



FIND YOUR FEET



TWELVE APOSTLES  
*lodge walk*

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

# Great Ocean Trail Run with Find Your Feet

Ready to run one of Australia's most epic coastlines? Prepare for untouched beaches and towering Eucalypts just three hours from Melbourne.

Australian wildlife and the iconic Twelve Apostles are all attributes of this spectacular four-day, one direction, trail-run covering approximately 104 km. The trail extends from the Apollo Bay Visitor Information Centre through the Great Otway and Port Campbell National Parks and concludes at the iconic Twelve Apostles near Port Campbell.

The Great Ocean Walk 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 step on the Great Ocean Walk - located on the edge of the Southern Ocean and truly in the hands of nature.

Hanny Allston and Graham Hammond of 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. We're thrilled to partner with them to offer our first trail running experience.



## Introducing Find Your Feet Trail Running Guides

### Hanny Allston and Graham Hammond

If you were to ask the Australian trail running community, to recommend our best coaches, Hanny's name would be on the list. If you were to ask for a guide, Graham's name would appear. They have both guided with us before venturing off to start Find Your Feet.

**Hanny Allston** is a peak performance coach with an elite background in sport. She specialises in assisting trail runners to reach the pinnacle of their potential. Hanny is the founding director of Find Your Feet (est. '09), a published author, host of The **Find Your Feet Podcast**, and in 2019 was nominated for the Australian of the Year Awards. In 2006, Hanny was the first non-European to win a World Orienteering Championships and the only junior athlete to win the senior and junior titles in the same year. Further to this, she is a past winner of both the Melbourne & New Zealand Marathon Championships and podium finisher in the World Skyrunning Series. She is truly a creature of the wild and Hanny's feet are at their happiest in a pair of trail shoes... exploring. In July 2019 Hanny ran solo for over 700km across the French Pyrenees from the Atlantic to the Mediterranean Oceans... in just 19-days. Hanny's personal philosophy stems strongly from her rich life experiences: BE WILDER. PLAY WILDER. PERFORM WILDER

**Graham Hammond** is the co-director of Find Your Feet Australia, a trail running tour and outdoor retail company. Educated in science and education, a background as an elite trainer, examiner, coach and guide in telemark & Nordic skiing, and a Tasmanian hiking and international trail running guide for over twenty years, Graham brings a wealth of experience to his clients and customers. Graham's work with **Find Your Feet Tours** has taken him to the corners of the globe. His motivation is to help individuals to explore wilder, connect deeper and to foster a strong appreciation for the natural world. Whilst he himself loves to explore further afield, often using trail running as his transport through landscapes, he proudly calls Tasmania home and finds his greatest mojo when he is playing wilder on a trail in the Tasmanian mountains.



# The Trip

## Trip Summary

**Trip Duration:** 4 days/3 nights

**Technical Difficulty:** Moderate  
(trail experience required)

**Terrain:** Coastal to steeper hill slopes





## Great Ocean Trail Run with Find Your Feet

With special permission from Parks Victoria, we have an opportunity to run the entire 100+ kilometres of the Great Ocean Walk. Immense skies and expansive oceans frame the wild and diverse nature of this spectacular trail. Trails weave their way from wild rocky shores through coastal heathlands and towering forests to windswept cliffs. Seaside villages, remote beaches, cool rivers, forests, farms and stunning views are encountered on this varied trail. You will venture out with lightweight trail running vest packs and experience Hanny's advice to "be wilder, play wilder and perform wilder". Your running guides will deliver a plethora of tips and tricks to help you with your trail running and share trails with others.

This trail run will provide a special opportunity to experience and connect with nature and its indelible landscapes. At the end of each day, our recovery includes delicious local produce, wine and beer and the comfort of our tree-hugged Twelve Apostles Lodge.

### Why us?

Why us? Because we know this turf. We've been operating on this coastline since 2005 – before the Great Ocean Walk (104km) officially opened. We custom built our 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 trips: our lodge, vehicles, food, equipment and expert staff. It's this level of quality control that defines us. Australian Walking Company's guided experiences safely immerse guests into their natural surrounds.

