



ULURU-KATA TJUṬA

SIGNATURE WALK



5 Day/4 Night desert journey walking from
Kata Tjuṭa to Uluru staying exclusively inside
the World-Heritage listed National Park each night.



Palya, Welcome to the Uluru-Kata Tjuta Signature Walk

The Anangu are the Traditional Owners of Uluru-Kata Tjuta, they have walked this Country for more than 30,000 years.

Across five days and four nights alongside Anangu and carrying only a daypack, you are invited to walk in their footsteps as part of an immersive desert journey that celebrates ongoing culture, landscape, and connection. Together, we will walk 54 kilometres between two global icons: from the soaring domes of Kata Tjuta to the monolithic and mesmerising Uluru. Along the desert trail of geographic wonders, cresting dunes, and Mulga woodlands, we hear ancestral stories, learn of caring for Country, and savour the perceptible energy of Australia's Red Centre.

Guests stay exclusively inside the World-Heritage listed Uluru-Kata Tjuta National Park each night, resting at accommodation designed to closely consider and complement the surrounds. Beneath twinkling desert skies, we feast on local fare that's chef-inspired and prepared by our guides then gather to share stories by firelight.

By walking in Anangu footsteps and following their trails, you will come to deeply connect with a vibrant, ongoing culture that inspires and invigorates. Join us as we walk Anangu country together.

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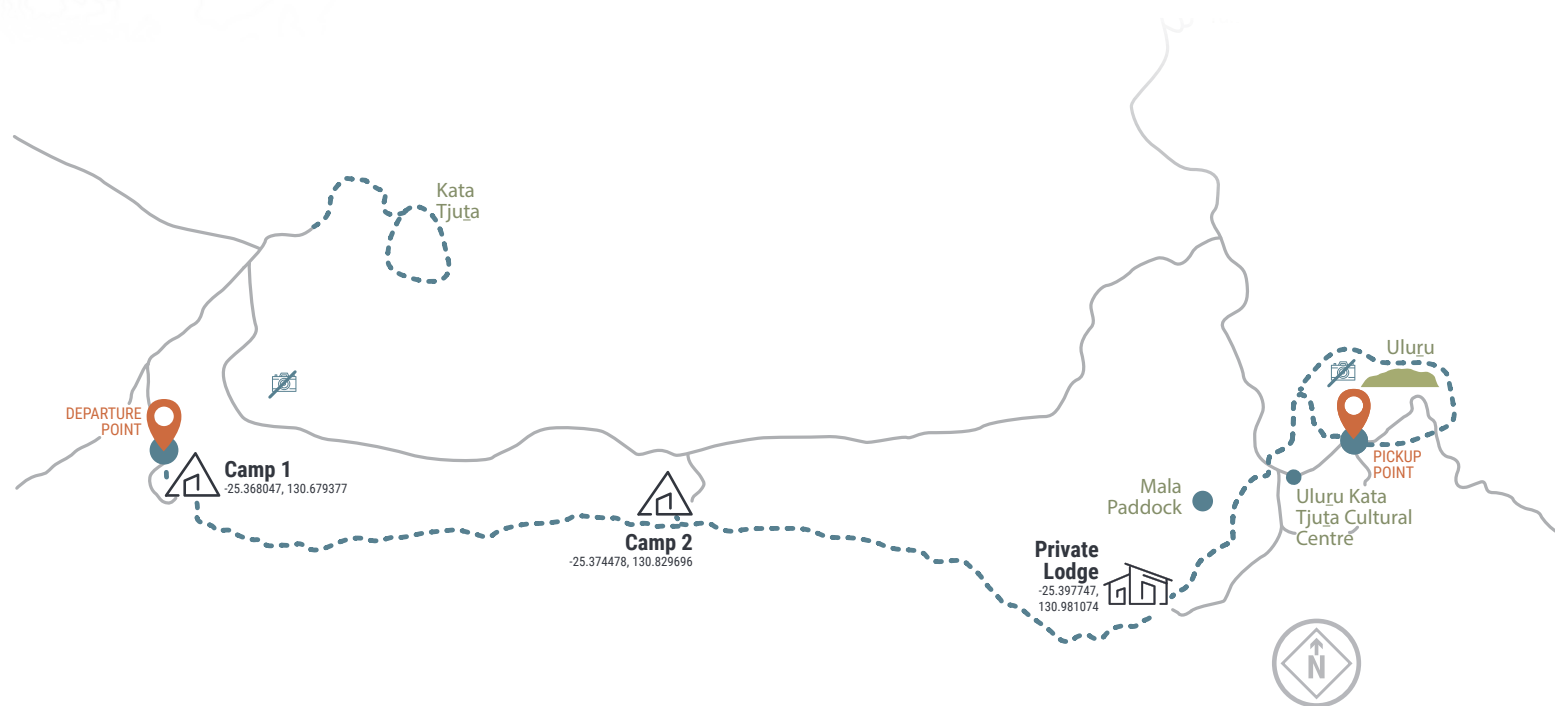
Acknowledgement to traditional owners

