



# Meridian Kayak Adventures

## 2 Day Wilsons Prom Wilderness Sea Kayak Escape –



Wilsons Prom, located 230 km south east of Melbourne, is the southern most tip of mainland Australia. Its 130 km of coastline is framed by granite headlands, mountains, forests, fern gullies and pristine beaches. The trip explores the seldom visited, remote northern section. This is the wilderness area - the plains, the mountains and Corner Inlet which is of great significance for flora and fauna.

### A QUICK ITINERARY

Pre trip briefing, loading our sea kayaks and paddling to our remote campsite. Exploring the area, a night under the stars and return invigorated.

### MEETING PLACE AND TIME

We meet at our departure point – Duck Point - at 9:00 am on Day 1. Accommodation before and after the trip is available around the Prom area. B&Bs, self contained cabins, motels, cottages. For help in finding something give us a call.

### HOW TO GET THERE

To the Prom from Melbourne. Allow 2 ½ hours driving. Take the South Gippsland Highway through Korumburra and Leongatha. Turn right just past Meenyan and continue through Fish Creek and again turn right following the national park signs.

To Duck Point, Corner Inlet. Take Foley Road on the left which is about 4 km past the village of Yanakie and follow it all the way to the water past the caravan park.

### SEA KAYAKING

Sea kayaking requires only a moderate level of fitness, similar to brisk walking or cycling. The weather conditions play a big part in the degree of difficulty and comfort and the Prom can turn on some varied weather. An average day's paddling is about 3-4 hours. No previous experience is necessary. Your guides will coach you in energy efficient and injury prevention paddling techniques to make the trip that much more enjoyable.

The "Mirage" double sea kayaks that we use are sleek and fast as well as being very stable and easy to handle. They are suited to both the beginner and the expert sea kayaker. For clients who can demonstrate proficiency level sea skills, single sea kayaks are available on request.

### PROPOSED ITINERARY

Weather conditions may cause a change in plans and or delays.

Day 1: Pre trip briefing and loading of kayaks. After some tuition in safety techniques and paddling tips we set off to explore Corner Inlet ....

Camping under the stars on the beach at Tin Mine Cove.

Day 2: Breakfast then break camp to explore the entrance and Biddies Cove. Lunch on a remote beach and return to Duck point. Showers are available at the caravan park.

### CLIMATE

Victoria's weather has a "changeable" nature to it. *"If you don't like the weather, just wait 5 minutes"*. By far the best season for kayaking here is mid summer through to early winter. (Jan to May).

The Prom is especially changeable with its many moods and changing vistas.

### TRIP ORGANISATION

The pace of the day is usually decided by our clients. However, it can be easy to totally unwind, relax and forget about some of the every day hassles. We do hope our clients take the opportunity to learn more about remote camp cooking and join in the preparation of meals.



## **EXPEDITION STAFF**

Your sea guides are fully trained and qualified to look after all the details. Their job is look after the safety of their clients and ensure that everybody has an unforgettable experience.

## **TRAVEL ARRANGEMENTS**

Delays are always possible due to weather and transport difficulties and whilst Meridian Kayak Adventures will do its best to fix the problem we are not held responsible for any additional charges incurred.

## **TRAVEL INSURANCE**

It may be prudent to take out a personal insurance policy to cover yourself against sickness, accident, loss of baggage, trip cancellation and in the unlikely event that you may need emergency evacuation by helicopter due to illness or injury

## **TIME AND COMMUNICATION**

Victoria operates on Australian Eastern Standard Time and daylight saving time from late October to late March. Mobile phone reception is possible in many places with Telstra only.

## **ACCOMMODATION**

There are many comfortable places to stay around "Prom Country". These are B&Bs, self contained cottages, motels, holiday rental houses. [www.promaccom.com.au](http://www.promaccom.com.au) has a booking service as well.

