

SOUTHERN SEA VENTURES HINCHINBROOK ISLAND & THE CORAL SEA - AUSTRALIA

SEVEN DAY TRIP WITH SEVEN DAYS SEA KAYAKING

Hinchinbrook Island, Goold Island and the Family Islands are continental islands located off the tropical coast between Ingham and Tully in North Queensland. Hinchinbrook's 39,000 hectares make it Australia's largest island national park. Hinchinbrook Island is part of the UNESCO World Heritage listing due to its' unique flora and fauna. With granite peaks rising 1142 metres directly out of the sea, the island is a magnificent backdrop for sea kayaking. Waterfalls, tropical rainforests, precipitous headlands, coral reefs and secluded beaches are among the island's treasures. Paddling the coast of Hinchinbrook Island and camping on the white sandy beaches is a true taste of paradise. The diversity of the island is remarkable with the mangrove swamps along its western shore contrasting sharply with golden sand and numerous bays up the eastern shore. Hinchinbrook Island is perhaps the last remnant of the eastern coastline that remains exactly as it was before white settlement of Australia. The tiny, jewel-like Family Islands provide a delightful playground with their dense rainforest contrasting with exquisite coral beaches. The marine life we may encounter include manta rays, dolphins, dugongs, sea turtles and tropical fish. Humpback whales migrate past the islands in late July and August. Bird life abounds both over the water and in the forests.

Using our specially designed two-person sea kayaks we'll paddle 90 kilometres of tropical paradise exploring the magnificent grandeur of Hinchinbrook Island National Park, the Family Islands and Goold Island. We will paddle into protected bays and ease up onto remote wilderness beaches. If you are interested in catching yourself a tasty meal may we suggest you bring a small collapsible fishing rod or hand line as there will be time to fish while paddling or relaxing on the beaches each afternoon. Most days we will try to be in camp by lunchtime to avoid paddling in the hotter and windier part of the day. Join us on this special wilderness adventure!

A QUICK ITINERARY

Pre-trip	Arrive at Mission Beach (two hours south of Cairns). Pre-trip briefing is at 6:30 pm.	
Day 1	Coach to Lucinda and begin sea kayaking.	LD
Day 2-6	Kayak Hinchinbrook Island, Goold Island and the Family Islands.	BLD
Day 7	Finish Kayaking at Mission Beach where trip concludes.	BL

MEETING PLACE AND TIME

Our adventure begins at Mission Beach, two hours south of Cairns. The pre-trip briefing will take place at 6:30 pm on **the evening prior to Day One**. The pre-trip briefing meeting place will be confirmed approximately one month prior to the trip date and we will include the details in your final documentation. At this briefing you will meet your guides who will explain the itinerary for the next seven days. The following morning you will be picked up from your accommodation in Mission Beach at 7:30 am. The group then travels to Lucinda (a two hour drive south), the departure point for the trip.

ACCOMMODATION IN MISSION BEACH

For Mission Beach accommodation information, have a look at:
www.missionbeachaccommodation.com.au or www.missionbeachinfo.com



HOW TO GET THERE

The closest passenger airport to Mission Beach is **Cairns**.

Once you get to Cairns, there are a number of coach services to Mission Beach. **Tickets need to be booked in advance.**

Bus Options

Greyhound **Phone 1300 473946** **www.greyhound.com.au**

Cairns Bus terminal - Mission Beach Bus Terminal

Cost approx. \$70.00 return. Journey takes about 2 hours.

Premier Motor Service **Phone 13 34 10** **www.premierms.com.au**

Cairns Bus terminal - Mission Beach Bus Terminal

Cost \$40.00 return. Journey takes about 2 hours.

Usually only one service a day.

Exemplar Coaches **Phone 07 4098 5473** **www.exemplaronline.com.au**

Depart Cairns airport to Mission Beach.

Cost one-way, \$52.00. Journey takes about two hours.

Car Hire

Sugarland Car Rentals **Phone 07 4052 1300** **www.sugarland.com.au**

Provide one-way car rental from Cairns to Mission Beach and v.v.