Uluru-Kata Tjuta Signature Walk acknowledges the cultural landscape of the Uluru-Kata Tjuta National Park. We acknowledge the Anangu, in particular the Nguraritja People, as the traditional owners and their living connections to this sacred place through Elders, past, present and emerging. We walk this Country together, both Anangu and Piranpa (non-Anangu), with a spirit of deep respect for the many pathways that unite at this ancient meeting place.



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Walk at a glance

 **Trip Duration:** 5 days/4 nights

 **Grade:** Moderate

 **Accommodation:** Secluded eco camps and private lodge within the Uluru-Kata Tjuta National Park.

 **Activities:** Seasonal desert trekking, Anangu-led storytelling and activities, stargazing and dinner in the desert, foot baths and spa treatments at the wellness centre, and a visit to the Uluru-Kata Tjuta Cultural Centre.



Why walk with us?

We are proudly Tasmanian and have been walking since 1987. We offer true Tasmanian hospitality, and our history and reputation will be with you every step of your journey. Our hosts design your meals, our guides connect you, our accommodation comforts and shelters you.

The Tasmanian Walking Company was born in 1985, after the Tasmanian Government called for expressions of interest for a commercial operator to develop an "accommodation based" guided walk along the Overland Track in the Cradle Mountain/Lake St Clair National Park. We deliver unique experiences, offering guests the chance to build incomparable memories, being immersed in the magic of the remote wilderness with local produce, world-class guides, local knowledge, lightweight packs and the comfort of knowing that we have you covered -- you don't need to worry about a thing!

Our guides are our best assets. They are highly trained and with you every step of the way, seamlessly bringing together all elements of a great walking experience to make your time with us unforgettable. Our accommodation has been architecturally designed with a commitment to sit gently on the natural environment, whilst maximising natural assets and protecting wildlife. Our vision is to inspire people to connect with and conserve the natural environment and culture of the Australian wilderness for generations to come. We are committed to making a real difference with sustainable tourism at the heart of what we do.

In 2016 we expanded our horizons taking our award-winning Tasmanian hospitality across to even more iconic walking destinations around Australia including Great Ocean Road, Larapinta Trail and Kangaroo Island. Since then, we further expanded our portfolio to include the Tasmanian Walking Company Foundation, and international guided walking company, Guided by Nature.

After many years of planning and consultation, Uluru-Kata Tjuta Signature Walk will start in 2026 and represents the first time that visitors can stay overnight inside the World-Heritage listed National Park, in environmentally sensitive accommodation.

We want to provide a unique opportunity to step out of everyday life into nature and be revitalised. You'll leave your time with us with a fresh, profound perspective of humanity and the environment, and wanting to come back for more. Let us take care of everything, as we take you on an adventure of a lifetime.

