



## **Women's Health Week Walk and Body stretch**

3 Days, 2 nights in Private Villas

Ex Batemans Bay or Mollymook, New South Wales, Australia

Sep 2 - 5 in 2025

### **Welcome to 'Women's health week' walking experience**

*This year we are celebrating women along the Murramarang trail! Guided by women, Murramarang National Park is a breathtakingly beautiful area, just 4 hours south of Sydney and 2 hours from Canberra. Temperate forest and mountain ranges fall to the Pacific Ocean. Kangaroos, Wombats and Lyrebirds play on the forest floor; the trees teem with colourful birdlife and the ocean with amazing creatures.*

Walking with women on this 3 Day Journey combined with Villa Accommodation, guided stretch sessions, massages and amazing meals will make you feel amazing - as you navigate a multitude of unique beaches, discover the area's incredible geological significance and enjoy plenty of quality conversation.

This tour is run as a Journey-style experience where you will walk the coastline over 3 days carrying only a light daypack, with a lake kayaking experience on the 2<sup>nd</sup> day and return to our waterfront villas each afternoon. We will be walking between 7 and 16km a day. We enjoy relatively early starts with guided morning stretch sessions, leaving plenty of time for afternoons for massages, relaxing or exploring. The tour pricing includes 2 nights' twin, triple or quad share in comfortable villas and all amazing nutritional meals, prepared on the trail by your female guides. At the villas enjoy complimentary bubbly and a range of short walks, swimming, massages and star gazing.

This journey is also offered with a departure from Canberra - min numbers required, please contact our office for more details.

## Itinerary

Please Note: Itinerary may be altered due to weather, group fitness and seasonal demands on accommodation.

### Day 1

Start with a 7:30am Hotel Pickup from your Batemans Bay or Mollymook area hotel. Please be ready to meet your guides with your day packs, including everything required for a day on the trail (see equipment list), and a separate overnight bag which will be transferred to your villas.

Travel in a comfortable, air-conditioned vehicle to Maloneys beach, the southernmost point of Murramarang National Park. Here you will commence your walk north, along exposed cliff tops and incredible rock platforms, with the opportunity to spot whales (June to November). Your guides will help you negotiate some of the rocky terrain as you begin to discover the many beaches, sandstone layers and spotted gum forests the area is renowned for. For morning tea and lunch, we will seek out a shady spot with a view to enjoy fresh, healthy food lovingly prepared by your guides. Pack your swimmers! there's also time for a refreshing swim.

By mid-afternoon you will discover the geological significance of the area - where the Sydney Sandstone Basin meets the Lachlan Ford Belt - and explore extraordinary sediment layers exposed over time.

Be greeted by grazing platters, a glass of Bubbly and curious kangaroos as you arrive at your resort accommodation on foot in the early afternoon. We celebrate the end of our first day by the beach! Some guests choose a beach dip or relax before the evening meal.

We enjoy a evening Yin Yoga class of 45mins prior to bed.

Included: Morning Tea, Lunch, Afternoon tea, Dinner (Dinner is on us to the value of \$60 per person) our office team will have a reservation made for you.

## Day 2

Wake to the sounds of waves crashing and parrots playing in the gumtrees and a guided morning deep stretch session pre breakfast.

Find your delicious breakfast in your villa to enjoy at your leisure, before bidding farewell to the roos. We leave the villas at approx 9am, this is the shortest walking day of approximately 7km, plus an optional kayaking experience.

Enjoy an easy barefoot walk across the long sandy beach separating South and North Durras. Durras Lake is a significant catchment in the area and is identified as an ICOLLS (Intermittent Closed or Open Lake or Lagoon System). There is no pattern to when the lake is open or closed to the ocean and it can remain open or closed for months at a time. We offer an optional kayak crossing along Durras Lake, a magical way to soak up the natural beauty of the area and try something new! The end of Durras Beach marks a great spot to enjoy a snack and the view.