Choosing us means you're in safe hands. It means nourishing meals are sorted and a cool drink is handed your way at the trail's end. Snacks? Sorted. A blister brewing? We'll take care of it. What's more you'll be running with no more than ten like-minded travelers – starting as fellow runners and departing as friends.

Our purpose is to experience a fresh, profound perspective of humanity, the environment and the possibilities they embody. We respect the time given to interpretation, conversation, and contemplation that leads to connecting with nature and our companions.



## The logistics

Our departures are confirmed to start 60 days prior if minimum numbers (8 guests) have been met.

### Departure : 6.45am

Meet at 6:45am for breakfast at Travelodge Southbank, 9 Riverside Quay, Southbank VIC 3000 (central Melbourne location for all departures).

### 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	Apollo Bay to Elliot Ridge and Blanket Bay	22 kms	Twelve Apostles Lodge	B/MT/AT/D
TWO	Blanket Bay to Aire River and Castle Cove	27 kms	Twelve Apostles Lodge	B/L/D
THREE	Castle Cove to Milanesia Gate and Moonlight Head	23 kms	Twelve Apostles Lodge	B/L/D
FOUR	Moonlight Head to Devils Kitchen and The Twelve Apostles	28 kms	Return to Melbourne	B/L/-

\* PLEASE NOTE THAT DISTANCES MAY VARY ON TRACKING DEVICES



# Day 1

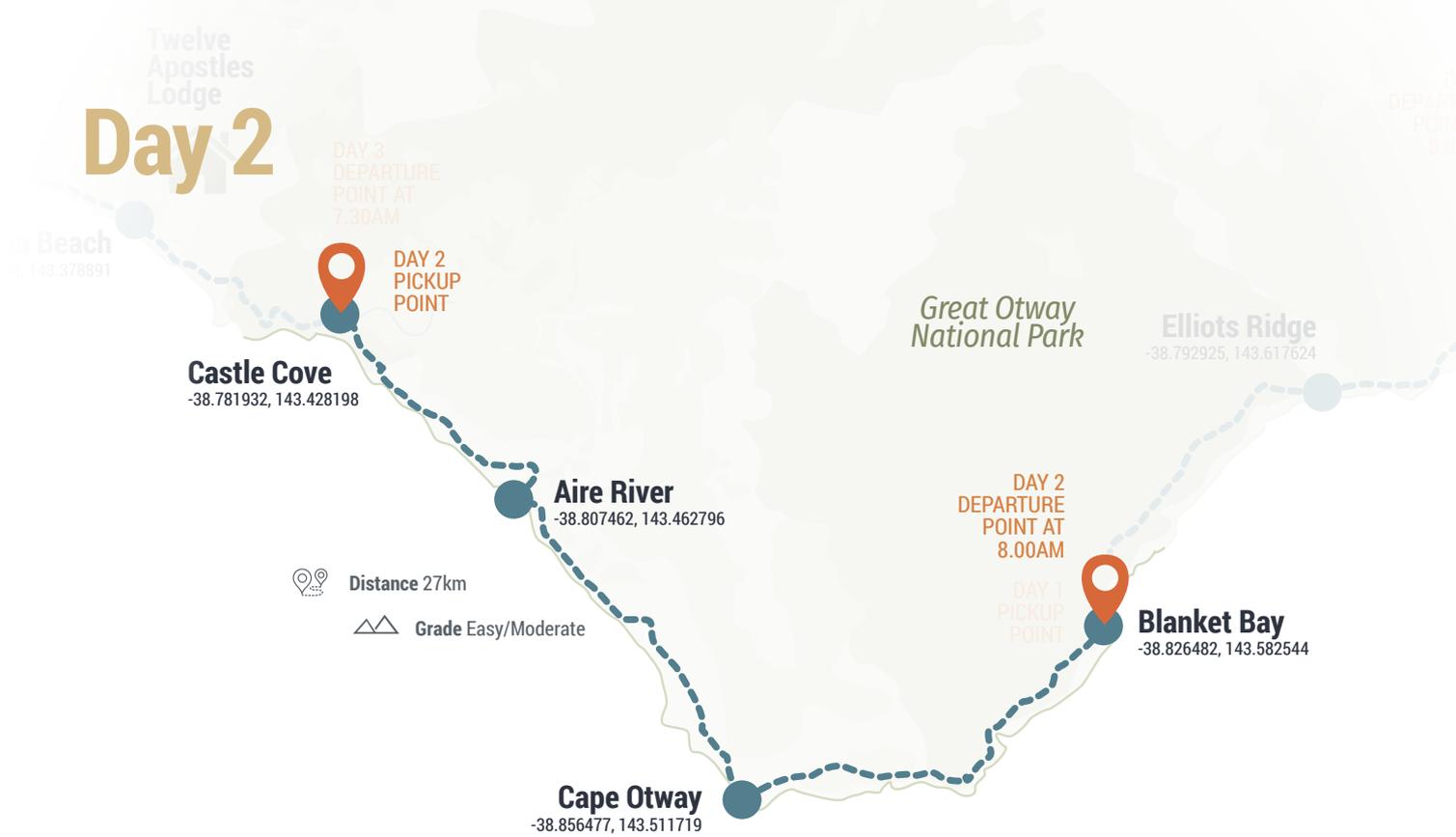


