



Grampians Fitness

Train in the heart of the Australian bush

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Our Bush Retreat is a unique fitness vacation amongst the stunning flora and fauna of the striking Grampians National Park, just a short 3 hour drive from Melbourne.

You will take part in fitness testing, training goal setting and a mini triathlon, which we work around a fun week including sessions on deep tissue massage, training posture, injury prevention, mechanics of running, diet and metabolism, and breathing around our exciting outdoor activities such as trail running, mountain biking, kayaking, swimming, boxing, flexibility, circuit training and team exercises where we use the great outdoors and local natural history around us for inspiration. Our program is designed to educate you and your body and enjoy an 'active rest' in the outdoors and this beautiful setting. The Grampians are a natural wonder – waterfalls, fascinating rock formations, spectacular lookouts, wildflowers, fern gullies and wetlands – and a wonderful place for an outdoor adventure due to its beautiful environment.

Halls Gap is a quaint village dwarfed on each side by sandstone mountain walls rising steeply and sharply. This is the only town in the National park and it is a great base for our retreat.

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Day 1 Arrive Melbourne and transfer to Grampians National Park

The Grampians National Park is located 300 km's west of Melbourne and we will arrive in time for a lovely bush lunch waiting for us at the log cabins at the foot of the mountain's that we will call home for the week. This area is an oasis of biodiversity and contains a large variety of plant, animal and bird species and as part of learning about using the outdoors as an important part of a healthy life and training schedule, we will learn more about the creatures that call this area home.

Arriving at the cabins and having eaten an energy rich meal after our trip, we will settle in and get acquainted with our lovely cabins and communal areas and meet the team who will educate and support us through our week of fitness activities and education of this amazing area.

D'alton's Log Cabins, the setting of our stay will put a smile on everyone's face as they see the steep escarpment rising above the gum tree bush setting as the kangaroos, blue tongue lizards and occasional emu go about their daily business in close proximity. Our cabins have their own kitchen, bathroom, veranda, BBQ area as well as lounge to relax in.

Over lunch we will chat about the week ahead and what to look forward to. Our leaders certainly have a passion for the outdoors and looking forward to sharing it and making it part of the make up of all those who join the fitness retreat.

We will spend the afternoon with some fitness tests to help assess goals and fine tune plans for the week's workshops and activities.

A lovely light run through some of the National Parks flatter areas followed by a stretch and swim before our welcome dinner will help ease the muscles and let you see first hand the great setting we have chosen for this retreat.

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Days 2 – 5 Bush Fitness Retreat

Our typical day will begin with an early morning low to moderate intensity session before our healthy breakfast. These pre breakfast activities will be made up of swimming, running, boxing and stretching/flexibility sessions to raise a light sweat and get the blood pumping. In the AM we will then trail run (with some interval training, speed training, running technique drills, hiking skills or cycle (both MTB through the great bush paths amongst the gums and wildlife, and road riding with training, interval and speed drills) or possibly both should we be having too much fun – which is highly possible ;-)) All the time we are with our experienced guides and leaders along the trails and tracks around the National Park and we stop from time to time to take time out from our bodies to do some exploring as we go and enjoy learning more about the natural history, the habits and habitats of the wildlife we can hear by not see, learn about their natural movements and how we can mimic them in this surrounding for better coverage. One special morning will be an 'active rest' where we run through some more advanced swimming, running and cycling training or take the time to enjoy the outdoors for all it is worth and take part in a morning of abseiling, rock climbing or kayaking.

Lunch is always at the cabins and we rotate the location to help preparing the healthy food so we can learn and experience first hand this underrated part of a healthy lifestyle. The food has been designed especially for our program by a local nutritionist and dietician. During this time we will have our workshops running over topics such as metabolism of someone training and living a healthy energetic life, breathing, stretching, flexibility and relaxing, strength work out of the gym, overtraining, deep tissue massage and injury prevention, running/cycling/swimming mechanics, training and daily life posture and diet. In the afternoon we will do a great mix of diverse and shorter sessions including flexibility work, circuit training, kettlebell training, and strength exercises spread through some rides and trail runs with maybe some relaxing swims to finish the days exercises.

Dinner are all back at cabins after showers and reflection on the days activities, training ideas and personal achievements and insights. All meals and snacks are included.

