



Every day in Australia, two people are diagnosed with motor neurone disease (MND) and two people die from it. This progressive and terminal illness has a devastating impact on the person diagnosed as well as their families and carers who witness the way MND steals the person's ability to move, speak, swallow and eventually, breathe. By challenging yourself to trek Queensland's Scenic Rim, you'll raise vital funds for MND Queensland to provide support, care and information to Queenslanders diagnosed with MND.

On this incredible three-day adventure you begin in the foothills of South East Queensland's Main Range National Park and follow the stunning Scenic Rim trail, challenged by a mix of steep ascents and rugged terrain. You'll ascend Mount Cordeaux, reach the summit of Mount Mitchell, and explore World Heritage-listed Lamington National Park. The whole time you'll be raising funds to help support people with MND, and raising awareness of the disease and its impacts.

Highlights

- » Witness mountain ranges, ancient rainforests, spectacular lookouts and rare wildlife of the Scenic Rim
- » Take in magnificent mountain views as you stand on the edge of the Great Dividing Range
- » Travel to the Lonely Planet's Top 10 Regions of 2022 - the Scenic Rim
- » Raise vital funds for MND Queensland and make friends with like-minded people when you travel for good



23-25 August 2023



Moderately challenging (3/5)



Fundraising target: \$2,500

Travel package: \$1,573

Land only and subject to change



Twin share in 3-star motel accommodation

Register before 21 December 2022 and save \$100 on your travel costs

Register now:

www.inspiredadventures.com.au/event/mnd-scenicrim-2023

The difference you'll make

The money you raise during the MND Walk for Care will provide support to Queenslanders diagnosed with MND, including access to specialist MND advisors, a telephone helpline, support groups, up-to-date educational resources and in-house client services like physiotherapy, occupational and speech therapies. It will also be used to purchase equipment to make the lives of those diagnosed with MND easier.

Here are some of the ways the funds will be used:

- » \$50 provides valuable information and support through our Infoline. When someone newly diagnosed with MND (who is filled with confusing emotions) calls, it's often an enormous relief to speak to someone who understands and can provide expert information and advice.
- » \$125 creates a legacy by capturing precious memories and creating a Life Stories book for a client to record their lives, loves, quotes, photos.
- » \$400 helps guide a person through the NDIS application process providing 4-6 hours of free pre-planning advice for NDIS onboarding.
- » \$900 makes living with MND more comfortable through providing a Suction Machine to assist in removing excess saliva for someone who is having difficulty swallowing.
- » \$5,000 gives someone diagnosed with MND after the age of 65 (who can't access the NDIS) the basic support they'll need over their MND journey helping with mobility, comfort and independence. With our donors' help we offer over 65s care packages that give people access to MND expert Occupational Therapy, Speech Therapy and/or Physiotherapy as well as MND Advisors. These care packages also cover the cost of hiring essential equipment.



About MND Queensland

MND Queensland is a leading organisation wholly focused on supporting people living with MND, as well as their families, friends and carers, by offering understanding and practical assistance and delivering information, education and specialist support services.

We form part of MND Australia, the national peak body of state organisations that support those living with and impacted by MND. This extensive network allows us to increase understanding of the disease, advocate for those affected and fund world-class research.





Trip notes

B = Breakfast, L = Lunch, D = Dinner

Day 1: Wednesday 23 August 2023 Gold Coast – Mount Cordeaux

Welcome to Australia's Scenic Rim, a thriving rural paradise in the foothills of the Great Dividing Range. Your adventure begins on the Gold Coast where you'll be picked up at 8.30am by your local guide and meet your fellow travellers. From here, we hit the road and drive towards Mount Cordeaux, on the northern side of Cunninghams Gap and overlooking the Scenic Rim. Follow the walking track up the mountain, passing by an abandoned goldmine shaft where gold was never found. The track ends just before the summit and you'll be rewarded for your efforts with showstopping views of the Main Range National Park, the Darling Downs and even the high-rise buildings of Brisbane in the distance. We descend the mountain then join the Rainforest Circuit, venturing through lush vegetation as your leader shares stories of the flora and fauna that call this place home. We then climb to an incredible lookout serving up views of Lake Moogerah and the Fassifern Valley. This evening we return to our accommodation for an evening at leisure.

