Welcome to the Barefoot Coach’s Retreat on The Bruny Island Long Weekend

Ready for an inspirational escape? Bruny Island Long Weekend has teamed up with The Barefoot Coach, Dugald Christie-Johnston, to create a unique experience designed to develop your leadership skills.

Journey to Tasmania’s unspoilt gem, Bruny Island, and take a walk to beautiful, remote places that renew, refresh and challenge. This laid-back isle is a perfect backdrop for a retreat led by one of Australia’s best leadership coaches, and two of our passionate walking guides. Dugald’s unique workshops inspire, engage and uplift - enabling individuals and teams to achieve balance, flow and peak performance.

This three-day, two-night experience will provide an opportunity for reflection, learning and growth, with a significant emphasis on leadership development. Explore how you and your team can lift performance, work smarter, and forge stronger relationships.

Each day you’ll carry lightweight packs and enjoy the sanctuary of our private camp with hot showers, an outdoor fire (perfect for story-telling), and a cosy bed. You’ll partake in Bruny Island’s famed produce, including fresh seafood, cheese, wine and beer. These simple comforts enable you to awaken rejuvenated each morning and truly engage in the experience.
The Trip

Trip Summary

Trip Duration: 3 days/2 nights

Grade: Easier

Activities: Spring/Summer/Autumn Trekking, swimming, a visit to a local oyster farm, luxury camping and a private boat cruise.

Price: From $3,695 per person (twin share).

Available: “By request”
Benefits of a Barefoot Coach Retreat

COACH. FACILITATOR. SPEAKER.

Dugald coaches at all levels, from Team Leaders and Frontline staff through to Senior Executives; working with high-flyers through to poor performers. He has logged hundreds of coaching hours, is an Associate Certified Coach of the International Coach Federation, and a former member of the Victorian Chapter’s Leadership Team. Dugald currently sits on the Executive Coaching Panels at several organisations. At ANZ, two of his clients received the CEO’s top 100 performer awards from over 40,000 staff in recent years.

Dugald’s coaching experience began at ANZ, where he worked for 7 years. As a Senior Manager, Dugald’s role encompassed coaching, consulting, design & facilitation of high-performance programs.

Collaborating with senior teams, Dugald delivered outcomes designed to create inspiring leadership and increased performance. Dugald is an accomplished facilitator, having delivered workshops for thousands of satisfied participants. He specialises in the design and facilitation of workshops, team days and coaching programs tailored to suit the needs of the client.

Lastly, but by no means least...Dugald is married to Kellie, father of Soleil and Tore, and is a keen surfer and music lover.

Retreat Outcomes:

/ Develop an understanding of peak performance (flow) states
/ Understand the concept of whole brain thinking and the neuroscience of creative movement
/ Explore the connection between nature and creativity
/ Explore mindfulness and high-performance mind
/ Nurture key relationships
/ Set clear goals and make compelling commitments
/ Foster greater self-awareness and forge deeper connections with others, and with nature
Why walk with us?

It’s very important to us that you spend time reconnecting with friends and family or simply giving yourself some space, so we make sure to take care of the small things. From the moment you join us, the adventure begins – no need to worry about a thing – we have it covered!

The Bruny Island Long Weekend was founded by Rob Knight in January 2013 and it has been his passion ever since. Rob partnered with the Tasmanian Walking Company in 2018, and he continues his involvement as Experience Manager of the trip.

Our groups have exclusive use of our completely off-grid private accommodation, nestled in amongst tall eucalypts on the foothills of Mt Mangana at the southern end of Bruny Island.

With our days spent walking in wild, powerful, coastal places, our campsite is a sanctuary we can return to each evening. Featuring a gorgeous bespoke designed celery top timber kitchen and dining room, four canvas tents containing split king beds with quality linen, towels and pillows. The highlight for many of our guests is an incredible hot water shower discretely located with spectacular views!

Our Bruny Island Long Weekend guides are highly trained experience artisans, seamlessly bringing together all the attributes of a great walking experience to deliver an unforgettable weekend. Guests consistently agree in their feedback that our Bruny Island Long Weekend guides are our most outstanding asset. They have a passion for Bruny Island, detailed knowledge of the local flora, fauna, geology and history; and their love of cooking using local produce ensure they deliver a diversity of delicious cuisine each evening.