## Apollo Bay to Elliot Ridge and Blanket Bay

The trail begins by winding its way out of Marengo and Apollo Bay, home to a colony of Australian fur seals. The sandy foreshore, rock platforms and boardwalks transition to countryside and farmland. Blowholes are left behind as the trail climbs into the higher forests and the awe-inspiring Mountain Ash trees of the Great Otway National Park. The trail visits Shelley Beach and the Elliot River mouth before again gaining altitude as it climbs to Elliot Ridge.

Clifftops and forests are the home of local fauna and spring wildflowers on the next section of trail. The descent to Blanket Bay is a journey to a more secluded coastline and offers the opportunity of a swim to finish day one.

Footbaths, recovery and a sumptuous dinner accompanied by local wines await your return to the lodge.



## Blanket Bay to Aire River and Castle Cove

The initial destination today is Cape Otway, reached by passing through manna gum forests and the home of the Otway's koala population. Cape Otway's Lighthouse, perched high above hostile seas, was built in 1848 and has witnessed multiple shipwrecks along the windswept coast.

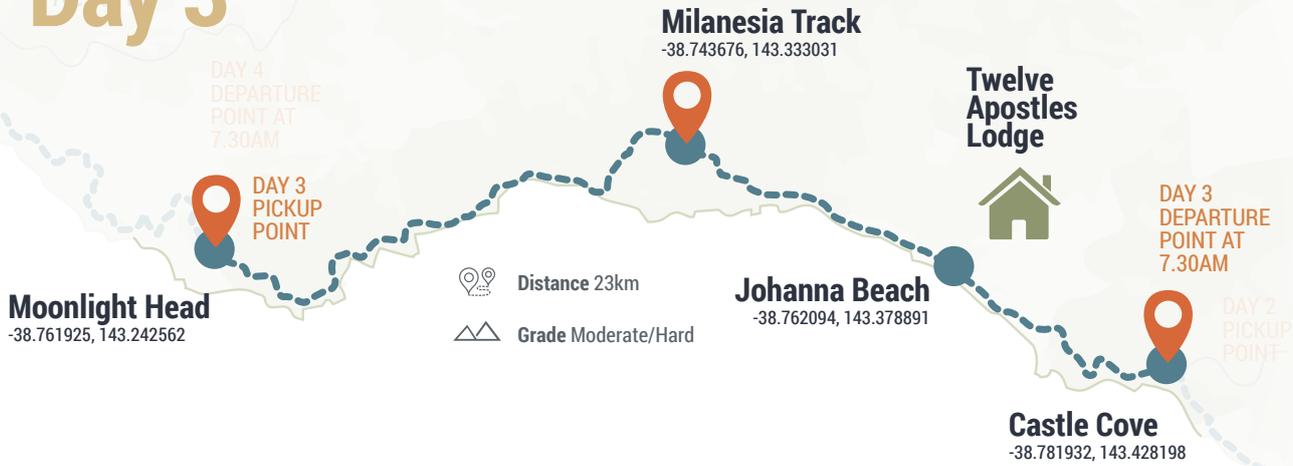
Sand dunes, cliffs and coastal heath frame the trail as it heads towards tranquil Aire River. Tides dictate whether the inland route or the wild and challenging Station Beach is preferred. Aire River's estuary provides excellent bird viewing, and a chance to pause and refuel.

