



PORT ELLIOT SALTY SUMMER WEEKENDER FOR WOMEN

Port Elliot, Fleurieu Peninsula

3 days | 2 nights

OVERVIEW

Join like-minded women for a Port Elliot Salty Summer Weekender to Ngarrindjeri Country. Find Yourself Be Yourself Challenge Yourself with this 3 day adventure.

A gentle, nourishing weekend filled with as much or as little activity as you wish. Big Heart Adventures is hosting a women's weekend with surfing or bodyboarding, yoga, relaxation and FUN!

Including most meals, accommodation, up to 6 hours of qualified instructor-led surfing, guided ocean therapy walk, sunrise yoga and transport from Adelaide, this Adventure Weekend will blend the best of inspiring beachy action with relaxation and rest to kickstart your summer!

Choose from basic budget cabin (quad share) or villa accommodation (own bedroom) and tailor this weekend adventure to YOU.

DETAILS

- Type: Weekenders For Women
- Adventure: Salty Summer Weekend
- Destination: Fleurieu Peninsula, South Australia
- Traditional Country: Ngarrindjeri
- Group Size: Max 14 plus leaders

ITINERARY

Day 1 | Depart Adelaide | Port Elliot

This morning, we start our adventure from Adelaide in the Big Heart Bus, heading to the stunning Fleurieu Peninsula on Ngarrindjeri Country.

We arrive in Port Elliot then go for a 5-km coastal jaunt to Bashams Beach, snaking the coastline from Horseshoe Bay and back for a delicious, healthy lunch. We take a mindful moment to watch the waves crash into the granite rocks and witness how this landscape continues to form and where the elements meet.

After lunch we hit the waves with instructor led sessions for surfing and body boarding. Wetsuits and boards are provided, all abilities welcome!

We check into our accommodation and have a casual dinner at the caravan park where we can relax and get to know our new adventure buddies.

Meals Included: Lunch, Dinner

Walking Distance: 5km

Day 2 | Port Elliot

Ever witnessed a sunrise in silence but with others? This morning we wake to bring in the day with some gentle yoga and meditation.

BIG HEART ADVENTURES
more than just a trek...

www.bigheartadventures.com.au | hello@bigheartadventures.com.au

PO Box 6046 West Lakes Shore SA 5020 | ph 08 7006 5620



@bigheartadventures



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After a hearty breakfast, we return to the beach for more surfing and bodyboarding (2-hour coaching time included). Then, having worked up more appetite from riding the waves, we head back to base for another scrumptious lunch at the caravan park.

The afternoon is yours to enjoy however you wish. Perhaps a gentle walk along the beach or a siesta. Soak up some Vitamin N while reading a book or take a stroll into the local shops where an array of gorgeous fashion, homewares and local delights will tempt you. This is a time for relaxation!

Tonight we enjoy dinner (own expense) at a local pub/café after a soul-nourishing day.

Meals Included: Breakfast, Lunch
Walking Distance: optional

Day 3 | Port Elliot | Adelaide

A restful morning to pack up and check out of our accommodation, plus our final morning of surfing and body boarding taking place after breakfast.

After lunch, a guided ocean therapy walk is on offer, or you can relax and rest before we make our way back to Adelaide satisfied and content after a fun-filled yet gentle weekend of beachy adventure.

Meals Included: Breakfast, Lunch
Walking Distance: optional

INCLUSIONS

Travel

Comfortable private vehicle transport

Equipment

Surfboard/Body Board

Wetsuit

Meals

All meals as per the itinerary

Snacks

B x 2 | L x 3 | D x 1

Accommodation

Port Elliot Caravan Park

2 nights budget bunk room accommodation or 2/3 bedroom cabin (own room, shared bathroom), or single cabin (subject to availability)

Activities

Up to 6 hours of qualified instructor-led surf coaching over 3 days

Scenic coastal walks

Optional sunrise yoga/meditation

Optional Ocean Therapy

Safety

Each trip has 2 Guides/Leaders

Group First Aid kit and emergency communication device

Leaders certified in Remote Area/Wilderness First Aid

Qualified Bushwalking Leaders

Environmental

Small group experience

Leave No Trace principles

Invitations to connect with nature

Reduce waste through recycling, reusing and composting

Big Heart Extras

A charity contribution to our Give Back program

EXCLUSIONS

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

FITNESS REQUIREMENT

- A basic level of fitness is required to participate in the activities for this weekender (surfing/bodyboarding, walks, yoga)
- You will be walking pack free (day packs only)
- The trails are coastal and gently undulating
- Trip rating: Easy

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 or Go Insurance
- 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

- Rooming is quad share basic budget cabin
- A limited number of 2-bedroom shared bathroom cabins are available on a first-come basis
- A limited number of 3-bedroom shared bathroom cabins are available on a first-come basis
- A limited number of single cabins are available on a first-come basis
- Camping is available for those wishing to reduce costs further
- 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 number of travellers are required for this trip to depart so ask someone to join you. If minimum numbers aren't reached, we may decide to still go or we will provide a full refund
- If this trip departs during Fire Ban Season – last minute changes to our itinerary or walking days may be required for safety reasons
- Private transport to and from the Fleurieu Peninsula is included from Adelaide, with multiple pick up points available in transit between Adelaide and Port Elliot
- Private transport for our time in and around Port Elliot is included
- If you have additional needs please connect with us, we're committed to being inclusive and accessible

- repellent
- Sleeping attire

ACCESSIBILITY

Please talk to us if you have accessibility requirements before booking this adventure.

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:
- Bathers and towel
- Rainproof jacket and pants
- Daypack (35 litre approx.)
- Water bottles/hydration kit (min 2Ltrs)
- Personal medications
- Clothing suitable for beachy weekend that is quick drying, breathable and layerable
- Sun protection such as hat, sunglasses and sunscreen, insect