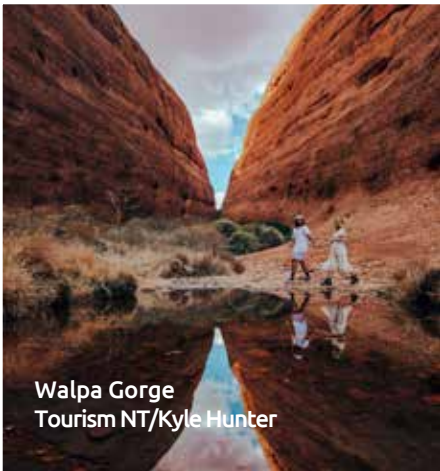




7 days in Uluru & surrounds



Uluru Camel Tours
Tourism NT/Jesse Lindemann



Walpa Gorge
Tourism NT/Kyle Hunter

This seven day itinerary takes the visitor from Uluru and nearby Kata Tjuta to the majestic Kings Canyon, and on to the ancient salt lakes of Lake Amadeus. You'll learn about Uluru's importance to the local Anangu people and experience life on a working outback camel station.

See Australia's most iconic landmark from every angle – by foot, camel, bicycle or from the air. No matter the choice, the view of Uluru will not disappoint, particularly at sunrise or sunset.

DAY ONE

Start your journey at the Uluru-Kata Tjuta Cultural Centre

Visit the **Uluru-Kata Tjuta Cultural Centre** to find out more about the park, activities and the local Aboriginal culture. The Anangu people are Uluru's traditional custodians and have lived in the area for at least 22,000 years. At the Cultural Centre Anangu art can be purchased, or there are craft demonstrations, bush tucker sessions and guided walks to join.

See Uluru from every angle

See Uluru up close on the **Mala Walk** which is only 90 minutes (return). The walk is wheelchair-friendly, and takes you to the caves of the Mala people and to the sacred Kantju Gorge, a quiet waterhole at the base of a dramatic rock face. There are examples of Anangu rock art and a chance to learn about their creation beliefs.

Take the plunge or go on an adventure ride

For those feeling particularly **adventurous**, take to the skies on an adrenaline-pumping skydive with **SkyDive Uluru** to see the incredible size and features of Australia's most famous

natural landmark. Soak up the panoramic views and take plenty of photos on a scenic flight with **Ayers Rock Scenic Flights** or **Uluru Scenic Helicopter Tours**.

For those who want to keep their feet firmly on the ground, join a dot painting workshop with **Maruku Arts** to learn about traditional art and symbols, and create and take your artwork home.

Free activities

There are many free activities to help visitors get the most out of their Uluru visit. Ayers Rock Resort has a range of **free activities** suitable for families including didgeridoo workshops, bush food experiences, garden walks, Aboriginal story-telling and more.

Join the **park rangers** to learn more about the natural and cultural heritage of Uluru-Kata Tjuta. From guided walks to bush tucker talks, there's plenty to make a visit all the more memorable. All ranger-guided activities are free for park visitors.

Settle in at Ayers Rock Resort

At **Ayers Rock Resort** you can choose to stay overnight in an apartment, a five-star luxury wilderness camp, hotel, backpacker room or campground. Try a new dining option every night, such as the Outback Pioneer Hotel's open-air barbecue where you can buy and cook your own steak.



A couple at the Kings Canyon Rim Walk
Tourism NT/Nicholas Kavo

DAY TWO

Desert camel trek

See the desert scenery from a camel with **Uluru Camel Tours** for a unique perspective. Climb aboard for a quiet, leisurely walk and view the surrounding area from six feet up.

Explore the large red sand dunes in the cool, clear morning and watch the sun rise over Uluru. The guides will point out the desert flora and fauna along the trail.

Circumnavigate Uluru by foot or bike

Take a stroll around Uluru with **SEIT Outback Australia Tours**, hire a bike near the Cultural Centre or a segway from **Uluru Segway Tours**. Circumnavigate Uluru on the 10.6 kilometre base walk, which is dotted with interpretive displays. It's a great way to see the many springs, waterholes, rock art caves and ancient paintings at Uluru's base.

Enjoy a unique dinner under the stars

Make dinner memorable; **Sounds of Silence** is a special dining experience that starts on a sand dune with a glass of sparkling wine and canapés, and continues with a 360-degree view of the

sun setting over Uluru and the domes of Kata Tjuta.

Enjoy your next course, a gourmet barbecue of barramundi, kangaroo, crocodile, bush salads and classic desserts, complemented by Australian wines and followed by an Aboriginal dance performance. Coffee and tea is served with an explanation of the night sky, guided by the resident 'star talker'.

