



TWELVE APOSTLES

SIGNATURE WALK



4 Day/3 Night guided walk along
Victoria's spectacular Great Ocean Walk
with private lodge accommodation.



Welcome to the Twelve Apostles Signature Walk

Ready to walk one of Australia's most epic coastlines? Here, you'll find everything you need to prepare and get excited about your adventure, all in one document. From pick up times to gear lists, daily distances to accommodation details, this is your Twelve Apostles Signature Walk go-to guide.

Your four-day guided walk covers 44.5 kilometres of stunning Victorian coastline. Prepare for untouched beaches, towering Eucalypts, local wildlife, and impressive vistas. With expert guides by your side on the track and the comfort of our secluded eco-lodge at night, your only task now is to get that bag packed.

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Acknowledgement to traditional owners

In recognition of the deep history and culture of this land, we acknowledge and pay respects to all Australian Aboriginal people, the past and present custodians of the Land. We are privileged to learn from them in the way we care for and share Australia's diverse nature and culture, and we strive to walk humbly in the footsteps of those who have walked these paths before us.

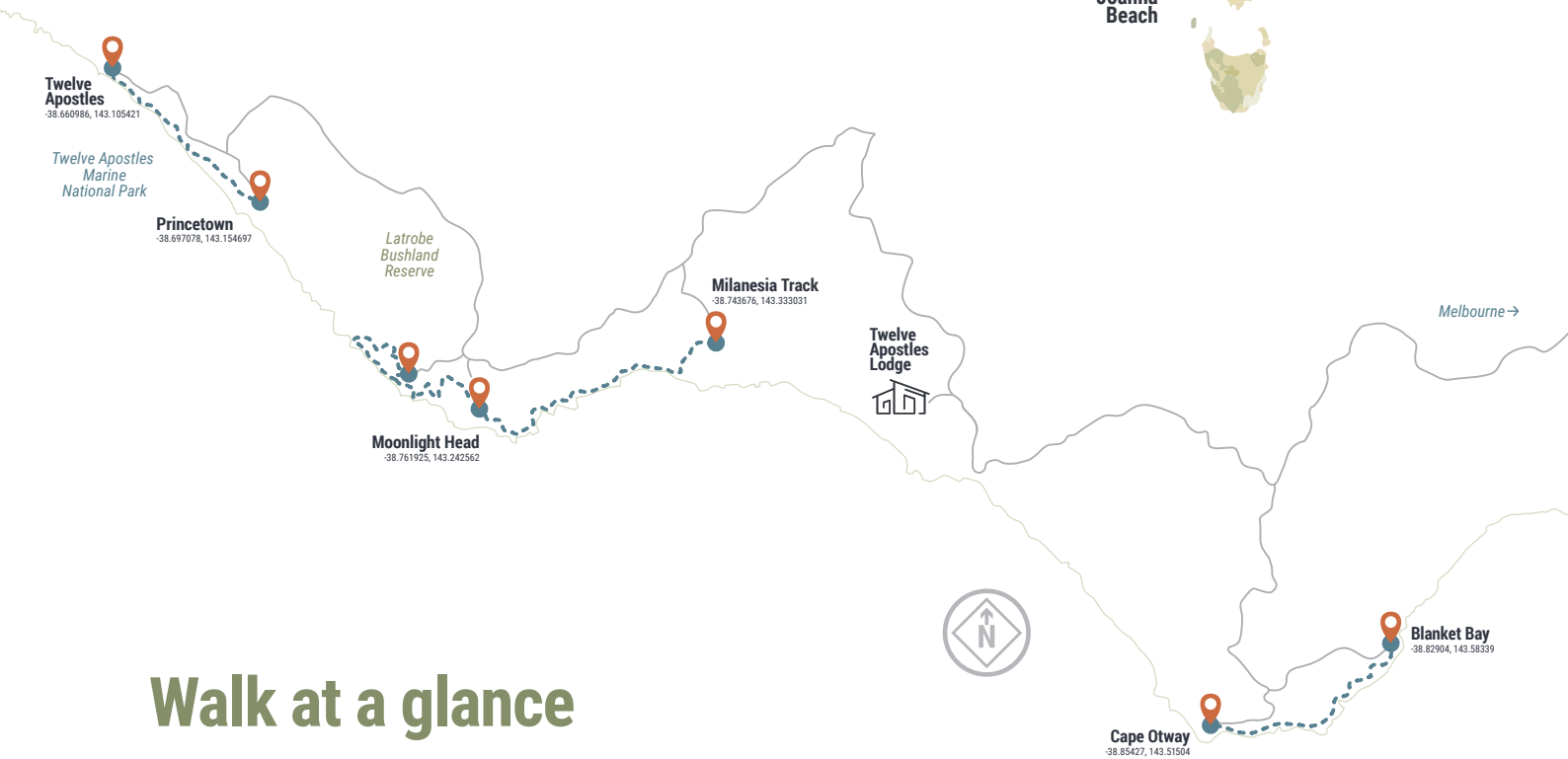


TWELVE APOSTLES

SIGNATURE WALK



Twelve Apostles
Joanna Beach
Melbourne



Walk at a glance



Trip Duration: 4 days/3 nights



Grade: Moderate



Accommodation: Exclusive use of our private lodge at Johanna



Activities: Coastal and forest trekking, with lightweight packs.



Why walk with us?

We are proudly Australian and have been walking for over 30 years. We offer true Australian hospitality. Our hosts design your meals, our guides connect you, our accommodation comforts and shelters you. Our history and reputation will be with you every step of the way.

