

# QBI Steps for Dementia Research

Supporting the Alastair Rushworth PhD Alzheimer's Endowment Fund

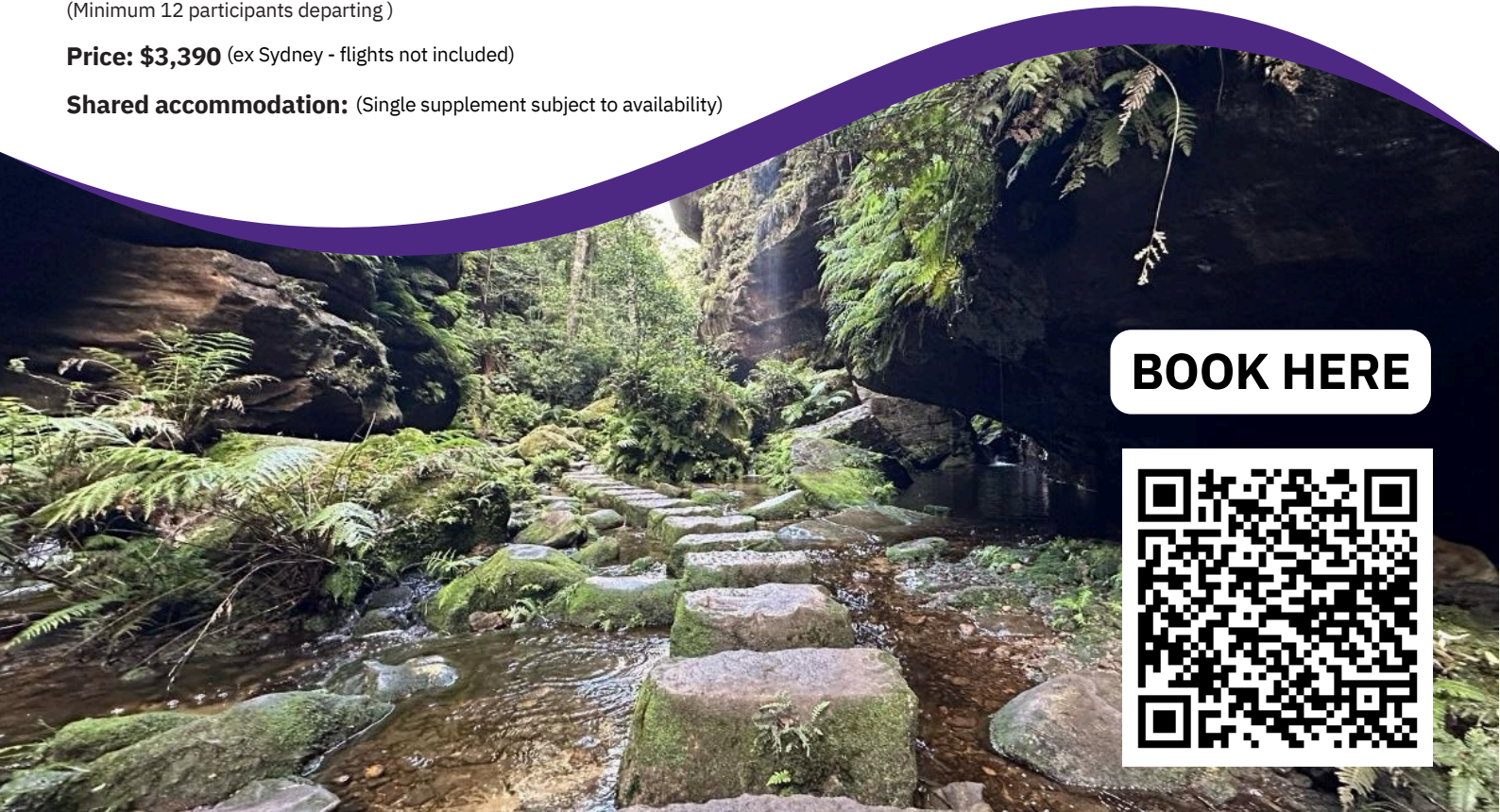
## Blue Mountains Adventures 2024

**31st October - 4th November 2024**

(Minimum 12 participants departing)