Itinerary

To walk Anangu Country is an immense privilege, and we celebrate in learning from its community about an ongoing culture already more than 30,000 years old.

Tjukurpa is the foundation of Anangu life and society. Tjukurpa refers to the creation period when ancestral beings, Tjukuritja, created the world as we know it. From this, the religion, law and moral systems were formed. There may be times when Anangu are unable to join us for part of the Uluru-Kata Tjuta Signature Walk as planned because of Tjukurpa. Please refer to [Park's Australia's fact sheet](#) on Tjukurpa for more information.

Other variables such as weather may also affect the itinerary, but we will endeavour to remain as close to the outlined experience as possible.

Our team will keep you updated and informed before and during the journey and always welcome any questions. Please feel free to call us on **03 6392 2211** or email bookings@taswalkingco.com.au

At a glance

DAY	WALK SECTIONS	DISTANCE	STAY	MEALS
<u>One</u>	Yulara – Valley of the Winds – Camp One	8.4km (3-4 hrs)	Camp One	-/L/D
<u>Two</u>	Southern Kata Tjuta Dune Traverse to Camp Two	16.5km (5-6 hrs)	Camp Two	B/L/D
<u>Three</u>	Journey to the Lodge via desert trails	16.5km (5-6 hrs)	Private Lodge	B/L/D
<u>Four</u>	Lungkata & Kuniya Walk, Mutitjulu Waterhole, Cultural Centre (optional Uluru base walk)	12.3km (4-5 hrs) Extra 8km (3hrs)	Private Lodge	B/L/D
<u>Five</u>	Lodge to Yulara	0.8kms (1 hr)	Return to Yulara	B/L/-



Day 1

8.4km (Moderate)

Yulara, Valley of the Winds, Camp One

Our adventure starts in the small town of Yulara before setting off to the Uluru viewing area, where we'll be warmly greeted by Anangu. Looking toward the immense journey to come, our experienced guides will provide introductions and detailed briefings.

We then venture to Kata Tjuta for the Valley of the Winds Walk. This 7-kilometre looped circuit showcases the group of epic rock formations in existence for 500 million years. Two lookout points offer views of this elemental space that includes riverbeds and Anangu meeting sites.

We arrive for tonight's rest at Camp One, thoughtfully tucked into sand dunes inside the National Park. Sprawl on the viewing deck with a cold, bubbly beverage to watch our first epic sunset across Kata Tjuta while our guides prepare dinner under the stars. Sleep in canvas tents that offer cosy beds and space to stand or choose to snooze outside in a swag under the stars, then dream of more incredible moments to come.





Day 2

16.5km (Moderate)

Southern Kata Tjuta Dune Traverse to Camp Two

 **Camp 1**
-25.368047, 130.679377

 **Camp 2**
-25.374478, 130.829696

 **Walk time** 5-6hrs
more in challenging weather

 **Distance** 16.5km

 **Grade** Moderate

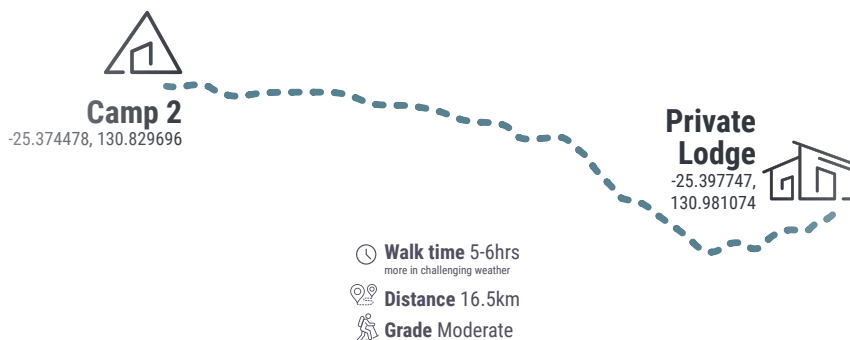
An early start to the day is rewarded with breakfast on the trail while watching the sunrise, before setting out to find the southern Kata Tjuta dune traverse. After a few hours of exploration, we rest and refresh with lunch at a shaded shelter, Wiltja. Continuing our passage through the desert, we hear from Anangu about the place's curious, complex, and resilient biodiversity.