The Australian Walking Company was born in September 2017 when the Tasmanian Company journeyed to mainland Australia to undertake its first adventure, The Twelve Apostles. A longstanding brand, Tasmanian Walking Company has been a leader in guided bushwalking since 1985, after winning an expression of interest to build the first lodge-based walk in Cradle Mountain/Lake St Clair National Park.

Since then, we have expanded our portfolio to guide guests into some of the very best walking tracks in the world. Throughout Twelve Apostles, Kangaroo Island and the Larapinta Trail, we deliver unique experiences to our guests, encapsulating what it means to be 'Truly Australian' every step of the way. We offer our guests the chance to build incomparable memories by complementing the pristine natural environment with local produce, world-class guides, local knowledge, lightweight packs and the comfort of knowing that we have you covered -- you don't need to worry about a thing!

All of our walks are built with guest experience and sustainability as top of mind. Our guides are our best assets. They are highly trained and there with you every step of the way, seamlessly bringing together all elements of a great walking experience to make your time with us unforgettable. Our accommodation has been architecturally designed with a commitment to sit gently on the natural environment, whilst maximising natural assets and protecting wildlife.

Our vision is to inspire people to connect with and conserve the natural environment and culture of the Australian wilderness for generations to come. We are committed to making a real difference with sustainable tourism at the heart of what we do.

We want to provide you with an outstanding opportunity to step out of everyday life into nature and be revitalised. To experience a fresh, profound perspective of humanity, the environment and the possibilities they embody.

Let us take care of everything, as we take you on an adventure of a lifetime.