## **CONSERVATION**

Minimal environmental impact. Meridian Kayak's motto is "take only your memories, photos and not leave any footprints" Sea kayaks have the potential to go where no other form of transport can take you. Through very shallow channels and across wide mudflats to undisturbed places of vegetation, breeding grounds and fauna. Therefore we are very sensitive of the ecology of the areas we visit and take steps to limit our impact on them. We ask that each person do their bit and take out every thing we bring in including all rubbish. At times we only sit quietly in our kayaks, observe and soak up nature instead of being "interactive": visitors.

## **PHOTOGRAPHY**

Expensive cameras and sea kayaking do not mix well. Often the best photo opportunities are on the water and salt water can harm the delicate electronics in digital and film cameras.

Waterproof disposable cameras can produce some surprising and stunning results.

## **MONEY TO BRING WITH YOU**

No shops or craft or souvenir vendors on the trip.

## **SECURITY**

Unfortunately this is always seems to be a problem and while Australia is an affluent country, there are some who will take an advantage when they can. Valuables can be left in a safe at our office in Melbourne and we suggest that only copies of important documentation be taken on the trip.

## **MEDICAL MATTERS**

Any person undertaking this trip or any activity with Meridian Kayak Adventures is required to provide us with a medical questionnaire filled out completely and accurately. In the unlikely event of a medical treatment and /or evacuation these details are made available to paramedics.

### Hygiene

Be conscious of hygiene. Regularly wash your hands, be wary of uncooked food and be thorough when washing up after meals.

### Vaccinations.

We ask that our clients ensure that all relevant vaccinations are up to date.

Please advise us of any side effects of any medication you take and any dietary requirements related to the medication. Inform your sea guides of any drugs to which you are allergic to as well as noting on the Medical form.

### Medical supplies

On our trips into remote areas we carry a comprehensive first aid kit. However it is your responsibility to bring a sufficient supply your own medications. In addition to that we suggest you bring

- Sun screen (water resistant at least 30+ SPF)
- Lip protection
- Band-aid strips
- Insect repellent
- A mild anti-nausea drug if you feel you may be susceptible to sea sickness
- A mild antiseptic soap

## Dental

Sometime assistance can be a considerable time away so it is advisable to have a check-up for undertaking any remote area activity.

## **MONEY MATTERS**

### Your tour cost includes:

- Two person fully equipped expedition sea kayaks,
- Paddling gear including PFD, paddling jacket and naturally a paddle
- 2 person tent
- Sleeping mats
- Dry bags for your personal gear
- Professional sea guides and safety equipment
- All meals, water, refreshments, snacks, cooking equipment, eating utensils.
- Camp seats

### Not included is:

- Items of a personal nature such as toiletries, photographic equipment and films.
- Meals on route to and from Wilsons Prom
- Travel insurance

## **EQUIPMENT & CLOTHING – WHAT YOU NEED TO BRING**

We often visit remote areas and to minimise environmental impact we travel self sufficiently. This means that we carry everything with us, including the kitchen sink! It is important then to keep personal gear to a minimum. All equipment is packed into waterproof bags in the kayaks. Some of the hatches have small openings to improve water proofing and craft strength, so a number of small parcels are better than one big bag. When considering clothing many layers of light weight garments are preferable to a single bulky item.

We will carry all our drinking water. Many sea kayaking locations do not have a reliable supply of fresh water so it may be some days before we can wash in fresh water.

## **GEAR LIST**

This list ought to be used as a guide when packing.

### When sea kayaking

<b>Optimal / Best Clothes</b>	<b>Suitable</b>	<b>NO! Don't bring</b>
Polypropylene thermals, polartec (long sleeve, top & bottom.) <b>OR</b> Wetsuit ('Long john' sleeveless) Spare change of clothes for on and off the water	Woollen or fleece jumper / pants, or Fleecy tracksuit	Cotton (unless very hot conditions which is not often in Victoria )
<b>Footwear</b> Reef shoes/ Wetsuit booties	Runners - ("Dunlop Volleys")	Shoes / boots Chunky runners
<b>Hat</b> - Wide brim	Baseball caps	Sun visors
<b>Sunglasses</b> - polarised <b>Sun screen SPF 30 +</b> 1 or 2 one litre water bottles or a camel pack drinking system Personal insect repellent.	Factor 15 +	Tanning lotions

### General comments on Paddling Clothes.

Special clothes are not necessary for sea kayaking. Mostly warm clothing that will retain your body heat is best.

