



MIND&BODY TRAVEL  
INSPIRE YOU



# **Ladies Hiking Long Weekend Great Ocean Road Lodge Walk 14-17 March 2024**

**Exclusive to Mind & Body Travel**

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**ONLY 9 SPOTS AVAILABLE! \$2,995pp**

**Ladies it's time to take some time out for ourselves!**

**Join us on this stunning bucket-list hike along the Great Ocean Road with the luxury of lodge accommodation in the evenings with a 3-course meal and wine**

**This walk is graded easy-moderate with a relaxed pace so perfect for most levels of fitness - an opportunity to reset, be inspired and share some laughs**

**To secure your place or for more information please contact Kasie Hodgson on  
E: [kasie@mindandbodytravel.com](mailto:kasie@mindandbodytravel.com)**



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## Inclusions

\$2,995 pp (twin share)

- **Return Economy Flights from Brisbane to Melbourne with Virgin Australia**
- **Airport Transfers**
- **1st Night at the 4.5 Star Crowne Promenade including Breakfast**
- **Welcome Dinner**
- **3 Day/2 Night, Fully Guided, Twelve Apostles Lodge Walk included all meals and beer/wine with dinner**
- **Complimentary use of Rain Jacket, Gaiters, Day Pack and walking poles**

## Your Itinerary

### Thursday 14th March 2024

Meet at Brisbane Airport this morning for our 8:55am group flight with Virgin Australia arriving Melbourne at 12:15pm. On arrival in Melbourne we'll be met by a private transfer and shuttled to our hotel.

Once settled in, this afternoon we'll have some free time to explore Melbourne (code for shop?) before our Welcome Group Dinner tonight in Southbank

### Friday 15th March 24 - 3hrs Walking Today - Blanket Bay to Cape Otway

An early breakfast from 6:30am before our transfer collects us at 7:30am to make our way down to the Great Ocean Walk, stopping on the way to pick up fresh seafood and local produce for your dinner later that night. Today's walk begins with tantalising vistas out to the Southern Ocean. This will be your constant neighbour for the next three days. Climb along cliff tops and walk barefoot on golden sand beaches, learning about the unique flora and fauna as you go from our expert guides. Koalas, kangaroos, and echidnas, you are sure to see some local wildlife on this unique part of the trail. The Cape Otway Lighthouse makes for a great end to the walk, where our guides can teach you all about the naval history of the area. From the lighthouse, we transfer you to our private lodge in Johanna, where we welcome you with a glass of local sparkling and a spectacular long table dinner featuring the fresh seafood we picked up on the way there. Toasting to a great first day exploring one of Australia's most magical coastlines





## Your Itinerary (cont'd)

### **Saturday 16th March 24 - 3.5hrs Walking Today - Moonlight Head to Wreck Beach**

Today is about shipwrecks, sandy pathways, exposed heathland and maybe even first glimpse of the Apostles. What better place to commence the walk and get your bearings than The Gables Lookout, one of Australia's highest cliff-top vistas.

More than 300 ships have come to grief on this stretch of coastline. Your first stop is aptly named Wreck Beach. It's a suitable reminder of those early days and treacherous ocean voyages. If conditions allow, you'll drop down to Wreck Beach and hear tales of pillaging and misfortune including a ship which travelled from China whose cargo of tea coloured the ocean. Depending on the tide, an alternate route leads through to Devils Kitchen, home to arguably Australia's best lavatory vista!

Following lunch, we walk the loop track back to the carpark, where we will be picked up and taken back to the lodge for a night of rejuvenation and relaxation.

### **Sunday 17th March 24 - 3hrs Walking Today - Princetown to Twelve Apostles**

Depart from the quiet shores of Princetown by the Gellibrand River, beginning with an easy 30 minute wander to reveal your first full view of the Apostles. Gasps aside, keep an eye out for two resident mobs of kangaroos across the hillsides to your right.

There's a sense of elation today as you draw nearer to the mighty limestone Apostles. No, there's not 12, which may come as no surprise. But amongst the proudly standing 7, lie 5 recently discovered apostles beneath the ocean's surface. Weathered but not beaten, those in view lose a couple of centimetres each year to the perilous swells and winds whipping up from the Southern Ocean. Drawing closer, hear the romantic tale of Tom and Eva. Tom, a gallant local who swam more than an hour to rescue Eva from the Loch Ard, perhaps Victoria's best-known shipwreck. Of 63 on board, Eva was one of the lucky two to survive, whisked to a cave by Tom and 'administered' brandy to remain conscious.

The Apostles reveal gradually along this stretch, reappearing as the trail rises. There's a viewing platform exclusive to walkers on the final stretch before your arrival at the Visitor Centre. It's the official end to your walk and an appropriate locale to get cozy with the Apostles in a group snap. If conditions permit, don't miss the opportunity to descend 80-plus steps to the beach below. This final perspective gives a sense of the Apostles brooding heights, one 73-metres tall, nudging the equivalent of a 20-storey building. It's here with sand under your boots, a sense of monumental achievement and wonder sets in.

Follow this with a final lunch in the sleepy fishing town of Port Campbell before returning to Melbourne Airport for our 6:40pm flight home arriving at 7:30pm

**To book please contact Kasie Hodgson from Mind & Body Travel**

**Email [kasie@mindandbodytravel.com](mailto:kasie@mindandbodytravel.com)**

**[www.mindandbodytravel.com](http://www.mindandbodytravel.com)**

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