



FIND YOUR FEET



TWELVE APOSTLES
lodge walk

Great Ocean Trail Run (Novice Level) with Find Your Feet Tours

**4 day/3 night
guided trail run
along Victoria's
spectacular Great
Ocean Walk**

Ready to run one of Australia's most epic coastlines?

We are thrilled to partner with Find Your Feet Tours and offer a 4-day, 46km trail running masterclass tailored to runners new to trail running. It's perfect for any runners who'd like venture into trail running and improve their technique, nutrition and recovery.

Australian wildlife and the iconic Twelve Apostles are all attributes of this spectacular four-day, one direction, trail-run covering approximately 46 km.

The Great Ocean Walk track weaves its way through tall forests and coastal heathlands, beside rocky shore platforms, crossing creeks and rivers, passing above wild-rocky shores and deserted beaches with panoramic views from windswept cliff-tops. Nature unfolds at every moment- located on the edge of the Southern Ocean and truly in the hands of nature.

Find Your Feet Tours are on a mission to provide affordable, expertly coached and educational trail running holidays that showcase the beauty of exploring remarkable, wild spaces and cultures.



Find Your Feet Trail Running Guides and Ethos

Find Your Feet Trail Running Guides and Ethos Find Your Feet Tours were established in Tasmania in 2014 by World Champion athlete, author of the Trail Running Guidebook and award-winning businesswoman, Hanny Allston & her husband, Graham Hammond. Over the last six years the couple's Find Your Feet enterprise has grown to include international & domestic trail running tours, an online outdoor equipment & apparel outlet, two Tasmanian retail stores, and trail running coaching. However, the heart and soul of Find Your Feet is the trail running tours led by an expert panel of guides and coaches, including: Hanny & Graham themselves; past-professional runner and elite trail running coach, Majell Backhausen; and professional Swiss mountain guide & experienced trail runner, Urs Grueter. Under this experience, Find Your Feet can craft their trips to suit all participants and their trail running ability.

Over the duration of our time on the trails you will have access to our expert guides and coaches who always facilitate an environment of education and learning for all elements of trail running including gear and equipment, nutrition, adventure and race planning and running techniques tips and tricks that will have you dancing and thriving on the trails.

When you embark on a Find Your Feet Tour in partnership with the Australian Walking Company, you embark on a holiday too! Culture, cuisine, comfort and coaching are priorities for us all. Therefore, after each running mission, kick back with a sense of heightened satisfaction to unwind amongst your surroundings, enjoy the local cuisine, share stories with your new trail running friends and learn the art of being, playing & performing wilder on the trails. This tour is one not to be missed! * Find Your Feet Tours are a holiday involving trail running. Their guides will craft each days' runs to meet your individual needs and en route will frequently stop to soak up the ambience and to take plenty of photos. Therefore, running distances noted in this itinerary can vary to differentiate between guest abilities and make your Find Your Feet Tour a rich experience.



The Trip



Why us?

Why us? Because we know this turf and we know walking. We've been operating on this coastline since 2005 – before the Great Ocean Walk (104km) officially opened. We custom built our walking lodge three years later; its mid-trail location a welcome retreat at the end of each day. Think foot spas and wine by the outdoor fire pit!

We operate all aspects of our walks: our lodge, vehicles, food, equipment and expert staff. It's this level of quality control that defines us. Managed by The Australian Walking Company this walk sits among fine company, as part of "The Great Walks of Australia."

Choosing us means you're in safe hands. It means we take care of the satellite phone, EPIRB emergency beacon and carry extra water. We're remote first aid trained and your trusty guide will fine tune the itinerary each day, dependent on conditions and walker ability. It means nourishing meals are sorted and a cool drink is handed your way at the trail's end. Walking snacks? Sorted. A blister brewing? We'll take care of it. Walking poles? We can supply and get them just the right height.

What's more you'll be walking with no more than ten like-minded travelers – starting as fellow walkers and departing as friends.

The logistics

Our departures are confirmed to start 60 days prior if minimum numbers (4 guests) have been met.

Departure : 7.45am

Pick up from Travelodge Southbank, 9 Riverside Quay, Southbank VIC 3000 (central Melbourne location for all departures). Self-drivers to the lodge, please arrive at 10.30am.

Return transfer : 5.30-6.00pm

Arrive Melbourne (Travelodge Southbank), Tullamarine Airport (for domestic flights from 6.30pm/international flights after 7:30pm).