Itinerary

At a glance

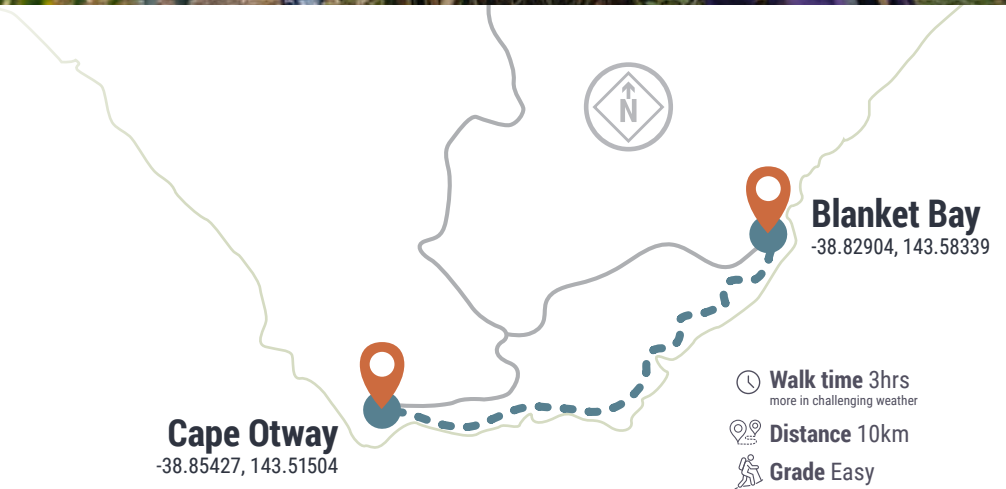
DAY	WALK SECTIONS	DISTANCE	STAY	MEALS
<u>One</u>	Blanket Bay to Cape Otway	10kms (3hrs)	Twelve Apostles Lodge	-/L/D
<u>Two</u>	Milanesia Track to Moonlight Head	14.5kms (6-7hrs)	Twelve Apostles Lodge	B/L/D
<u>Three</u>	Moonlight Head to Wreck Beach	12kms (3-4 hours)	Twelve Apostles Lodge	B/L/D
<u>Four</u>	Princetown to the Twelve Apostles.	8kms (3hrs)	Return to Melbourne	B/L/-

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



Day 1

10km (Easy)



Cape Otway to Blanket Bay

On the morning of your walk, we meet at Mercure, Southbank (9 Riverside Quay, Southbank VIC 3000) at 7.45am. Here, your guide will introduce you to fellow walkers before departing for our drive to Blanket Bay. Be dressed and ready to walk, with your daypack fully packed for the days' walk ahead.

We start the first section of the walk at Blanket Bay, a beautifully scenic section of the Great Ocean Walk that follows along the coast of Great Otway National Park. Beautiful ocean views from cliff tops and sandy beaches and inlets are frequent along this stretch of coast, along with koalas, kangaroos, and echidnas all scattering about along the trail. The Cape Otway Lighthouse makes for a great end to the walk, where our guides can teach you all about the naval history of the area.

From the lighthouse, we transfer you to our private lodge in Johanna, where we welcome you with a glass of local sparkling and a spectacular long table dinner of fresh Apollo Bay seafood to celebrate your first day of walking.



Day 2

14.5km (Moderate)

Milanesia Track to Moonlight Head

We drive 30 minutes this morning to the most challenging day on the trail. It comes with great reward – the most visually spectacular and isolated sections of the Great Ocean Walk – known as ‘the wild side.’ Take a winding path that leads from Milanesia Track down through the forest to beautiful Milanesia Beach.

After a gentle beach stroll, we turn upwards for a short, but steep climb that sets the tone for the trail ahead. The trail is dissected by gullies before a gradual climb, which delivers fabulous views back over Milanesia. Rough tree ferns and stands of remnant Eucalypts dot the path before an ascent of 138 steps. The trail continues in a westerly direction until a steady climb leads us out of the forest and into Ryans Den campsite.

From here, coastal views stretch to both Cape Volney and Cape Otway; an ideal place to reflect on your journey so far. The walk from here rises and falls many times as it parallels the coastline before cutting along the ridge behind Cape Volney, providing breathtaking views to the west. A final seated lookout delivers a magnificent vantage point, just metres from the walk’s end.