***Note: Pre-trip briefing is conducted at Mission Beach at 6:30 pm on the evening before the trip. If you come from Cairns on this day by bus, you must leave on or before the 2:00 pm departure. The trip finishes at approximately 3.30pm on the last day, so you may connect with any bus after this time. Return flights should be booked for the day after the trip finishes, in case of unexpected delays.*

Please note that all our trips require minimum numbers to operate. If purchasing an advance purchase non-refundable air ticket, Southern Sea Ventures strongly advise that you take out travel insurance in the event that the departure does not operate and your ticket cannot be used.

SEA KAYAKING

Sea kayaking is an activity that any reasonably fit person can participate in. However, we ask that all participants should feel confident in swimming. The two-person fibreglass kayaks are stable, easy to paddle and control. They are very forgiving and are suited for beginners to experts. The kayaks are designed as an expedition boat so it is important to keep gear to a minimum, as we carry on board with us all of our food and equipment.

Our leaders are highly experienced sea kayakers and professional wilderness guides. They will teach you efficient paddling techniques, kayak rescue and safe surf entries before setting out on this adventure. We limit our group size to a maximum of 10 participants.

PROPOSED ITINERARY

The following itinerary should be used as a guide only as it can vary due to weather, client preferences, sea conditions and unforeseen circumstances. Our sea kayak guides have a good knowledge of the area and will seek out the best alternatives where necessary. We aim to experience the true wilderness of Hinchinbrook and the best of expedition sea kayaking.

PRE TRIP:

Your guides will inform you of the trip schedule, show you how and what to pack and answer any questions you may have for the trip ahead at the pre-trip briefing (6.30pm, venue to be confirmed). Storage for your excess gear should be organised through your hotel or we can assist you if necessary.

Day 1 Paddle to Mulligans Bay or Sunken Reef Bay

We depart early (7:30 am hotel pick-up) as we have a two-hour drive south to Lucinda before packing our kayaks. After a safety briefing and fitting you to your boat we have lunch and practice our paddling skills before heading a short distance across the channel to Hinchinbrook Island. The island's immense grandeur seeps in as we paddle away from Lucinda and edge closer towards the towering peaks. We'll camp for the night at Mulligans Bay or Sunken Reef Bay.

Day 2 Paddle to Zoe Bay and Banksia Bay

We leave southern Hinchinbrook and head around the vertical cliffs of its easterly aspect, Hillock Point, into the very picturesque Zoe Bay. We'll take a walk through the luxuriant forests surrounding Zoe Creek to the base of Zoe Creek Falls. Eating lunch while soaking in the large crystal clear pool is the perfect way to relax. Refreshed, we paddle a little further on to camp by Banksia Bay.

Days 3-4 Paddling East Coast of Hinchinbrook Island

Paddling up the eastern shores of Hinchinbrook Island gives us our best views of Mt. Bowen (1142 metres). Its rugged granite crags form a magnificent skyline often dotted with cumulus cloud as the island's dominant position often creates its own weather. En route we have ample time to paddle along rugged cliff lines and into picturesque coves.

This untouched wilderness is one of the finest examples of Australian coastline. After paddling the eight kilometre length of Ramsey Beach we round Cape Sandwich and often camp overlooking the sheltered waters of Sunset Beach or Blacksand Beach.

Day 5 Paddle to Goold Island

Today we continue along Shepherd Bay towards Cape Richards, the northernmost point of Hinchinbrook Island. After lunching on Orchid Beach we cross a short stretch of open water to Goold Island's sheltered beaches.

Day 6 Cross to Wheeler Island

We set out across our largest stretch of open water to explore the idyllic group of tiny islets comprising the Family Islands, Wheeler Island being our destination. We have the afternoon to explore our private island, snorkel or bask in the sun.

Day 7 Paddle to South Mission Beach, Trip Concludes

After a leisurely morning we set out for Mission Beach passing Bedarra, Timana and Dunk islands and leaving the fading peaks of Hinchinbrook behind us. Our last paddle back to civilisation at Mission Beach is filled with satisfaction and achievement at having completed a unique and memorable experience. At Mission Beach we enjoy a celebratory lunch before saying our farewells.

