

wild women on top jatbula trail



trip highlights

Incredible Wilderness walking
Fantastic bush camps
Indigenous culture

Stunning Arnhem Land Escarpment and Stone Country
Swimming in the many waterholes along the way



Trip Duration	7 days	Trip Code: WWJ
Grade	Moderate	
Activities	5 Day Trek, Trekking with full pack, 8-10 kg, Dry, top end conditions	
Accommodation	4 nights camping, 2 nights hotel	

welcome to World Expeditions

Thank you for your interest in our Wild Women On Top Jatbula trip. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience!!

why travel with World Expeditions?

World Expeditions Top End adventures have been in continuous operation for more than 20 years, offering economical, reliable, environmentally friendly small group fully inclusive adventure holidays to some of the most beautiful pristine parts of Australia. Our trips cater to people from many walks of life, age groups and motivations. World Expeditions also offers more than 30 exclusive Australian itineraries that incorporate trekking, walking, rafting, cycling and climbing throughout Australia.

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trip dates

2019 23 Jun - 29 Jun

trip cost

Joining Darwin: \$2795

All prices are per person

options & supplements

World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

For competitive airfares and stopover ideas to join this adventure, contact our expert staff today to receive a detailed quote.

the trip

The stone country, or Arnhem Land escarpment, is one of the most extraordinary wilderness areas in Australia. The Jatbula Trail in the Nitmiluk National Park features magnificent waterfalls that tumble from high quartzite cliffs, shady monsoon forests that line the creeks and stunning Jawoyn Aboriginal rock art that adorns the caves and overhangs. This trek is the tropical equivalent of Tasmania's Overland Track, a full pack bushwalk that gains access to the heart of the country. The Jatbula Trail winds along the edge of the escarpment from Katherine Gorge (Nitmiluk) to Edith Falls (Leliyn), where you will be totally immersed in this stunning wilderness. With numerous swimming holes along the way and star filled night skies, this trip is not to be missed!

benefits of a wild women on top partner adventure

Wild Women On Top helps women lead adventurous lives they love. When you join a Wild Women On Top partner adventure, you become part of an incredible team, training and hiking together to maximise everybody's enjoyment and success. Wild Women On Top support you to get the most out your Wild Adventure, making it a truly transformational challenge.

What Wild Women offer:

- A Wild Women Coach who leads and empowers the team, shares Wild Women culture and traditions and supports you in your preparation for the adventure.
 - An exclusive itinerary tailored to the needs of women, prioritising magic moments of natural exhilaration and breathtaking challenges.
 - T.E.A.M: Together Everyone Achieves More approach to adventure
 - Training and preparation to ensure all your teammates are perfectly prepared and fit for the adventure (that means you must be, too!). If you can't join us for Trek Training in Sydney, you can prepare with the Luvmyhike 12-week online training program and check in with your coach regularly.
 - Everyone must be a member of Wild Women On Top so you're guaranteed your teammates understand our culture and have like-minded goals.
 - The Golden Rules to create a loving, successful and supportive environment during your adventure.
 - A Facebook group to connect you with your team and encourage team-building as well as give you direct access to your coach.
 - A complimentary copy of How To Prepare for World Class Treks e-book by Di Westaway
- Please note: Travel Partner guides and staff are responsible for delivering your extraordinary experience during your adventure. Please direct all pre, mid and post trip feedback to Travel Partner. Your Coach is NOT the tour operator, guide, navigator or first aider.

at a glance

DAY 1	ARRIVE DARWIN
DAY 2	DRIVE TO KATHERINE GORGE, TREK TO BIDDLECOMBE CASCADES
DAY 3	TREK TO CRYSTAL FALLS
DAY 4	TREK TO THE AMPHITHEATRE THEN ON TO 17 MILE FALLS
DAY 5	TREK TO SANDY CAMP POOL
DAY 6	TREK TO LEILYN, DRIVE TO DARWIN
DAY 7	TRIP CONCLUDES

what's included

- 6 breakfasts, 5 lunches and 5 dinners
- 2 nights hotel accommodation in Darwin (twin share)



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- professional wilderness guides (2 guides)
- all National Park and camping fees
- all group camping equipment including mosquito net, sleeping mats, ground sheet (tarpaulin), stoves, cooking and eating utensils
- emergency communications and group first aid kit
- transport from Darwin
- Trip escorted by Wild Women On Top Coach

detailed itinerary

DAY 1 Arrive Darwin

On arrival in Darwin you will need to make your own way to the Darwin Central Hotel.

The guides will meet the group for a briefing at the hotel foyer at 4pm.