Day 3

12km (Moderate)

- Walk time 3-4hrs**
more in challenging weather
- Distance 12km**
- Grade Moderate**

Moonlight Head - Wreck Beach

It's a 30 minute transfer to Moonlight Head. The first four and a half kilometres gently meander through native stringybark forest providing a contrast to the coast, concluding with a rise to the Gables, one of mainland Australia's highest cliff top lookouts. Tide dependent, you will descend onto Wreck Beach and explore the historic shipwreck ruins before continuing through to Devil's Kitchen for lunch and onto the historic Fiji shipwreck memorial. Wilder days will give an insight into the cauldron-like ocean at this part of the coast.

After lunch, we follow the Devil's Kitchen Track through fern gullies and over a ridge populated with grass trees to Wreck Beach carpark. On our way back to the lodge we divert for a short walk around Melba Gully, an enchanting rainforest gully with towering Mountain Ash and Beech Myrtle with an understory of tree ferns and waterfalls. After returning to the lodge we celebrate our last night together with a rejuvenating foot spa, a long table dinner and a glass of local wine.



Day 4

8km (Easy)



Twelve Apostles

-38.660986, 143.105421

Twelve Apostles Marine National Park

Prinetown

-38.697078, 143.154697

Latrobe Bushland Reserve

- Walk time 3hrs**
more in challenging weather
- Distance 8km**
- Grade Easy**



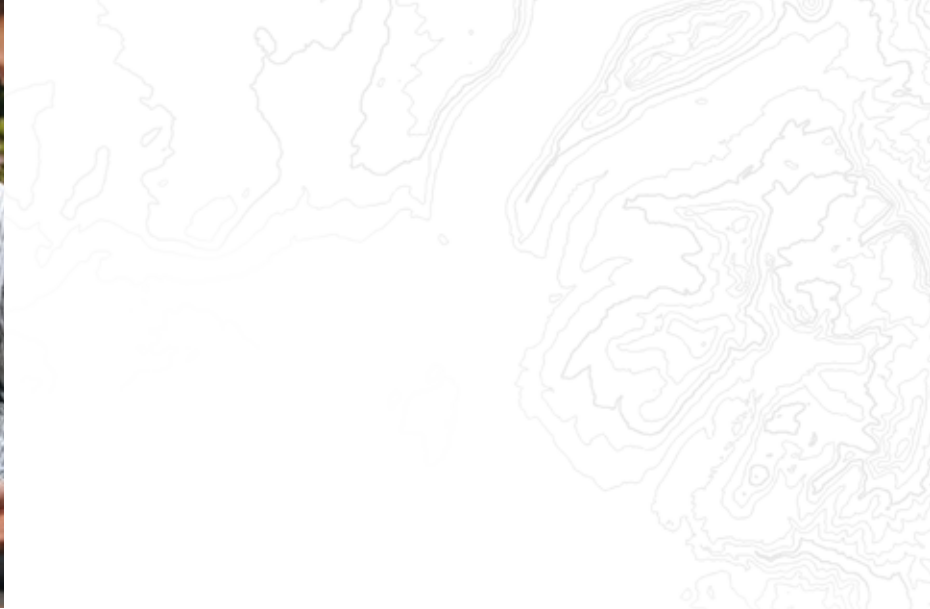
Moonlight Head
-38.761925, 143.242562

Prinetown to the Twelve Apostles

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 to Prinetown.

These fabulous natural wonders emerge on slow reveal as the trail rises and falls along the coastline. There is a viewing lookout exclusively for walkers before our final stretch of trail into the Twelve Apostles Visitors Centre. You've made it!

We'll then move on to the nearby town of Timboon where we visit our dairy supplier, Schulz Organic Dairy for lunch before returning to Melbourne. We offer a drop off to the airport and Melbourne CBD after your walk.



What is included

- Return transfers to and Melbourne CBD or Melbourne Tullamarine Airport
- Daily walk transfers to/from the lodge
- Accommodation at our private lodge (twin share)
- All meals, non-alcoholic beverages and a selection of local beer and wine
- Use of a weather-proof jacket for the duration of the walk
- Quilts, pillows and a comfortable mattress at the lodge
- Lodge library offering a range of books and games (including field guides).
- Two qualified guides for the duration of the walk
- National Parks Pass
- Foot baths including mineral salts

Gear List

The items on the gear list will be packed into your pack (provided) and carried by you.

