



TWIN FALLS

GUIDED BUSH WALK & YOGA EXPERIENCE
13-19 AUGUST 2023

Join Cassie Newnes from Willis Walkabouts and Kate Roseth from Agoy Yoga for a 7 day/ 6 night off track bush walking and yoga experience.

What better a place to practice yoga than in nature?

Yoga is a practice of connecting to our deeper selves. In order to this we need to slow down, remove the distractions and get present in the moment.

This guided bush walking and yoga experience will give you the opportunity to do just that.

Return feeling, strong in your body, clear in your mind and connected to your yourself.

ITINERARY



DAY 1 - SUNDAY 13TH AUGUST

- 8am pick up from Agoy yoga studio.
- Drive to Kakadu National Park. Please bring lunch to eat on the way.
- Walk to the top of Twin Falls, set up camp.
- Recover from a big day of travel with a gentle stretch & restorative yoga
- Connect with the group of dinner and an intention setting circle

DAY 2 - MONDAY 14TH AUGUST

- Start the day with meditation, and gentle movement to prepare for the days walk
- Approximately 2hr easy walk to the second camp arriving late morning
- set up camp and enjoy swimming the waterholes and gorge
- Gather for a late afternoon yoga class to stretch and release muscles in the body



DAY 3 - TUESDAY 15TH AUGUST

- Start the day with meditation, and gentle movement to prepare for the days walk
- Approximately 2hr easy walk to the third camp arriving late morning
- set up camp on a sandy beach and enjoy swimming and relaxing in the shade
- Yoga on the sandy beach before dinner refection circle

ITINERARY

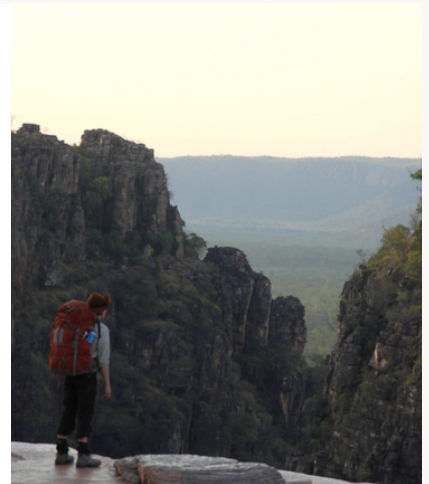


DAY 4/5 - WED & THU 16TH/17TH AUGUST

- Start the day with meditation, and gentle movement to prepare for the days walk
- Approximately 2hr slightly more challenging walk to the amphitheatre
- set up camp and enjoy two days relaxing and exploring the amphitheatre
- Afternoon yoga on the big warm flat rock & early morning yoga before the sun rises

DAY 6 - FRIDAY 18TH AUGUST

- Start the day with a meditation, before we make an early start for the return walk
- Approximately 4 hour walk back to the first camp
- Enjoy a luxurious long yoga practice at the top of Twin Falls
- Dinner and closing circle



DAY 7 - SATURDAY 19TH AUGUST

- Start the day with a meditation, and yoga, soaking up the last day of hiking
- Pack up and finish with a short walk to the carpark
- Drive home returning to Darwin around 5-6pm

WALKING NOTES

Terrain, Difficulty and Climate

Difficulty- Level Two.

While the walks are untracked the country is relatively open and there is lots of time for swims and exploration without packs.

Terrain-There is a steep walk at the beginning of the trip to reach the top of Twin Falls. Due to the time it takes to travel to Kakadu from Darwin we will need to do this walk in afternoon when it is still hot. This is the only section of the walk that is on a marked track.

After that, the walk is untracked following the creek on rock ledges, broken rock and vegetated sandy banks or through open woodland.

If you have never done any off-track walking through moderately rough terrain, nothing we can say can adequately describe the experience. The photos on our website, www.bushwalkingholidays.com.au, can give you a partial picture, but they cannot substitute for the real thing. Most of those who have not had any off-track walking experience find it more difficult than those who have done it before.

Anyone who does not regularly go bushwalking carrying a full pack would benefit from doing some pre-trip training.

Pack weight and length of walks

Pack weight- Participants will be required to carry all of their gear and food for the week in their backpacks. Dinners will be provided and carried between the group. Participants will need to provide their own breakfast, lunch and snacks. The weather is warm and rain is unlikely so you will only need a light mozzie dome, light fly and light sleeping bag.

Expected pack weight for this walk is around 16kg.

Length of walks- The longest we will spend walking per day with packs is around 3-4 hours. Most days it will be a lot less. Some nights we will spend 2 nights in one camp so there will be days where we will not do any walking with our hiking back packs.

Climate

By late August, it is normally starting to heat up again. The maximum temperature on most days will average 33-34oC. The average nightly minimum is about 18-20oC (65oF), but it has been known to drop as low as 10oC. If you bring a sleeping bag, you won't need a heavy one. Rain is unlikely but possible so you should have something to use as shelter if we do get rain.

How to prepare for the Hiking and Camping component

We have comprehensive information on our website www.bushwalkingholidays.com.au to help you prepare.

Check out this link...

<https://www.bushwalkingholidays.com.au/bushwalking-guide>

YOGA NOTES

The yoga will be simple and available to everyone who joins, no prior yoga experience required.

The yoga practice will be an opportunity to connect with your body through gentle movement. The postures will help to stretch your muscles after the days walking and we will incorporate a method we call roll and release to release tight muscles and reduce aches and pains.

You do not need to carry heavy yoga props. We will keep the practices simple so that a towel or light weight travel yoga mat or similar will be adequate.

We will provide you with a set of Roll & Release balls for the yoga sessions.

YOUR GUIDES

Cassie Newnes

Cassie is an experienced off track bushwalking guide with a long held passion for indigenous living skills and authentic communication. She has been taking people on remote, untracked wilderness experiences for 20 years.

Kate Roseth

Kate has been practicing yoga for 20 years and teaching for 11 years. Her yoga teaching pays particular attention to alignment with a strong focus on listening to the body and restoring the body/mind balance.