



Alacrity Health

Support done differently.

Great Ocean Road Retreat Itinerary



JOIN US ON AN ADVENTURE ALONG THE GREAT OCEAN ROAD!

Explore an endless coastline with wild bushland, rare native animals, and breathe in the coastal breeze.

Watch as we drive through painted backdrops of hills spread with wind turbines, farm animals and mountain tops on our way to the famed Wilsons Promontory.

Experience country life as we enjoy local townships, villages and freshly produced food from the local farming markets.

Gippsland is the most beautiful region in Victoria with endless lands and opportunities to explore. Join us on the journey with a Gippsland local to experience the wild nature and wonders of this region.





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ACTIVITIES



Itinerary

Day 1:

Arrive at the retreat late morning (not without a morning pastry and coffee!), settle in and explore the local beach which is just a short walk away. Enjoy lunch locally and explore the surrounding towns.

Day 2:

Drive down to Wilsons Prom for the day and explore the amazing local beaches and mountain views, including the famous Squeaky Beach! Come back for a home-cooked dinner or enjoy dinner at the local fishing town of Port Albert to experience the local country vibe.



Day 3:

Explore the local towns including Toora, Foster, the wind farms and surrounding hills. Get involved with local culture and activities. Today is a flexible day where we can get out and about with the group or retreat early to stay in and play some games and socialise.

Day 4:

Our way back home! Not so fast though, as we will pass Phillip Island and check out the chocolate factory and surrounding nature and beaches on our way home. We will arrive back in Melbourne at the end of the day.

GET IN TOUCH!

FOR MORE INFORMATION ON COSTS, OTHER RETREATS WE ARE HOLDING, OR TO BOOK YOUR TRIP,
CONTACT US OR HEAD TO

ALACRITYHEALTH.COM.AU

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VENUE & EVENT DETAILS



When?

Our Gateway to Gippsland retreat runs from 23rd March (pick up) to 26th March (drop off) 2022.



Where?

Coronet Bay in Gippsland. We will be exploring much more of the Gippsland region during our stay.

What is included?

Everything! Our day trips are fully funded. The only things you may be out of pocket for are if you decide to purchase extra food, snacks, groceries etc outside of what we are covering for you. All meals are provided otherwise. You should bring:

- Enough clothes to last you for four days
- A drink bottle for when we go out and about
- Any medication or other necessities

Other products such as sunscreen, snacks, entry tickets are all covered under our trip, there's nothing you need to contribute.