



## TRIP NOTES GREAT OCEAN WALK

Here are the trip notes for your upcoming 4 day trip to the Great Ocean Walk.

The trip departs from Melbourne.

Our Park Trek guides will collect you from a central pick up location outside the **National Gallery of Victoria, 180 St Kilda Road** (just outside the entrance to the gallery and the large pools) at **7.20am for a 7.30am departure.**

Your Park Trek guides will drop you back at the same location upon completion of the tour at approximately 5pm.



### DAY ONE

**Marengo to Shelly Beach**

**7 kms walking – 2 to 2.5 hours – easy grade**

We head along the famous Great Ocean Road stopping en-route at Anglesea for a relaxed morning tea and a briefing of the first days walking. We arrive in Apollo Bay late morning, prepare our lunch, and begin walking. The guides will show you where you can purchase your own alcohol for the three nights away.

We begin our walk at the beach-side suburb of Marengo, named by a passing French explorer. Marengo is home to a colony of Australian Fur Seals who hang out on rocks in the bay. Your Park Trek guide will lead the group and explain some the local history along the way.

Continuing onwards the countryside becomes more rural farmland. The trail continues up a small hill with a stile to climb over a fence. There are good views along the coast looking south-west towards Cape Otway and north-east over the ranges surrounding Apollo Bay. There is a conveniently placed rest bench, followed by a steep descent past The Blowhole. We descend down to a beach for a rest before heading into a small section of Otway rainforest.

The trail enters low forest initially, and then starts to climb into the higher forests of the Great Otway National Park just above Shelly Beach. There is a junction on the trail which leads left down to Shelly Beach or right to the car park at Shelly Beach picnic area. From here we will head off to our accommodation where guides will get dinner underway and put out the pre-dinner nibbles.

Accommodation: Cape Otway Lighthouse / Bimbi Park

Meals: lunch and dinner.

## DAY TWO

**Cape Otway Lighthouse to Aire River to Castle Cove**  
**16 kms walking – 4.5 – 5 hours – moderate grade.**

The 10km walk from the lighthouse to Aire River winds its way through wind sculpted landscapes of sand dunes, coastal scrub-land and magnificent calcified cliffs. At the Aire River Lookout, there are great views down to the estuary where the Aire River meets the Southern Ocean and Glenaire Beach. The wetlands look quite spectacular from this vantage point and it is a nice steady downhill walk from to the Aire River Bridge which crosses the river to the picnic area and toilets. At this point the Park Trek coach offer support for those who wish to wind up their days' walking.

Following on from Aire River we have a six kilometer walk through to Castle Cove. From Aire River, the track heads inland for a while, climbing up and around the next headland through tea-tree forests, and then continues along the coastal path with sweeping views of the rugged coastline. Expect some ups and downs with a little climbing before you get to Castle Cove. Located on a spectacular bend of the Great Ocean Road at Glenaire, Castle Cove is a beautiful beach surrounded by towering cliffs which have high archaeological significance, as dinosaur fossils have been found here. At his point, you will have walked six to 16 kms.

A highlight of the day is a visit to Mait's Rest rainforest walk on our return to Cape Otway (if time permits). Mait's Rest is a comfortable 800m stroll through cool temperate rainforest, and a welcome temperature change if the weather is warm.

Accommodation: Cape Otway Lightstation / Bimbi Park

Meals: breakfast, lunch and dinner.



## DAY THREE

**Milanesia Gate to Moonlight Head (option of walking on to the Gables)**  
**12 kms, 6 to 8 hours – moderate grade**

The walk from Johanna Beach to Ryan's Den is the wildest and most challenging section of the entire track. From Milanesia Gate we descend to a beautiful and remote beach. Isolated, rugged and hidden, Milanesia Beach receives few visitors and is all the more special for it. Look for the "beachcomber's cottage" when you reach the beach.

From here the trail continues along the high sea cliffs to Ryan's Den with breathtaking views all the way back to Cape Otway, and west to Cape Volney. This is our lunch spot and it is arguably the most scenic location along the walk. There are toilets here also.

From Ryan's Den, the track continues through coastal forests that lead over Cape Volney to Moonlight Head (named by Matthew Flinders during a break in showery weather at night in April 1802). **For a lot of walkers this is as far as they want to walk for the day, making a total of 12 km.**

We might stop into Lavers Hill for a cup of tea/coffee on the way back home.

Accommodation: Cape Otway Lightstation / Bimbi park

Meals: breakfast, lunch and dinner

## DAY FOUR

**Prinetown to Gibson's Steps / Twelve Apostles.**  
**8.5 kms walking – 2.5 to 3 hours – easy/moderate grade**

Our walk starts above the wetlands around Prinetown which support a wide variety of bird life. We'll walk down through the Gellibrand River Estuary and reconnect with the Great Ocean Walk on a new track section. We are now on the home stretch into Port Campbell National Park and the world famous Twelve Apostles soon come into sight.

At Gibson's Beach Car Park, and we recommend, tides allowing, you descend Gibson's Steps to view *Gog and Magog* (not strictly counted as two of The Twelve Apostles) up close from sea level. The last kilometre of the Great Ocean Walk takes you through to the Twelve Apostles Visitor Centre where you can view The Apostles up close. We'll have our lunch at here and then onto Winchelsea where we stop at a local café for a coffee/tea before driving back to Melbourne at an estimated arrival time of 5.00 pm.

## ABOUT THE MEALS

The food we serve is healthy, hearty and home style. Our menus are designed to showcase the fabulous regional produce. Fresh local cheese, yoghurt, fruit, vegetables, fish and meats are used, supporting local farmers and minimising our food miles. We don't offer five-star dining, but our guides take pride in ensuring that all meals are delicious and plentiful, prepared with top-quality fresh seasonal ingredients.