Dinner is at leisure (own expense) so you have the full choice of options in the nearby Mitchell Street entertainment district.

meals: NIL

DAY 2 Drive to Katherine Gorge, trek to Biddlecombe Cascades

We pick you up from your Darwin accommodation between 6:00 and 6:30am, before heading south on the Stuart Highway to Katherine. The starting point of our walk is at Katherine Gorge. After lunch, we cross the Katherine River and begin our trek into the stone country. The Northern Rockhole offers a fantastic swimming spot. We then trek to our evening campsite beside the clear, flowing stream of Biddlecombe Cascades.

Walking distance: 8kms | Driving time: approx 4 hours

meals: B,L,D

DAY 3 Trek to Crystal Falls

Today's trek takes us further into the rugged stone country. We are now deep in the wilderness of the Arnhemland Escarpment and Stone Country which extends almost 1000 kilometres through the heart of the Top End. The trail today includes some interesting Jawoyn Aboriginal rock art sites hidden in the many rocky outcrops and overhangs. The cascades of Crystal Falls are an inviting backdrop to our campsite.

Walking distance: 10.5kms

meals: B,L,D

DAY 4 Trek to the Amphitheatre then on to 17 Mile Falls

A good morning trek brings us to the Amphitheatre, an aptly named natural pocket in the escarpment. The shade of the cliffs encourages a rich monsoonal rain forest and the rock shelters exhibit the art of the Jawoyn Traditional Owners. Trekking along the edge of the escarpment with its stunning views, we reach our camp and the spectacular 17 Mile Falls. The rock pools above the falls offer great swimming in the spring fed clear streams.

Walking distance: 10kms

meals: B,L,D

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fast facts

Countries Visited:

Australia

Visas:

No

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Group Size Min:

8

Group Size Max:

10

Private Groups:

Private group options are not available for this trip

Singles:

A single supplement is not available for this trip

Brochure Reference:

Active Adventures

*Ask our staff for more information.

DAY 5 Trek to Sandy Camp Pool

A bigger day of trekking takes us to the Edith River Crossing as it flows across the stone country. The permanent waterholes here attract abundant birdlife and are a wonderful place to enjoy another delicious picnic lunch. We will follow the course of the river with its gentle gradients to our evening campsite at Sandy Camp Pool.

Walking distance: 16.5kms

meals: B,L,D

DAY 6 Trek to Leilyn, Drive to Darwin

We continue following the Edith River with its Paperbark Forests, cascades and water holes arriving at Sweetwater Pool. We then continue to the end of the trail and this outstanding trek at Leilyn (Edith Falls). There is the opportunity for one last swim in the stunning broad plunge pool before lunch and heading back to Darwin. We aim to arrive back in Darwin and our hotel accommodation by around 5.30pm. We enjoy a celebratory dinner at one of Darwins better restaurants. Overnight Darwin Central Hotel (trek approx 14km).

meals: B,L,D

DAY 7 Trip concludes

The trip concludes after breakfast.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

suggested extensions

Explore Kakadu & Beyond

country information

You will be travelling through Aboriginal land with a living culture and rich heritage. When on Aboriginal land it is necessary to accept that there may be some conditions of travel (your guide will explain) and that local and traditional obligations take precedence over permission to travel. Consider that Aboriginal land is essentially private land and that permission to enter is a privilege.

There is incredible diversity in Aboriginal culture and each local clan may have their own language and culture. Your guide will keep you informed of local culture, issues, and any considerations for dealing with local people.

climate

Generally speaking, it is fine, rain-free and there is plenty of sun between May and October. The days are quite warm from May to November (tops of around 35C) and evenings can be cooler (down to around 15C). Mid dry season (Jun-July can be cold at night down to around 5°C in Katherine). As the wet season approaches (Oct/Nov) there are sometimes spectacular thunderstorms which provide relief from the humidity. Throughout the year we can swim in crystal clear, spring fed pools.

It is essential in this climate to keep up a high fluid intake (plain water is best) to avoid dehydration. The first sign of mild dehydration is headache, which can make your holiday uncomfortable. More severe dehydration can lead to heat exhaustion, a most uncomfortable experience, and there is no 'quick fix' for this condition. Please ensure that you drink 4 litres per day. Your guide will point this out again when you start the trip, as mild dehydration can be easily avoided.

