

ADVENTURE TRANSFORMATION

SWIM SPORT & LEISURE

Grampians weekend – 29/30 November, 2008

(Bookings need to be finalised by Wednesday 19 November, 2008)



ADD SOME ADVENTURE INTO YOUR LIFE!

Experience the wonders of the bush and improve your fitness.

NEXT SESSION DETAILS

WHEN

29/30 November, 2008. meeting at the YHA Eco Lodge at 9:30 am, 29 November, 2008.

WHERE

Halls Gap, The Grampians

TRANSPORT IS NOT PROVIDED

However contact Joe, the hiking leader on adventure@geelongcity.vic.gov.au if you would like to car pool. Joe will help if possible.

ACCOMADATION

Accomadation is not provided. Most people will be staying at the YHA eco lodge at Halls Gap. Bookings need to be made directly and as early as possible to avoid dissapointment if booking at the YHA Eco Lodge.

WALK DESCRIPTION & DISTANCE / TIME

Total distance: 25 km over 2 days. Approx 5-6 hours each day

The walks will be over hard volcanic rock and will involve hills. It is graded as moderate to advanced.

COST

\$45 - SSL members / past participants. \$55 for non SSL members. Note: the cost does not include transport or accomadation.

Bookings need to be finalised by Wednesday 19 November, 2008.

Contact the hiking leader directly on adventure@geelongcity.vic.gov.au if wanting to enroll after **Wednesday 19 November, 2008.**

IS THIS WALK FOR ME?

This walk is not suitable for beginners, however would be suitable for intermediate and above levels that are used to walking regularly. Anyone that suffers from a fear of heights would need to contact the hiking leader first. If you are unsure if this walk is suitable for you, please contact your nearest SSL centre for more information or contact Joe Ma, the hiking leader by emailing adventure@geelongcity.vic.gov.au

MINIMUM NUMBER

This walk requires a minimum number of participants, otherwise it will be cancelled.

An enrolment form which includes the medical questionnaire must be completed.