

WELLNESS ON WATER

Experience the calming effect of time spent on a river,
in quiet nature, immersed in tranquility.

A gentle river journey with like minded souls



IMMERSE YOURSELF IN SURREAL BEAUTY

"This is a slow journey alongside a beautifully calm watercourse that is running through a desert. It's got this incredible calming effect on everybody and that is really the magic of the Murray River."

Tony Sharley, Founder,
Murray River Trails



Dawn and dusk enhance the colours of the cliffs and sky and their reflections on the mirror like surface of the water.



RELAX IN LUXURIOUS COMFORT

Our newly launched, custom-designed luxury houseboat, High River, provides environmentally sustainable accommodation for Murray River Trail's award-winning ecotourism experiences.

Dine and relax on this stunning houseboat which has 6 ensuite rooms and an open plan living area featuring 11m of glass windows, perfect for watching the change in scenery.

Enjoy a hot spa on the spacious top deck as the sun sets or after dinner venture upstairs to watch the stars.

Our houseboat has 52 solar panels providing quiet efficient energy.

All linen is provided. Unpack once and leave your belongings in your room.

Rooms can be configured with a queen bed or two single beds. Please let us know your preference on booking.



SUPERB LOCAL CUISINES

Local fish is a river delicacy, especially our Murray Cod farmed locally. Your guides will create fresh and healthy meals from the local fruits that our region is famous for. Citrus, avocado, stonefruits and dried fruit delicacies will be woven into your 3 day menu.

Fresh roasted local coffee, teas, local juices, and Riverland wines are all provided.



YOUR GUIDED JOURNEY IN BRIEF

DAY 1	<p>Familiarisation</p> <p>Meet your guides, settle into your luxury houseboat and cruise through the cliffs and forests familiarising with your new environment. Step ashore for a riverbank stroll to explore the landscape and create an aspirational memory. A delicious lunch awaits, then rest and prepare for a cliff walk gazing over vast floodplain country and imagine the cultures of this ancient landscape. Sit and enjoy your own time and let your mind flow down this watercourse as it nurtures the life around it, yourself included. A hot spa and foot bath looking over the river continue to immerse you in the calming effect of the river. Post dinner and the dark sky paves the way for watching the stars on the water from the top deck or your bedroom window.</p>
DAY 2	<p>Immersion</p> <p>Sunrise reflections and the early sound bath of birdsong start your day. Fresh fruit and cereals lead into a top deck yoga class before embarking on a peaceful guided paddle through the backwaters dwarfed by shady redgums that line the creeks. Post lunch we bathe in the forest by exploring, touching, listening, and feeling its regenerative powers, sharing afternoon tea and stories that heighten our awareness of our inner selves. Drift back on our open cruiser as the river current ferries us to our comfortable house on water. Post dinner we take a nocturnal walk into the floodplain to listen to the sounds of the night, frogs and owls and the silence of remoteness under a blanket of stars.</p>
DAY 3	<p>Reflections</p> <p>Our time together starts with early morning yoga and senses tuned into nature, journalling our observations and the sounds of the bush, reflecting on our shared experience, and recording our individual journey. As we cruise and lunch together, there is time to reflect on our experience with each other before departing with a new sense of calm that only the Murray River provides.</p>



DAY 1 - FAMILIARISING WITH THE MURRAY RIVER

Arriving at our mooring in Paringa at 10am, you'll meet your friendly guides and settle into your luxury houseboat for a cruise through the cliffs and forests familiarising with your new environment. Secure to the riverbank, step ashore for a brief riverbank stroll to explore the landscape and create an aspirational memory.

Your guides prepare and serve a delicious lunch before resting and preparing for a peaceful cliff walk gazing over vast floodplain country that stretches to the horizon, and imagine the cultures of this ancient landscape. Sit for a short while and enjoy your own time and space and let your mind flow down this watercourse as it nurtures the life around it, yourself included.

A hot spa and foot bath looking over the river continue to immerse you in the calming effect of the river. Post dinner and the dark sky paves the way for watching the stars on the water from the top deck or your bedroom window.