After a further six kilometres, we are welcomed with afternoon tea and foot baths and soak in sprawling views of the National Park at Camp Two. Drinks and dinner as the sun sinks are a lovely way to applaud another memorable day on the trail. Stargaze from our private lookout point then sleep soundly. Once again, you can slumber beneath canvas or the stars - your choice.



Day 3

16.5km (Moderate)



Journey to the Lodge via desert trails

As dawn breaks and with coffee in hand, we gather at Camp Two's lookout to see another eruption of sunshine across the horizon. Breakfast follows then back to track that today includes Mulga wood and shrublands. Whether sharing moments with your small group or embracing quiet solitude, this landscape offers countless opportunities for reflection. Midway, we pause for lunch and rehydration in the welcome shade of another Wiltja.

After six kilometres our Private Lodge comes into view. Here, we stay in comfort for the next two nights. Our wellness centre is yours for the afternoon and offers a range of rejuvenating treatments for mind and body including cold water plunges and massages.

Dinner is another shared feast complemented by regional wines and beers. You're then invited to hear Anangu storytelling around the campfire before retiring for a well-deserved sleep.



Day 4

12.3km (Moderate)

Lungkata & Kuniya Walk, Mutitjulu Waterhole, Cultural Centre

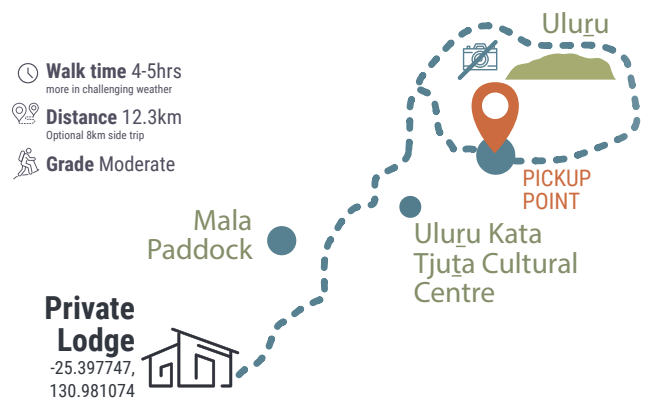
Optional 8km Uluru Base Walk

Today we walk closer to Uluru and join the Liru Walk, a storied landscape named after the ancestral battle of Kuniya and Liru. Continuing our adventure along the Lungkata Walk towards Mutitjulu Waterhole, we pause for rest, lunch, and to learn further about Country. We are privileged to have Anangu Elders lead us east to the Mutitjulu Waterhole and hear the stories and wisdom shared from generations before them.

Standing at the base of Uluru is a poignant moment of our trek together. As we take a moment to connect with our destination, it's hard to ignore the surrounding strength and energy and what a privilege Anangu have gifted us to walk their land alongside them.

If conditions permit, we'll take the side trip on Uluru's base walk or head to the Uluru-Kata Tjuta Cultural Centre, a hub celebrating Indigenous culture and stories. Here, we engage with exhibits that further deepen our renewed understanding and appreciation of Anangu. There is also opportunity to support Anangu artists by visiting one of the two Aboriginal-owned galleries at the Cultural Centre.

At the Lodge, we come together for a final evening meal in the communal space, celebrating the profound experiences of the past days. Gathered around the dining table, reflections with new friends bring a powerful sense of connection, sealing the impact of this significant adventure.