Here we put our shoes back on prior to beginning one of the more challenging uphill sections of the journey - up to the Point Upright lookout. A short side hike offers magical views to the ocean and a great spot for Whale Watching! Descend into the sleepy seaside village of Depot Beach for a picnic lunch.

The afternoon is completely yours. Enjoy various walking trails, relax on the beach with a book, jump into the crystal clear waters, or simply do nothing. Enjoy a well-earned massage provided by a professional therapist in the privacy of your villa.

Depending on the size of the group, some groups like to enjoy a few drinks on the sand as the sun goes down, followed by dinner all together on your cabin deck. Your guides will stay onsite to prepare you a delicious meal.

Post dinner 45 min Yin Yoga session.

Included: All meals

### Day 3

Spotted Gum Eucalyptus and ancient Cycads are a feature of your day 3 hike of around 10km. Enjoy sunrise stretch and group breakfast on your cabin deck, pack your bags and visit the beach for a morning dip prior to setting off on one of the most spectacular and remote days. Walk with the dominant Murramarang Range on your left and the Pacific Ocean on your right, passing the famous Pebbly Beach, home to another mob of friendly kangaroos and a surfing spot that is folklore. Your guides choose from numerous picturesque spots to stop for lunch and a swim!

Be greeted at the finish location around mid-afternoon by our driver who awaits us at Pretty Beach with your overnight bags onboard. You will then be transferred back to your vehicle or Hotel in Batemans Bay / Mollymook, with a wonderful sense of achievement and lifelong memories made.

Included: Breakfast, Morning Tea, Lunch



### What is Included

- Accommodation on nights 1 & 2, Twin, triple or quad share basis at Murramarang Beach Resort
- Evening Yoga day 1 and 2, morning stretch day 2 and 3
- Overnight baggage transfers from your accommodation
- Meals from Morning tea Day 1 to Lunch Day 3
- Glass of Bubbly on arrival to day 1 cabin
- Complementary 45 min massage on the afternoon of day 2
- All transfers to and from Batemans Bay to walk locations

- Qualified and experienced guides throughout the duration. Our crew make every effort to make your trip fun while at the same time ensuring your safety. They hold up-to-date qualifications and first aid training
- All necessary Permits and Licenses to enter the National Park
- Optional kayak section of the trail with all equipment and training provided

## What is not Included

- All flights, airport arrival and departure taxes to and from Australia.
- Transfers to and from Airports to the walk start location - Provide us with your arrival and departure details we can add a transfer (arrival the day prior is recommended)
- Alcoholic beverages while on the tour except where noted
- Insurance or emergency evacuation charges Visa, passport and vaccination charges
- Equipment necessary for hiking (Day pack and personal items)
- If you need your own room for 2 nights you will be subject to the single supplement surcharge.

The date for the Women's Walk is set during Women's Health Week this year is Sep 3 - 5 in 2025.

## What to Bring

### *For Hiking*

Footwear - We suggest you choose footwear suitable for beach, forest trail, rock and water. Our staff prefer to wear lightweight footwear, There's no need for heavy hiking boots on this tour. Many people opt to bring walking poles for steep or rocky sections.

Clothing - Hats, Lightweight long sleeve shirt, shorts or light long pants to stop scratches (sticks, nettles, cycad ferns), good comfy socks.

Day Pack - Used to carry your water, sun cream, essentials, and group snacks that will be divided between the group on longer hike days

Day Pack contents essentials - Drinking water (2 litres per person), Waterproof spray

jacket (Great for warmth). Quick dry towel for impromptu swims or drying your feet after river crossings, medication you require, sunscreen, beanie for cold weather forecast

Day Pack contents optional - Camera, sunglasses, binoculars, swimwear, personal snacks

For your Overnight Bag Footwear suitable for beach, clothing suitable for 2 nights around the beach, villas and dinners. A good book, head torch, medical essentials including insect repellent, personal hygiene items, beach towel.

Some guests like to drink alcohol with dinner, please note this is not included in the tour unless specified, however you are welcome to supply your own.