

Alastair Rushworth PhD Scholarship Fund Kangaroo Island Wilderness Trail 2020



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

Queensland Brain Institute

Departing: 12th - 16th March 2020*

*Minimum 8 participants departing.

Price: \$2,550pp (ex Adelaide)



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RAISING MONEY FOR DEMENTIA RESEARCH AT THE QUEENSLAND BRAIN INSTITUTE

The aim of this challenge is to support the Alastair Rushworth PhD Scholarship at the Queensland Brain Institute at the University of Queensland, to provide much needed funding for the amazing work taking place in dementia research.

Discover the Kangaroo Island Wilderness Trail and weave your way through the most botanically unique area in all of South Australia before reaching the rugged, remote and spectacular coastline of the Southern Ocean. This day-pack trek will allow you to step outside your comfort zone to be part of something bigger.





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Kangaroo Island Wilderness Trail 2020



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*based on shared accommodation.

Inclusions

Your trek cost includes:

- Private group transfer to/from Adelaide Airport (mid-day pick up only)
- Fully guided walk each day with support vehicle available for pick up at access points
- Meals as indicated on the itinerary
- Sat phone for emergency use
- Accommodation at Kangaroo Island Wilderness Retreat
- Maps/trip notes/packing suggestions
- Training program
- Travel Insurance up to \$110 per person
- Shirt and cap

Exclusions

Your trek cost excludes:

- Personal expenses
- Boots and a small amount of personal trek clothing
- Personal Medications
- Flights to Adelaide and return
- Meals not listed in itinerary

Kangaroo Island Wilderness Trail 2020

Itinerary

Day 1

Meet at Adelaide airport at midday. Once gathered we'll drive to Kangaroo Island and arrive late afternoon at our accommodation. We will have a Welcome Dinner and trek briefing that night to prepare for the adventure ahead.

Meals: (D)

Day 2

Day two takes you along the Rocky River towards its mouth at the coast. Not long into the walk you'll be rewarded with your first breathtaking view of the mighty Southern Ocean. Here at the edge of the world there is nothing but the deep blue sea between you and Antarctica. The trail then heads south along the island's wild and rugged coastline where birds of prey may be seen flying over the land and sea, while on the water bottle-nosed dolphins often surface as they hunt for fish. Upon reaching Maupertuis Bay you'll head down from the clifftop onto the bone white beach below. Seafarers found this wild coastline unforgiving, with the remnants of shipwrecks that cost the lives of many still visible today. The trail eventually winds its way back up to the rocky clifftop, bringing you ever closer to the famous Cape du Couedic Lighthouse that sits atop the headland in the distance. Pause for a final look back on your day's journey along the spectacularly beautiful coastline of Maupertuis Bay.

Distance: 14km Meals: (B,L,D)

Day 3

We start our day at Sanderson Bay and continue our journey as the trail hugs the coastline and offers cinematic views that inspire both awe and contemplation. We will visit Remarkable Rocks, the incredible geological formations before entering a

dense coastal mallee. We then continue on to Admirals Arch and view the enchanting antics of Australian long-nosed fur seals and Australian sea-lions that visit this section of the coast. We finish our day watching the sun set through the frame of Admirals Arch.

Distance 13km Meals: (B,L,D)

Day 4

Day 4 will start at Hanson Bay headland and we will walk along the Wilderness trail following the winding river to Kelly Hill Conservation Park and the Tea Tree Campground, located adjacent to the historic Grassdale property. From here the trail passes through a diversity of habitats, from recovering woodlands to freshwater lakes and 'karst' cave systems. Reaching the stunning Wilderness and Grassdale Lagoons, birdwatchers will be rewarded with sightings of local and visiting woodland and wading birds. The Wilderness Lagoon provides vital habitat even in dry years when other water bodies dry out. A relatively short walk through beautiful sugar gum woodland brings the trail to its conclusion at the amazing Kelly Hill Caves.

Distance: 9km Meals: (B,L,D)

Day 5

We leave Kangaroo Island in the morning and visit the McLaren Vale wine region on the way back to Adelaide. Not ready to leave yet? Take the option to stay for a few days in Adelaide or be dropped to the airport for an afternoon flight.

Meals: (B)

Note: The Kangaroo Island Wilderness Trail is categorised as a Grade 4 walking trail under the Australian Walking Track Grading System.