Itinerary

At a glance

DAY	RUN SECTIONS	DISTANCE	STAY	MEALS
ONE	Castle Cove to Johanna Beach	*7kms	Twelve Apostles Lodge	-/L/D
TWO	Milanesia Track to Moonlight Head	*14kms	Twelve Apostles Lodge	B/L/D
THREE	Moonlight Head to Princetown	*17kms	Twelve Apostles Lodge	B/L/D
FOUR	Princetown to the Twelve Apostles.	*8kms	Return to Melbourne	B/L/-

* PLEASE NOTE THAT DISTANCES MAY VARY ON TRACKING DEVICES



Day 1

DEPARTURE POINT AT 8.00AM

Milanesia Track

-38.743676, 143.333031

Twelve Apostles Lodge

DEPARTURE POINT AT 8.00AM

Johanna Beach

-38.762094, 143.378891

PICKUP POINT

Castle Cove

-38.781932, 143.428198

DISTANCE *7km

Ascent 214m

Descent 236m

Grade Easy

If you're joining our Melbourne transfer, be ready to depart Travelodge, Southbank (9 Riverside Quay, Southbank VIC 3000) at 7.45am. Here, your guide will introduce you to fellow runners before departing for a direct three-hour trip to our lodge at Johanna via the inland Colac route.

On arrival, our lodge managers will greet you and we'll enjoy morning tea together. After checking into your room, we'll gather for the run briefing and fit out of gear. It's then a short drive out to Castle Cove to begin your walk, with a tasty hiker lunch tucked in your pack.

Today begins in the tea-trees with a few tantalising vistas out to the Southern Ocean. This will be your constant neighbour for the next four days. Next, drop down onto Johanna Beach. This two-kilometre stretch has a knack of clearing busy minds and washing away city stresses. Take your own pace across sands frequented by hooded plovers.

At the end of the beach awaits your cool water and lemonade, a constant across all four days. Footbaths, lunch, an afternoon rest and a trail running chat await your return to the lodge. The afternoon recovery session includes a beach walk or swim and stretch. Each evening sit down to a light yet sumptuous dinner.



Day 2



Challenge delivers great reward. Wild, weathered headlands give the sense you're at the world's edge. Day two takes a step up in distance and provides some challenging climbs and descents - perfect for improving your trail running techniques. They come with spectacular seascapes and personal triumph. Beginning at Milanesia Track, it covers some of the most remote sections of the Great Ocean Walk. This is your day of wild. Your day of rugged.

The ocean is your steadfast companion across 14.5 kilometres of rolling terrain today, beginning with a descent onto Milanesia Beach. Here, your guide will point out a 'natural rock wall' that would be the envy of any budding young climber. After a fleeting beach visit, it's a short but bracing climb that whispers of inclines to come. Over the next hours, the trail carves its way through deep gullies with tree ferns and towering remnant Eucalypts. There are 132 steps to ascend before trailing west out of the forest to Ryans Den. The Den gifts with unsurpassed views across to Cape Volney and Cape Otway.

Further along, the trail, as it mimics the tumbles and rising of the coastline, keep an eye out for Cape Volney. Heaving seas disappear into watery caves. Views west travel to the horizon's edge. And the entire spectacle is framed by the forest.

Fruit and cool drinks will be awaiting your arrival. Footbaths, lunch, an afternoon rest, and a trail running chat await your return to the lodge. The afternoon recovery session includes a beach walk or swim and stretch.



Day 3



We've built up to our longest day which includes sandy pathways, exposed heathland and a first glimpse of the Apostles. What better place to commence the run and get your bearings than The Gables Lookout, one of Australia's highest cliff-top vistas. After the challenging undulations of yesterday, day three is pleasantly less furrowed.

