



Photo by Visit Victoria

Hugging the coastline for 71km, you will experience the iconic natural beauty of the Great Ocean Road in a new and memorable way

Your challenge in support of the eviDent Foundation: **Walk 71km over 4 days**

Your hike along the Great Ocean Road Walking Track will be a challenging, humbling and extremely rewarding experience, guaranteed to provide memories that you will never forget!

Together, let's help improve Australia's oral and dental health.

For more information contact:

Tamara Mapper

ask@evident.net.au or 03 8825 4600

The Experience:

You will experience the stunning coastal scenery and remote beaches both from sea level as well as from elevated cliff-top tracks. The route includes the Cape Otway Lighthouse, Rainbow Falls, Castle Cove and the remote and rugged Milanesia Beach.

The walk also takes you through some amazing forest scenery, including the 65m Mountain Ash forests of the Great Otway National Park. This area is home to a wide range of animals and birds including the koala, echidna, black wallaby, black cockatoo and rosella.

Camping along the route gives eviDent hikers a unique experience, away from the hustle and bustle of the city. It allows you to really soak in the natural beauty of this remarkable coastline. Being part of a group of 18 people, all raising money for eviDent Foundation, you will also be in good company!

Key Highlights:

- Hike a track that few get to do
- Beautiful coastal and forest scenery
- Includes Apollo Bay, Cape Otway Lighthouse, Rainbow Falls, Castle Cove, Blanket Bay, Aire River, Johanna Beach, Milanesia Beach and Ryan's Den
- Abundance of wildlife
- 3 nights camping in remote locations
- Being part of eviDent Team

Included:

- 1 night's accommodation, dinner & breakfast before the walk
- Celebratory lunch at the end of the walk
- Meals and tent accommodation during the hike
- Transport from the end of the walk back to Apollo Bay
- Safety equipment, telecommunications for emergency use
- Tips re training and gear
- Guidance on use of GoFundraise and support to help you achieve your fundraising target

Not Included:

- Personal travel insurance
- Personal spending

DETAILS

Choose from the following two options:

Option 1 - Glamping

- Dinner, bed and breakfast before you start the walk
- 4 days
- \$1,500* registration with a fundraising target of \$1,250
- Your overnight bag carried for you (you will need to carry a day pack) and your tent pitched for you every night
- Tents and sleeping bags/mats included in the price (if required)
- Cold drink on arrival at camp each night
- Celebratory lunch at the end of the walk
* of which \$1000 is tax deductible

Option 2 - Hardcore

- Dinner, bed and breakfast before you start the walk
- 4 days
- \$1,000** registration with a fundraising target of \$1,250
- Celebratory lunch at the end of the walk
** of which \$500 is tax deductible

Accommodation:

- Motel - 1 night
- Camping - 3 nights

Key Dates:

8 March 2018

Arrive at the Best Western Apollo Bay Motel & Apartments (2 Moore St, Apollo Bay)

9 March 2018

Departs from Great Ocean Road Information Centre at Apollo Bay

12 March 2018

Complete the walk and enjoy a triumphant celebratory lunch before returning home.

To secure your place, please complete the attached Registration Form



Arrival Information

Hikers are invited to meet at Best Western Apollo Bay Motel & Apartments at 6pm on Thursday 8 March 2018. After checking in, the team will regroup at for dinner.

Best Western Apollo Bay Motel & Apartments

2 Moore St, Apollo Bay VIC 3233, (03) 5237 7577

Commencing the Hike

After a good night sleep and a delicious breakfast, all hikers will meet at 7:30am at the Great Ocean Road Information Centre at Apollo Bay. Free car parking is available for the duration of the walk on Nelson or Noel Street, near the motel.

Physical Rating

The hike is considered moderately demanding and you will need a reasonable level of fitness. You will be walking for 4 to 6 hours a day whilst carrying a pack. You should train to prepare for the hike by building up your walks to 5 hours a day, with some hill climbs.

Meals

All meals are included whilst trekking (breakfast, lunch, dinner). Some snacks are supplied, but it is recommended that hikers carry high energy bars or snacks to suit their needs. Vegetarian, allergies and intolerances such as gluten and nuts can be accommodated.

Fundraising

As well as having an amazing coastal walk experience with a fantastic group of people, we want you to feel great about fundraising for eviDent! The money you raise from this event will help eviDent to fund key dental and oral health research work which will have a tangible benefit for the people of Australia! Your fundraising money will help people like 8 year old Annie, who alongside many other children had to wait for her life-saving heart operation until critical dental treatment had been completed.

We have set a fundraising target of \$1,250 for each person taking part in the walk. The staff at eviDent are here to help you to set up an online GoFundraising page, as well as to support you with tips and ideas to help you not only reach your target but exceed it. We know that you can do it, and we will help you as much as we can to get there!

ITINERARY

Thursday 08/03/18

Best Western Apollo Bay Motel & Apartments

6pm

Arrive at Best Western Apollo Bay Motel & Apartments at 6pm. Enjoy dinner at the Apollo Bay Hotel at 7pm.

Day 1, 09/03/18

Apollo Bay to Blanket Bay

22km

Starting at Apollo Bay parking area at 7:30am, you will walk along the beach-side suburbs before following the sandy foreshore and boardwalks into a rural farmland terrain. Climbing above Shelly beach, you will pass through the towering Mountain Ash forests of the Great Otway National Park. Later you will rejoin the coast at Blanket Bay, where you will camp for the 1st night.



Day 2, 10/03/18

Blanket Bay to Aire River

21km

You will follow cliff tops and coastal forests to the haven of Parker Inlet, with an abundance of wildlife en route. You will approach the Cape Otway Lighthouse, Australia's oldest continuously operating lighthouse, before traversing wind-sculpted landscapes of sand dunes, coastal scrubland and cliffs towards Rainbow Falls, Aire River Lookout. The Aire River Campsite is a beautiful spot to camp for night 2.



ITINERARY

Day 3, 11/03/18

Aire River to Johanna Beach

14km

Heading inland, you will climb up through spinifex forests and along the coastal path with sweeping views of the rugged coastline, before approaching Castle Cove. Continuing along the cliff tops, through heath-lands and forests, you will then emerge onto the broad expanse of Johanna Beach, one of the best beaches in Australia, with superb views and enormous crashing surf. You will camp for night 3 at the Johanna Beach campsite.

Day 4, 12/03/18

Johanna Beach to Pick Up

14km

You will walk through the grassy valley from Johanna Beach towards the isolated beach and sea cliffs of Milanesia, one of the walk's highlights. Isolated, rugged and hidden, Milanesia Beach receives few visitors and is all the more special for it. Continuing along the high cliffs with breathtaking views, through coastal forests, you will finish the walk at Ryan's Den before tucking into a celebratory lunch at Airey's Inlet.



Photo by Dr Jeremy Sternson



Photo by Mike Erskine

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