Meals: **B** **L** **D**

Trekking distance: 9km

Day 2: Thursday 24 August 2023 Mount Mitchell

Enjoy breakfast at the accommodation before we drive to Mount Mitchell, a volcanic peak in the Main Range National Park to the south of Cunninghams Gap. Today we'll be conquering its summit, and while some parts of the track are quite steep, you can rest assured the views from the top make every step worth it. Cross through mountain heath, woodland and rainforest, and be sure to look towards the sky in search of peregrine falcons soaring above you. We make a stop at the top to admire views of Mount Barney, the Main Range and the Moogerah Peaks before descending down the mountain. This afternoon, we drive to the Bunjuren Estate Vineyard in the heart of the Scenic Rim. While here you can indulge in a wine tasting (at your own expense). If you do, you'll soon find out why the region's shiraz is so acclaimed. Otherwise, just sit back and enjoy the serene location.

Meals: **B** **L** **D**

Trekking distance: 11km

Day 3: Friday 25 August 2023 Lamington National Park – Gold Coast

Take some time to enjoy our final breakfast together before we head to Lamington National Park, named after the same bloke as your favourite coconut-covered cake and every bit as appealing. This World Heritage Site is dotted with ancient trees, tumbling waterfalls and fascinating wildlife, all best discovered on foot. We venture into the park for a final walk and uncover its natural wonders with your local leader's expert guidance. This afternoon, we return to the Gold Coast, and it is here our Scenic Rim adventure comes to an end.

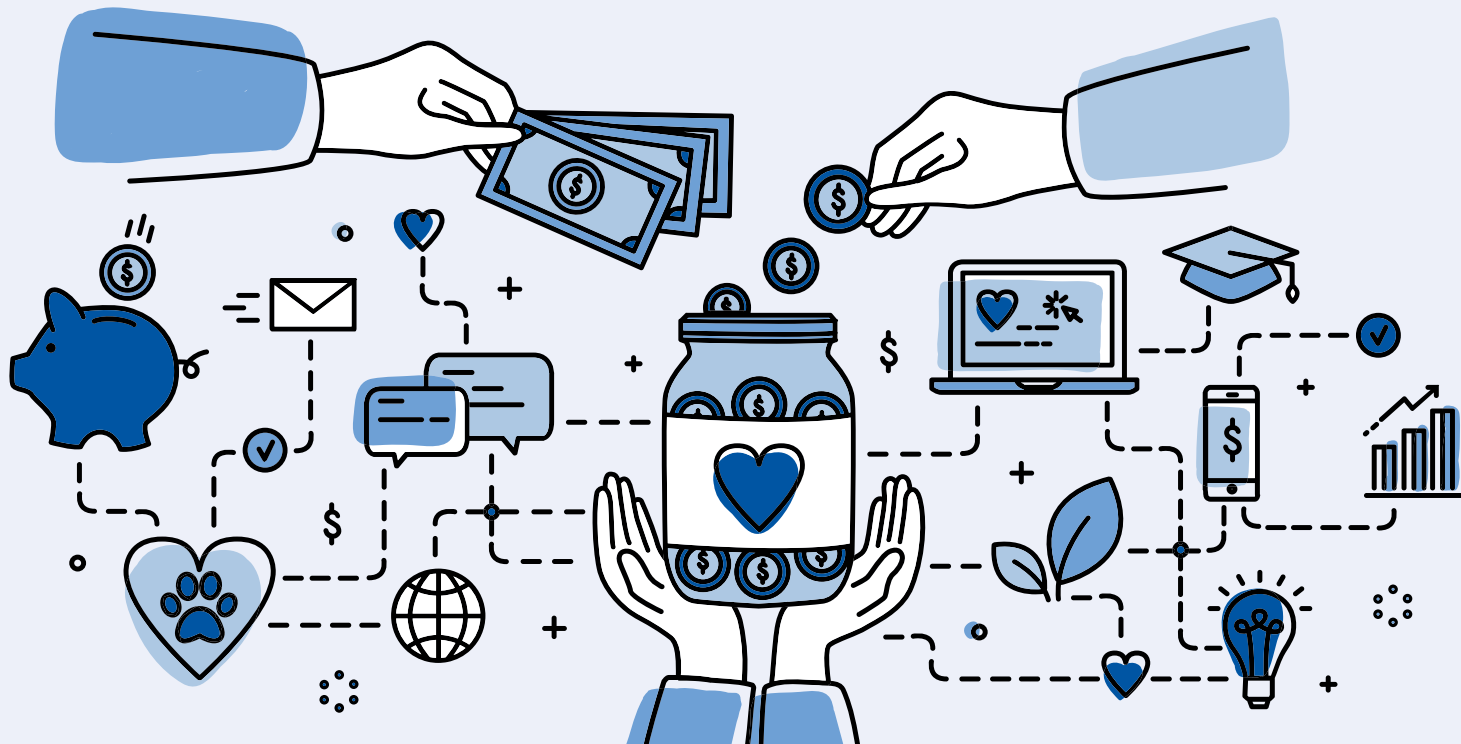
Meals: **B** **L** **D**

Trekking Distance: 2-10km

Includes: Transfers as per itinerary • Twin-share accommodation in 3-star motels • Meals as per itinerary • Water on trekking days • Local guide

Doesn't Include: Flights • Airport transfers • Travel insurance (highly recommended) • Soft drinks and alcoholic beverages • Personal expenses • Tips and gratuities

If absolutely necessary, Inspired Travel may have to add on an additional supplement fee. This fee would be required if our operator needs to add on additional vehicles, equipment and/or staff.