**Price: \$3,390** (ex Sydney - flights not included)

**Shared accommodation:** (Single supplement subject to availability)



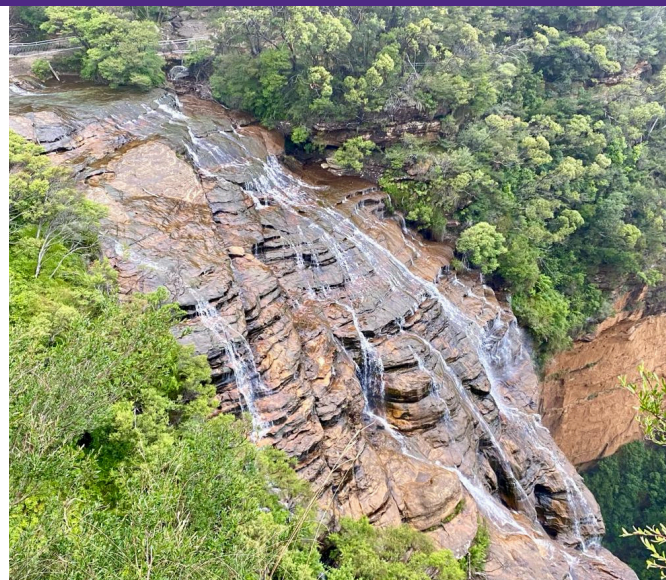
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## RAISING MONEY FOR DEMENTIA RESEARCH AT UQ'S QUEENSLAND BRAIN INSTITUTE

The Alastair Rushworth PhD Alzheimer's Endowment Fund at the Queensland Brain Institute (QBI) provides critical support for a young scientist researching dementia.

Join the Aurora QBI Team as we take on sections of the stunning **Blue Mountains in New South Wales** and raise funds for this amazing cause.





Janice Rushworth with past Scholarship recipient Dr Igor Bonacossa Pereira and current recipient Montana Samantzis



Montana Samantzis is the current Scholarship recipient



Dr Igor Bonacossa Pereira explaining his research



Flinders Ranges 2023

## Blue Mountains Adventures 2024

**Dates:** 31st October - 4th November 2024

(Minimum 12 participants departing)

### Inclusions

**Your trek cost includes:**

- Fully guided walk each day with support vehicle available for pick up at access points
- Meals as indicated on the itinerary
- Satellite phone for emergency use
- Accommodation on trek
- Trek notes/packing suggestions
- 6 week supervised training program
- Shirt and cap
- Park permits and trek transfers

**Price:** \$3,390 per person

(Based on shared accommodation)

### Exclusions

**Your trek cost excludes:**

- Personal expenses
- Personal medications
- Flights to and from Sydney
- Meals not listed in itinerary
- Boots and a small amount of personal trek clothing

# Blue Mountains Adventures 2024



## Training

A six-week training program is provided which includes two training sessions per week, a Saturday morning hike and Wednesday morning stair training. **It is important for trekkers to attend training and prepare for the walks.**

## Itinerary

### Day 1 - 31 October 2024

Arrive at Sydney airport dressed ready to trek. The bus will pick up the group at 10am and transfer to the Blue Mountains (~2.5hrs transit). The first trek is the Grand Canyon Track which is a 6.3km circuit walk. The walk will immerse you in the beautiful lush Grand Canyon and finishes with magnificent views of the Grose valley at Evans lookout. (Grade 3 classification short steep inclines, many stairs, well formed track). After the walk, we'll transfer to accommodation at Fairmont Hotel for a 4-night stay and Welcome Dinner.

**Meals: (L,D)**

### Day 2 - 1 November 2024

We will walk a section of the historic Six Foot Track (formerly a 19th century heritage bridal trail) from the Megalong Valley to Bowtells Swing Bridge and return. A beautiful walk in the Megalong Valley, some stairs with moderate inclines and descents, fire trail road and bush track. (Grade 3 walk, Distance, distance 15km)

**Meals: (B,L,D)**

### Day 3 - 2 November 2024

Starting the trek at Echo Point in Katoomba taking in the beauty of The Three Sisters before descending via the Giant Stairway to the valley below and making our way to the stunning Leura Forest and Cascades and then to the village of Leura via the Grand Cliff Top Walk for lunch. There is an option after lunch to walk back to Echo Point via Leura Park and a different section of the Grand Cliff Top walk. (Grade 3, many stairs with some steep descents and ascents; Distance 10-15km).

**Meals: (B,L,D)**

### Day 4 - 3 November 2024

Walking from the Fairmont Hotel to Wentworth Falls along the Grand Cliff Top walk and the Overcliff-Undercliff track. You will be rewarded with great views and the incredible Wentworth Falls. (Grade 3, smaller stair sections; Distance 12-15km).

**Meals: (B,L,D)**

### Day 5 - 4 November 2024

After breakfast at accommodation, we'll check out of accommodation and transfer to our end of trip celebration. From the celebration we will transfer to Sydney airport for flights home.

**Meals: (B,L)**

**To book your spot on this incredible adventure, contact the friendly Aurora team at [info@aurorahq.com.au](mailto:info@aurorahq.com.au) or complete form:**

**<https://form.jotform.com/auroraadventures/qbi-blue-mountains-adventures-2024->**

*NB: After paying deposit trek fees can be paid in installments up to six weeks prior to departure. Contact us to set up your payment plan.*

