



Journey from end to end of the Great Ocean Walk. Take yourself through ever changing scenery, day by day from the mild side near Apollo Bay to the wilds of Ryan’s Den and The Gables. This is a truly remarkable week of walking with your every need taken care of by bothfeet.

**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:** (B,L,D) Shelley Beach to Parker Gate

Distance: 21km Grading: Moderate

**Day 3:** (B,L,D) Parker Gate to Aire River

Distance: 14km Grading: Moderate

**Day 4:** (B,L,D) Aire River to Johanna Beach (lodge walk-in) Distance: 15.5km Grading: Moderate

**Day 5:** (B,L,D) Johanna Beach to Moonlight Head Distance: 19km Grading: Hard

**Day 6:** (B,L,D) Moonlight Head to Princetown Distance: 16km Grading: Moderate

**Day 7:** (B,L) Drive to 12 Apostles visitor centre. Meet your transfer driver.

Walk Princetown to 12 Apostles

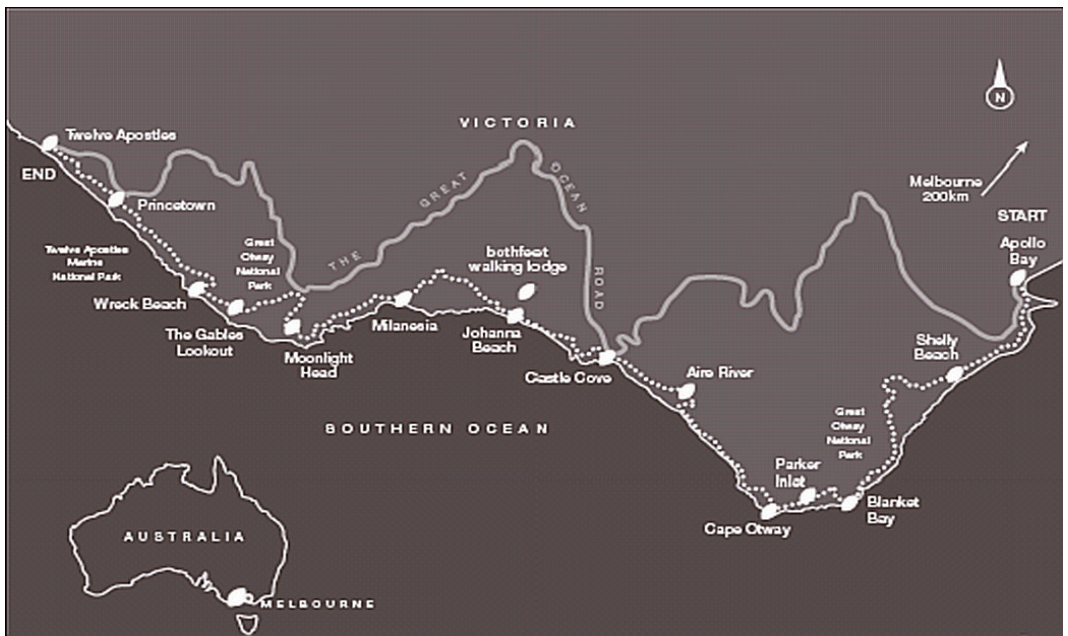
Distance: 9km Grading: Moderate

\*104km is the official distance of the Great Ocean Walk. Total distance includes optional walk in & out of the lodge and walk in to the 12 Apostles Visitor Information Centre.

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

**Suggestion:** On your last day, if self driving you, will leave the lodge after breakfast and drive your car to the 12 Apostles carpark. We will arrange a transfer back to Princetown and you will walk into your car. Why not take your lunch to Port Campbell and enjoy lunch on the beach near the Surf Club.

**Note:** bothfeet can arrange Melbourne transfers for you. If you choose this option, some alteration to the order of days may occur. You will start your walk in Apollo Bay at midday on Day 1 and return to Melbourne on Day 7 via the 12 Apostles. Melbourne drop off to your hotel is between 7.00 and 7.30pm. No airport drop off is available.



### WE RECOMMEND YOU BRING

- 25-30 litre day pack
- 2 litre walk bottle or water bladder
- Weather proof (Gore-tex 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 2 (jeans are not recommended for walking)
- Long-sleeve shirt x 2
- Thermal top & bottoms x 1 each
- Fleece jacket or warm jumper x 2
- T-shirts/polo shirt x 2 (only 1 if you take the long-sleeve shirt for sun protection)
- Shorts x 2
- Socks x 5 & underwear
- Sunglasses
- Beanie or woolly hat – *(for cooler evenings)*
- Sun hat
- Sunscreen and insect repellent – *(also available at the lodge)*
- Hand towel or body chamois *(handy for drying feet)*

### 7 Day Great Ocean Journey walk includes per person:

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

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