



# THE Adventure OF A LIFETIME

## INFORMATION PACK

**Dates:**

27 May – 2 June 2021

**Duration:**

7 days (5 days walking)

**Grade:**

Moderate to hard

**Activities:**

Trekking

### Fundraising Target

**\$1,750** per person

### Trek Cost

**Early bird \$1,300**  
per person  
(ends 30 September 2020)

**\$1,450** per person

### Key dates

**1 July 2020**

Bookings open! Pay only \$300 deposit to lock in your place!

**31 March 2021**

Final payment due

**31 March 2021**

\$800 fundraising goal achieved (minimum fundraising goal is \$1,750)

## 2021 Great Ocean Road Trek

Lace up your hiking boots and join us for this seven day, 100km trek along the Great Ocean Road Trek (GORT). Explore the diverse and inspiring landscapes of Victoria's rugged coast, and set yourself a challenge for fun, fitness and fundraising

This iconic guided trek will start at Apollo Bay and finish at one of Australia's greatest landmarks, the Twelve Apostles

### A Typical Day

Each morning you will enjoy an early breakfast, before taking a 7:30am shuttle to the start point for that day. The daily treks range between 14km and 23km, and feature stunning views and native wildlife, giving you plenty of chances to make memories and take great photos. The shuttle will bring you back to your cabin accommodation before dark, where you can relax and have dinner with the group.

