



WOMEN OF WANDER

ADVENTURE ▸ WELLNESS ▸ CONNECTION

Great Ocean Walk

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.

"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

"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

Great Ocean Walk

Destination: Great Ocean Walk, Victoria

Duration: 5 Days, 4 Nights

Disciplines: Hiking

In the Great Otway National Park lives the Great Ocean Walk. Spanning from Apollo Bay through to the Twelve Apostles. The trail mostly follows the coastline through temperate rainforest and sandy shores. We've chosen sections we regard as highlights. Every day is different, from the terrain to the view from our tents.

Together, with a maximum of 7 ladies, plus your guide, you will be hiking 9-16 kms per day carrying a light day pack. The trail traverses over undulating hills and sometimes on the sand which will challenge some. We recommend this journey for active women, ideally but not necessarily, with some previous hiking experience.



"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

Fitness Level

Grade: Active

This hike is designed to exert but with out unnecessary strain, you will only ever carry light day packs. We leave plenty of time to reach camp, so distances are physically challenging (9 - 16km) but very obtainable.

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Great Ocean Walk

Itinerary

- ▶ **Day ONE:** Car pool to meeting point, lunch and briefing. Hike through bush and beach to get to our first nights camp at Aire River.
- ▶ **Day TWO:** Spectacular views as we begin today looking out from cliff-tops. The afternoon sees us meet up with the sand and walk alongside a powerful ocean at Johanna Beach.
- ▶ **Day THREE:** Winding through countryside to start the day, passing through farm land, a remote beach, and an uphill push in the afternoon to Ryan's Den.
- ▶ **Day FOUR:** Today we will keep an eye on the tides and have the option to stay in the bush or head down onto Wreck Beach, for some more sand walking and clues as to how this area got the title of the Shipwreck Coast.
- ▶ **Day FIVE:** For our final morning we will rise early and make our way to Princetown for lunch. From there, it's on to the ultimate crescendo as we close in on the Twelve Apostles.



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
- ▶ 5 x days of guided hiking
- ▶ 4 x Parks Victoria camp site fees
- ▶ All meals (4x breakfast, 5x lunch, 4x dinner & snacks)
- ▶ Tent (2 person), sleeping mat & crockery hire
- ▶ Parks Victoria trail fees
- ▶ Vehicle transfer back to the starting point

Dates & Price

Next Journeys:

- ▶ 8 - 12 April 2019
- ▶ 11 - 15 November 2019

Price: \$1,299 pp
Single Supplement: \$75

**Group discount for 3+ people.*

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



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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).

