

BEAT THE WINTER BLUES WITH THESE PACK-FREE GUIDED WALKS

Life's An Adventure lists 6 winter favourites

April 2021 – Exploring the Australian wilderness doesn't have to involve carry back-breaking rucksacks and sleeping in flimsy tents. With Life's An Adventure's pack-free guided walks you can escape the southern winter and enjoy a wilderness experience with plenty of creature comforts.

Pack-free means swapping a bulky backpack for a small day pack and only carrying the basics – lunch, water, jacket and camera. The rest of your luggage is waiting for you at your cool accommodation after your day walk as is a warm shower, delicious dinner and glass of wine.

SO WHERE DO YOU WANT TO GO? HERE ARE SIX PACK-FREE WALKS PERFECT FOR A WINTER ESCAPE.

5-day Larapinta Trail, NT. Quickly becoming one of the country's premier walking destinations, the Larapinta Trail showcases the Red Centre's ancient beauty. Life's An Adventure offers a 5-day Larapinta experience which includes walking with an Indigenous guide, exploring the area's amazing gorges and waterholes, seeing the trail from the air on a scenic flight and returning each day to comfortable accommodation. While here you can add on a few of the other NT walks to extend the adventure. 3-day Byron Hinterland walk, northern NSW. Many people flock to Byron Bay for its beautiful coastline, but Byron's Hinterland is just as impressive. Wander through forests of massive Antarctic beech trees, delight in the dramatic cascading waterfalls of Nightcap National Park and Whian Whian State Conservation Area and see the stunning high country of Border Ranges National Park. You'll earn your tasty dinner on these wilderness walks!

7-day Carnarvon Gorge, Bunya Mountains & Cania Gorge, central Qld. This pack-free walk explores the Bunya Mountains and Cania Gorge on your journey to the iconic Carnarvon Gorge. This walk will take you along deep water-carved gorges, over dry and harsh sandstone escarpments, through lush and verdant rainforest, and finally into ancient art galleries of immense cultural and spiritual significance. Note: there is also a 5-day Carnarvon option that cuts out the Bunya Mountains and Cania Gorge.

4-day Gold Coast Hinterland Traverse walk, Qld. This pack free walk takes you away from the glitz and glamour of Main Beach to the spectacular Lamington National Park in the Gold Coast Hinterland, a World Heritage Area comprising of Australia's largest remnant of ancient subtropical Gondwana Rainforests. It's every shade of green on this walk and your luxury accommodation is at Binna Burra Sky Lodge then O'Reillys Rainforest Retreat.

3-day Noosa and Sunshine Coast Hinterlands Walk, Qld. Explore a range of landscapes in beautiful Mapleton and Woondum national parks with their tall open forests of blackbutt forest, scribbly gum forest, piccabeen palm groves and warm tropical rainforests. Make your way across pretty creek and listen for the chorus of 32 different species of frogs that live here as well as abundant birdlife. Dinners will be enjoyed at The Pomona Bistro situated in the historical site of an early 1900s bakery. The menu features fresh food from paddock to plate. 5-day Red Centre Walk, NT This iconic walk includes the big 4 including Kings Canyon's Giles Track and Scenic Rim walk as well as a walk around world-famous Uluru (Ayers Rock) and through the stunning Kata Tjuta (The Olgas). No matter how many photos you may have seen of these famous rock monoliths, when you experience them first hand you will be amazed at their spectacular size and beauty. This trip has been designed to minimise your travelling time in the vast outback. Enjoy a scenic flight from Alice Springs to Kings Canyon on day 2 saving almost 4 hours of driving and fly out of Uluru on day 5 avoiding a 5-hour return journey to Alice Springs. This walk has been specifically designed to travel only 300kms instead of the usual 1000km circuit of the Red Centre.

Life's An Adventure offers pack-free guided walks all over Australia and also on NZ's South Island. For more info visit <https://www.lifesanadventure.com.au/>

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