Fundraising

The people who enquire about our adventures are looking to make an impact for the causes they care about. Fundraising not only generates needed funds, it also creates opportunities to educate and advocate within your network.

Most of our participants are first-time fundraisers, who are seeking a way to make a difference and to get involved. We know fundraising can seem daunting, but with the support of Inspired Adventures, participants raise \$5,500 on average, far surpassing their initial expectations.

When you join an adventure, you will be paired with a member of our fundraising team, who will be there to support and inspire you every step of the way. They will help you create a

fundraising plan that is personalised to your time availability, level of experience, and network. The support they provide is as much as you need and is personally catered to you.

Additionally, you'll have access to an all-in-one fundraising hub which includes a dedicated fundraising page, a toolkit and planning resources, and as many ideas as you can imagine.

Sample Fundraising Plan for \$4,000+



Travel

COVID-19: Safe travel and flexible bookings

We understand the challenges of planning ahead right now. That's why we promise to look after you if your adventure is affected by COVID-19.

Flexible bookings: If COVID-19 travel bans mean your Inspired Adventure cannot go ahead as planned, we will endeavour to reschedule the departure to a later date or you will receive a travel credit

Keeping you safe: We've developed a stringent COVID-19 Pandemic Safety Management Plan in cooperation with government guidelines, tourism boards and the advice of medical experts to minimise the risks associated with travel as best as possible.

To learn more about what we're doing to keep you safe, you can visit our COVID-19 hub at www.inspiredadventures.com.au/our-covid-response

Responsible travel

When you travel with Inspired Adventures, you can be confident we've taken steps to look after you, the communities we visit and the wellbeing of our planet. Responsible travel is at the heart of everything we do.

Environment: \$10 from your travel deposit will support carbon credit programs in partnership with Carbon Neutral to offset the emissions from this trip.

Treading lightly: Trekking is a great, low-impact way to explore.

Small group travel: Your team will consist of a maximum of 25 people. Better for you and better for the planet.

Responsible business: Inspired Adventures is a certified B-Corp, committed to using business as a force for good



Payment Information

In order to secure your place, you will need to pay half of your travel deposit (\$475) upfront, and the second half four weeks after registration. This is non-refundable.

A second instalment of your balance is due 6 months prior to departure, and the final balance is due 3 months before travel. If you are registering with less than 7 months to departure, you will most likely be invoiced in fewer instalments based on the date of registration.

Your travel payments are invoiced in instalments to provide ample time to pay your balance. We can build a personalised payment plan that suits your schedule if our standard timeline does not suit.

Frequently Asked Questions

ABOUT THE ADVENTURE

How challenging is this adventure?

This adventure is ranked 3/5. While no extensive trekking experience is required prior to registering, our adventures are specifically designed for people who are relatively fit and willing to train. The Scenic Rim trek is a physical challenge, involving trekking approximately 28 kilometres over two days. The fitter you are, the more you will enjoy the experience.

You will be well supported on the adventure, with the guides and your team all cheering you on. You are free to move at your own pace and we will take frequent breaks.

How many people will be on my adventure?

We believe small group travel is better for the planet, and better for you. Our adventures average between 10 to 20 participants, connected by their commitment to the greater good.

Can I join an Inspired Adventure on my own?

Of course, most people do! Throughout your adventure journey, we will connect you with your fellow adventurers so you can get to know each other before you hit the road.

What is the general age range of participants?

The minimum age for this adventure is 18, however younger ages are considered on application. We have had participants aged 16 to 84+ take part in our challenges, all united by their sense of philanthropy and adventure.

Who is Inspired Adventures?

MND Queensland has partnered with Inspired Adventures to bring you this adventure of a lifetime. Over the past 17 years, Inspired Adventures has taken more than 7,000 people, just like you, on adventures all around the world, raising over \$44 million for important causes. When you choose to travel with Inspired Adventures and MND Queensland, you can be confident you're in the best hands.

FITNESS AND TRAINING

How do I train for this adventure?

