



Natural Fitness: Australia

Discover Natural Fitness in the Australian Bush

Our fitness holidays are not just about improving your health and wellbeing, but they are also a unique opportunity to transform your approach to fitness.

Whatever your age or fitness level, our Natural Fitness philosophies will help you develop the tools for life-long health and vitality.

Join us in Australia for a unique fitness experience.

At a glance:

- Design your trip
- Courses range from 3 days to 3.5 weeks. There are 10-16 guests per course giving a fun group atmosphere and plenty of individual attention. Suitable for all fitness levels and a wide age range.

Sample itinerary

- Day 1 - Arrive into Melbourne and travel to the Grampians national park.
- Day 2:
 - Individual fitness assessments and diet plans.
 - Introduction to bush running
 - Introduction to boxing
- Day 3:
 - Functional movement challenges
 - Sports massages
- Day 4:
 - Interval training
 - Swimming
- Day 5 - Adventure Hike
- Day 6:
 - Bush running challenges
 - Boxing challenges
 - Diet clinic
- Day 7:
 - Individual re-assessments.
 - Travel to Melbourne and depart.

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Venture specialises in small group travel - designing activities and itineraries tailored to ensure that you get the most out of your Adventure, Expedition, or Event.



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What's Included:

This is a list of included activities on this trip. All other activities are optional and at your own expense. For a list of optional activities and sightseeing available on this trip, see the optional activities section below. If you choose not to participate in the included activities on this itinerary, the cost will not be refunded.

Meal Inclusions

- All meals

Transport

- Transfer to and from Melbourne airport

Accommodation

- Sports camp accommodation

Optional Activities

- TBC

Physical Rating

You are required to carry your pack on and off trains/buses and up hotel steps.

This itinerary is an active itinerary and requires a high level of fitness

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Fast facts

Grade:

- Advanced Level

Private Groups:

- Private group options are available for this trip

Singles:

- A single supplement is available for this trip

Leader:

- Expert local leader

Trip dates

- TBC

Trip cost

- TBC

Options & supplements

- TBC

Important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

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