



TRAIL RUNNING DAY

6 hours of guided training and fitness based activities

Detailed Itinerary

The day will begin at 9am, with an early morning yoga session. This will be followed with some dynamic stretching, so that your body is adequately prepared for a jam packed day of physical activity! Our first trail of the day will be a 10km course through the naturally rugged terrain of the Grampians National Park, concluding at the Halls Gap oval. A proper cool down will end the morning's session and we will head back to the base for a much deserved break and light lunch. The afternoon will consist of another trail run, which will again utilise the Grampians unpredictable and challenging environment. This track will conclude at Lake Bellfield, where water and snacks will be waiting. The day will finish with a kayak on the lake, allowing your legs some much needed recovery time.

What's Included

- 6 hours of training and fitness based activities

- Lunch, snacks and water

Other Options

- Extra day extensions, which includes accommodation arrangements





Contact Details

Email -

info@ventureea.com

Website -

<http://www.ventureea.com/>

IMPORTANT NOTE

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

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.



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