



# GRAMPIANS FITNESS DAY

6 hours of guided activities and training

## Detailed Itinerary

This is no ordinary fitness day. It will include a wide variety of training techniques that will have you feeling exhilarated, however leaving you completely exhausted by sundown. The day will begin at 9am with a warm up, followed by a high intense, natural movement session at the base; that will include various relay type activities. This will be followed by a team building session that is ultimately a tough race through the rugged terrain of the Grampians National Park; bikes and other equipment must be carried or rode to a destination along a single, windy track. Once the group arrives, there will be a short circuit training exercise, pushing everyone to their limits. After a 1 hour lunch break, there will be a kayaking session focusing on the upper body. Once we reach our destination on the other side of Lake Bellfield, we will commence a gymnastics type session that will require lots of partner and team work to complete. As a group we will then kayak back across the lake, so that we can complete our final 2 sessions. One being an uphill fartlek session, and the other a bike ride back to the base to complete our day.



## What's Included

- 6 hours of training and fitness based activities

- Lunch, snacks and water

## Other Options

- Extra day extensions, which includes overnight accommodation arrangements





## Fast Facts

Halls Gap - The Grampians National Park is home to some absolutely stunning flora and fauna; with steep sandstone mountain ranges setting the backdrop for an ideal workout environment .By its very nature adventure styled travel involves an element of the unexpected. To get the most out of your adventure it is important that you are mentally flexible, positive and eager to take on all the challenges that arise.



## Contact Details

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## IMPORTANT NOTE

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These trip notes represent the most current information for this itinerary and all information 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

**Price – \$60**  
for the day  
and all its  
inclusions