****Note:** We finish the trip at Mission Beach on Day 7 by about 3:30pm. Although it may be possible to connect with a 6:30 pm bus back to Cairns, please don't count on catching a flight out of Cairns on this day since we may be delayed.

FITNESS REQUIREMENT

We always feel that the fitter you are the more you are able to enjoy your holiday. The degree of difficulty of the trip will vary greatly depending on the weather we encounter. The sea and weather conditions off Hinchinbrook are affected by the south-easterly trade winds that blow from April to November and assist us as we paddle north. Conditions are rarely dead calm and our stable sea



kayaks easily handle seas that develop. On occasion the winds may be too strong and require a layover day; but on average, a paddling day will range from 3-5 hours with the afternoons free to explore our surrounds.

The better your fitness, the more you will enjoy the activities, so it's a good idea to begin some form of regular exercise well before the trip. Walking, jogging, cycling, aerobics and swimming are all worthwhile methods for achieving a reasonable level of overall fitness. Swimming and paddling are recommended for developing upper-body strength for paddling sea-kayaks.

CLIMATE

Our departure dates range from May through to November, this being the cooler part of the year. Expect day-time temperatures ranging from lows of between 16 - 20 degrees (July & August), to highs of between 27 - 32 degrees Celsius (Oct & Nov). The south-easterly trade winds move along the coast at this time of year and will often assist our journey; our morning departures take advantage of the lighter morning breezes. When on the ocean it is advisable to have good protection against all the elements, so ensure you have good sun protection and a lightweight wind/rainproof jacket.

TRIP ORGANISATION

The sun rises and sets quickly in the tropics. Paddling days will start early and finish early to take advantage of cooler temperatures and lighter winds. It's a good idea to pack up your dry bags before breakfast, prepare your personal items for the day and take down your tents so that loading for departure can be organised. On a paddling day we'd like to be on the water before 9:00 am and get into camp just after lunch. It is important to realise that the group will kayak at the speed of the slowest members.

On the kayaking trip there is plenty of fresh food, fruit and vegetables. We will try to supplement this with freshly caught fish! (*NB.* -For vegetarians and those who have special dietary requirements, we are happy to make the necessary arrangements. Please advise us at the time of booking).

A successful trip will require teamwork by all members of the group. Your participation in general camp activities will be appreciated. For example, on arrival in camp you would unload your own boat, set up tents and perhaps a few members of the group can assist in preparing the evening meal. The afternoons will generally be at your leisure although the guides will conduct escorted walks for those who would like to explore a bit more.

EXPEDITION STAFF

Your guides are highly experienced sea kayakers and love to share wilderness experiences with others. They are experienced in trip logistics, local knowledge and expedition organisation. They are chosen not only for their experience and qualifications but also for their interpersonal skills -- they will be fun to be with and approachable, so if you are having any problems please feel free to discuss any concerns with them in confidence.

ACCOMMODATION DURING THE TRIP

We will stay in two-person tents, camping each night of the kayak expedition. If you are travelling alone, you may be requested to share a tent with another group member of the same sex.

FOOD AND WATER

Mission Beach is a small town but there are some good restaurants to choose from. Food during the trip will predominantly be fresh but we do not carry eskies (coolers) and ice, so have adjusted our menu appropriately. Tap water in the hotels is drinkable and we have boiled or sterilised water during kayaking.

WASHING AND TOILET FACILITIES.

Our campsites are remote and basic. There are no shower facilities and only occasionally will you have the chance to wash with fresh water. It is a good idea to bring along some sea soap, which will lather in salt water. Occasionally we will have pit toilets and where there are none, we carry out our waste.

HYGIENE

In remote wilderness areas, good hygiene is essential to ensure that you don't fall ill during the trip. To make it easier to wash your hands after using the toilet, and before preparing or eating meals, your guide will always have soap and water available.

