

Alastair Rushworth Scholarship Fundraising Adventure Three Capes Track 2018



Departing: 4th - 8th October 2018*
*10 participants maximum.

Price: \$3,500pp ex GST**
**based on shared accommodation, subject to flight changes at time of booking



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, to provide much needed funding into the amazing work being done into dementia research.

Discover the Three Capes of Cape Raoul and Cape Hauy by foot and finish your journey with a dramatic wilderness cruise around Cape Pillar, for a unique view of the peninsula from the base of the cliffs, to appreciate the sheer magnitude of the landscape. You'll also walk from Waterfall to Fortescue Bay, which is nothing short of amazing. This day-pack only trek will allow you to step outside your comfort zone to be part of something bigger.





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Inclusions

Your trek cost includes:

- Return economy airfare from Brisbane to Hobart
- 4 star Accommodation in hobart and lodge accommodation on track, including all meals
- Entrance to the Three Capes Track
- Professional licensed guides
- Your pre-adventure training package of 8 weeks of supervised exercise with Accredited Exercise Physiologists (2 sessions per week)
- Personal travel insurance
- Shirt and cap

Exclusions

Your trek cost excludes:

- Personal expenses such as phone call costs and alcoholic beverages at the hotel
- Boots and a small amount of personal trek clothing
- Personal Medications

Itinerary

Day 1

We depart Brisbane for Hobart. Tonight we will stay in Hobart and enjoy a meal with our new friends and prepare for an early start.

Day 2

We depart at 8am and travel out to Tasman National Park. This geographically isolated Peninsula, has over one third of Tasmania's recorded plant species including more than 60 that are threatened. We walk through eucalyptus forests, past flowing streams and over log bridges. The seascapes on the striking Tunnel Bay Track has an abundance of towering cliffs, rock platforms, sea caves and tunnels.

We continue on through rough uphill sections to Cape Raoul with excellent views of Tasman Island, Bruny island and the southern capes. Today we will tackle 14kms over 6 - 8 hours, calling it a day at the extraordinary Stewarts Bay Lodge.
(Medium grade with some rough uphill sections)

Track Grade: MODERATE

Day 3

Today we will ascend through rainforest and follow some undulations for a couple of hours heading to the picturesque Waterfall Bay to see some of the peninsular's most impressive features. The frequent coastal views of dramatic towering sea cliffs never fails to impress. We will surely earn our delicious dinner tonights after a 17.5km day on track. *(Medium to Hard grade)*

Day 4

We will hit up to 10kms today with lots of ups and downs for our last day on the Three Capes Track. We walk through forest and coastal health to Cape Huay where we will view spectacular off-shore seat stacks known as Totem Pole, The Candlestick and The Lanterns. We will head back to Hobart tonight to reflect on our experience together and enjoy a meal and some stories. *(Medium grade)*

Day 5

Today we head home after having the opportunity to spend some time in the morning exploring some of Hobart.

Three Capes Track 2018 BOOKING FORM

FULL NAME (as per passport): _____

POSTAL ADDRESS: _____

CONTACT NUMBER: _____

DATE OF BIRTH: _____

SECURING YOUR POSITION

A \$1000 non-refundable deposit is required to secure your position for this Adventure. Once a deposit is paid your position is secure and the administrative preparation for your adventure will begin. If paying by credit card, please provide details below and a tax invoice/receipt will be sent to you. If paying by EFTPOS, please circle below and a tax invoice will be emailed to you.

PAYMENT OPTIONS:

(please circle)

VISA

MASTERCARD

EFT TRANSFER

For VISA/MASTERCARD

NAME ON CARD: _____

AMOUNT PAYABLE: _____

CARD NUMBER: _____

EXPIRY DATE: ____ / ____ / ____

SIGNATURE: _____

Once complete please return booking form via fax 07 3607 5373 or email: info@auroraadventures.com.au
Credit card payments can also be made by calling 1300 158 468. Thank you.