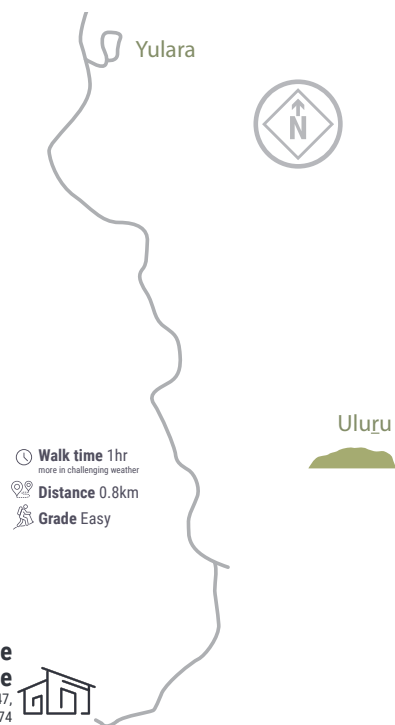


Day 5

0.8km (Easy)

Return to Yulara

On our last day together, stay curled up in bed a little longer, or soak in the final embracing sunrise of this great walk. A long, lazy breakfast then there's space to socialise and continue the celebration of accomplishment - we did it. Take time to indulge in the Lodge's exclusive location before we pack up, absorbing vistas of Uluru rarely seen like this. After a late check-out, we walk a short distance to transport that takes us back to Yulara. We deliver you to your hotel or the airport in time for departing flights and bid farewell, until we walk again.



Private Lodge
-25.397747,
130.981074



What is included

- Return transfers between Yulara and the start/finish of the walk
- Accommodation within the Uluru-Kata Tjuta National Park
- All meals and beverages
- National Parks Pass

Frequently Asked Questions

How often do trips depart?

Our trips depart between April and September each walking season. Please refer to our booking calendar for dates.

What is the accommodation like?

Guests have the unique privilege to stay in environmentally sensitive accommodation within the World-Heritage listed Uluru-Kata Tjuta National Park.

For the first two nights, guests stay in two separate eco camps in complete comfort. Camp One offers stunning vistas and comfortable facilities including flushing toilets, warm showers and cosy beds under canvas. Camp Two offers elevated comfort with foot spas and a lookout platform that invites sweeping views of the surrounds.

Night three and four at our private lodge are worth the wait because of the proximity to Uluru, plus amenities including massages, plunge tank and wellness centre. The living area and bedrooms have been considerably designed and meticulously crafted to amplify the surrounding scenes, absorb sunlight, and touch the ground lightly.



How fit do I need to be?

Uluru-Kata Tjuta Trail is rated moderate. As each trip has two guides walking with you, we can split the group according to ability if necessary, challenging the fit walkers without pressuring guests who prefer a more leisurely pace. If you are wondering if these walks are within your ability, or perhaps if they are challenging enough for you, please contact us to discuss.

How much weight / what do we carry while walking?

One of the many great aspects of the Uluru-Kata Tjuta Signature Walk is that we return to our accommodation every night so there's no need to carry a heavy pack. **Your pack should weigh no more than 5kg.**

All you need to carry is a day pack, containing a drink bottle or bladder (we recommend minimum three litres), rain jacket, your snacks for the day and if you'd like, a device to capture photos.

The guides carry everything else needed while walking, and the rest of your luggage will be transported between accommodations in the duffel bags provided.

Do we need travel insurance?

We strongly recommend travel insurance. Consideration needs to be given to our cancellation policy, injury, evacuation, delayed flights, illness, etc. Please see our [Booking Terms & Conditions](#) for details and contact us if you have any questions.

What are the photography guidelines in the Uluru-Kata Tjuta National Park?

Uluru and its surrounds must be seen to be believed, and as a result is one of the most photographed places in the world. The Uluru-Kata Tjuta National Park offers countless photo opportunities and while it can be tempting to capture every moment, it's important to respect cultural guidelines along the way. Some sites we visit hold particularly deep significance to the Anangu people, and they request no photography or filming take place in these areas. At these sites, we encourage you to set aside your devices and consciously participate in the natural and cultural beauty that surrounds you.

