

A photograph of two women hiking on a rocky trail. The woman in the foreground is wearing a grey backpack and black leggings, walking away from the camera. The woman behind her is wearing a plaid shirt and black leggings. They are walking on a reddish-brown rock path that leads down towards a waterfall. The waterfall is in the foreground, with water cascading over rocks. The background is filled with lush green trees and foliage. The text 'WOMEN OF WANDER' is overlaid on the image, with a green triangle replacing the 'A' in 'WANDER'. Below the title is the tagline 'ADVENTURE • WELLNESS • CONNECTION' and the word 'Grampians' in a large, bold font.

WOMEN OF WANDER

ADVENTURE • WELLNESS • CONNECTION

Grampians

WOMEN OF WANDER

About Us



Women of Wander (WoW) has been my dream for many years now. Working as a guide and leading students in Outdoor Education programs for over 9 years has allowed me the space to indulge in plenty of on-trail dreaming. I've always been passionate about healthy living and have had the opportunity to work in some of Australia's top health retreats.

My dream took a step forward when I started taking my mum, sister and girlfriends away on hikes and showing them that healthy eating can be seamlessly incorporated into outdoor pursuits. It was their reactions to our hiking adventures and the jealousy of their friends that spurred me on. Like all the best ideas, Women of Wander started organically.

Women of Wander trips accommodate a variety of women on intimate, multi-day adventures that explore some of Victoria's most beautiful landscapes. The journeys are designed to challenge you without putting unwanted strain on your body. The goal is to have you strut across the finish line with a body full of energy, a head full of ideas and a heart full of friendship.

"I've sent my kids on so many adventures but never thought I'd do something similar. It took a push to get me there but I'm so glad I went along with it. Cass (WoW) made it more achievable and comfortable than I thought possible."

"I couldn't recommend the experience more highly. I can't wait to go again"

— Alex Wood

"Canoeing down the river with a group of intrepid ladies is a memory I'll cherish forever. What an adventure! Thanks Cass (WoW) for inspiring me to take the leap and supporting me along the way. Your cooking, patience and organisation got me through feeling confident and strong (and a little bit proud)."

"At 65, I feel like trail life is just beginning for me. What's next Women of Wander?"

— Jane Hunt

Contact Us

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WOMEN OF WANDER

Grampians

Destination: Grampians Peak Trail, Victoria

Duration: 2 Days, 3 Nights

Disciplines: Hiking

The Grampians is one of Victoria's most popular hiking destinations. A new favourite is stage one of the revamped Grampians Peaks Trail. A rustic trail starting and ending in Halls Gap, this loop walk shows off the diversity of the Grampians National Park. Strolling through rocky gorges, passed cascading waterfalls and hiking up to stunning view points, it really does have it all. Each day is different, from the terrain to the view from our tents.

Together, with a maximum of 7 ladies, you will be hiking 8-14 kms per day carrying a light day pack. The trail traverses over undulating hills and sometimes over rocks. On the last day we set off onto Lake Bellfield in our canoes for a peaceful journey back into Halls Gap. We recommend this journey for active women, ideally but not necessarily, with some previous hiking experience.



"Despite being assured to the contrary by Cass (WoW), I was worried that I wasn't fit enough to last the journey. I was close to pulling out before my son talked me into giving it a go.

Once we started, I instantly felt at ease. Our packs were light, the women supportive and the distances felt challenging but well within my capabilities. By the end of the trip, I didn't want it to end. I'll be back for sure."

— Robyn Foley

Fitness Level

Grade: Active

This hike is designed to exert but without unnecessary strain, you will only ever carry light day packs. We leave plenty of time to reach camp, so distances are physically challenging (8 - 14km) but very obtainable. We added the canoe morning to stretch out and rest our legs.



WOMEN OF WANDER Grampians

Itinerary

- ▶ **Day ONE:** Car pool to meeting point, early lunch and briefing. Hike from Halls Gap through rocky gullies and vista filled ridge walking to get to our first nights camp at Bugiga Campground.
- ▶ **Day TWO:** Just under 14 kilometers of trail for us to enjoy today. Sandstone outcrops and spectacular 360 degree views from the summit of Mount Rosea. Winding our way back down to the forest floor to the Borough huts campground.
- ▶ **Day THREE:** For our final fling, we'll take to canoes in the morning, giving our legs a well earned rest. After paddling across Lake Bellfield, it's back on foot for our final effort, completing the loop as we arrive triumphantly back in Halls Gap. We have lunch along the way and send you off in the afternoon with some healthy snacks for your journey home.



Included

All Women of Wander journeys include nutritious food, comfortable camping equipment and an experienced guide. Below is a complete list of included items:

- ▶ Max. group size of 7
- ▶ 3 x days of guided hiking
- ▶ All meals (2x breakfast, 3x lunch, 2x dinner & snacks)
- ▶ Tent (2 person), sleeping mat & crockery hire
- ▶ Parks Victoria trail & camp site fees
- ▶ Canoe & equipment hire

Dates & Price

Next Journeys:

- ▶ 3 - 5 May 2019
- ▶ 25 - 28 October 2019

Price: \$769 pp
Single Supplement: \$50

**Group discount for 3+ people.*

10%^{OFF}
**Group
Discount***



WOMEN OF WANDER

Health & Wellness

Healthy Bodies

You will work for your supper but with minimal strain on your body - light packs and friendly terrain. We leave plenty of time to reach camp, so distances are physically challenging but very obtainable.

In camp, you will have access to our recovery station including yoga mats, a foam roller and suggested yoga sequences. There will be additional walking options on offer for those keen for more.

We've had ladies in their mid-30s to their mid-60s loving these trips. So if you're a golfer, occasional gym goer or yoga lover, these are the trips for you. Still not sure? Get in touch and we can talk it over.

Nutrition

Why plant-based?

Being remote and away from refrigeration for 4-5 days, preservatives are needed to keep meat and dairy fresh. This is why we focus on a plant-based diet for our treks. Plants are abundant in vitamins and minerals and our energy levels will be fueled by the goodness provided by vegetables, fruit, whole grains, legumes, nuts and seeds. Our meal plans are approved by a registered nutritionist to ensure optimal balance for the needs of your active body throughout the trek.

Why organic?

Organic produce has been shown to be superior in nutrient density as well as having a low impact on the environment. Fewer toxins mean improved liver function and optimal digestion to get our bodies functioning at their vibrant best. Menu collaborated with our knowledge of staying fresh in the bush and nutritionist Steph Wearne's expert advice.

About resident nutritionist, Steph Wearne

Qualifications: Bachelor of Exercise & Sports Science (Nutrition), Graduate Certificate of Human Nutrition, Registered Nutritionist.

Steph Wearne is a Nutritionist and holistic foodie whose recipes are a revelation for anyone wanting to fuel their body with good food that is balanced, easy and seriously delicious! Steph's business, Body Good Food, encompasses her beliefs that nothing should be 'off limits' when it comes to nutrition, and instead of restricting, focuses on incorporating many different food groups to bring balance and happiness back into our food and bodies.

bodygoodfood.com.au

Sample Menu

Breakfast

Selection of porridge, muesli, nuts, seeds, nut butter and fruit.

Lunch

Rice Paper Rolls – fresh vegetables, rice noodles, peanut sauce and black sesame seeds.

Dinner

Mexican Bowl – Grilled corn, fresh vegetables, black rice, guacamole and beans.

Fruit, miso soup, hot water and a selection of tea always available at camp.

All meals are gluten free, plant-based and organic (where possible).

