



NFIA Patron's Annual Walk for Charity Great Ocean Walk 2019

Departing: 24 to 28 October 2019 | **Cost:** \$3,500pp (ex Melbourne)
(maximum 10 participants departing)

Join the NFIA on their Annual Walk for Charity and help raise funds for two great causes. Trek the spectacular Great Ocean Walk and support priority research at UQ's Queensland Brain Institute (QBI) and the Gallipoli Medical Research Foundation (GMRF).

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The Great Ocean Walk is one of Australia's most iconic hikes. If you are new to walking or hiking, and are keen to give it a go, then this is the perfect trip for you.

The spectacular route weaves its way through national parks full of tall forests, coastal heathlands, wild rocky shores and windswept cliff-tops, presenting amazing views as nature truly unfolds at every step. If you have driven the Great Ocean Road you are in for even more of a treat, as walking it gives you a unique perspective of the remote and dramatic landscape which cannot be fully appreciated from a vehicle window.

We have handpicked our three favourite walks over three days. This means that you get to see the best bits of the truly majestic coastline.

This is a fully supported and guided day pack walk.

At night we'll stay in modern eco friendly accommodation in a relaxed rural setting with super comfy beds, crisp white linen and warm showers.

Proudly Supporting:



Queensland Brain Institute



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Thank you for supporting UQ's Queensland Brain Institute (QBI) and the Gallipoli Medical Research Foundation (GMRF) through the NFIA Patron's Annual Walk - your donations will make a difference.

All donations will be split equally between UQ's QBI and the GMRF. Donations of \$2 or more are tax deductible.

To support these great causes visit:

<https://nfiapatronswalkforcharity.everydayhero.com/au/nfia>.

Queensland Brain Institute (QBI)

The Queensland Brain Institute (QBI), based at The University of Queensland (UQ), is a world-leading neuroscience research institute dedicated to unlocking the mysteries of the brain by understanding and treating diseases, improving learning and memory and inspiring technology.

QBI is focussed on two of the greatest challenges of modern science: understanding brain function, and the prevention and treatments of disorders of the brain.

One-third of the burden of disease in Australia relates to brain and mental health disorders, including conditions caused by illness, genetics, or traumatic injury.

Our scientists are working tirelessly towards developing new treatments for these disorders that have a devastating impact on people's lives, including dementia, motor neurone disease (MND), stroke, Parkinson's disease, depression, anxiety and schizophrenia.

By giving to priority research at QBI, you will help us get closer to discovering treatments for these devastating diseases.

For more information on QBI visit <https://qbi.uq.edu.au>.



One of the areas your donation supports is the Alastair Rushworth Fund which currently supports QBI's PhD student Joey Benetatos conducting important research into dementia.



Postdoctoral Research Fellow Dr Lucy Heap is examining fruit flies (*Drosophila melanogaster*) to understand complex phenomena such as selective attention, memory, general anaesthesia, and sleep in the simpler fly brain.

Gallipoli Medical Research Foundation (GMRF)



Program Coordinator Amanda with patients participating in the GMRF funded Cancer Wellness Program at Greenslopes Private Hospital.



Liver Cancer Researcher, Ritu, is investigating new ways to target cancer stem cells (the cells responsible for tumour growth and resistance to drug treatment).

The Gallipoli Medical Research Foundation (GMRF) is committed to enhancing the health and wellbeing of our veterans, their families, and the wider Australian community.

Based at Greenslopes Private Hospital, GMRF conducts innovative and life-changing research projects to fight the impact of major illnesses such as liver disease, liver cancer and posttraumatic stress disorder.

Recognition of the mental health challenges facing our current and former service personnel has come a long way in recent years, but there's still more to be done. Our Veteran Mental Health Initiative is working to bridge the gap in understanding and treatment of issues such as posttraumatic stress disorder and reintegration challenges, ensuring our veterans get the support they deserve.

One in four Australian adults has, or will develop, fatty liver disease. We're creating solutions to this health crisis by researching new treatment options as well as ways to increase the number of donor livers suitable for transplant. Fatty liver can lead to liver cancer; the fastest increasing cause of cancer mortality in Australia. We're tackling this problem head on by targeting cancer stem cells, reengaging the immune system, and stopping the cancer spreading.