We provide the following:

- Quality Day Pack (available on the morning of departure)
- Gaiters
- Walking poles
- Rain jacket (3-layer membrane; weatherproof and breathable, available on the morning of departure)
- Lunch container and cutlery
- Basic toiletries (sunscreen, after sun care, insect repellent, Sorbolene-based moisturiser; available at the lodge)

* Fly nets, wet weather pants, dry bags and other weather dependent items are available and offered when required.

* Please note: You will need to organise storage for any excess luggage not required on your walk in Melbourne.

* You're welcome to bring your own backpack and rain jacket if you would prefer. These need to be of an appropriate standard and will be assessed by the guides on the morning of departure.



Essential Gear List

When you arrive at the pre-departure point, please have all the gear you are intending to take with you packed and ready to go.

Essential Items

Please refer to our [footwear guide](#) for specific shoe recommendations for this walk.

We can not over-emphasise the importance of appropriate footwear. Running shoes, sand shoes, elasticised boots and similar are not acceptable. Boots/shoes must be worn in to minimise the risk of blisters. You will be unable to commence the walk without the appropriate footwear, so please feel free to contact us for more details.

- ❖ Polar fleece jacket (preferred) or woollen jumper/pullover
- ❖ Light jumper/sweater (warm)
- ❖ Beanie or balaclava (mandatory in May, September and October)
- ❖ Gloves or mittens (mandatory in May, September and October)

- ❖ Thermal base layer (long-sleeved top and long johns - merino or polypropylene)
- ❖ Lightweight indoor footwear (thongs/sports sandals; for lodge)
- ❖ Sun hat & sunscreen (small bottle for use during the day)
- ❖ Water bottle(s) or water bladder (2-litre total capacity required).
- ❖ Travel mug for hot drinks out on track
- ❖ Head torch or small torch
- ❖ Shirts/t-shirts (merino or polypropylene; 3 recommended)
- ❖ Socks (3 pairs recommended)
- ❖ Underwear
- ❖ Shorts and/or light walking trousers
- ❖ Warm, long pants (evening lodge wear)
- ❖ Any personal medication, including anti-inflammatories and EpiPens
- ❖ Sunglasses

* DENIM AND COTTON CLOTHING ARE NOT ACCEPTABLE FOR WALKING

[Download Footwear Guide](#)



Recommended Items

- 🌿 Camera
- 🌿 Spare batteries or USB-A power cord for camera.

Optional Items

- 🌿 Small mirror (especially if you wear contact lenses)

Tip: Layering

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.

* To ensure sufficient space, we would kindly request that you avoid excessive baggage – refer to Frequently Asked Questions below.

* Your comfort and enjoyment are of paramount importance to us, and our intention is to keep your pack weight to a minimum. Aim for one set of warm clothes for evening and another set to wear whilst walking. Thermals are necessary due to their lightweight, quick-drying and warm properties.

* Please note that guides will do a thorough gear check prior to departure. If you are unsure about anything on the gear list, please call us or talk to your local outdoor adventure store.



Frequently asked questions

How often do trips depart?

Our walks depart twice a week from September to May. Please refer to our booking calendar for dates.

Where does the trip commence/ conclude?

We ask that guests arrive at the Mercure Southbank (9 Riverside Quay, Southbank) at 7:45am for a walker briefing before starting the venture to the Great Ocean Road. We will arrive back in Melbourne with Tullamarine airport drop-off's at around 5.00pm before returning to Mercure Southbank at approximately 6:00pm. We recommend you book flights with plenty of time to spare as our drive may take longer due to traffic.

How many guests will be on my trip?

Each trip requires a minimum of 4 and a maximum of 10 guests. All accommodation is twin share. If you book on as a single walker or in an odd-numbered group and the trip fills to capacity, you will share a room with another walker of the same gender.