DAY THREE

Head to Kata Tjuta

Nearby is **Kata Tjuta** (the Olgas), meaning many heads, a series of enormous rock domes that date back 500 million years. Start the morning early with a drive to the Kata Tjuta dune viewing area. Only a short walk from the carpark is a relaxing place to sit and absorb the ever-changing colours of the landscape and the magnificent panoramic views of the domes.

Guided tours of Kata Tjuta are available with **SEIT Outback Australia**.

Explore Kata Tjuta by trail

Continue on the road to Kata Tjuta and find out just how ancient and imposing



Uluru across the Filed of Light
Tourism NT/Matt Glastonbury

the domes are by tackling one of the two popular walking tracks. The **Walpa Gorge Walk** is an easy walk which takes approximately one hour return and follows a stream to a grove of flourishing spearwood. The famed **Valley of the Winds** walk is a moderately difficult 7.4-kilometre circuit which weaves through the immense domes and treats you to spectacular views over the desert plains from its two lookout points.

Watch the desert glow with light

Finish off the evening with a **Field of Light** experience. This critically acclaimed art installation of 50,000 spindles of light, by internationally renowned artist Bruce Munro, is a fantasy garden of light, swaying through the desert.

There are many opportunities to enjoy this exquisite experience – from a self-guided walk with a Field of Light Pass to a three-course bush tucker inspired buffet dinner at A Night at Field of Light.

Quad adventures at Kings Creek Station
Tourism Australia/Nicholas Kavo

DAY FOUR

Begin your journey to Watarrka National Park

No Red Centre adventure is complete without a trip to **Watarrka National Park** and the magical sandstone formation of Kings Canyon, just 3 hours from Uluru.

Explore the valley floor of Kings Canyon

Continuing along the Lasseter and Luritja highways, in just over two hours you'll arrive at the ancient sandstone walls of **Kings Canyon** that tower 100 metres over a lush waterhole. Explore the valley floor and climb up to the rocky domes on the canyon rim. The gentle, shady Kings Creek Walk trail extends 2.6 kilometres along the valley floor to a viewing platform. Guided ranger walks and talks are run from May – September. Stay to see the changing colours of the canyon at sunset.

Spend the night in a desert resort

At **Kings Canyon Resort**, just seven kilometres from Watarrka National Park, choose accommodation ranging from motel-style rooms to campsites. There's a service station and convenience store at the resort as well as bars and restaurants.

DAY FIVE

Beat the heat with a sunrise Kings Canyon rim walk

Get up early to see the sunrise and walk around the Kings Canyon rim to take in magnificent views of the weathered, buttressed domes of The Lost City and the sheltered lush valley below in the Garden of Eden.

Have an epic Outback experience

With your walk completed, bid Kings Canyon farewell and drive 35 kilometres to **Kings Creek Station** – a working cattle and camel station at the foot of the George Gill Range. Explore this epic slice of the Outback on a short or overnight quad bike tour. Look for kangaroos, wild camels, wedge-tailed eagles and colourful parrots.



Camp or glamp, take your pick

Pitch your tent or stay in a safari cabin set amongst natural bush, try a famous Kings Creek camel burger, or stroll to the George Gill lookout for magnificent views of the range.

DAY SIX

Make your way back to Curtin Springs

Travelling back along the Lasseter and Luritja highways towards Uluru, make another stop over at **Curtin Springs**, this time you'll be spending the night. There's plenty to see and do in the area including viewing the famous salt lakes and getting up close to Mt Conner. **SEIT** offer four-wheel drive tours of this area.

Get up close to Mt Conner and Lake Amadeus

Mt Conner is not quite as famous as Uluru, but it is no less remarkable. It's a flat-topped and horseshoe-shaped mountain that stands 300 metres above the surrounding desert. The ancient inland salt lake, Lake Amadeus, is the largest salt lake in the Northern Territory and makes for fantastic photos.

As the daylight hours wane, enjoy a glass of wine and watch the changing colours

of sunset over Mt Conner followed by a three-course Outback dinner prepared by the cook at Curtin Springs.

Curtin Springs stop over

There are many accommodation options to choose from tonight at the **Curtin Springs Wayside Inn** including ensuite, budget and family rooms as well as powered and unpowered campsites.

DAY SEVEN

Breakfast at Curtin Springs

Enjoy breakfast and a hot coffee this morning at Curtin Springs before making the journey back to Uluru. Take your time and stop along the way for some last-minute photos of the majestic rock as it comes into view.

Souvenir shopping in Yulara

Before bidding farewell to this iconic Australian destination, pay a quick visit to the township of Yulara which is the perfect place for some last-minute souvenir shopping, and also offers great cafes to choose from for lunch.

Recap on an incredible week of adventures and once-in-a-lifetime experiences. It's time to make your way to the airport to catch your flight home.