As well as working to discover the treatments of the future, GMRF also aims to alleviate the burden of serious illness right now. We are providing patients with access to new treatments through a range of ground-breaking clinical trials in liver disease, respiratory illnesses and oncology including melanoma and prostate cancer. We also fund the Cancer Wellness Program at GPH to provide holistic care for patients and their families.

The progress we have made in medical discovery would simply not be possible without the generous support of the community.

To find out more about GMRF, visit www.gallipoliresearch.com.au.

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NFIA
Great Ocean Walk 2019



Inclusions

Your trek cost includes:

- Private group transfer to/from Melbourne Airport (mid-day only)
- Guide plus support vehicle and driver
- Daily transfers to/from GOW each day
- Fully guided walk each day with support vehicle available for pick up at access points
- Sat phone for emergency use
- Modern eco friendly accommodation
- All linen and towels
- Maps/trip notes/packing suggestions
- Training program
- Travel Insurance
- Shirt and cap

Exclusions

- Flights to/from Melbourne
- Meals not listed in itinerary





NFIA Great Ocean Walk 2019 Itinerary

Day 1

Meet at Melbourne airport public pick-up at mid-day. Once gathered we'll take the 3 hour drive to Castle Cove in a private vehicle, stopping for lunch (own expense) along the way and a supermarket shop to collect supplies. We'll arrive late afternoon at our accommodation. Rest of day at leisure. (D)

Day 2

After breakfast we'll drive to Blanket Bay to start our walk. We'll follow a boardwalk to Point Lewis Lookout, for your first glimpse of the spectacularly rugged coastline. Then we'll wander through majestic coastal forests until we reach Parker Inlet. Here you will get your feet wet on an unbridged river crossing. You'll need to have your camera ready as the next few kilometres offer stunning cliff edge views. We will arrive at the Otway Lighthouse at lunch time, where you can either finish your walk for the day and spend some time learning about the fascinating local history or walk to the next pickup up point at Aire River Camp Site. (B,L,D)

Hike: Blanket Bay to Cape Otway (10kms), Cape Otway to Aire River Camping Ground (9.5kms) – Total 19.5kms

Day 3

Today we are almost guaranteed to meet some Koalas lazing in the low hanging branches of the eucalyptus trees when we start our walk back at Aire River. From here we will head inland, climbing up and around the headland through spinifex forests. There will be some hills today so you have the choice of a short or longer walk. At lunchtime we'll take a break at our accommodation and you can decide to take the next section off or push on with us to Johanna Beach. Through heath lands and forests we'll make our way to one of the best beaches on the walk. Prepare to get your feet wet again before leaving the beach to return to our accommodation for the evening. (B, L, D)

Hike: Aire River to Castle Cove (6km) or Johanna Beach (7km) - Total 13km

Day 4

If the tides allow us, today we'll head to the most exciting part of the walk – Wreck Beach. Starting at Gables Lookout, we'll experience one of the highest cliffs in mainland Australia with views right out to sea. Then it's just a short walk to the top of the steps down to Wreck Beach. It's important we get the timing right as there are 366 steps down to the beach, that's too many steps to come back up if the tide is in! This beach is seriously impressive with its towering cliffs, intriguing rock formations and half buried anchors from long ago seafaring tragedies. There will be some rock scrambling, so we'll need to work as a team and help each other.

We'll return to the support vehicle via a cliff top forest walk. We then drive to the Princetown Recreation Reserve for our picnic lunch and you can choose to either walk on to the 12 Apostles (a further 7.6 kms away) or travel by vehicle. The 12 Apostles (although now only 7) will come into view as we approach the end of our walk at the visitor centre. To finish of the trek, we will take a spectacular scenic helicopter flight over the 12 Apostles. After admiring the view and our sense of achievement we will be met and transferred back to our accommodation where a celebratory dinner is in order. (B, L, D)

If you really want to treat yourself after all of your hard work we can arrange for a masseuse to come to the accommodation for an optional private massage.

Hike: Gables Lookout circular walk via Wreck Beach and Devil's kitchen (8.5kms), Princetown Reserve to the 12 Apostles (7.5kms) – Total 16kms

Day 5

Time to pack our bags and drive back to Melbourne Airport to be there by midday. Not ready to leave yet? Take the option to stay for a few days in Melbourne.