We will provide you with information on how to prepare for your adventure when you register. In addition, we recommend that you consult your GP and a personal trainer to develop a training plan that will prepare you for the challenge.

As part of your training, we recommend making use of your free time to complete several day hikes. You should aim to be able to walk in sandy and hilly terrain for 5+ hours comfortably and get up and do it again the next day. It is sensible to start training as early as possible before you go on your trek.

WHAT TO EXPECT

What is the accommodation like?

On this adventure, you'll be staying in a comfortable, 3-star motel chosen for its proximity to the best sections of the Scenic Rim. You'll have access to a private bathroom and amenities, as well as communal areas in which you can connect with your fellow adventurers.

Will I be sharing accommodation?

Accommodation on this adventure is based on twin-share. You'll be paired with a teammate of the same gender and, whenever possible, age group.

I'm travelling with a friend. Can we stay together?

Absolutely! If you're travelling with a friend, please make note of this and we will pair you together.

I have dietary requirements. Will I be catered for?

Of course. We will happily cater for any dietary requirements you've noted during booking. Please advise your local guide and Team Leader on Day 1 as well. You will be fed very well while you're on the adventure, but if you have a very specific dietary requirement or severe allergies, often it's best to pack some extra things as back-up.

What happens if there is a medical emergency?

Providing the safest possible environment is our highest priority and we have an outstanding safety record. All Inspired Adventures guides and Team Leaders are first aid trained and well-equipped to handle any medical emergencies.

How will you manage the risk of COVID-19?

We have prepared a detailed COVID-19 Safety Management Plan to account for the wide variety of scenarios that may impact your departure. In the instance that the adventure is unable to proceed due to COVID-19, alternative departure arrangements will be provided where possible. For more information, please visit www.inspiredadventures.com.au/our-covid-response.

Are COVID-19 vaccinations required for this adventure?

Inspired Adventures requires that all travellers are fully vaccinated against COVID-19 or have a valid medical certificate issued.

FUNDRAISING

How do I fundraise?

Never fundraised before? Not sure where to start? No worries, we don't expect you to do it alone. You will have regular support from the Inspired Adventures fundraising team, who will help you make a fundraising plan to meet your target. Alongside personalised coaching, we will also send you lots of ideas and resources on how to fundraise. From online fundraising to trivia nights, bake sales to out-of-the-box ideas, we have years and years of tried-and-tested tips to make your fundraising a success.

What happens if I don't meet my fundraising target?

It's normal to worry you won't meet your fundraising target, but we know you can do it. In fact, with the support of Inspired Adventures, almost everyone goes on to raise far more than they imagined. By registering for the adventure, you agree to raise the minimum fundraising amount specified. Like you, we are looking to make a significant impact for our charity partners, so the goal is for each person to have met their fundraising target before departure. If you fail to raise the minimum fundraising target by this time, we will review the situation on a case-by-case basis.

I'm travelling with a friend. Can we fundraise together?

Absolutely! Fundraising with a friend is a great idea. Just remember the fundraising target is per person, so you will each need to meet the minimum fundraising goal to participate. We know you can do it.

Will the funds raised go directly to MND Queensland?

Yes, all of your fundraising will go directly to MND Queensland. Only the travel costs are payable to Inspired.

Is my donation tax-deductible?

The funds raised for MND Queensland are tax-deductible (conditions apply).

COSTS AND PAYMENTS

How much does it cost to participate in this adventure?

The total cost to participate in this adventure is: \$1,963
(Registration fee + travel cost = \$390 + \$1,573 per person)

In addition, you are also committing to raising \$2,500 for MND Queensland.

Is the travel cost guaranteed?

We will do our best to keep the travel costs as quoted. However, please bear in mind they can change due to group size or factors out of our control. Due to the unpredictability of the impact of COVID-19 on borders and safety requirements, our ground operators may be required to change their operations in a way that could impact cost. In this event, Inspired Travel may have to add on an additional supplement fee if absolutely necessary. This fee would be required if our operator needs to add on additional vehicles, equipment and/or staff.

INSURANCE

Do I need to have insurance?

Travel insurance is highly recommended for domestic adventures to cover cancellation, hospital, emergency evacuation and lost luggage. We recommend purchasing your policy as soon as possible. It is up to you to ensure you have fully comprehensive travel insurance and you will need to share these details with our team before departure. For more information, please visit www.inspiredadventures.com.au/travel-insurance-information.

STILL HAVE QUESTIONS?

Get in touch via email (info@inspiredadventure.com.au) or phone (1300 905 188) and our team will be able to assist. We're always happy to help.



Register now:

☎ 1300 905 188

💻 www.inspiredadventures.com.au/event/mnd-scenicrim-2023