Three separate layers is ideal.

The first, closest the skin is to "wick" or remove moisture from the skin. Polypropylene or "polartec" under garments.

Second is an insulation layer which keeps any heat generated by the body next to the body. Fleece or wool.

Thirdly, on top is a protection layer to keep out wind or moisture.

Some garments achieve all three but tend to be very expensive and offer little flexibility. Wetsuits are excellent but need to be wet to work effectively. A warm top should still be worn with a wetsuit.

Sleeveless wet suits are more comfortable. Even on a warm day some wind will cause spray which has a remarkable cooling effect.

**Shoes:** Reef booties, wetsuit booties or a light pair of runners are best in that order. Heavy boots are not advisable for swimming. Footwear must be worn in and around the boats for safety (rocks, shell fish, broken bottles, syringes). Expect to get them wet with salt water so inexpensive ones are fine.

**Trousers:** Synthetic / fleece tracksuit pants work well. Shorts are good in hot weather. Swimsuits alone are uncomfortable. Long thermal underwear is excellent.

**Tops:** In colder weather one or two light wool jumpers, synthetic pile or thermal underwear is best. A light windproof jacket is always in reach while paddling. Cotton clothing is to be avoided as it loses all insulating value when it gets wet and actually acts to cool you down. It's only good application is in summer as sun protection when there is no wind. . (I've yet to sea kayak with no wind!)

**Headgear:** A hat is important to maintain body heat and for sun protection. A wide brimmed hat or legionaries hat is excellent. Visors alone are inadequate. Canoeing type helmets are a must for surfing or rocky landings.

**Sunglasses** (polarised) Sun glare can be a problem for eye health and visibility. There is no shade on the open sea. Side flaps or a wraparound style is a good idea as well as looking stylish."

Hats and glasses **MUST** be secured to yourself by some form of drawstring.

**A point to ponder!** . With so much water about it is difficult to get too hot while sea kayaking. The trick is keeping warm!

#### Off the water /camping

- Light weight rain jacket
- Camp clothes - underwear, socks, shoes, long trousers, long sleeve shirts. Mosquitoes and other insects at times can be prevalent.
- Shorts, t-shirts.
- Warm jacket / top
- Sleeping bag - lightweight and compact plus a sleeping sheet or bag liner if required.
- Small towel (a chamois towel is ideal or a medium sized hand towel)
- Minimal toiletries. A bio-degradable soap that will lather in salt water is very useful.
- A small torch and spare batteries.
- Insect repellent.

#### Optional items.

- Camera and film with waterproof container.
- Book
- Small hand line and lures. A fishing licence is mandatory in Victoria. These can be obtained from any store that sell fishing gear
- Binoculars.

### **MAPS / READING / INFORMATION**

The Parks Victoria Information Centre at Tidal River has a range of excellent publications covering the history, fauna and flora of Wilsons Prom. In particular;

Wilsons Promontory National Park – Outdoor Leisure Map. Scale 1:50000

Meagher, D and Kohout, M. *A Field Guide to Wilsons Promontory* Oxford University Press 2001

Westcott,G.. *Wilsons Promontory Marine and National Park*. UNSW Press 1995

Or visit the Parks Victoria website at [www.parkweb.vic.gov.au](http://www.parkweb.vic.gov.au)

### **DELAYS OR PROBLEMS**

In case of last minute delays or any problems, contact Meridian Kayak Adventures in Australia on +61 3 9596 8876

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