Please refer to [Parks Australia Photography Guidelines](#).



Will I have mobile coverage and WiFi?

Mobile phone coverage throughout the journey is limited, with some areas having little to no reception. While you may get signal in certain spots, we recommend switching your phone to airplane mode to conserve battery, especially if you plan to take photos or use a camera. Our guides carry satellite phones with full coverage for emergencies only, and they are not available for personal use.

We do have ports for charging phones and cameras at Camp One and Camp Two communal spaces, and in the bedrooms at the Lodge (night 3 & 4), but please bring a charger and lead with you. International guests should bring adapters for their devices to suit Australian plugs.

How many guides are there?

Every trip has three experienced guides. Two guides walk with guests during the day, and an additional guide remains back at camp. This allows our guests plenty of opportunities to rest, take photos and walk at your own pace.

What about the climate and weather?

We only operate trips along the Uluru-Kata Tjuta Trail in Australia's winter months to take advantage of the best climatic conditions for walking in this part of the country. The average temperature between May and August is generally between 18 degrees C and 25 degrees C during the day and between -4 and 15

overnight. Rain is not highly likely, but you still need to be prepared for all weather conditions. There can often be a chilly breeze on the trails, especially on the ridgelines and dune summits.

Guests will be emailed a comprehensive packing list well before the trip departs.

How about food?

All meals are provided, including scrumptious chef-inspired dinners each night with ingredients sourced locally wherever possible. We regularly change the menu, depending on the season and what the local producers have for us that week. We happily cater for dietary requirements; we just need to know in advance. Evening meals are served with a selection of local beer, wine and non-alcoholic options.

What time does the trip commence and conclude?

We recommend spending the night before the walk departure in the township of Yulara. This allows extra time for you to unwind, explore the area, and prepare for your adventure. At the conclusion of your walk, we will drop off at Ayers Rock Airport/Connellan Airport at approximately 11am (please book domestic flights no earlier than midday). We will then transfer to Yulara hotels.

What style of shoes should we have?

Please refer to our [footwear guide](#) for specific shoe recommendations for this walk.



What about luggage?

We only carry essentials in a daypack while walking, your other medium size bag will be transported to each camp and lodge along the way. Any luggage or items that aren't required for the trip will need to remain at your hotel until collection at the end of the walk. On return from the walk, we arrive back at Yulara at approximately 12.00pm.

Information will be emailed to guests well before their departure date.

Ph: 03 6392 2211

E: bookings@auswalkingco.com.au

What accommodation options do we have pre-and post-walk?

There is a variety of accommodation available in Yulara from camp grounds through to

five-star hotels. We recommend that you book accommodation well in advance for winter stays in Yulara, it's a very busy time of year and accommodation is likely to sell out quickly.

Are there age restrictions?

The minimum age for guests walking with us is 12 years old. There are no upper age restrictions, however, for guests walking with us who are 70 or above we do require a GP to sign off on a letter we provide.

How many guests will be on my trip?

Each trip requires a minimum of 8 and a maximum of 16 guests.



Fitness Training

Multi-day bushwalking/trekking/tramping/hiking is a unique physical activity as it involves endurance, joint stabilisation and strength. Being physically prepared ensures that your experience will be enjoyable. We recommend that you undertake some hiking-specific training in the lead-up, ideally starting 6 months in advance to allow your body time to become conditioned.