**Inclusions:**

Accommodation

Meals

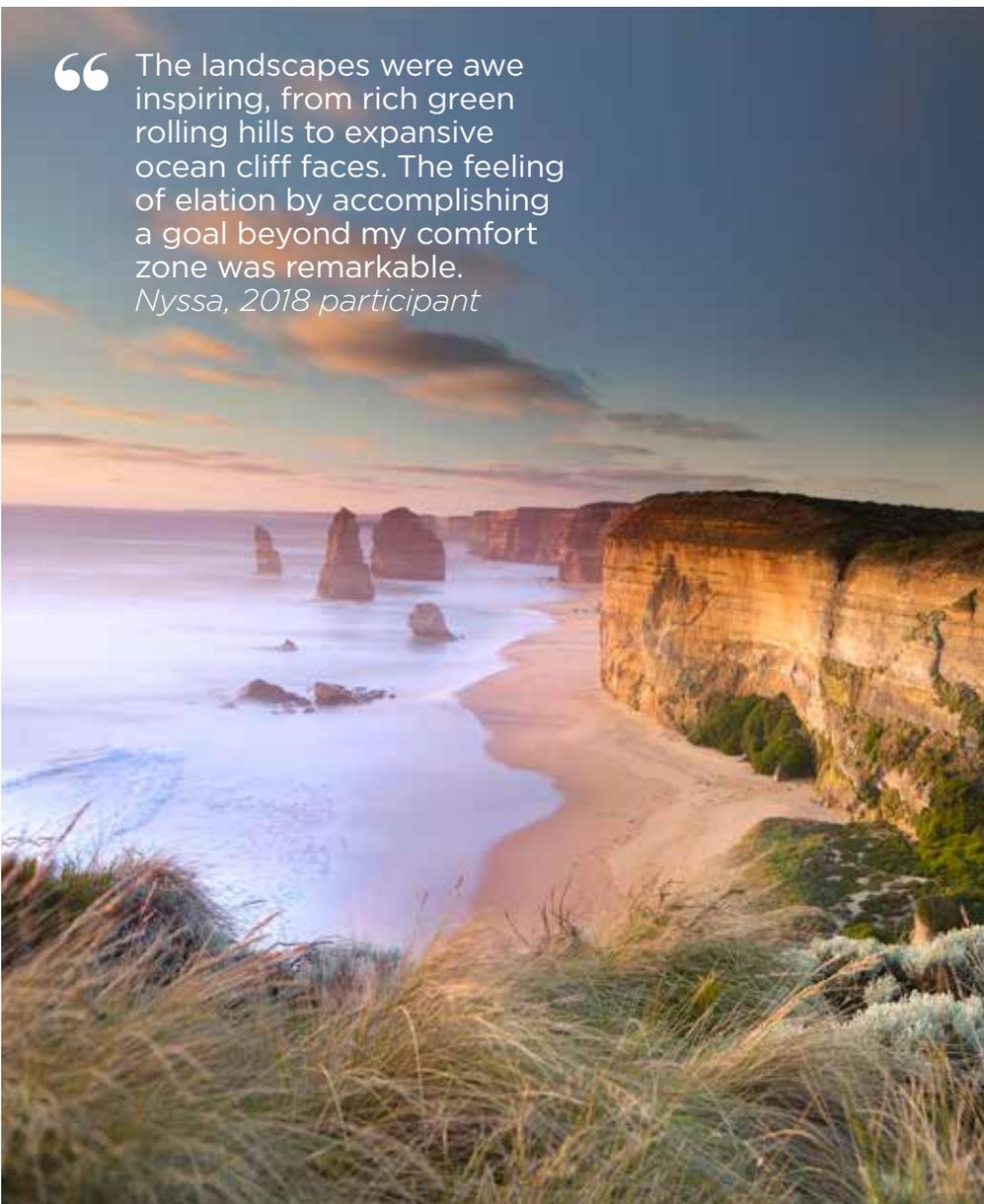
Daily transfers

Melbourne airport transfers

A sample fitness program

A trek leader

“ The landscapes were awe inspiring, from rich green rolling hills to expansive ocean cliff faces. The feeling of elation by accomplishing a goal beyond my comfort zone was remarkable.  
*Nyssa, 2018 participant*



## Travel

Participants are required to organise their own flights, choosing to travel directly to the accommodation or meet at Melbourne's Tullamarine Airport for transfer to the venue.

## Accommodation

Each night, you will stay in shared cabins at the award-winning Bimbi Park in Cape Otway. The cabins have two or three separate bedrooms, with a shared bathroom and living area. The cabins are sheltered among tall manna gums, far away from the noise of towns and traffic. In the local indigenous language, 'bimbi' means 'a place of many birds,' and the park's bushland is alive with birdsong. Bimbi Park offers local advice, comfortable rooms, hot showers, and incredible meals near the magnificent beaches, forests, secluded bays and spectacular coastline you will be trekking.

If you are planning to do this trek alone, we can arrange for you to share accommodation with another participant of the same gender.

### What is included?

-  Six nights shared accommodation
-  Breakfast, lunch, dinner and snacks, as specified in itinerary
-  Transfers to and from accommodation via Melbourne's Tullamarine Airport
-  Daily shuttles to and from the walk's start and finish points, as specified in itinerary
-  Entry to Cape Otway Lightstation
-  A trek leader
-  A team shirt
-  A sample fitness program
-  Training group walks in the lead-up to the event
-  A basic medical kit and UHF radios for the group

### What is not included?

- Return airfares to Melbourne. Participants have the flexibility to extend their stay or use airline points for travel
- Travel insurance (compulsory)
- Trekking gear
- Extra food and drink not listed in itinerary



“ To reach the Twelve Apostles is simply pure joy and a feeling of great accomplishment all the while knowing you have raised much needed funds for critical research for a cure, prevention and treatment.  
*Wendy, 2018 participant*

## FAQs

**How do I go about fundraising?** The GORT team is here to guide you every step of the way. No experience is necessary for fundraising, most people raise far beyond what they intended. Many of our participants have been new to fundraising. There are many different ways to fundraise and by registering early and having a long standing campaign, you will have better success to achieve your fundraising target.

**Am I fit enough?** The terrain covers walking tracks, paths, beaches, rainforests, creeks and roads, and does include hills and steps. This trek is achievable for a person of reasonable fitness, but can be strenuous in parts. Training for this event is required and you will receive a training plan specially designed by our Exercise Physiologists.

By booking well in advance, and following our suggested training plan, the fitness can be easier. Previous year's participants have been people of different age groups, new to hiking and living with type 1 or 2 diabetes successfully completing this trek. To ensure safety, participants have to provide a medical certificate from their GP prior to the trek, confirming they are fit enough to participate.

### **Are there age limits to participate?**

Participants must be 18 years or older to take part in the Great Ocean Road Trek.

**Who else is going on the trek?** Representatives from Diabetes Queensland will lead the trek.

### **How do I register?**

Please return your completed registration form including the signed 'Terms and Conditions' and deposit to:

fundraising@diabetesqld.org.au or  
Diabetes Queensland  
GPO Box 9824,  
Brisbane QLD 4001

### **Can I talk to someone about the trek?**

Please contact the Diabetes Queensland fundraising team on 1800 177 055 or email [fundraising@diabetesqld.org.au](mailto:fundraising@diabetesqld.org.au) if you have any questions or would like more information.