MEDICAL MATTERS

Any person undertaking this trip is required to provide us with a medical form filled out completely and accurately. This form is included in your pre-departure information. Please return the form to us as soon as possible. Advise us of any side effects of any medication you take and of any dietary requirements related to taking them. Be sure to let your guide know of any drugs to which you are allergic. You will be isolated from modern medical facilities, so attention to medical matters is vital.

DENTAL

Due to the remoteness of our trips it is advisable to have a check-up before departure.

VACCINATIONS

Generally speaking, there are no specific vaccinations required for travel to Australia, however it is always wise to consult your doctor or travellers medical centre. Due to the chance of cuts and scratches, we strongly advise that you be up to date with your Tetanus vaccine.

MEDICAL SUPPLIES:

On all our trips into more isolated areas we carry a very comprehensive medical kit, which could cover most situations one might expect to occur. It is your responsibility to bring sufficient quantities of any specific medications you require.

In addition we suggest that each passenger bring:

- Sun screen SP15 or greater (water resistant).
- Lip protectant or zinc cream.
- Band-aid strips.
- Compeed (or similar) blister protection.
- Insect repellent is essential. In the tropics, repellents containing DEET are generally more effective eg: RID or similar.
- Aspirin or equivalent headache remedy.
- A mild anti-nausea drug if you are concerned about motion sickness.
- Tea Tree soap or a an antiseptic / biodegradable soap.

VALUABLES

We accept no responsibility for the loss of, or damage to, any valuables or equipment whilst on the trip. With all adventure travel, it is best to leave unnecessary valuables at home or in your hotel safe.

CAMERAS AND PHOTOGRAPHY

The humidity is always high in North Queensland and as we are paddling in a salt water environment the delicate electronics in digital or film cameras can be damaged. You might consider a waterproof camera or a small plastic waterproof case or dry-bag with a supply of silicon packs. Ensure you have sufficient memory storage and batteries for a digital camera as there is no opportunity to purchase batteries or access electricity during the paddling. It is wise to keep lenses to a minimum. One variable lens will reduce your load and the amount of your equipment that can be damaged. If you

are buying a new camera, consider a waterproof one and get it well before departure so you can practice with it. It is inconvenient to find fault with the camera during a trip.

GLASSES & JEWELLERY

People wearing glasses or sunglasses should tie them on with some elastic. This is something you can prepare before the trip. Take a spare pair of glasses if you depend on them for survival or comfort. Contacts can be used if you close your eyes at the right times! Do bring a spare pair. We suggest you do not wear necklaces, bracelets, earrings, etc during the trip.

INSURANCE

COMPREHENSIVE TRAVEL INSURANCE IS COMPULSORY FOR ALL OUR PARTICIPANTS.

Please make sure your insurance policy covers lost monies in the event that the trip has to be cancelled or curtailed due to inclement weather.

Australian residents should note: Under the Federal Government Medicare Act it is prohibited for any domestic travel insurance product to provide any financial re-imbusement with regards to ambulance or air ambulance services. We advise clients to take specific cover for ambulance cover through the respective State Ambulance Service providers or through your own private health insurance.

EQUIPMENT - WHAT YOU NEED TO BRING

Because we carry all of our food and equipment in the kayaks, it is essential that you travel light. All personal clothing and equipment are stored in waterproof containers. Please remember that, should you have any sharp objects or unusual items, these will be stored separately. Cameras are stored in the personal clothing dry bag and are not easily accessible while paddling unless you have a waterproof camera or your own separate waterproof bag to carry it in.