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Evenings are free to enjoy each others company as great friendships with likeminded people from diverse backgrounds are a motivating factor for the outdoor fitness coaches who are not just involved in leading each days expeditions but enjoy time together in this great setting. After dinner we will run some short sessions on various topics including effective training in everyday life with a guest speaker. We will also go for a spotlighting night walk to see the forest come alive and learn more about its many inhabitants. The star-filled night sky makes a great companion for our fire dinner settings. If it's a clear night – which it is most nights – we will enjoy a guided tour of the heavenly bodies of the skies through a telescope. Seeing the Southern Hemisphere stars, view of the Planets and Moon, will lead to explaining more about Star Clusters and constellations and most importantly about the lack of light pollution that makes this all possible in a bush and rural setting like this. A view that is almost totally lost in most urban areas as they are poorly designed with artificial light being allowed to shine outward and upwards into the sky where it actually isn't wanted. We try to reconnect people with that old friend – the night sky. Frogs don't confuse brightly lit freeway noise with breeding calls of females of the species and end up squashed on the busy roads. Birds don't crash into buildings blazing with light. Nocturnal mammals can forage as they always have here, not needing to be more cautious due to the constant nightly presence of a full moon due to man made light streaming into their habitat.

Aboriginal Art and Culture

The Grampians (or Geriwerd) is rich in Aboriginal culture. We will introduce you to some of that culture through our friends at Brambuk National Park and Culture Center, rock art on our trails as well learning about the natural history and flora and fauna that have shared the area with the local Aboriginal people for 10,000 years. As part of our program, we offer the possibility of didgeridoo playing, traditional painting, as well as an introduction to boomerang throwing and tracking the local mammals like the echidna or sugar glider. We always try to time trips with some tree planting in the nearby area to learn more about this draught effected area and what can be done to help. We will also try to catch the local specialty – yabby – a tasty fresh water version of a crayfish.

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Trail running and mountain hiking

Each aerobic session will vary in intensity during the week as we strengthening your cardiovascular system and work your quadriceps, calves, and hamstrings. Due to the scenery, the air, the climate, the setting and the silence of nature, these sessions are tremendously enjoyable and physically stimulating for the mind, body and soul. You will not know what hit you back in the office! The day's running activities will be planned around individual fitness levels and the pace and physicality can be set accordingly.

Nutrition

We offer a diet carefully designed for us and what we are trying to achieve with the people we are bringing out of their urban comfort zones and into the bush. The diet promises to help your body detoxify and will provide the nutrients that are necessary for a healthy and active week. The diet focuses on your special needs and objectives, by providing you with enough power and energy to complete all of the activities of the program.

Your Team

Our Fitness Retreat was conceived by a group of friends and family who are devoted to fun discovery of the many physical benefits to mind and body of exercising outdoors in and around nature. They are lucky to live in and area this inspiring area and are exciting about giving you an adventure you will talk about for a long time. With training and experience in team and individual sports, eco tourism, wilderness training, adventure events, outdoor activities, cycling and trekking adventures in Australia and around the world, our team are a group of people fully committed to help you going through this challenging week and ready to offer you an unforgettable life changing experience.

The philosophy is simple – do not be scared of this program. Fitness vacations are a new concept but we take the worry and uncertainty out of what this week is about by letting you know it is something you can and should do as with a minimal level of fitness but a keenness to learn, anyone can enjoy it.

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Day 6 Mini Triathlon and Depart for Melbourne

Sadly, our Fitness Vacation draws to a close with everyone feeling fitter and more healthy for it.

After some stretching and a final flexibility session we have a final breakfast and send the morning on a mini triathlon to end our time and feel the results of all our work and effort.

Our final BBQ lunch and maybe a well earned beer or wine, will conclude with some chats about how to apply the sessions and learning back into everyday surroundings that everyone returns to.

We return to Melbourne via a visit to the famous Seppelt's winery and depending on how much we are enjoying, we plan to be back in Melbourne around 5pm.



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Accommodation

Spacious log cabins (5 nts)

Meal Inclusions

All meals and snacks from Day 1 lunch to Day 6 lunch are included.

Transport

Private Van transfer to Halls Gap, Grampians National Park, Cycling.

Activities Included

- 5 nights of lodging (arriving on Sunday and leaving on Friday)
- Private room and bath with veranda, AC, a kitchen per cabin and BBQ
- All meals, juices, mineral water and snacks everyday (natural cuisine developed by nutritionist for us)
- Between 5 and 6 hours per day of supervised activities (see itinerary above)
- Round trip from central Melbourne to Grampians

Optional Activities

- Abseiling, Rock climbing and kayaking
- Aboriginal Culture Center Activities – boomerang throwing, traditional painting, Didgeridoo playing



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