

TASSIE TREK FOR SICK KIDS

Discover the wondrous wilderness of Tasmania while raising vital funds for RMHC VIC & TAS's accommodation and support services for seriously ill children and their families.



THE TRIP AT A GLANCE

Join Ronald McDonald House Charities Victoria & Tasmania (RMHC VIC & TAS) for this unique experience, discovering the natural and historic beauty of Tasmania while raising vital funds for accommodation and support services to keep families together when a child is seriously ill or injured.

This is your chance to leave everything behind and immerse yourself in the spectacular surrounds of Cradle Mountain National Park.

Over four days, expert guides will lead you across this ancient landscape, seeking out some of the park's hidden highlights. Experience the rare beauty and diversity of Tasmania's Wilderness World Heritage Area as we traverse sections of the iconic Overland Track.

This stunning wilderness region features a huge diversity of ecosystems, from glacially-carved lakes, ancient rainforests and fragrant eucalypt forests to golden buttongrass moorlands and beautiful alpine meadows. With an abundance of wildlife, you're likely to encounter Tasmanian devils, quolls, platypus, echidna, wombats and the highly inquisitive black currawong, as you explore mountainous terrain and marvel at magnificent vistas.

Most significantly, you'll raise funds to help RMHC VIC & TAS keep children and their families together when their lives are turned upside down by a child's serious illness.

YOU WILL EXPERIENCE

Day 1: Arrive Launceston

Day 2: Cradle Valley Boardwalk –
Weindorfers Forest – Waldheim

Day 3: Marions Lookout and Kitchen Hut via
the Overland Track

Day 4: Hansons Peak and Twisted Lakes

Day 5: Dove Lake Circuit –
Return to Launceston

Unique experiences include

- Soak in the extraordinary landscapes of Tasmania's Wilderness World Heritage Area
- Spot native wildlife, including wombats, echidnas, wallabies and Tasmanian devils
- Forge lifelong friendships as you explore ancient rainforest, spectacular glacial cirques and pristine valleys
- Raise funds to help RMHC VIC & TAS support seriously ill children and their families
- Witness the incredible dominance of magnificent Cradle Mountain from Marions Lookout

NEED TO KNOW

Dates: 26 February–2 March 2023

Tour duration: 5 days (including travel time)

Group size: 10–18 travellers

Challenge grade: 3/5

Registration fee: \$495 (non-refundable)

Fundraising target: \$3,200 (excludes travel)

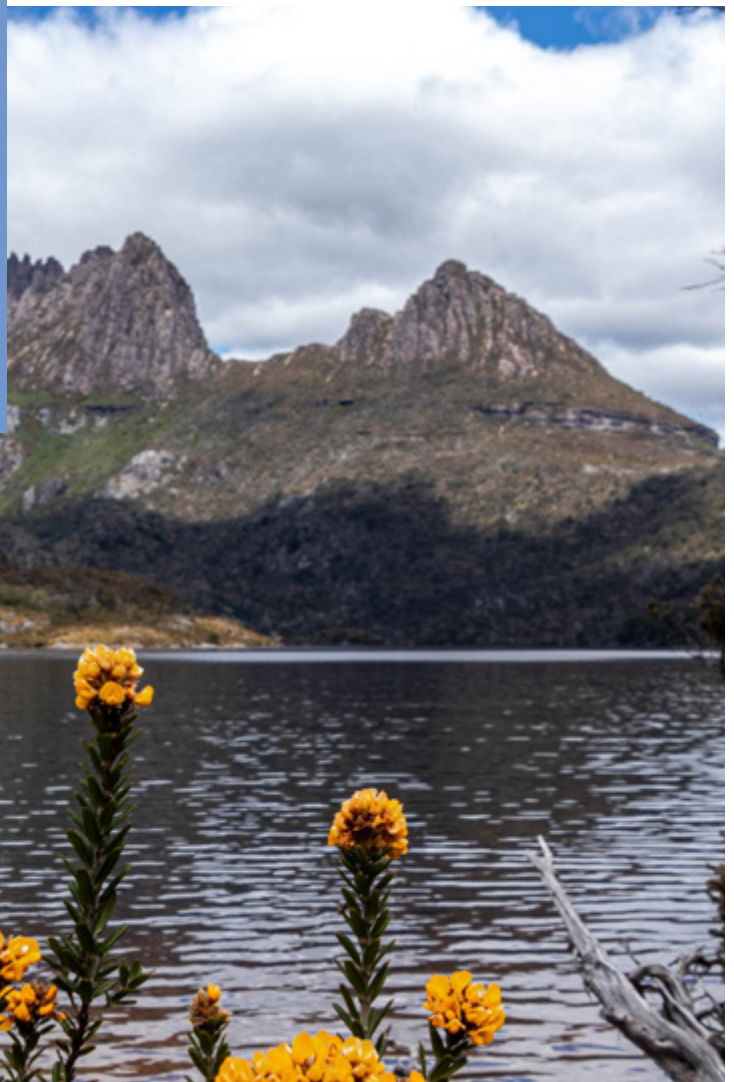
Travel quote: \$2,699* (excluding flights)