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responsible travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

trip grading

Moderate

Thorough physical and mental preparation is important for your safe participation and enjoyment of this expedition. As with any active holiday, the fitter you are for the activity, the more the attention moves from looking at your feet to experiencing your surrounds. In short, fitness enables you to do more, see more and simply relax more. The best way to train for an active holiday is to simulate the activity you will be undertaking on the trip. Train for uneven terrain by finding a rough narrow bush track, even just your local park or sports field, and go for a lovely long walk in your trekking boots (nothing spoils a trekking holiday quite as much as poor fitting boots!) - splash in the puddles or kick up the dust!

a typical day

Mental preparation for your trek in the Top End cannot be highlighted enough. Come open minded and ready for a wonderful experience whatever the weather, whoever the group, whatever your preconceived ideas. Your guides will be working to enhance your trek and maximise your safety. Each day, each group, each guide will influence itinerary details but the following will give you an idea of daily timing.

Each day will start with a hot drink call from your guides. They will then prepare breakfast, whilst you prepare for the day and pack up all your equipment. After breakfast the guides finish their last minute packing and you set off for the day's walk. Each day is different but usually the morning walk is 3-4 hours with numerous snack, photo and water breaks along the way.

A leisurely lunch is served with a chance to put your feet up, dry socks, read or simply take in the magnificent scenery. The afternoon walk is usually shorter than the morning walk getting us to camp with plenty of daylight and time for exploring, relaxing or just enjoying a welcome hot drink and a chat. A hot dinner and dessert is served around 7pm with time to tell a few stories.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

accommodation on the trip



When trekking in the Top End dry season our camping arrangements are delightfully lightweight. As we don't have to worry about bad weather we can make the most of the clear skies and sleep under the stars. Each trekker will carry a groundsheet, self-inflating mattress and a mosquito net. We will string a line between trees and hang the mosquito nets.

The guides will carry lightweight group tarps that will act as shade or shelter in the unlikely event of unseasonal rain.

pre and post tour accommodation

Our hotel in Darwin is the Darwin Central Hotel. It has an excellent location with easy access to the shopping and dining of Mitchell Street and the CBD.

<http://www.darwincentral.com.au/>

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Train for pack-carrying by carrying a load similar to the one you expect to carry on the trip. Use the pack you will use during your expedition if possible. Disperse the weight evenly in the pack – a couple of bricks in your pack will feel like a couple of bricks in your pack but a few phone books, a couple of towels, a jumper or two and a few kilos of flour will weigh the same as a couple of bricks but will be much more comfortable to carry and closer to your actual load on the trip. Train for multiple days of trekking by doing so – try loading up and setting out for the park for an hour or so walk every day for a week. Go early in the morning and it may not feel so strange with other people out training for their own ambitions. Enjoy your training – include friends and family, set some goals, note your progress and explore.

adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

important note

“Expect The Unexpected”. Wild Women On Top Itineraries can change at any time, depending on local conditions, group requirements and weather.

what you carry

The Jatbula Trail is a full-pack unsupported trek. You will need to carry all your own personal equipment. This includes your sleeping bag, sleeping mat, ground sheet and mosquito net, plus a small proportion of the group food. On average this works out to be 10 - 14 kgs. Your guides will conduct a gear check to ensure you are not carrying too little or too much!

equipment required

A comprehensive gear list is provided in the pre-departure information supplied on booking.

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

what's not included

- Airfares
- Meals as outlined in Darwin
- Items of a personal nature, such as laundry and postage
- Backpacks
- Sleeping Bag hire
- Alcoholic beverages
- Travel insurance

private groups

Wild Women On Top Golden Rules

1. Set challenging adventure goals, write them down, train hard and you will achieve them [No excuses!]
2. Stay Positive at all times
3. T.E.A.M. Together Everyone Achieves More
4. Expect the unexpected
5. If you have a gripe, handle it discretely, or air it politely [Don't let it fester!]
6. Buy quality gear [This will save you money and could save your life]
7. Don't come home from training or trips tired. Be energized & happy.
8. Leave no trace (The wilderness is sacred!)
9. Bring MORE than you take away. [Including chocolate!]
10. Happy endings guarantee the next leave pass!
[this one is secret!]

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Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

how to book

To book a Wild Women On Top trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function, details of which will be provided at the time of the trip launch with Wild Women On Top. We can also help you with any additional arrangements that you require, such as competitive airfares to get you to your destination, stopovers, pre or post trip accommodation or any additional tours that you wish to take in conjunction with the main trip.

Important: You must be a financial member of Wild Women On Top to join this tour. Please go to WWW.WILDWOMENONTOP.COM, ring 0434 027 912 or email admin@wildwomenontop.com for more details on training and memberships.

NOTE - Main and Waterfall Images care of Wild Women On Top