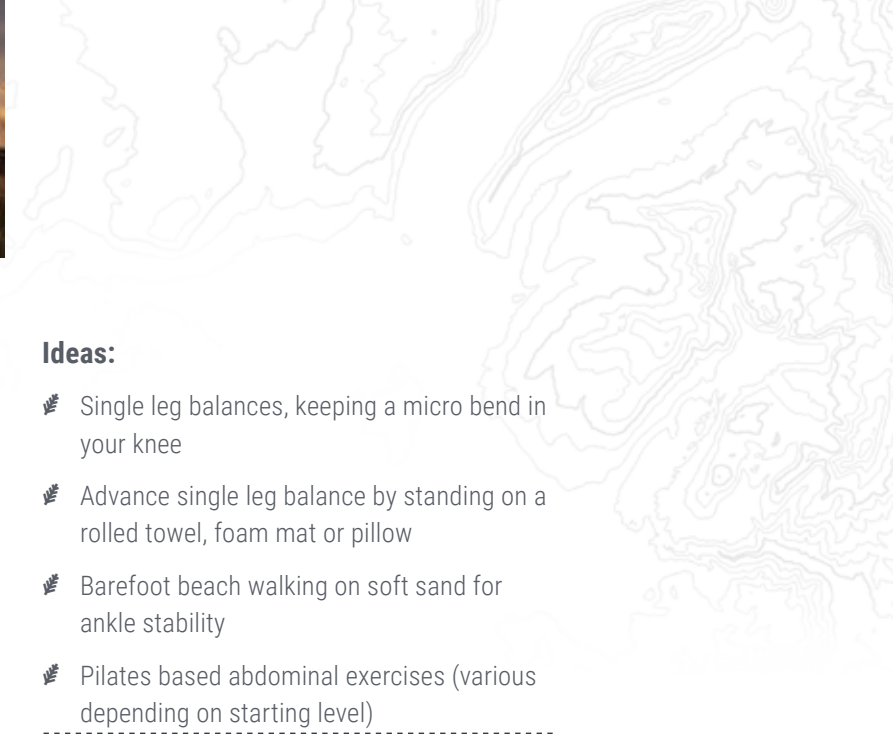
Hiking-training is more than just regular walking; your body needs to be prepared for not only the duration of the trek, but also the uneven terrain, undulating hills, pack weight and slippery surfaces. Adequate training months before the trek begins will ensure you are skipping around the hut at the end of the day with a smile on your dial.

3-6 months before your walk

If you have limited experience with long-distance treks, ideally you will get started with your training as soon as possible. We recommend starting with a more moderate training program, and gradually increasing the length/difficulty/duration of your walks.

Ideas:

- ✦ Try parking your car further from work and walking to/from, then every second day increase the distance you park your car from work
- ✦ Getting off your bus a stop earlier and walk the extra distance to work
- ✦ Short bush walks or coastal strolls on the weekend
- ✦ Encourage a friend or family member to walk with you to increase motivation
- ✦ Record distance and duration each day that you walk. Aim to increase either distance or duration each week



5 months before your walk

As you become conditioned and can comfortably walk for 30mins to 1hr every second day (3-4 days per week), it is time to start challenging your cardiovascular endurance by adding hills and stair climbs to your weekly routine. Try to find routes that allow you to walk on uneven ground, as this will help strengthen the muscles of your lower limbs. Start by walking at a relaxed speed up the slope or stairs for the first two sessions (record the time it takes you). Focus these sessions on relaxed breathing and your technique (standing up straight, engaging your bottom muscles as you push through your heels when ascending stairs). Each session following try to increase your pace (decreasing your recorded time).

If you haven't already, start "breaking in" your hiking boots to prevent blisters and determine whether your boots are the right fit and feel. If your boots are more than 10 years old there is a good chance the glue will have deteriorated and they will fall apart. It's better to find this out on your training walk than in the middle of the wilderness!

Stability is essential for injury prevention when hiking, especially when carrying a backpack. This includes stability around your spine and pelvis and your more distal joints such as knees and ankles. Therefore balance, yoga and/or pilates based exercises should be added to your training.