After crossing the bridge, the climb takes runners up through spinifex forests to reveal sweeping views of the expansive coastline. Today's trail run finishes at Castle Cove. It is a spectacular destination, fringed by cliffs with surfers catching waves below. It's an important archeological site celebrated for dinosaur fossils.



Princetown  
-38.7078, 143.154697

## Latrobe Island Day 3



### Castle Cove to Milanesia Gate and Moonlight Head

Today begins in the tea-trees with a few tantalising vistas out to the Southern Ocean. We enter a flawlessly-groomed grass tree forest and enjoy spring wildflowers before hearing tales dating back 104 million years at Dinosaur Cove.

Next, we drop down onto Johanna Beach, one of Australia's most beautiful surf beaches. The wind-swept waves are just metres away. This two-kilometre stretch creates a pace of its own as you take your time across sands frequented by hooded plovers.

We switch between isolated farmlands and beaches, rising and falling with the rolling hills. It's the terrain of Eastern Grey Kangaroos. Milanesia Beach and its wild, weathered headlands give the sense you're at the world's edge. Here, the most challenging sections of the trail come with spectacular seascapes and personal triumph. After a fleeting beach visit, it's a short but bracing climb that whispers of inclines to come.

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. Heaving seas disappear into watery caves. Views west travel to the horizon's edge. And the entire spectacle is framed by the forest.

The track continues through the forest tumbling and rising with the coastline until it reaches Moonlight Head. Cool waters and lemonade will be most welcome before recovering at the lodge. Enjoy your final morning at Twelve Apostles Lodge. After another wholesome breakfast, there's a final pack up, check out and lodge farewell before a 45 minute drive back to Princetown. If you're self-driving, we'll help you relocate your car to the Twelve Apostles carpark before returning to Princetown to complete your final run to the grand Apostles.

# Day 4



## Moonlight Head to Devils Kitchen and The Twelve Apostles

Today is about shipwrecks, sandy pathways, exposed heathland and the Apostles. From Moonlight Head the trail flows down the valley and meanders through forest to The Gables Lookout, one of Australia’s highest cliff-top vistas.

More than 300 ships have come to grief on this stretch of coastline. If conditions allow, you’ll drop down to Wreck Beach. Depending on the tide, an alternate route leads through to Devils Kitchen. 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.

The first glimpse of the Gellibrand River marks the entrance to Port Campbell National Park. This freshwater river near the sleepy hamlet of Princetown offers a cooling river dip. Depart from the quiet shores to reveal your first full view of the Apostles.

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

If conditions permit, don’t miss the opportunity to 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.



## What is included?

- / **Running guides:** Two Find Your Feet running guides
- / **Host:** Two lodge hosts
- / Return transfers between Melbourne and the run base, Vehicle support daily
- / Optional airport drop-off day 4
- / 3-night lodge stay, all linen and towels
- / 4 breakfasts, 3 lunches, 3 dinners
- / Daily morning and afternoon tea
- / Non-alcoholic drinks and a selection of house wines
- / All entrance & national park fees
- / National Park passes





## Gear list

### We provide the following:

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](http://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.findyourfeettours.com.au/before-the-tour.html>

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 run.

## Frequently asked questions

**Can I bring a suitcase with me? Is there a luggage limit?** We recommend small suitcases or wheeled soft bags of no more than 20kg. Being a lodge-based experience, 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.

**Can I bring my own walking gear if I have it?** Absolutely If you have a favourite pack, water bottle, Gortex jacket, etc, you are more than welcome to bring your own.

**Are hair dryers, shampoo and conditioner supplied in the rooms?** Yes, yes and yes (we use Myrtle & Moss toiletries).

**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.

NB. Please confirm with us in advance if you are self-driving to Twelve Apostles Lodge.