Over the years Tasmanian Walking Company has been the proud recipient of many awards. Call and talk to us on 03 6392 2211.
Itinerary

At a glance

<table>
<thead>
<tr>
<th>DAY</th>
<th>WALK SECTIONS</th>
<th>DISTANCE</th>
<th>STAY</th>
<th>MEALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>One</td>
<td>Cape Queen Elizabeth</td>
<td>14km (5-6hrs)</td>
<td>Private forest Camp</td>
<td>L-D</td>
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<tr>
<td>Two</td>
<td>East Cloudy Head</td>
<td>14km (5hrs)</td>
<td>Private forest Camp</td>
<td>B-L-D</td>
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<tr>
<td>Three</td>
<td>Mt Mangana</td>
<td>4km (3hrs)</td>
<td>Return to Hobart</td>
<td>B-L</td>
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* PLEASE NOTE THAT DISTANCES MAY VARY ON TRACKING DEVICES.
Please note this itinerary is subject to change depending on weather conditions. We will endeavour to remain as close to the written itinerary as is practicably possible. Our guides will keep you up to date and informed along the way. Should you have any questions, please feel free to call us on 03 6392 2211 or email bookings@taswalkingco.com.au.
Phase 1: Pre-walk

Prior to the walk, our reservation team will ensure you can complete the walks, take care of your dietary requirements and ensure you have the right gear.

Dugald will lead preparatory exercises including a complete Survey to determine key successes and challenges at work and to set goals for the walk using the HBDI (Herrmann Brain Dominance Instrument) assessment. One to one and or group conversations (face to face or video conference) are arranged to discuss HBDI profiles and survey results. Pre-reading is distributed. Teams who book the entire walk can co-create the design of the program.

Possible concepts and models for the walk include:

- Comfort Zone
- Stages of Growth
- Whole-brain Thinking
- Journaling
- High Value Communication - Leadership Language
- Positive Influence
- Breath Training
- Crucial Relationships
- Creative Problem-Solving
- Mindfulness
- Purposeful Presence and your Leadership Brand
- Balance, Well-being and Resilience
Phase 2: Walk Itinerary

Day 1

Great Bay

The retreat begins with everyone gathering at Daci and Daci at 7.30am to prepare with Dugald and our naturalist guides. There is time for:

- Receiving Learning Journal and Pen/pencils
- Intention-setting
- Introductions, Key Relationships

Your guides and fellow guests (maximum of 8) will step aboard your private boat and watch the city disappear with a cruise down the Derwent River to Bruny Island. Today our goal is to walk out to a spectacular cape on the east coast of Bruny Island.

Throughout the walk, there will be time set aside to discuss and explore:

- Flow State – Focus, and Breath
- Neuroscience of Nature and Creativity

On returning from our walk we will wade out into the crystal-clear waters of Great Bay to learn how the famous Bruny Island oysters are farmed and shuck them straight out of the water. The perfect way to cool down after a walk!

Next stop; our camp. After a hot shower, reflection and journaling, join us in the dining house for a drink and to share stories of the day’s adventures as the guides busy themselves preparing your dinner sourced from either on the island or in the waters surrounding it.

The evening includes "Triple S" Storytelling by the fire.
Day 2

East Cloudy Head

Awaken to the sounds of wallabies and Bruny Island’s endemic birds. Breakfast is served at our rustic cabin kitchen.

Morning workshop

/ Intention-setting
/ What will you focus on today?
/ Who will you connect with today?
/ Gratitude practice
/ What and who are you grateful for, and why?

Today’s walk is East Cloudy Head for views of Tasmania’s far south and the wild Southern Ocean. The five-hour (14km) journey begins by walking the length of Cloudy Bay Beach. Windswept and beautiful, the walk then leads us into coastal heath and up toward spectacular views of Bruny Island’s rugged south coast.

Throughout the day, there will be time again to discuss:

/ HBDI profiles
/ Mindfulness
/ High Value Communication
/ Mindfulness

Back at camp enjoy time to sit on the deck, reflect, journal, walk among the ferns, partake in another lavish shower or simply read a book while your guides prepare the evening meal.

Once more, the fire or kitchen table provide the ideal setting for the evening’s "Triple S" Storytelling.

*PLEASE NOTE THAT DISTANCES MAY VARY ON TRACKING DEVICES
Day 3

Mt Mangana

Rise early and explore the 100-acre property and try to spot some of Bruny Island’s 150 species of birds (including all 12 Tasmanian endemics).