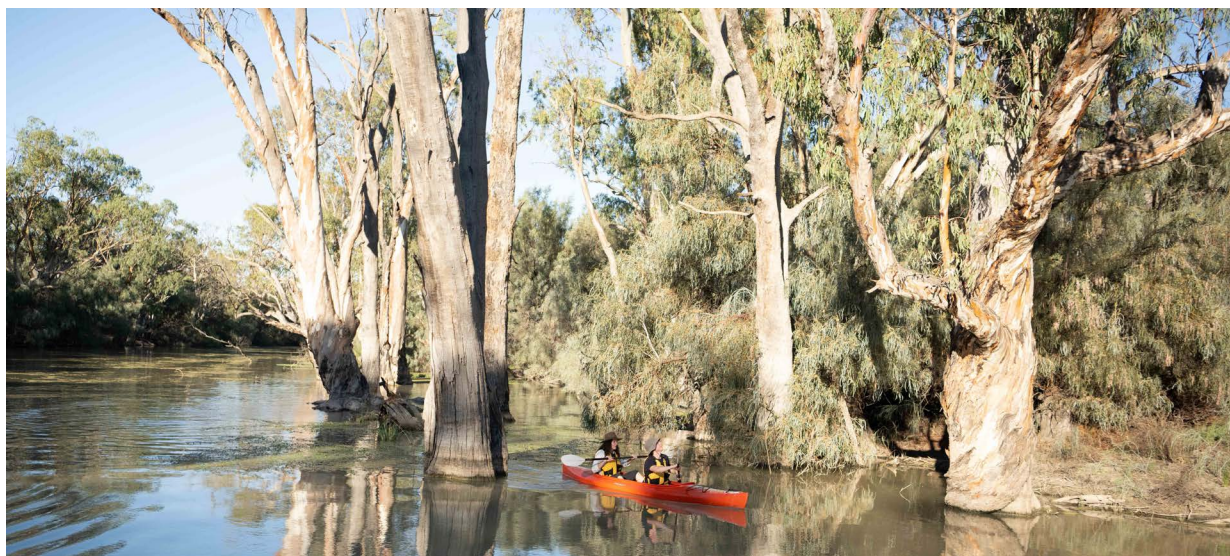
DAY TWO - IMMERSING IN YOUR SURROUNDS

Your second day in more familiar surrounds starts with sunrise reflections on the water and the early sound bath of birdsong. Fresh fruit and cereals nourish you and lead into a top deck yoga class before embarking on a peaceful guided paddle through the peaceful backwaters dwarfed by shady redgums that line the creeks.

Post lunch we bathe in the red gum forests by exploring, touching, listening, and feeling its regenerative powers, sharing afternoon tea and stories that heighten our awareness of our inner selves.

Returning to the open cruiser, we drift on the river current as it ferries us to our comfortable house on water, where our guides again spoil us with nibbles and refreshments and a superb 3 course meal.

Post dinner we take a nocturnal walk into the floodplain to listen to the sounds of the night, frogs and owls and the silence of remoteness under a blanket of stars.



DAY THREE - REFLECTING ON OUR EXPERIENCE

Our time together starts with breakfast and an early morning yoga session on the top deck overlooking the river.

We then step ashore and tune our senses to nature, journalling our observations and the sounds of the bush, reflecting on our individual journey and our shared experience.

As we cruise and lunch together, there is time to share our experience with each other before departing with a new sense of calm that only the Murray River provides.



YOUR HOSTS

Murray River Trails is a Hall of Fame winner in Ecotourism at the South Australian Tourism Awards, and its guides are experienced in all aspects of the route and your dietary requirements. They will be on hand throughout your experience. Their extensive knowledge of the nature of the river and its rich cultural history will help you read the landscape and its wildlife and bring this tour to life.



Murray River Trails guides will be joined by wellness specialist and founder of Big Heart Adventures, Lisa Murphy, whose experience will ensure that our time together forest bathing and nature journalling enhances your wellness experience.

“The Murray River will flow on peacefully, and the rest is up to you.”

