

MND and Me Million Steps for MND Tasmania 2021



Departing: 20-27 February 2021

Price: \$3,190pp twin share



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 Hobart, Bay of Fires and Freycinet
- 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 20 February

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

Sunday 21 February

- Pick up in Hobart and Transfer to Bay of Fires Conservation Area (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 22 February

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

Tuesday 23 February

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

Wednesday 24 February

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

Thursday 25 February

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

Friday 26 February

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

Saturday 27 February

- Depart Hobart. (B)