

Some of Australia's best and most remote beaches can be found on the Great Ocean Walk. This gem of a walk takes in Marengo, Shelley, Station, Castle Cove and Johanna Beaches. Each day has some sand walking, and all sections are graded as easy to moderate. Solid walking shoes or boots are recommended for this itinerary.

Day 1: Arrive bothfeet lodge, Johanna by 10.30am and transfer to Apollo Bay.

(D) Take a look around Apollo Bay. Walk Apollo Bay to Shelley Beach.

Distance: 8km Grading: Easy to moderate.

Day 2: Transfer to Cape Otway. Optional Lighthouse tour.

(B,L,D) Walk Cape Otway to Castle Cove

Distance: 19km Grading: Moderate

Day 3: Transfer to Castle Cove.

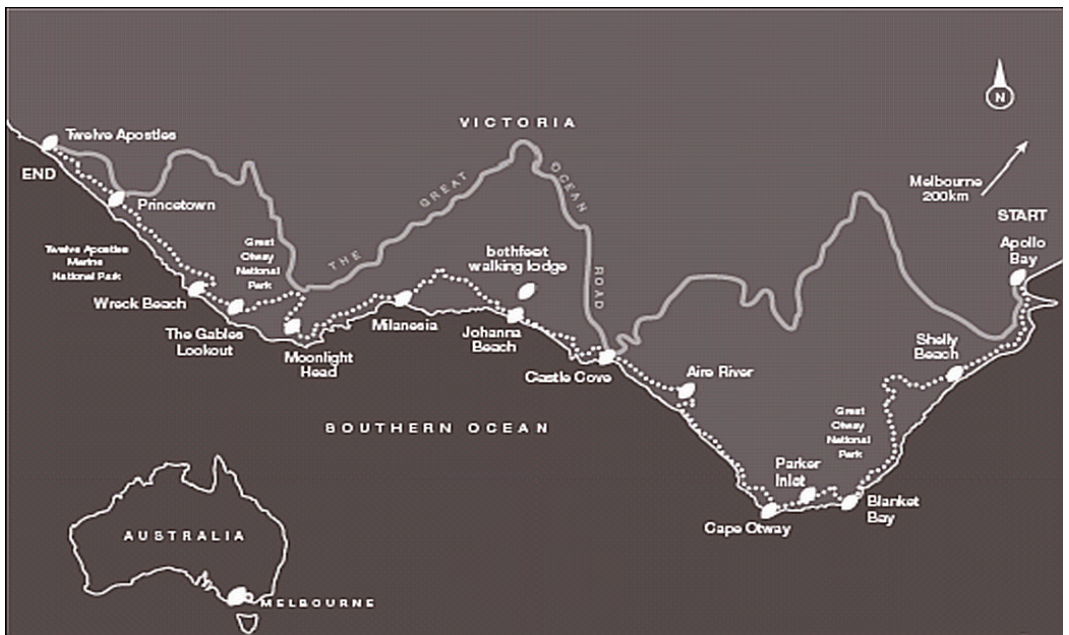
(B,L) Walk Castle Cove to Johanna Beach

Distance 7km Grading: Moderate

B = Cooked breakfast, L = "Nourish" trail lunch, D = 3 course Dinner

Suggestion: After lunch at Johanna Beach, collect your car from the lodge and continue to the 12 Apostles. If time permits add one more beach to your itinerary at Gibsons Steps near the 12 Apostles.

Note: bothfeet can arrange Melbourne transfers for you. If you choose this option, you will start your walk in Apollo Bay at midday on Day 1 and return to Melbourne on Day 3 via the 12 Apostles. Melbourne drop off to your hotel is between 7.00 and 7.30pm. No airport drop off available.



WE RECOMMEND YOU BRING

- 25-30 litre day pack
- 2 litre walk bottle or water bladder
- Weather proof (Goretex type) jacket
- Gaiters (boot covers)
- Walking boots: good ankle support and tread recommended. *New boots should be worn in well before the trip*
- Long pants x 1 (jeans are not recommended for walking)
- Long-sleeve shirt x 1
- Thermal top & bottoms x 1 each
- Fleece jacket or warm jumper x 1
- T-shirts/polo shirt x 2 (only 1 if you take the long-sleeve shirt for sun protection)
- Shorts x 1
- Socks x 3 & underwear
- Sunglasses
- Beanie or woolly hat – *(for cooler evenings)*
- Sun hat
- Sunscreen and insect repellent – *(also provided on walk)*
- Hand towel or body chamois *(handy for drying feet)*

The Best of the Beaches walk includes per person:

- 2 nights eco lodge stay on a per person basis. All rooms have ensuites. Single travelers share an ensuite with one other person.
- 2 x 3 course dinners
- 2 x nourish lunch trail hampers
- 2 x cooked breakfasts
- Unlimited walk snacks & fruit
- Use of an EPIRB safety beacon
- La Gaia Foot Salts Spa
- Map
- Trail Notes
- Daily walk transfers

Self Guided walkers bring your own gear. Gear Hire and sales are available at the lodge.