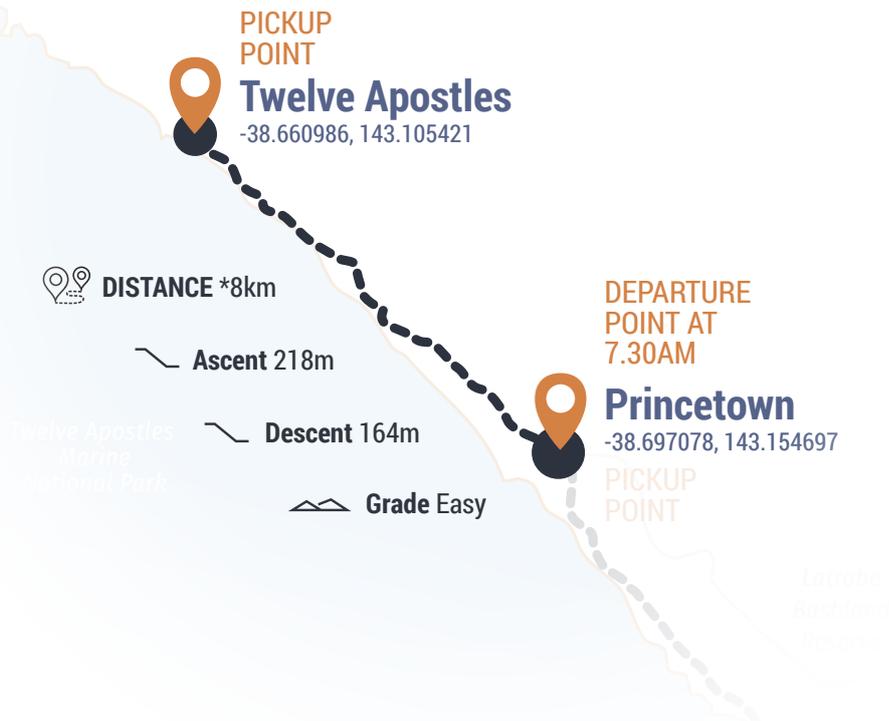
More than 300 ships have come to grief on this stretch of coastline. Our first stop is aptly named Wreck Beach. It's a suitable reminder of those early days and treacherous ocean voyages. If conditions allow, you'll drop down to Wreck Beach and depending on the tide, an alternate route leads through to Devils Kitchen, home to arguably Australia's best lavatory vista!

The geology begins to change from sandstone to limestone. Thick Eucalypt forest gives way to sections of moonscape, indicators of what's in store. Keep an eye out for native rosemary, cushion plants and wildflowers in season.

Your first glimpse of the Gellibrand River marks the entrance to Port Campbell National Park. This freshwater river near the sleepy hamlet of Princetown is an easy downhill stroll. After some 17 kilometres, reward yourself with a cooling river dip. The afternoon gives you time to rest and can again include a recovery swim and stretch.



Day 4



It's a gentle day to finish and plenty of time to enjoy the Twelve Apostles. Depart from the quiet shores of Princetown by the Gellibrand River, beginning with an easy jog to reveal your first full view of the Apostles. Gasps aside, keep an eye out for two resident mobs of kangaroos across the hillsides to your right. There's a sense of elation today as you draw nearer to the mighty limestone Apostles. No, there's not 12, which may come as no surprise. But amongst the proudly standing 7, lie 5 recently discovered apostles beneath the ocean's surface. Weathered but not beaten, those in view lose a couple of centimetres each year to the perilous swells and winds whipping up from the Southern Ocean.

The Apostles reveal gradually along this stretch, reappearing as the trail rises. There's a viewing platform exclusive to walkers on the final stretch before your arrival at the Visitor Centre. It's the official end to your end.

If conditions permit, we will descend 80-plus steps to the beach below. This final perspective gives a sense of the Apostles brooding heights, one 73-metres tall, nudging the equivalent of a 20-storey building. It's here with sand under your boots, a sense of monumental achievement and wonder sets in.

We'll pause for showers and a final lunch in the sleepy fishing town of Port Campbell before returning to Melbourne.



A typical day

Choosing the Great Ocean Trail Run means you remember the experience, not the planning! Our staff are up early preparing your breakfast, your lunch, checking the weather forecast and making sure our vehicles are spick and span ready for your morning transfer. We'll even check the drying room to make sure your gear is ready.

Breakfast is typically served from 6am, during which one of our staff will update you on the weather and conditions for the day and recommend what gear you will need. After breakfast a foot dressing/blister service is provided. Pack your lunch and trail snacks, check your water and apply sunscreen. We ask every athlete to bring appropriate types and quantities of sports nutrition. Discover more [here](#). Around 7.15am, we hop on board our vehicle and transfer to your trail head (transfer times vary from 10 – 45 mins). We have found this start timing optimal to complete the larger run before lunch time and allow us to return and enjoy the lodge earlier.

At the end of the run section our van is there to meet you with a cold face towel or drink. Then it's back to the lodge for a mineral infused foot bath, a cold or hot drink, afternoon tea or a flick through a book from our lodge library.

Dinner rounds out the day from 5.30pm, including a comprehensive run briefing for the following day's hike before a restful night's sleep.

During your stay, simply enjoy the run, the lodge and the meals. Our investment in a quality commercial kitchen, facilities and great staff means that you can relax while our team takes care of everything seamlessly.



What is included?

