

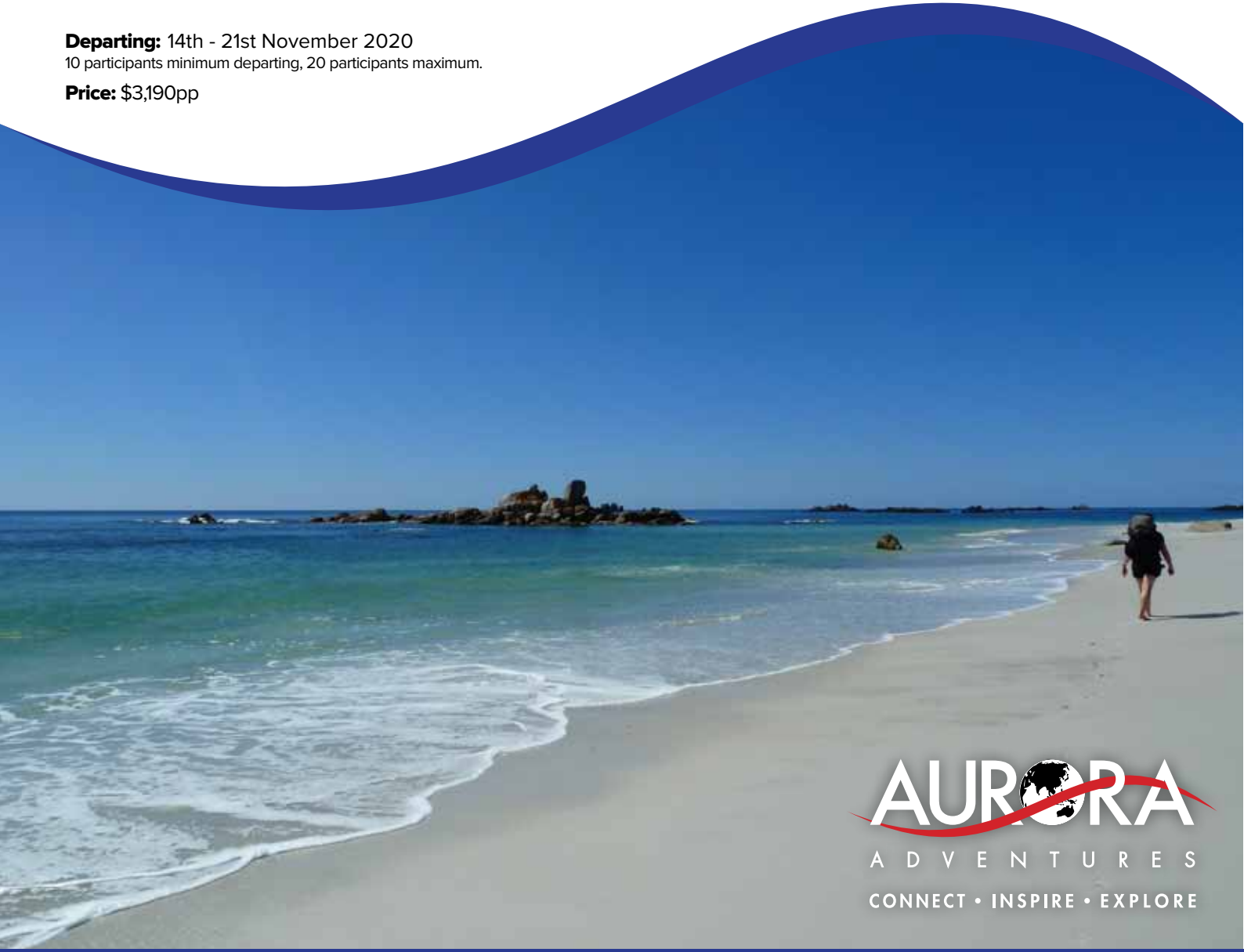
# MND and Me Million Steps for MND Tasmania 2020



**Departing:** 14th - 21st November 2020

10 participants minimum departing, 20 participants maximum.

**Price:** \$3,190pp



## BAY OF FIRES AND FREYCINET

Join the MND and Me Foundation's Million Steps for MND team as we take on sections of the stunning Bay of Fires and the Freycinet National Park area in Tasmania and raise funds to help fund research and provide much needed care, equipment and services to support people and their families living with Motor Neurone Disease (MND) in Queensland.





## Inclusions

### Your trek cost includes:

- Strength and Conditioning Program prepared by our Aurora Exercise Physiologists specifically for this adventure – 8 weeks of 2 fully supervised sessions for Brisbane trekkers (Gym 1 hour and Mt Coot-tha 3 hours weekly) or our 12 week Remote Preparation Program
- Personal travel insurance.
- Accommodation in Tasmania at Travel Lodge Hobart, Tidal Waters Resort and Freycinet Lodge
- Transfers from Hobart to track sections
- Meals as indicated per itinerary
- Experienced wilderness guides and driver
- Trek shirt and trek cap
- Group first aid kit and group communications and safety equipment

## Exclusions

- Personal expenses such as phone call costs, alcoholic beverages
- Airfare to and from Hobart
- Boots and a small amount of personal trek clothing
- Transfers from/to hotel to airport in Tasmania
- Personal activities on Friday 20 November



## Itinerary

### Saturday 14 November

- Arrival in Hobart: Welcome Dinner and overnight stay (D)

### Sunday 15 November

- Pick up at Travel Lodge and Transfer to Tidal Waters (approx. 3- 3.5hrs). Complete Bay of Fires Coastal Walk
- The Gardens to Break Yoke Beach (5km return) or longer option to Policeman’s Point (13km). (B,L,D)

### Monday 16 November

- Mt William National Park to Deep Creek (18kms) (B,L,D)

### Tuesday 17 November

- Deep Creek to Anson’s Bay (17kms) (B,L,D)

### Wednesday 18 November

- Humbug Bay Loop (10km) and Transfer to Freycinet Lodge (2Hours) (B,L,D)

### Thursday 19 November

- Hazards Beach – Wineglass Bay Circuit (approx. 4-5 hours) (11kms) and transfer to Hobart (3hours) (B,L,D)

### Friday 20 November

- Day exploring Hobart and celebration dinner with returning MND and Me Cycling Team. (B,D)

### Saturday 21 November

- Depart Hobart. (B)