

SWIM THE STRAIT FOR YOUR MATES

DARDANELLES SWIM 2015 BLACK DOG INSTITUTE



DEPARTING:

28 AUGUST - 5 SEPTEMBER 2015

(subject to 10 participants minimum departing)

PRICE:

\$5990 per person

Situated in Turkey, The Dardanelles Swim is undoubtedly one of the most significant open water swims in the world. You will race 4.5km between two continents as you swim from Europe across the Dardanelles Strait to Asia. This will be followed by touring the sights of historical and cultural significance in the area as we pay our respects to our ANZAC mates of old and raise funds and awareness for our modern day 'mates' affected by mood disorders.

Join Aurora Adventures, Team Captain former Wallaby Nathan Sharpe & International Open Water Champion Brendan Capell in August 2015, 100 years on from the birth of the ANZAC spirit to Swim the Strait for your Mates in support of Black Dog Institute.

Taking place in a region of great relevance for Australia's past battles and the inception of its great mateship culture, this once in a lifetime experience will allow you to be part of a modern day movement of mates once again helping mates in need. By participating in this opportunity, you will be helping to raise awareness and money for a prevalent illness that today many in Australia's society will battle; depression which will become the World's second largest disease by 2020.

By participating in this opportunity you will be an advocate for the Black Dog Institute's Exercise Your Mood Campaign which promotes that exercise is not only vital for our physical wellbeing but also has a huge positive impact on our mental health and can alleviate the symptoms of depression.

AURORA
ADVENTURES



BLACK DOG SWIM THE DARDANELLES 2015

ITINERARY

DAY 1 Arrive in Istanbul and transfer to your hotel in Çanakkale. After settling into your hotel we meet at a local bar in Çanakkale in the late evening where you have a chance to relax and meet other swimmers who are in Çanakkale for the swim for the swim.

DAY 2 In the morning there is an opportunity to attend an acclimatisation swim on a private beach where you can get used to the conditions. We then take a tour of Troy, one of the most famous archaeological sites in the world. After visiting the historical sites we attend the race registration and briefing. We finish off Day 2 with a Pre-Race dinner put on by the local Rotary Club for an opportunity to meet up with Turkish swimmers.

DAY 3 We catch the ferry to the race start point on the European side of the Dardanelles. The world's most concentrated shipping lane is closed to all traffic as we participate in the annual Turkish Remembrance Victory Day Hellespont Swimming race. You can either race to win it or just go along at your own pace and enjoy swimming in the wake of Leander & Byron. A complimentary post swim dinner for all competitors gives you a chance to celebrate your achievement with your fellow competitors at a locally renowned restaurant.

DAY 4 Today we visit the Gallipoli Battlefields to pay our respects and then finish the day with a snorkeling tour of ANZAC Cove and the 1915 wrecks.

DAY 5 We transfer to Istanbul today and then spend the day on the Bosphorus tour by boat.

DAY 6 Today we check out Istanbul including Topkapi Palace, Sultanahmet, Agasofia, the Hippodrome and the Cistern.

DAY 7 Today we visit Dolmabahce Palace, Camlica, and the Covered Bazaar.

DAY 8 Today we visit Taksim, Beyoglu, Galat Tower, the Spice Bazaar, Suleymaniye Mosque and Piber Lotti

DAY 9 Our final day we say goodbye to a great adventure and transfer to the airport for our flight home or you can extend your stay.

NATHAN SHARPE - TEAM CAPTAIN



Nathan Sharpe will be MC for the trip and will be participating alongside you on race day. Nathan is one of Australia's most decorated rugby players. He has left an indelible impression on the game. His lists of distinctions are many. He retired as Captain of his country becoming Australia's most capped forward with 116 tests and the second most capped player ever. His durability saw him become the most capped player in Super Rugby history with 154 games for the Queensland Reds and Western Force. Nathan played in three Rugby World Cup campaigns. In his final year of international rugby in 2012, he was awarded, for the second time, the prestigious John Eales Medal, for Wallaby Player of the Year.

BRENDAN CAPELL - TEAM SWIM COACH



Brendan started out in the international arena by winning the 25K race at the 2004 World Open Water Swimming Championships in to become the World Open Water Swimmer of the Year. Brendan backed up in 2005 to become World Championship Silver Medalist. Brendan represented Australia at seven World Championships and became one of the youngest swimmers ever to be inducted into the International Marathon Swimming Hall of Fame. Brendan has also swum the Strait of Gibraltar and attempted a World Record on the English Channel. Brendan now coaches adults of all abilities through his squad Beyond the Black Line based in Brisbane. Brendan through our training partners at Aspire Fitness & Rehabilitation will be your coach in both the lead up and on the tour sharing his wealth of knowledge and experience in the sport of open water swimming.

ADAM GARRED - TEAM STRENGTH COACH



Adam is a senior Accredited Exercise Physiologist at Aspire Fitness and Rehabilitation (AFR). He specialises in middle to late stage Musculoskeletal Rehabilitation and Sport Performance Training. His skills are well recognized having been Head of Athletic Performance at UQ Rugby Club and Academy since 2007. He also has had experience working with elite rugby players at the QLD Reds, QLD Reds academy and Melbourne Rebels. Prior to the London Olympics, Adam worked extensively with numerous members of the Australian Swim Team including Stephanie Rice and Liesel Jones. In 2010 Adam began working with Australian Cricket legend Matthew Hayden.

For more information P: 1300 158 468 | E: info@auroraadventures.com.au | www.auroraadventures.com.au

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INCLUSIONS

Your trek cost includes:

- Pre-Adventure Strength and Conditioning Program prepared by our Aurora Exercise Physiologists specifically for this adventure.
- Swim program from your Swim Coach Brendan Capell (for four months in the lead up to the swim).
- Hotel accommodation.
- Personal travel insurance.
- All transfers and transport during the trek.
- All food during this adventure and in hotels.
- Entry into the Hellespont Swim International.
- All sightseeing tours.
- Boat Tour and Snokelling Tours.

EXCLUSIONS

- Personal expenses such as phone call costs and alcoholic beverages at the hotels.
- International flight return to Turkey.

**Non swimming supporters are welcome to accompany the team too – contact Team Aurora for further details*



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