**Breakfast** is a continental spread of cereals, stewed fruit, yoghurt, toast and spreads. Coffee and tea are always available at your base accommodation.

**Lunch** can vary from day to day, but includes meat, salad, bread and wraps. Some days might include something different like roasted chicken.

**Dinner** is a casual two-course meal of main and dessert prepared by your guides. The menu changes to suit available fresh produce but could include a classic roast lamb, salmon fillet or Thai chicken. Dessert may include things like maple baked apples, pears in red wine or seasonal fruit salad.

**Snacks** Guests can prepare their own trail mix each morning from our self-serve trail mix selection. There will be fresh fruit for the trail and biscuits or fruit cake for tea breaks.

**Pre-dinner antipasto** Each evening we prepare a selection of antipasto delights, dips, cheese and crackers before dinner.

**Dietary requirements** We are able to accommodate guests' specific dietary requirements and can prepare meals to meet individual needs.

**Alcohol** Our tours do not include alcoholic beverages, however guests are most welcome to bring wine/beer along with them. If you are bringing bottled wine, please pack this well in your main bag to avoid breakages.

**There are opportunities for guests to purchase alcohol in Apollo Bay on route.**

## ABOUT THE ACCOMMODATION

During this trip we stay in either the Cape Otway Lightstation Cottages or at Bimbi Park

### Cape Otway Lightstation Cottages

These historic houses are located in one of the most spectacular settings found along the Great Ocean Road. Cape Otway Lighthouse is the oldest surviving lighthouse on mainland Australia and considered the most significant. Built in 1848, the lighthouse known as the 'Beacon of Hope' sits 90 metres above the pristine ocean of Bass Strait.

Fully self-contained, this renovated property with open plan lounge and large kitchen provides a great place for groups to enjoy this unique location. The Lighthouse Lodge houses 4 bedrooms and 2 shared bathrooms. You can choose a single supplement if you would prefer not to share a room, this means you would have one room to yourself in the Lodge and would be sharing the bathroom with one or two other guests.

Hairdryers are unable to be used at the Light station as they require excessive electricity to operate. There is an emergency landline onsite, and Park Trek always carry a Satellite phone in case of emergencies. There is no WIFI and limited phone service at the Lightstation, a digital detox is something we promote on our Great Ocean Walk.

### Bimbi Park

Bimbi Park is in Cape Otway, the centre of the Great Ocean Road and the Great Ocean Walk, an area of magnificent forests, beaches, secluded bays and spectacular coastline. It is sheltered among tall manna gums far away from the wearing noise of towns and traffic. The grounds of the park are full of wild life including koalas, echidnas, wallabies, kangaroos and up to 70 variety of birds. We stay in comfortable deluxe cabin style accommodation where all linen is supplied.



## GEAR LIST

Please bring your gear in a soft bag rather than hard suitcase to help guides pack the trailer.

DAY PACK—recommend approx. 20 litres, with a load bearing harness

As a walker you will need to have your own day pack and water bladder and suitable hiking shoes/boots. Here is a suggested list of what walkers will need to be wearing or have in their day pack:

- rain jacket
- a fleece jacket
- wide-brimmed hat for sunny days
- beanie or woollen hat for cold days
- water bottle or drinking bladder, min 2 litre
- high factor sunscreen
- lip balm
- blister pads and / or tape for rubbing and/or blisters
- antiseptic hand gel
- sun glasses
- walking poles (optional)
- gaiters (optional)
- camera
- binoculars
- spare batteries for all devices/charger

## MAIN BAG

Your main bag stays at Cape Otway Lighthouse for the duration of the trip. You only carry your light day pack while walking.

- 2 pairs long and/or short pants. Preferably loose fitting, lightweight and quick drying
- 2 x Long sleeved shirts
- 4 x T-shirts
- Fleece jacket/woollen sweater – something warm
- Rain jacket/ spray jacket
- Swimmers/bathers and towel (optional)
- Walking socks
- if rain is expected, then having a set of thermal under garments can keep you warm in the face of blustery conditions
- a woollen or fleece hat for cooler weather
- lightweight, quick drying towel
- waterproof, reusable bag for worn clothing
- Comfortable shoes and clothing for evenings and activities
- Underwear
- Toiletries— shampoo/conditioner, body wash, deodorant, sanitary products, insect repellent, toothpaste etc.



## LIST OF WHAT WE PROVIDE:

- Two Park Trek guides, who will drive, cook and care for you.
- Transport which includes collecting from Melbourne and returning back. We use a comfortable 12 seater mini coach with a trailer attached for luggage. Plus we use the coach to drop off and pick up during the course of the day.
- 3 breakfasts, 4 lunches and 3 dinners. Plus trail mix, nibbles, fresh fruit
- We have thermos' for tea/coffee during the day
- 3 night's accommodation on a twin share basis at Cape Otway Lighthouse

## POST TOUR INFORMATION:

**We drop back into Melbourne outside the National Gallery of Victoria at 5pm. If you are flying out that night you'll need to book a flight out after 6.30pm.**

### Pre and Post tour accommodation

We pick up from outside the National Gallery of Victoria on Day 1 at 7.30am.

If you are looking for accommodation close to the National Gallery, here are some options:

- Mantra Southbank Tel (03) 8696 7222
- Quest Southbank Tel (03) 9694 5600
- Oaks Southbank Tel 1300 696 186
- Southbank Apartments (03) 9686 7711