Can I bring my own walking gear if I have it?

Absolutely. If you have a favourite pack, Gortex jacket, etc, you are more than welcome to bring your own.

What is the accommodation like?

Twelve Apostles Lodge is an environmentally sustainable, award-winning lodge – your hiking home base. This modern architecturally 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! With footbaths available for use, gear drying rooms, large communal spaces and even a lodge library, you will not be short of creature comforts.

The bedrooms can be configured as king or twin share and all have access to a private en-suite bathroom with flushing toilet and rainwater shower.

How fit do I need to be?

Our walks can be challenging at times, but easy enough to be within most people's ability. We recommend that you be in good health and be moderately fit to undertake the trip. As each trip has two guides, we can split the group according to ability if necessary, 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.

Are there age restrictions?

The minimum age for guests walking with us is 12 years old. There are no upper age restrictions, however, for guests walking with us who are 70 or above we do require a GP to sign off on a letter we provide.



Accommodation suggestions pre and post-walk

Visit our Walk Benefits page for exclusive deals and discounts on accommodation.

www.taswalkingco.com.au/walker-benefits/

Mercure Southbank

9 Riverside Quay, Southbank, Victoria

Ideally located in Melbourne's vibrant Southbank precinct, Mercure Melbourne Southbank offers contemporary comfort and warm, attentive service in the heart of the city. Just moments from the Arts Centre, Crown Entertainment Complex, and the bustling laneways of the CBD, the hotel places guests within easy reach of the city's best dining, shopping, and cultural attractions.

This hotel is the departure and drop-off point for our Great Ocean Road / Twelve Apostles so we recommend guests stay here the night before their walk for a smooth and easy departure on Day 1.



Fitness Training

Multi-day bushwalking/trekking/tramping/hiking is a unique physical activity as it involves endurance, joint stabilisation and strength. Being physically prepared ensures that your experience will be enjoyable. We recommend that you undertake some hiking-specific training in the lead-up, ideally starting 6 months in advance to allow your body time to become conditioned.

Hiking-training is more than just regular walking; your body needs to be prepared for not only the duration of the trek, but also the uneven terrain, undulating hills, pack weight and slippery surfaces. Adequate training months before the trek begins will ensure you are skipping around the hut at the end of the day with a smile on your dial.

3-6 months before your walk

If you have limited experience with long-distance treks, ideally you will get started with your training as soon as possible. We recommend starting with a more moderate training program, and gradually increasing the length/difficulty/duration of your walks.

Ideas:

- ☛ Try parking your car further from work and walking to/from, then every second day increase the distance you park your car from work
- ☛ Getting off your bus a stop earlier and walk the extra distance to work
- ☛ Short bush walks or coastal strolls on the weekend
- ☛ Encourage a friend or family member to walk with you to increase motivation
- ☛ Record distance and duration each day that you walk. Aim to increase either distance or duration each week



5 months before your walk

As you become conditioned and can comfortably walk for 30mins to 1hr every second day (3-4 days per week), it is time to start challenging your cardiovascular endurance by adding hills and stair climbs to your weekly routine. Try to find routes that allow you to walk on uneven ground, as this will help strengthen the muscles of your lower limbs. Start by walking at a relaxed speed up the slope or stairs for the first two sessions (record the time it takes you). Focus these sessions on relaxed breathing and your technique (standing up straight, engaging your bottom muscles as you push through your heels when ascending stairs). Each session following try to increase your pace (decreasing your recorded time).

If you haven't already, start "breaking in" your hiking boots to prevent blisters and determine whether your boots are the right fit and feel. If your boots are more than 10 years old there is a good chance the glue will have deteriorated and they will fall apart. It's better to find this out on your training walk than in the middle of the wilderness!

Stability is essential for injury prevention when hiking, especially when carrying a backpack. This includes stability around your spine and pelvis and your more distal joints such as knees and ankles. Therefore balance, yoga and/or pilates based exercises should be added to your training.

