



## **WOMEN'S OWN BLUE MOUNTAINS ADVENTURE WEEKEND ESCAPE**

### DETAILED ITINERARY

Enjoy a short break mountain escape in good company for the adventurous at heart. Experience the spectacular Blue Mountains from the comfort and tranquillity of a lovely Eco Lodge. A unique Australian ecotourism escape in the heart of the Blue Mountains.

Walk through the Grand Canyon, Clifftop walk from Evans Lookout and the Braeside track. This combined walk is one of the most picturesque in the Blue Mountains and is memorable for its amazing pathway, which passes under cliff overhangs and waterfalls, through caves, crosses streams and winds its way through a diverse range of ecosystems. The clifftop views are remarkable.

The weekend will teach you how to abseil, starting with a beginners 3 metre abseil to a 30 metre drop. With qualified instructors and plenty of group encouragement you will have an exhilarating experience and photos to prove it.

A yoga and relaxation class is included, and you will return after your weekend adventure to a new and revitalised self.



## **DAY 1 - SATURDAY**

### **MEET AT 8:00AM**

Surrounded on 3 sides by pristine National Park, and tucked away in 7 Hectares of bushland you will be struck by the peace and quiet. The silence broken only by the sound of birdsong or the rustling of native animals through the bush.

On your arrival at the lodge, we will meet in the reception area for a fresh cuppa and to introduce the group. At 8:30am there is bird feeding at the outdoor BBQ area. This morning we will start our bushwalk at 9am.

#### **BUSHWALK**

The Grand Canyon, Cliff Top and Braeside tracks are an excellent way to see a great diversity of the Blue Mountains National Park. From the beginning in Neates Glen rainforest, through the void of the Grand Canyon, to the separation of plateau and valley by the Cliff Top walk and to finish a creek side walk along the Braeside Track. It truly is a great way to see a range of ecosystems that are present in the Blue Mountains.

This walk is moderate to hard in places and requires a good level of fitness. It is 9.3km in length and will take about 5-6 hours with a lunch stop.

Please bring your own packed lunch and snacks, as well as plenty of water for the first day of walking. Sturdy walking boots are also required.

#### **YOGA AND RELAXATION CLASS**

Yoga is an excellent way to connect with your physical, mental, social and spiritual health. It can be done individually or in a group setting. Yoga is a good way to improve your postural alignment and breathing as well as learning to steady your mind.

The class will be lead by a local Blue Mountains instructor.

#### **ACCOMMODATION**

We will be staying in one of the timber Eco Lodges. Each lodge has four bedrooms plus a loft, with linen, doonas and towels provided.

There are two bathrooms, a large lounge area, bar fridge, tea and coffee facilities, central gas heating with individually warmed rooms and north facing deck area overlooking the natural Blue Mountains bush scape, alive with native birdlife.

The Eco Lodges are accessed by wooden walkways placed above the ground to protect the flora and fauna for the future.

#### **DINNER**

This evening you will enjoy a meal at the restaurant which serves delicious mountain cuisine. The meals are very generous, with 3 courses included.



## DAY 2 - SUNDAY

### INTRODUCTORY ABSEILING COURSE

Our expert abseiling instructors will collect the group from the lodge at 9am and transport us to the abseiling site, which is about 15 to 20 minutes away.

A brilliant day in its own right, the Mini-Jump is an ideal half day abseiling adventure. The abseiling starts with a beginner-friendly three metre high cliff. Your instructors are close at hand to encourage and explain the techniques. With your instructor explaining each step, you gradually continue to bigger cliffs, finishing on an exciting 30 metre high drop. The setting is beautiful bushland, making it both a scenic and exciting adventure!

You will have the opportunity of enjoying lunch with your new friends and sharing the challenges and experiences of this weekend before heading home on Sunday afternoon.



#### INCLUDED WITH THIS TRIP

- Lodge Accommodation (2 to 4 share per room)
- 3 course dinner at the lodge restaurant on Saturday
- Hot buffet breakfast on Sunday morning
- Bushwalking
- Abseiling Instruction & Safety Equipment
- Yoga instruction



#### NOT INCLUDED WITH THIS TRIP

Arrival and departure transport, insurance, any optional tours and activities during free time and items of a personal nature. Lunches are not included nor are water bottles and/or water.



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