Ideas:

- ☛ Single leg balances, keeping a micro bend in your knee
 - ☛ Advance single leg balance by standing on a rolled towel, foam mat or pillow
 - ☛ Barefoot beach walking on soft sand for ankle stability
 - ☛ Pilates based abdominal exercises (various depending on starting level)
-

4 months before your walk

On your walk you will be carrying a pack, so we strongly recommend that you start wearing a backpack on your training walks. Start with a lighter backpack (~3kgs) and gradually increase the weight of your pack till 100% of the weight you will carry as noted in the Gear List.

Ideas:

- ☛ Start to add a longer walk ~2hours at least once a week; this includes wearing hiking boots and carrying a pack
- ☛ Soft sand walking
- ☛ Walking on dry riverbeds
- ☛ Alternating training walks with selected focuses e.g. Mon= hills, Wed= intervals of increased pace, Fri=distance

No doubt you are starting to discover new muscles and feeling a little tight and stiff. Adding a gentle stretching program (after you have warmed up) will aid in injury prevention. Aim to stretch major muscle groups such as hamstrings, quadriceps, buttocks and calf muscles. A gentle stretch of the muscles should be felt and pain should never be produced. Hold each stretch for at least 30 seconds and avoid bouncing movements.



3 months before your walk

Map out a 7km hike in your area consisting of average hills and flat surfaces. Time how long it takes you to walk this distance (wearing hiking boots and backpack). Complete this hike once per week in conjunction with your other walking. Each week, add an extra km to your hike. By the end of the month the goal is to walk 10km comfortably. This hike is a good chance to practice with all the gear that you intend to take on your actual hike. This will enable you to work out where things are best located in/on your pack for your individual preference. Now is also good time to add in more strength based exercises.

Ideas:

- 🌿 Squats (feet are hip width apart, body weight in your heels). Advance by added weights in each hand or increasing repetitions
- 🌿 Lunges (alternating legs in front, protect your knees by making sure front knee does not come further forward than your ankle, keep torso up straight). Advance by increasing repetitions, adding weights in hands or walking lunges

2 months before your walk

The trekking tour is getting closer and now you are comfortable walking on different surfaces at different intensities. On the actual hike, you may be required to walk long distances on consecutive days in all weather conditions. Aim to walk 30mins-1 hour every day of the week, despite the weather (in addition to your weekly 7km hike).

Continue carrying your backpack that you will actually need to carry on the walk. Ideally by the end of this month you will be able to comfortably carry up to 100% of the required weight on all your training walks.

1 month to go!

This is your "tapering" month, we recommend reducing the intensity of your training in this last month to avoid a burnout. The idea is to keep walking regularly, but decrease your intensity e.g. slower pace, one stair at a time rather than two, decrease your pack weight back to what you will carry on the trek. The last thing you want to do is get an injury just before your walk.

Remember to continue your strengthening and stretching exercises throughout your hike.



Contact us

To make a booking or enquiry:

e: enquiries@taswalkingco.com.au

For existing bookings:

e: bookings@taswalkingco.com.au

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Leave a review

Don't forget to pass on your feedback at the end of your trip! Is there an aspect of the walk that amazed you, or is there something we can do better? Leave us a review on **Trip Advisor** or **Google** to share your stories with other walkers and pass along any feedback for our team.

Subscribe to our Newsletter

Don't miss anything. Get news about our walks, special offers, events and behind-the-scenes stories from Tasmanian Walking Company.
www.taswalkingco.com.au/stay-in-touch/

Tasmanian Walking Company Foundation.

We are committed to inspiring positive change and preserving the wild places we walk through for generations to come. That's why we launched the Tasmanian Walking Company Foundation in 2020, so we can focus on supporting environmental and community projects close to our hearts. Learn more about the Foundation on our website.

www.taswalkingcofoundation.com.au/

Walker Benefits

See our valued partner's businesses who provide discounts to our walkers.
www.taswalkingco.com.au/walker-benefits/