

QBI Steps for Dementia

The Mornington Peninsula

22-26 OCTOBER 2026



In 2026, UQ's Queensland Brain Institute "Steps for Dementia" Walk will visit the breathtaking trails and pristine beaches of the Mornington Peninsula—an unforgettable experience in one of Australia's most spectacular coastal regions.

Your participation directly supports dementia research at QBI through the **Peter Hilton Alzheimer's Research Endowment**. In 2026, our goal is to grow the fund so we can provide ongoing annual support for its first early-career researcher in QBI's Clem Jones Centre for Ageing Dementia Research. Together, we can make this vital milestone a reality.

Be part of something truly impactful. Lace up your boots and walk alongside the QBI / Walking Escapes team as we come together to support life-changing research and create a brighter future for those affected by dementia.



To secure your spot on the 2026 Steps for Dementia Walk, simply email Lyn Morrison at Walking Escapes: lyn@walkingescapes.com.au by 31 January, 2026.

A \$1000 deposit will be required in early February to confirm accommodation bookings at the Mornington Peninsula.

Itinerary

5 days/4 nights

**\$3499/PERSON TWIN SHARE EX MELBOURNE
(ALL INCLUSIVE)**



Thursday 22 October: Melbourne / Sorrento / Bay Trail Afternoon Walk 12km

The afternoon's trail offers stunning seaside views, as we walk through Moonah trees along the Blairgowrie Beach foreshore and past historic landmarks.

Friday 23rd October: Point Nepean Walk 18km

Today's walk is a blend of history and natural beauty as we wander through the Point Nepean National Park

Saturday 24th October: The Coastal Walk 18km

We take the historic "Lifesaving Track" and walk through dunes, past picturesque beaches, rock pools and continue on to Diamond Bay.

Sunday 25th October: Two Bays Walking Track 16km

Today's leisurely walk encompasses eucalypt forests, rolling grassy hills and spectacular coastal views of Cape Schanck.

Monday 26th October: Millionaire's Walk 5km / Winery Lunch / Home

This morning is an easy walk along the Sorrento coastline. Departure will be late morning for the celebration lunch at a local winery. Afterwards there will be transfer to Melbourne airport.

Inclusions:

- Professionally Guided walking.
- Transfers Melbourne Airport (return) & trail.
- Relax with 4 nights in beautifully appointed accommodation, in the same hotel for the duration of your stay.
- All meals and celebratory lunch.
- Training sessions to prepare you.
- Full Itinerary & packing list.
- Walking Escapes personalised service.

Exclusions:

- Airfares to Melbourne.
- Discretionary items ie: Beverages.
- Single supp available on request (\$820).
- Travel Insurance is compulsory for the trip.