°C, with mild nights averaging around 10–15°C. Occasionally, higher daytime temperatures may occur, which could necessitate adjustments to the itinerary, such as reducing walking activities in favour of more leisurely pursuits like swimming.

While rainfall is rare along the Larapinta Trail, it's essential to be prepared for a variety of weather conditions. The region can experience sudden fluctuations in temperature, with hot or cold spells occurring unexpectedly. Our facilities are equipped to handle these extremes, ensuring your comfort and enjoyment no matter the weather. However, we strongly recommend following the suggested packing list, checking local weather updates before your trip, and packing accordingly to ensure a more enjoyable and informed journey.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Lonely Planet Outback Australia (Travel Guide) by Anthony Ham
- Down Under by Bill Bryson
- Songlines by Bruce Chatwin

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please Note This document was downloaded on 03/04/2025 and the trip is subject to change