

Come and experience one of Australia's most spectacular stretches of coastline.

Join Right to Life Australia in an invigorating and unique long weekend on the Great Ocean Walk. Life Hike 2011 is a 3 day trek fundraising to support the important work of Right to Life Australia in particular the work of Pregnancy Counselling Australia (PCA).

Most **importantly**, we need you to ask family and friends to sponsor you. The more money you can raise the more we can help mothers who phone the PCA hotline.

Your participation in this hike through a most beautiful part of Australia is a witness to the vital work RTLA does for the human rights of the unborn child.



10 good reasons to join the Life Hike

1. Save babies and affirm life
2. Learn more about the prolife cause
3. Be superfit at the end of it
4. See more of Victoria and meet likeminded people
5. Save petrol for a few days
6. Walk away with new friends and great memories
7. Contribute to a cause that you care about
8. Give babies and their mothers a better chance in life
9. Be challenged
10. IT's FUN

Need to know more about this trip?

Visit the Right to Life Australia website on

www.righttolife.com.au

send us an email

rtl@rtlaust.com

or telephone us on

(03) 9387 7098

Life hike

RIGHT TO LIFE AUSTRALIA
GREAT OCEAN WALK

**3 DAYS (40km) TREKKING
IN SPECTACULAR SCENERY
TO RAISE MONEY FOR
THE PROLIFE CAUSE**

friday 20
saturday 21
sunday 22

may 2011

Where we will be walking

You do not have to be an iron man to join the walk, but you do need to be fit and healthy to cope with the hills and sand walking. You can walk for one day or the whole 3 days as we return to the accommodation each evening.

The number of hours walking per day varies between 5-9 hours at a moderate pace. We will be accompanied on the hike by experienced guides. The guides will direct our group to make the journey comfortable and ensure our safety in this remote area of Victoria.

Outline of activities

(Itinerary subject to change in conditions)

Friday 20 May 2011

Leave Melbourne 7am (3.5 hour trip) and drive by bus to Apollo Bay. Drop baggage to Bimbi Park and have morning tea. Walk Marengo - to Shelley Beach (5 km) 2 hrs (med/hard) Lunch. Walk Station Beach to Rainbow Falls and return (6 km) 2 hrs

Saturday 21 May 2011

Start walk from Bimbi Park, Walk Cape Otway – Aire River (10 km) 4 hours (med) Lunch. Walk Aire River – Johanna (14 km) 5 hours (med/hard) (Walkers can complete half day and finish at Castle Cove).

Sunday 22 May 2011

Walk Blanket Bay to Cape Otway (17 km) 6 hours (med/hard) Return to Melbourne leaving 4pm arrive back 8 pm.

(If required walkers can complete the walk at a halfway point on Saturday and Sunday).

At the end of each day a shuttle bus will transport walkers back to the overnight accommodation. The next morning the bus will deliver walkers to the commencement of the next segment of the walk.

Registration costs

Registration costs are \$50 per head for the three day walk (\$25 for concession cards, unemployed, pensioners, students and children under 15). This is an extremely competitive price as similar tours charge \$1500!

This includes bunk bed accommodation and all meals. Early bird registrants will have the option of cabin accommodation.

What's the accommodation?

We will be staying at Bimbi Park which is bunk style accommodation. Bimbi Park is situated at Apollo Bay and provides self catering facilities which we will utilise. All beds have pillows, pillowcases, bottom sheet and blankets.

Fundraising

Your fundraising target is \$1000 per person. There is a grand prize for the person who raises the most money. Although the hike is primarily a fundraising event, we do not expect miracles and your contribution is always valued.

Bookings

The maximum number of people that can be accommodated is 50 so we require your registration no later than 20 April 2011:

What's the food like?

All meals are included. Walkers need to bring water bottles, any drinks they require other than tea, coffee and juice. There will be continental breakfast which includes cereal, milk, toast, spreads, stewed fruit, tea and coffee.

Lunch includes:

Packed lunch suitable for walking. Could comprise filled bread rolls, cake, fruit, drink.

Evening meal:

Evening meals for Friday and Saturday will be provided. This will include a main meal or bbq with salad or vegetables and a dessert. Snacks for the walk eg soft drinks, chips, chocolate, must be provided by participants.

All walking participants must provide

Day pack • Water bottle and drinks

Warm clothing including polar fleece and waterproof coat

Appropriate footwear – walking boots, NOT runners (as weather can be wet and muddy)

Snack items eg muesli bars, chocolate

Long pants/jeans • Towel • Sunscreen, insect repellent

Registration Form

Just fill out the registration page and send to us with your payment.

Please select:

Male or Female (Tick)

___ Number of Full registrants

___ Number of Concession registrants

Accommodation required during walk:

Name: _____

Address: _____

Phone: _____

Email: _____

Friday night 20 May 2011

Saturday night 21 May 2011

Day walker

Indicate which day(s) you will walk

Fri Sat Sun

Special Diet Type _____

(If you are only walking one day we still need to register numbers and catering requirements).

Payment Methods:

Cheque, Visa or Mastercard.

Or deposit funds directly into

Right to Life Australia Bank Account.

(Please notify us if you have deposited funds into our account)

Our bank account number is :

Commonwealth Bank BSB: 063-111

Account Name: Right to Life Australia

Account Number: 10109208

We will send you email confirmation and a prewalk information pack.