**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  
See our lodge directions on  
our website 'Downloads' page.

**GPS Co-ordinates:**

Latitude -38.747  
Longitude 143.395

## The lodge based experience

The lodge is your '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 walking 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 trail run preparation
- / Have read the gear checklist (refer below) and packed appropriate clothing and footwear, understanding the luggage size restrictions (refer to FAQs)
- / Have undertaken appropriate preparations before the trail run (refer below)
- / 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.auswalkingco.com.au/terms](http://www.auswalkingco.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 trail run experience where safety and enjoyment are paramount; trail running together as a group under the leadership of our guides
- / Understood you need to be dressed ready to trail run at pickup on first day
- / 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](mailto:tours@findyourfeet.com.au) or call 0491 102 325

## 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.

## Group size

We keep our groups intimate in size to maximize your experience. We run with a maximum of nine guests, led by two experienced running guides.



## Accommodation

At the end of a day out on track, the Twelve Apostles Lodge is a forest-hugged refuge three hours from Melbourne. This is where the foot spa awaits, rainforest showers, kitchen garden, dining room stocked with local wines, and your king bedroom with spacious en-suite.

The architecturally-designed lodge has been crafted with environmental sensitivity in mind. This translates to passive solar design, hydronic heating, low consumption electric and water fittings, on-site wastewater treatment and composting, plus a self-sufficient water supply. And there's a reason this eco-development is award-winning, delivering modern comforts with equal rigour. Expect Myrtle & Moss toiletries, hair dryers, library, mobile coverage (Telstra only).

What's more, the lodge is exclusively yours. The only way to stay is to join one of our experiences. That means the moment you arrive, consider it home. Unpack your bags and get comfy. Five generous bedrooms can be converted to twin share or two single rooms depending on group requirements - all enjoying access to private en-suite bathrooms.

The dining room has a lounge area well-suited for canapes when the fire pit isn't crackling with friend-huddling flames. After a glass of regional red, move to the long table for your nightly two-course regional menu.

Onsite you'll also find 24-hour tea and coffee facilities, gear drying room, daily newspapers and a lodge library well stocked with magazines, reference and fictional books or ask about the lodge property walks. You're not alone if you don't stray far from the foot spa and dining table though!

\*Alcoholic beverages are available in the lounge. These are included in your package. 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

\*One complimentary clothes wash (including soap) is included in your package, the Lodge Manager will explain how this is organised at your briefing on day one. Additional loads are charged to your tab to discourage excessive usage/environmental impact.

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

### A variety of terrains

#### **Beach running (~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.

#### **Running trails (~70km)**

have a surface 60cm wide and are cleared of vegetation up to 1.2m wide and 2m above the ground. The running 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 boots 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!

## Other information

### The Great Otway & Port Campbell National Parks

The Great Ocean Walk trail traverses the coast and ambles between two of Victoria's most visited national parks, yet you would never know it. Having the coast to yourself feels decadent. The Great Otway National Park follows the winding curves of Victoria's famous Great Ocean Road, boasting some of Australia's most spectacular coastal scenery and ocean outlooks. Our guided journey provides you with a unique insight into the Great Ocean Trail – our expert guide providing colourful commentary and facts along the way. Over four amazing days, you'll experience the 'wild side' of this trail, ending at the iconic Twelve Apostles at Port Campbell National Park.

We challenge you to keep the wry smile off your face as you run into the Twelve Apostles Visitor Information Centre having just had the iconic rock stacks to ourselves from the running trail. Runners - we are the spoilt few!

### Climate

Victoria enjoys a temperate climate and reliable rainfall with four distinct seasons. Here is a guide to the hottest and coolest.

**Summer** December to February the average maximum temperature in south-west Victoria across January and February is 25 degrees Celsius, but can on occasion reach mid to high 30s. Sunscreen is required at all times, even on cloudy days when the UV factor can be higher. Wind can also burn, even when the temperature appears mild. Overnight temperatures vary from 8 to 15 degrees Celsius.

**Winter** June to August is the coldest time in Victoria. Average maximum temperatures of between 8 and 13 degrees Celsius.

**Spring and Autumn** September to November (Spring) and March to May (Autumn) can be anywhere in between! Expect mild days, with ocean breezes and winds. Late afternoons cool down, and evenings will require a fleece or long sleeves.

As with all coastal running, the weather can be unpredictable at all times of the year. Being cooler makes the running no less enjoyable. Even the wildest days lend themselves to running this rugged coastline, giving the opportunity to appreciate how a stretch became known as the 'Shipwreck Coast.' Access to a weatherproof jacket is essential, and we recommend running bring thermal clothing along (see gear list), just in case.