- / **Running guides:** Two Find Your Feet running guides
- / Return transfers between Melbourne and the run base, Vehicle support daily
- / Optional airport drop-off day 4
- / 3 nights eco-lodge accommodation, linen and towels
- / 3 breakfasts, 4 lunches and 3 dinners,
- / Daily morning and afternoon tea
- / Non-alcoholic beverages, house wines and beer
- / All entrance & National Park fees
- / Daily use of foot baths, including mineral salts



We recommend you bring for the lodge:

- / 1 x Long sleeve shirt (good sun protection)
- / 1 x Warm long sleeved top, fleece or vest
- / 1 x Thermal top
- / 2 x T-Shirts
- / 1 x Long pants
- / 1 x Shorts
- / Socks
- / Underwear
- / Sunglasses
- / Sunhat
- / Swimmers
- / Small body chamois or towel
- / Toiletries (We provide shower products and also sunscreen and insect repellent)
- / Change of clothes for evening (casual)
- / Lightweight lodge shoes or sandals
- / Any personal medication, including anti-inflammatories and EpiPens
- / Face masks - enough for the duration of your walk, keeping in mind we don't provide laundry facilities. Masks with filter preferable. For public health advice on masks click [here](#).

To ensure sufficient space, we would kindly request that you avoid excessive baggage – refer to Frequently Asked Questions below. We do have washing facilities at the lodge and one load is included in your walk.

Trail Running Gear

All guests are required to bring a small amount of mandatory gear.

See gear list at the at the Find Your Feet website: www.findyourfeettours.com.au/before-the-tour.html

All Find Your Feet tour guests receive a 20% discount at Find Your Feet. To make your life as easy as possible, they have put together their favourite items in one toe-tingling collection. Every item in this collection will meet all your mandatory gear requirements for this tour and any other events or races you may be participating in. Please visit them instore or online and enter the discount code: WildTours

Visit: <http://www.fndyourfeettours.com.au/before-the-tour.html>

Frequently asked questions

Can I bring a suitcase with me? Is there a luggage limit? We recommend a **small suitcase or wheeled soft bags of no more than 20kg**. Being a lodge-based run, you only carry a day pack each day and the rest of your luggage stays safely in your room. We therefore have limited hanging and storage space in the bedrooms. We also have limited luggage space in our vehicles. There are clothes washing facilities at the lodge.

Are hair dryers, shampoo and conditioner supplied in the rooms? Yes, yes and yes.

Do you do other pick-ups / drop offs in Melbourne? No, we use the Travelodge Southbank, 9 Riverside Quay, Southbank which is our central pickup location, but other hotels are within a short walking distance of this hotel. These include the Langham Hotel (50m), The Mantra Southbank (200m), Quay West Suites (400m), Quest Southbank (450m). You are welcome to stay elsewhere and make your way to the Travelodge.

Are there power points in the rooms to recharge batteries? Yes.

Will I have mobile coverage and WiFi? Twelve Apostles Lodge has mobile coverage with Telstra NextG. Phones serviced by other carriers will not get coverage much outside Geelong on Day One. Important phone calls can be arranged using the lodge landline on request. At the lodge there is limited WiFi available.

Is there a television or DVD player? No.

What phone number can I give to my family or work in case of emergency? +61 (0) 3 5237 4299 (lodge landline) or 1300 767 416 (Office) are the best numbers to give out. Our lodge staff can take messages and get in touch with you on the trail in the event of an emergency.

Where is the lodge? The lodge is located at:



70 Stafford Road
Johanna, Victoria 3238

GPS Co-ordinates:
Latitude -38.747
Longitude 143.395

The lodge based experience

The lodge is your walking 'home base' at the end of each day. By night, the eco-certified lodge comes into its own. Custom designed to strict sustainability guidelines, its minimalist feel belies a host of specific features. Hot rainwater showers, flushing toilets, travertine bathrooms, foot spas, crackling outdoor fire for red wine time, and crisp linen sheets to slip into after a day on the trail. Unpack only once and make our lodge your home.

Traveling alone?

Our lodge has been designed with single travelers in mind. Each of our large double rooms can be divided into two single rooms via a clever partitioning wall with a share internal access bathroom between two. We don't charge single supplements for this feature. If you're travelling as two friends, choose between twin share or two single rooms. Just request at time of booking. Those booking as a single traveler will automatically be given a single room.

We ask that you...