Essential packing list:

- Waterproof rain jacket (you may want two-one for paddling, one for camp).
- Two T-shirts.
- Two pairs of shorts and swimming gear.
- One pair of sand shoes/trainers.
- One pair of lightweight trousers.
- One pair of sport sandals (eg: Teva or similar).
- Long-sleeved shirt is recommended in camp for insects.
- Lightweight woollen jumper or fleece jacket or pile jacket.
- One or two long sleeved thermal tops (lightweight polypropylene/capilene top is recommended while paddling for sun protection or warmth in rainy conditions. Lycra rash vest is also suitable).
- Wide-brimmed hat for protection from the sun is essential. Sun visors are inadequate. Choose a hat with a stiff brim that will hold rigidity in a breeze and a chin strap to keep it on in the wind. A scarf made from a light material such as silk to protect your neck is useful for sun protection.
- Small towel (a chamois towel is ideal, together with a sarong if you have one).
- Lightweight socks.
- Minimal personal toiletries (biodegradable salt water soap may be desired).
- Good waterproof sun cream and lip balm.
- Insect repellent (recommend RID).
- Sunglasses with a cord or string for attaching them to prevent loss.
- **Lightweight and compact sleeping bag and inner sheet.**
- **Sleeping mat or thermarest.**
- Small torch and batteries (a couple of candles may be desirable as well).
- A small daypack, bum bag or dry bag is good for holding things like sunscreen, glasses, etc. while we paddle.
- A wetsuit vest may be useful if you feel the cold.



- Personal water bottle, capacity 1-2 litres (the type used by cyclists are good and inexpensive).
- Lightweight cycling gloves can ease blistering if you are not used to paddling.
- Pillow case or very small pillow (eg.airline pillow). It must fit into your dry bag. A pillow case can give you the flexibility to make for a comfortable sleep.

Optional Items:

- Book, magazine, cards or games.
- Binoculars.
- Limited snorkelling gear (there are only two areas with reasonable snorkelling and it depends on the winds. There is limited space to carry much snorkeling gear).

WILDERNESS CONSIDERATIONS

It is very important to behave in a respectful way towards this special ecology, which is World Heritage listed. We will strictly adhere to our policy of *"take only photographs, leave only footprints"*. Toilet waste will be buried in pit toilets in less frequented areas and carried out in others. The use of biodegradable soaps would be appreciated and the guides will outline what we can do to limit our impact on the environment. We ask that each person follow a policy of taking out everything they bring in, including lolly wrappers, batteries, etc.

TIME & COMMUNICATION

Mission Beach and Cairns are always on Australian Eastern Standard Time (i.e. there is no daylight saving). During the trip we carry an emergency radio-telephone, this has the ability to make phone calls from most parts of our route. It is only carried for calling out in emergencies and we will not be contactable once the trip has begun.

CHANGES IN YOUR TRAVEL PLANS:

If you voluntarily decide to depart the tour early or extend your stay after the conclusion of the tour, you must make the extra arrangements yourself. It is not the responsibility of Southern Sea Ventures or your tour leader. However, your guides will assist you if possible.

MONEY TO BRING WITH YOU

No money is required during the kayaking although you may like to have enough for any expenses including alcoholic beverages or souvenirs at Mission Beach on our last day. The amount required at Mission Beach for meals and sightseeing before and after the trip will vary according to your requirements. Mission Beach does have a Bendigo Bank, ATM's and offers a wide variety of activities, souvenirs and crafts.

SECURITY

All passports, airline tickets, valuables, excess cash and travellers cheques should be secured in your hotel safe during the kayaking.

MONEY MATTERS

YOUR TOUR COST INCLUDES:

- Two-person expedition kayaks, paddles, life jackets and safety equipment.
- Two-person tents.
- Watertight containers for personal clothing and equipment storage.
- Professional guides.
- Transport from Mission Beach to the start of the trip on day one.
- All meals from lunch on Day 1 to lunch on Day 7.
- Group first aid kit.
- Emergency radio or satellite telephone and marine distress kit (flares etc.).



- National and Marine Park fees.

YOUR TOUR COST DOES NOT INCLUDE:

- Travel between Cairns and Mission Beach before and after the trip.
- Mission Beach accommodation.
- Items of a personal nature such as postage and laundry.
- Meals in Mission Beach.
- Alcoholic beverages.
- Travel insurance.
- Sleeping bag and sleeping mat.

DELAYS OR PROBLEMS

In case of last minute delays or problems, contact Southern Sea Ventures in Australia on +61 2 8901 3287. The guides local phone number in Mission Beach will be advised in your final documents.

SOUTHERN SEA VENTURES

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