



## GRAMPIANS GUTSY CHALLENGE

GI Cancer Institute

10 – 13 MAY 2023

### OVERVIEW

Join GI Cancer Institute and Big Heart Adventures to the Grampians, Gariwerd Country.

This walking adventure brings stunning trails, pretty waterfalls and amazing views over rocky escarpments. You will stay in comfortable group accommodation each night and enjoy freshly cooked meals.

Walking with a day pack only on selected moderately challenging day hikes, with the option for easier walks each day.

Professionally led by qualified and experienced bushwalking leaders.

### FUNDRAISING SUPPORT

Fundraising target: \$1000 per person

The funds that you raise in your Gutsy Challenge will help support the Innovation Grant. This grant is awarded annually and provides researchers with the opportunity to conduct ground-breaking research in areas of GI cancer that have not been studied before. It is an important early step in the process to improve treatment options for GI cancer patients.

You will be supported every step of the way in your fundraising efforts by the GI Cancer Institute fundraising team.

### DETAILS

- Type: Private trip
- Adventure: GI Cancer Institute
- Destination: Grampians National Park, Victoria
- Traditional Country: Gariwerd
- Group Size: Max 25 plus leaders

### ITINERARY

#### Day 1 | Depart from Adelaide or Melbourne / Mackenzie Falls / Brambuk

Today is a morning departure from a central location either in Adelaide or Melbourne. We will have lunch enroute to the Grampians, with stops for coffee and comfort along the way.

Upon arriving we journey up to Mackenzie Falls. Without a doubt one of the most popular locations in the Grampians National Park, Mackenzie Falls is home to a stunning cascading waterfall with plenty of photo opportunities. Be sure to bring your smartphone or DSLR for this!

Along our walking trail today is also Fish Falls. A quiet little spot which is perfect for relaxing on a rock while listening to the sounds of rushing water. It is just over an hours walk between both falls.

Next we visit the Brambuk Cultural Centre to learn about this land,

named Gariwerd by the First Nations People. We will then check in to our accommodation and enjoy a nibbles platter together, followed by dinner.

**Meals Included:** Lunch, Trail Snacks, 2 Course Dinner

### **Day 2 | Mount Rosea**

After a hearty breakfast, we will pack our lunch for a moderate hike up Mount Rosea.

This hike is rated moderate and is approximately 12km in length. It will take us around 4 hours to complete. A very picturesque trail, it has a perfect mix of bushland, rocky climbs, narrow corridors, and incredible views as we make our way to the summit. Remember to turn around and look back at your surroundings along the way – it is absolutely worth it! We will enjoy a picnic lunch along the way.

An optional easier walk is also on offer today for anyone not feeling energetic.

The afternoon is a restful one to relax, unwind and enjoy sundowners. We also journey to Boroka Lookout to enjoy sunset over Halls Gap.

**Meals Included:** Breakfast, Lunch, Trail Snacks, 2 Course Dinner

### **Day 3 | Pinnacle / Boronia Peak / Venus Baths**

The Pinnacle Lookout is one of the many highlights of the Grampians. We venture on a 6km loop hike to this gorgeous place following our breakfast. We then return to our accommodation for a well earned lunch.

After lunch and adjacent our accommodation, Boronia Peak trail is a good old fashioned challenge. Winding its way up before a short rock scramble that will see us to the summit. You'll experience 360 degree views of Halls Gap and the surrounding areas, on a trail that is without a doubt the most underrated hike in the area. This walk is approximately 10km and will take 3 to 4 hours.

An option for those low on energy after lunch is to join us on a relaxed walk to the picturesque Venus Baths instead.

**Meals Included:** Breakfast, Lunch, Trail Snacks, 2 Course Dinner

### **Day 4 | Chatauqua Peak / Drive to Adelaide or Melbourne**

Sadly our time walking in the Grampians will end today but not before one last hike to Chatauqua Peak.

This has some steep sections and a rocky scramble to the top but again the views are sensational. This walk is approximately 6km return and will take around 2 hours to complete.

After checkout we depart for Adelaide or Melbourne, stopping for lunch and comfort along the way.

We will arrive back to the CBD by around 5pm. Please do not book flights for this evening.

**Meals Included:** Breakfast, Trail Snacks

## **INCLUSIONS**

### **Travel**

*Comfortable private vehicle transport*

### **Meals**

*All meals and snacks as per the itinerary*

*2 course dinners*

*Grazing platters*

*B x 3 | L x 3 | D x 3*

### **Accommodation**

*3 nights comfortable bunk style accommodation*

### **Activities**

*Professionally guided walks*

*Pre-departure fundraising support from GI Cancer Institute Fundraising Team*

### **Safety**

*Group First Aid kit and emergency communication device*

*Leaders certified in Remote Area/Wilderness First Aid*

*Qualified Bushwalking Leaders*

### **Environmental**

*Group guided experience*

*Leave No Trace principles*

*Invitations to connect with nature*

*Reduce waste through recycling, reusing and composting*

*National Park entry fees*

### **Big Heart Extras**

*Big Heart Adventures designed head sock*

## **EXCLUSIONS**

- Comprehensive Travel Insurance
- Meals and drinks not stated on itinerary
- Items of a personal nature



## FITNESS REQUIREMENT

- A good level of fitness is required to walk the trails on this trip
- You will be walking pack free (day packs only)
- Optional easier graded walks are also offered each day
- You will walk on a variety of surfaces including some rock scrambling, steep sections and loose ground
- We recommend you do some hilly walks (up to 12km) before this trip to maximise your enjoyment of the climbs and views
- Trail rating: Moderate-hard

## IMPORTANT INFORMATION

- Read terms and conditions before booking
- Itinerary and price subject to change at any time
- Travel Insurance is recommended – get a quote from Covermore
- Note weather, group member welfare and a range of circumstances outside our control can mean last minute changes to our itinerary are necessary once on tour
- A limited number of single rooms (4 only) are available on a first-come basis
- Please contact us before booking any flights. Depending on flight arrival and departure times extra nights accommodation may be required at own expense
- A minimum of 12 travellers are required for this trip to depart.
- If this trip departs during prescribed burns, last minute changes to our itinerary or walking days may be required for safety reasons
- Rooming is multi share dorm style
- Return private transport to the Grampians is included from both Adelaide and Melbourne. There is a maximum of 17 spots available from each capital city starting location.
- Private transport in the Grampians plus daily trail transfers is included

## ADVENTURE LEADERS

Our team is qualified, experienced and super friendly. We will ensure you have a fun and connecting adventure. Leaders are certified in Remote or Wilderness First-Aid. All leaders carry a group first-aid kit, emergency communications device, emergency documentation and equipment.

## PACKING LIST

A detailed packing list is provided prior to travel

- Gear you will need:
- Rainproof jacket and pants
- Daypack (35 litre approx.)
- Water bottles/hydration kit (min 2Ltrs)
- Personal medications
- Clothing suitable for bushwalking that is quick drying, warm layers if chilly – consider merino/synthetic clothing
- Sun protection such as hat, sunglasses and suncream, insect repellent (if joining us in warmer months consider a head net for the flies)
- Sleeping attire
- Sleeping gear (pillow, sleeping bag and sheet, or blankets/quilt)
- Walking poles (optional) – we can assist with hiring if needed