Ideas:

- 🌿 Single leg balances, keeping a micro bend in your knee
 - 🌿 Advance single leg balance by standing on a rolled towel, foam mat or pillow
 - 🌿 Barefoot beach walking on soft sand for ankle stability
 - 🌿 Pilates based abdominal exercises (various depending on starting level)
-

4 months before your walk

On your walk you will be carrying a pack, so we strongly recommend that you start wearing a backpack on your training walks. Start with a lighter backpack (~3kgs) and gradually increase the weight of your pack till 100% of the weight you will carry as noted in the Gear List.

Ideas:

- 🌿 Start to add a longer walk ~2hours at least once a week; this includes wearing hiking boots and carrying a pack
- 🌿 Soft sand walking
- 🌿 Walking on dry riverbeds
- 🌿 Alternating training walks with selected focuses e.g. Mon= hills, Wed= intervals of increased pace, Fri=distance

No doubt you are starting to discover new muscles and feeling a little tight and stiff. Adding a gentle stretching program (after you have warmed up) will aid in injury prevention. Aim to stretch major muscle groups such as hamstrings, quadriceps, buttocks and calf muscles. A gentle stretch of the muscles should be felt and pain should never be produced. Hold each stretch for at least 30 seconds and avoid bouncing movements.



3 months before your walk

Map out a 7km hike in your area consisting of average hills and flat surfaces. Time how long it takes you to walk this distance (wearing hiking boots and backpack). Complete this hike once per week in conjunction with your other walking. Each week, add an extra km to your hike. By the end of the month the goal is to walk 10km comfortably. This hike is a good chance to practice with all the gear that you intend to take on your actual hike. This will enable you to work out where things are best located in/on your pack for your individual preference. Now is also good time to add in more strength based exercises.

Ideas:

- ☞ Squats (feet are hip width apart, body weight in your heels). Advance by added weights in each hand or increasing repetitions
- ☞ Lunges (alternating legs in front, protect your knees by making sure front knee does not come further forward than your ankle, keep torso up straight). Advance by increasing repetitions, adding weights in hands or walking lunges

