



EXTREME TEMPERATURES

Stay safe!

Uluru is a beautiful but harsh environment. Heat exhaustion, dehydration and hyponatremia (loss of blood salts) are very real dangers here. You can take some simple steps to keep you and your family safe while out walking in our park.

At Uluru temperatures are considered extreme once it reaches 36°C or above.

Tips to help you stay safe...

- Wear a hat, strong shoes and sunscreen
- Carry and drink at least one litre of fluids per person per hour
- We don't recommend you consume sports drinks, diet cordials or caffeinated drinks as they can contribute to dehydration
- Eat regular meals and take frequent breaks to eat healthy snacks
- Walk in the cooler parts of the day (before 11.00 am)
- Walk with another person at all times
- Stay on the track
- Consider taking an electrolyte product with you such as Hydralyte / Gastrollyte - Gastrollyte is designed to replace lost fluids and electrolytes and is readily available at supermarkets, including the IGA at Yulara
- If you have any concerns about your health or fitness we recommend you avoid activities, including walking, in extreme heat
- Take all warnings and recommendations seriously
- Familiarise yourself with the symptoms of heat stroke and heat stress (over the page)



Symptoms of heat stress & heat stroke

- Thirst / dry mouth / dry lips
- Cold / clammy sweating
- Painful involuntary muscle spasms
- Headache
- Irritability
- Confusion
- Dizziness
- Nausea
- High body temperature (more than 38.5°C)
- Altered mental state, confusion, disorientation or rapid development of unconsciousness
- Dry skin (though this is not often present)
- Dry swollen tongue
- Rapid, strong pulse at first, then weaker
- Fits or seizures, coma
- If you have an EMERGENCY or need assistance call 000 or press an emergency alarm

TRACK CLOSURES DURING EXTREME TEMPERATURES

When the forecast or actual temperature reaches 36°C or above the following track closures are implemented:

- Uluru climb closes at 8.00 am for the remainder of the day
- Valley of the Winds track closes at the first lookout (Karu Lookout) from 11.00 am for the remainder of the day

When the forecast or actual temperature reaches 40°C or above the following track closures are implemented:

- The northeast section of the Uluru Base Walk closes from 11.00 am for the remainder of the day
- The Lungkata Walk (between Mala car park and Kuniya walk intersection) closes from 2.00 pm for the remainder of the day