**Morning workshop**
/ Intention-setting
/ What will you focus on today?
/ Who will you connect with today?
/ Gratitude practice
/ What and who are you grateful for, and why?
/ Life Balance, well-being and resilience
/ Solving wicked challenges

Once we farewell camp, our goal is to climb through the ancient Gondwanan rainforest to the highest point of Bruny Island, Mt Mangana (4km, 3 hrs).

To finish the long weekend in style, Ray Jones at The Jetty Café’s deck will serve a multi-course lunch of Bruny Island produce as we await the arrival of our private boat on the beach below. There will also be some time to explore the gallery showcasing some of Bruny’s 60+ artists.

Throughout the day, we’ll take time for further discussion:
/ Who are you?
/ Leadership Brand and Purposeful Presence

The conclusion of the walk includes a Commitment Circle.

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Phase 3 – Post-walk

/ One month after the walk, follow up conversations. / Face to face or video conference.

What is included

/ Your Barefoot Coach – Dugald Christie-Johnston
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/ Three full days to explore Bruny Island with your guides
/ Two nights glamping (twin share) each evening in one of our four private tents at our 100 acre retreat
/ Return journey to Bruny Island from the Hobart waterfront by private boat (we offer the only alternative to the long queues on the public Bruny Island ferry)
/ Spectacular coastal walks
/ Two qualified guides for the duration of your Bruny Island Long Weekend
/ Exclusive access to an oyster lease, where you can help yourself to as many oysters as you like, straight out of the pristine waters... they don't come any fresher!
/ Absolute indulgence at every meal-time with Tasmania's finest food and wine.
/ Three lunches, two dinners, two breakfasts

Single supplement

Each tent contains either 1 king size bed or 2 singles. There are no single supplements available on this retreat.
Gear Checklist

You will not be required to carry your bags while walking. However, as we will be using a number of different forms of transport, we ask that you bring no more than the standard carry on size allowed by airlines. Please arrange to store any extra luggage you may have in Hobart.

All you need to carry while walking is a drink bottle, rain jacket and camera. We recommend bringing a daypack as well and can provide one if needed.

Clothing

Bruny Island has a mild, temperate, maritime climate with four distinct seasons. During the day you can expect temperatures around 20 degrees Celsius, but temperatures tend to drop quite quickly once the sun has set. Tasmanian weather is extremely variable and often at short notice, so we recommend you pack clothing for all seasons.

Essential Gear List

/ Waterproof Jacket (Gorex or similar)

/ Walking boots, walking shoes or trail running shoes. We recommend they provide ankle support and be well worn in to avoid blisters.

The Barefoot Coach
Essential Items

/ Polar fleece jacket (preferred) or woollen jumper/pullover
/ Light jumper (warm)
/ Beanie
/ Shorts and/or light walking trousers
/ Thermal base layer (long-sleeved top and long johns - merino or polypropylene; 2 sets preferred)
/ Warm, long pants (evening camp wear)
/ Shirts/t-shirts (merino or polypropylene; 3 recommended)
/ Socks (3 pairs recommended)
/ Underwear
/ Lightweight indoor footwear (thongs/sports sandals; for camp)
/ Sun hat
/ Travel towel or body chamois (for swimming; light and quick-drying)
/ Water bottle(s) or water bladder
/ Swimming costume
/ Any personal medication, including anti-inflammatories and EpiPens
/ Walking poles
/ Camera
/ Ankle gaiters

* DENIM AND COTTON CLOTHING ARE NOT ACCEPTABLE

* Tip: Layering of clothing has long been the basis for dressing in the outdoors and the gear list above follows this principle. When the temperature drops, we add another layer of insulation; if it rains, we add a rain shell on top and when it's warm and dry, we strip off a layer.

* Aim for one set of warm clothes for evening and another set to wear whilst walking.

* If you are unsure about anything on the gear list, please call us or talk to your local outdoor adventure store.

Hire Gear – Bush Walking Gear
Hire Tasmania

Gaiters, wet weather over pants, headlamps and walking poles are available for hire from Bushwalking Hire Gear Tasmania. You can arrange this directly by booking and paying online at www.bushwalkinghiregear.com at least one week prior to your walk, to arrange hire and delivery to our walker’s base before departure of your walk.
Frequently Asked Questions

When is this retreat available? This trip is available “By request”.

When do trips depart? Every Tuesday and Friday between 1 October and 30 April.