2 months before your walk

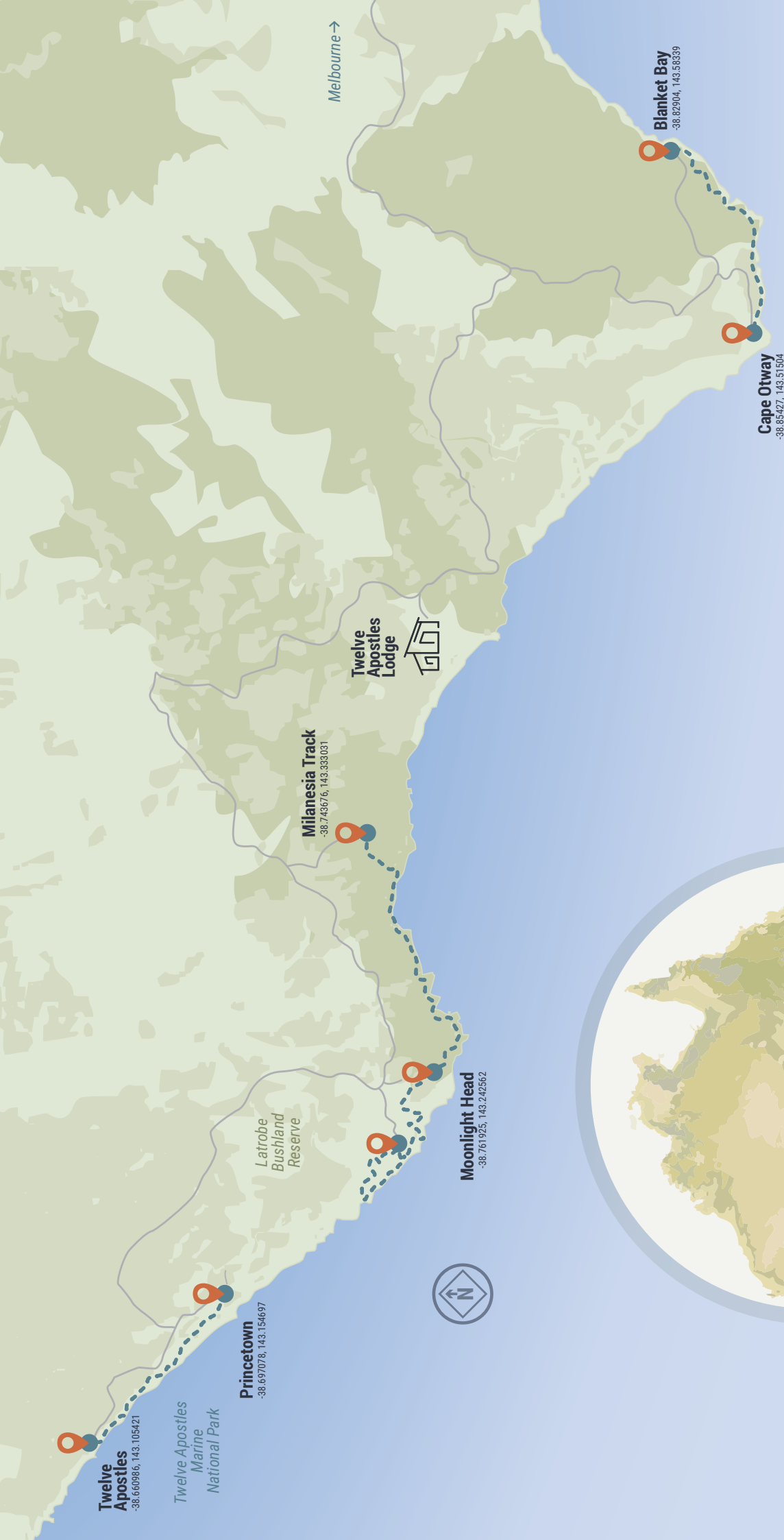
The trekking tour is getting closer and now you are comfortable walking on different surfaces at different intensities. On the actual hike, you may be required to walk long distances on consecutive days in all weather conditions. Aim to walk 30mins-1 hour every day of the week, despite the weather (in addition to your weekly 7km hike).

Continue carrying your backpack that you will actually need to carry on the walk. Ideally by the end of this month you will be able to comfortably carry up to 100% of the required weight on all your training walks.

1 month to go!

This is your "tapering" month, we recommend reducing the intensity of your training in this last month to avoid a burnout. The idea is to keep walking regularly, but decrease your intensity e.g. slower pace, one stair at a time rather than two, decrease your pack weight back to what you will carry on the trek. The last thing you want to do is get an injury just before your walk.

Remember to continue your strengthening and stretching exercises throughout your hike.



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**AUSTRALIAN
WALKING
COMPANY**

Contact us

To make a booking or enquiry:

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For existing bookings:

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Leave a review

Don't forget to pass on your feedback at the end of your trip! Is there an aspect of the walk that amazed you, or is there something we can do better?

Leave us a review on **Trip Advisor** or **Google** to share your stories with other walkers and pass along any feedback for our team.

Subscribe to our Newsletter

Don't miss anything. Get news about our walks, special offers, events and behind-the-scenes stories from Australian Walking Company.
www.taswalkingco.com.au/stay-in-touch

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Tasmanian Walking Company Foundation Shop

From merino shirts, to drink bottles and art. We sell a range of outdoor and hiking gear at our walker bases and in our online shop. 100% of proceeds from sales go directly towards projects that the Tasmanian Walking Company Foundation supports.

<https://taswalkingcofoundation.square.site/>

Walker Benefits

See our valued partners businesses who provide discounts to our walkers.

www.taswalkingco.com.au/walker-benefits