- / Have read these track notes, particularly details about level of fitness and walk preparation
- / Have read the gear checklist (refer below) and packed appropriate clothing and footwear, understanding the luggage size restrictions (refer to FAQs)
- / Before arriving, have notified us of any change to dietary or medical conditions and supplied a medical certificate if requested
- / Have confirmed pickup and drop-off details with us
- / Have made a decision regarding travel cancellation insurance, understanding that cancellations incur cancellation charges as per www.australianwalkingcompany.com.au/terms
- / Have checked if ambulance cover for Victoria is in place (some private health insurers may cover) in the event that an evacuation on the trail requires ambulance assistance
- / Have understood that this is a group run experience where safety and enjoyment are paramount; running together as a group under the leadership of our guides
- / Are excited, relaxed and ready to journey with us!

Level of fitness & trail running preparation

You are invited to make and hold a booking. Once the booking is made, details will be passed onto Find Your Feet Tours. You will be contacted and asked to complete a Running Screening Form. When it has been confirmed that you meet the desired standards, you can confirm the booking and make payment.

You are most welcome to contact Find Your Feet Tours with any questions:
tours@findyourfeet.com.au or call 0405 149 646

Food

Our menus are designed with your nourishment in mind. Prepared by our expert guides, you'll be well fueled with healthy, nutritious food out on the track and at the lodge's long table. We source plenty of fresh, local produce from heirloom vegetables to regional reds. We can also cater for your dietary requirements – just let us know your needs upon booking.

We ask every athlete to bring appropriate types and quantities of sports nutrition that you have trialled in your training prior to commencing the trip. We recommend Shotz Gels, Electrolytes & Energy Bars, and would ask you to bring a minimum of 4 energy items for each day. ie. a 5 day tour will require 20 energy gels and/or energy bars & some electrolytes.

Group size

We keep our groups intimate in size to maximize your experience. We run with a minimum of six guests and no more than 7, led by two experienced trail running guides.



Accommodation

Twelve Apostles Lodge is an environmentally sustainable, award-winning lodge – your home base. It is located 30 minutes from the nearest town and three hours from Melbourne. This modern architect-designed eco-development incorporates many best practices: self sufficient water supply, on site waste water treatment, low consumption electric and water fittings and hydronic heating. That said we aren't a boot camp! We provide hair dryers in your room, a range of in-house toiletries and can readily cater for special dietary requirements. The lodge has mobile coverage (with Telstra only) and wireless internet. Power points are available in your room to charge batteries.

Our bedrooms can be configured as king, twin share or two single rooms (by partitioning the king room into two) and all have access to a private en-suite bathroom with flushing toilet and rainwater shower.

Our dining area has a guest lounge space, communal dining table and 24 hour tea and coffee making facilities. Nearby, a second lounge has a selection of reference material, novels and magazines to read during your stay.

We stock a small selection of house and premium wines and locally brewed beers by the bottle. As an eco-accredited operator, we support local wine and beer, however, you are welcome to BYO wine if necessary.

Other guest facilities include our footbaths available for daily use, lodge property walks, and gear drying room. This is where you will find our washing machine. One communal wash (including soap) is included in your walk package.

Please do not hesitate to ask our staff for anything to make your stay more comfortable.



More about the area

The Great Ocean Walk

The Great Ocean Walk trail is a long distance coastal bushwalking track that links the township of Apollo Bay in the east with The Twelve Apostles in the west. The walk stretches 104km and takes seven days to complete and we walk 46.5km of this trail. Comprehensive environmental, landscape, heritage and cultural assessments were undertaken to determine the path this trail would follow. This included a thorough geological assessment to ensure the chosen alignment was stable and didn't create erosion. During our runs we will pass semi-permanent, purpose built structures designed for long distance walkers. These provide some shelter and toilet facilities for walkers to use along the way.

A variety of terrains

Beach (~10km) involves both rock cut platforms and sandy beaches. The eroded platforms and rocks can be slippery and uneven with water pooling on the surface. The beaches of the coast are churned up regularly and often the sand can be quite soft underfoot.

Walking (~70km) have a surface 60cm wide and are cleared of vegetation up to 1.2m wide and 2m above the ground. The walking track surface is made up of natural soils, benched and drained. Some boardwalks and crushed rocks have been laid to protect sensitive areas.

Vehicle tracks (~20km) are generally wide tracks over 2.5m wide and may be cleared of vegetation to 5 or more metres. Vehicle tracks are all local dirt roads, fire trails and management vehicle only tracks made up of natural soils or with crushed rock capping.

Runners will at times have to climb over or around fallen branches and past vegetation growing back over the track. Weather makes some areas muddy and you should come with the expectation your shoes may get wet. At times during the day you may be required to brush your shoes to remove soil and particles. This reduces the possibility of spreading cinnamon fungus which infects the roots of native plants, causing die back in many Australian plants. Please take note of hygiene stations and ensure they are used properly. We need to take care of this precious landscape!