What will our walk accommodation be like? Our walk accommodation is secluded on a private 100-acre forest block on the edge of the South Bruny National Park, our "camp" represents the perfect place to retreat. Although the camp has been built completely "off the grid", we are not without our creature comforts. With most of our days spent in wild, powerful, coastal places, our camp is a sanctuary we can return to at the end of each day, as we change to a more introspective focus gathering around the fire in the dining room and sharing food and stories from the day. Each tent contains a king size bed with quality linen and the highlight for many guests is our hot outdoor shower, tucked away on one of the most beautiful parts of the property.

Each tent contains either 1 king size bed or 2 singles. Single supplements are not available on this retreat

How much weight do we carry? One of the great aspects of our walks is that as we return to camp both nights, you do not have to carry a heavy pack.

What do we carry? All you need to carry is a drink bottle, a jacket and a camera, the guides carry the rest!

What style of shoes should we have? We recommend light weight boots, sturdy walking shoes or trail running shoes that you have worn in to avoid blisters

Do we need travel insurance? We strongly recommend travel insurance. Consideration needs to be given to our cancellation policy, injury, evacuation, delayed flights, illness, etc. We do not refund for such occurrences, therefore travel insurance is your only safeguard.

How many guides are there? Every trip has two experienced guides. This allows plenty of opportunities to rest, take photos and walk at your own pace.
How about food? Food is an element very closely connected with Bruny Island and an important part of the Bruny Island Long Weekend. Almost 100% of the food we consume over the long weekend has been sourced from the island itself or within Tasmania. We regularly change the menu, depending on the season and what the local producers have for us that week. We have successfully catered for coeliacs, vegetarians, vegans and just about any dietary requirement you can imagine. We love the challenge of being creative with our produce!

We also serve an interesting range of top Tasmanian sparkling, wine and beers with our meals and will expose you to a number of great little boutique producers you could never find at home.

What time does the trip commence and conclude? We meet at Daci & Daci Bakers, 9-11 Murray Street, Hobart at 7.30am. Here you will meet your guides before your cruise down to Bruny Island at 8am. Tea and coffee will be served, but please have breakfast before you arrive, or alternatively the bakery is open from 7am should you wish to purchase breakfast there. Please let the bakery staff know you are with Bruny Island Long Weekend upon arrival as we have reserved seating.

We arrive back at the waterfront in Hobart at 6pm on the final day.

What accommodation options do we have pre-and post-walk?

The Tasmanian Walking Company and Bruny Island Long Weekend have partnered with three outstanding hotels in Hobart, all providing superb accommodation, service and located within a 5-minute walk from our departure point in Hobart – Daci & Daci Bakers. Details on accessing exclusive accommodation deals with our partner hotels in Hobart will be provided by our reservations team once you have booked your Bruny Island Long Weekend.

The Old Woolstore Apartment Hotels 1 Macquarie Street, Hobart

This multi-award winning hotel has a reputation for being one of Australia's most welcoming and relaxing inner-city hotels. The rooms are spacious and the hospitality friendly.
**The Henry Jones Art Hotel** 25 Hunter Street, Hobart

A hotel where art and history collide. Hobart's oldest waterfront warehouse has been transformed into Australia's first dedicated art hotel with views capturing the bustling wharf. Close to galleries, restaurants, bars and cafe's.

**MACq01** 18 Hunter Street, Hobart

Accommodation is available in a variety of luxurious suites and rooms. Each of the hotel's 114 rooms are linked to a real character central to the story of Tasmania - heroes, villains, explorers, inventors, convicts, bushrangers, first people, industrial giants, political mavericks and much more.

**Are there age restrictions?** The minimum age for guests walking with us is 12 years old. We can be a bit more flexible with younger children that book a private trip, when we have the opportunity to modify the itinerary. There are no upper age restrictions, however, for guests walking with us who are 69 or above we do require a GP to sign off on a letter we provide.

**How to contact us?**

Phone: (03) 6392 2211  
www.taswalkingco.com.au  
Email: bookings@taswalkingco.com.au

**Fitness Recommendations**

Our walks are challenging enough to support our questionable claim of being a 'calorie neutral' walking tour, but easy enough to be within most people's ability. We recommend you be in good health and be moderately fit to undertake the trip. We cover about 13km on each of the first 2 days with a shorter walk on the final day. As each trip has two guides we are able to split the group according to ability if need be, challenging the fit walkers without pressuring walkers who prefer a more leisurely pace. If you are wondering if these walks are within your ability, or perhaps if they are challenging enough for you, please contact us, we would love to have a chat.