WELLNESS ON WATER INCLUSIONS

WE PROVIDE

- Exclusive access to spectacular natural landscapes
- Experienced guides to lead your tour
- Lodge style accommodation for 2 nights on a luxury houseboat with ensuite rooms
- Secure car parking at our Paringa marina
- Luggage transfer to your room on the houseboat
- All meals showcasing local produce
- All beverages including premium Riverland wines, juice and coffee
- All sleeping linen and 1 bath towel
- 34L daypack
- Hand sanitiser
- Access to a library of wildlife field guides
- Personal Flotation Device for canoeing sections

YOU PROVIDE

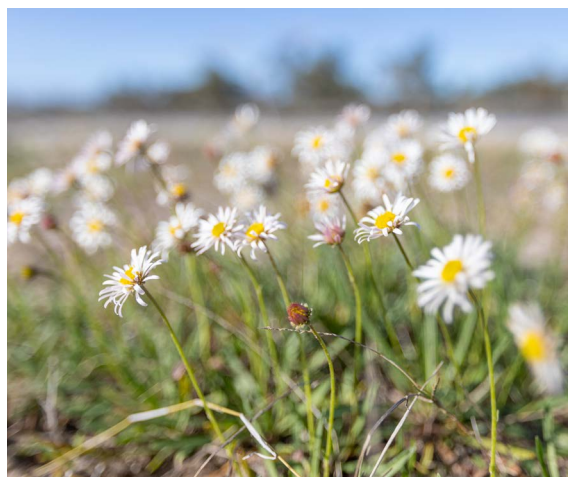
- A water bottle
- Walking boots
- Clothes for walking and canoeing
- Comfortable evening clothing
- Pair of comfortable shoes for evening wear
- A waterproof rain jacket for wind (and rain)
- Camera and binoculars
- Head torch or small hand-held torch
- Beanie, scarf and gloves for cool mornings
- Swimwear and towel for spa use
- Sun hat and sunglasses

ENSURING YOUR HEALTH & SAFETY

We take pride in maintaining the highest standards of cleanliness, and we have taken additional measures to ensure we keep our work environment safe.

You can view our full Covid-19 policy on our [website here](#).

All our guides are vaccinated against Covid-19.



IMPORTANT INFORMATION

ACTIVITY RATING

During your Wellness on Water experience you will participate in short guided bush walk, short 2 hour guided canoeing (in a double kayak) and yoga.

These activities are rated as easy, but good mobility and fitness is recommended.

SPECIAL DIETARY REQUIREMENTS AND HEALTH CONCERNS

Please advise us of any dietary requirements before your departure.

Please also make us aware of any health or mobility issues that may affect your participation in the activities.

MOBILE PHONE COVERAGE

Mobile phone reception is variable along the Murray River route.

LUGGAGE RESTRICTIONS

Medium sized suitcases and duffel bags are recommended for easy storing in our cabins. Luggage weighing 15kg or less is appreciated.

THE RIVERLAND IS A FRUIT FLY FREE ZONE

The Riverland is a fruit-fly free zone. Bringing fruit and vegetables into the region from Adelaide is not permitted.



BOOKING INFORMATION

RATES

AUD \$2,300 per person twin-share. For non shared rooms, a single supplement of 50% applies.

SECURING YOUR PLACE

To secure your booking, a deposit of 20% is required, due within 7 days of making your booking. The balance is due 90 days prior to your departure. For bookings made within 90 days of departure, full payment must be made within 7 days of booking.

RESERVATIONS

Tel: 0417 533 063

Email: info@murrayrivertrails.com.au

GROUP SIZE

Your Wellness on Water experience is fully guided and operates with a minimum 6 and maximum 10 guests.

TRAVEL INSURANCE

We suggest you consider an appropriate level of travel insurance to cover any unforeseen costs due to accident, injury or uncontrollable seasonal conditions.

CANCELLATION POLICY

For cancellations outside of 120 days the deposit will be refunded in full.

For cancellations within 120-90 days of arrival, forfeit the deposit.

For cancellations within 89-21 days of arrival fee is 55% of the total price.

For cancellations less than 21 days of arrival, all monies will be forfeited.

For cancellations as a direct result of Covid-19 please see our Covid Policy.