Flights: At own expense
(from \$400–\$800 return)

Accommodation: Twin share rooms in
cabins and 4-star hotels

Minimum age: 18 (younger ages
considered on application)

**Subject to change. Refer to [Soulful Concepts terms and conditions](#)*





ABOUT RMHC VIC & TAS

For over 35 years, RMHC VC & TAS has provided accommodation and essential support services to seriously ill children and their families.

Since opening its first Ronald McDonald House in Victoria in 1986, RMHC VIC & TAS has expanded to Melbourne, regional Victoria and Hobart. Yet, its mission remains the same: to support the ever-changing needs of seriously ill children and their families while striving to achieve the best outcomes for families by reducing the impact of their child's illness.

RMHC VIC & TAS is led by a hard-working team of staff and volunteers, aided by the generous support of Australian donors – people just like you. From Ronald McDonald Houses and Family Rooms to the Ronald McDonald Learning Program and Retreat Program, RMHC VIC & TAS gives families in need welcome respite and care when their lives are turned upside down by their child's illness.

Connect with the RMHC VIC & Tas team

f Facebook:
facebook.com/rmhcvictas

Instagram:
@rmhcvictas

Twitter:
@rmhcvictas

Don't forget to add our trip hashtag to all your posts! [#TassieTrekForSickKids](#)

1,756
FAMILIES STAYED
AT OUR HOUSES
(1,657 NEW, 99 RETURNING)



4,800+
MEALS PROVIDED
TO FAMILIES



11
NIGHTS AVERAGE
LENGTH OF STAY



WHEN CLOSENESS MEANS COMFORT AND CARE

John was just one week old when he was diagnosed with a rare heart condition.

"I just knew something was wrong," is what Celine, John's mother, thought when he was transferred to a children's hospital to see a cardiologist. She was right and at just seven days old John was diagnosed with total anomalous pulmonary venous drainage (TAVPD).

This condition is rare and was a heartbreaking shock for John's family. Following his initial appointment, John was immediately airlifted from Adelaide to Melbourne for emergency surgery.

Being so far away from home caused a lot of anxiety for Celine, but she found comfort and care at Ronald McDonald House, Parkville.

"Ronald McDonald House is the best support system. I don't think we would've coped without them."

While John received treatment, Celine was able to stay close and help him as best she could through his recovery.

Thankfully, John's surgery was a success. He and his family were able to return home to Adelaide, where he would continue rehabilitative physiotherapy.

Unfortunately, their relief was short lived as a routine check up showed John's heart wasn't receiving normal blood flow.

With this devastating news, John and his family had to return to Melbourne for a second emergency open-heart surgery.

"I wasn't expecting to hear those words again, but I knew I had to be strong for John."

This time, John had to wait six months to get the treatment he needed, as COVID-19 stopped the family from travelling to Melbourne.

"We were very unsure if we would be accepted, but we are extremely lucky to have Ronald McDonald House."

In January 2021, at just one-year-old, John received his second open-heart surgery. Both surgeries saved his life and after a year and a half of worry and grief, John and Celine are now back home in Adelaide with the rest of their family, where John is growing stronger every day.



Celine shares that she will miss the staff and volunteers at Ronald McDonald House because *"they always asked if we needed anything and asked how John was. It was the support I needed."*

RMHC Victoria & Tasmania was there for John and his family during his treatment and recovery, and with your amazing support its doors remained open, despite the threat of a global pandemic.

"Ronald McDonald House puts a lot of work into helping people, and helped my family so much during John's surgeries."

You can help more families like John's as part of Tassie Trek for Sick Kids

Your participation in this life-changing challenge will help seriously ill children and their families access the support and care they need during diagnosis, treatment and recovery.

Your fundraising target of \$3,200 will provide up to 20 nights' accommodation for families with seriously ill children and keep them together when it matters most. With your support, RMHCVIC & TAS can continue to help parents focus solely on the health of their child, offering nutritious meals and the opportunity for rest, enabling them to better communicate with their child's medical team and understand complicated treatment plans.

ITINERARY

Day 1: Sunday, 26 February 2023 – Welcome to Launceston

Welcome to Launceston, Tasmania! Please make your way to the hotel and check in. The rest of the day you are free to relax or explore the city's historic streetscapes and heritage estates.

Launceston is a vibrant hub for food, wine and culture. There's also a touch of wilderness with Cataract Gorge just a few minutes walk from the city centre.

Accommodation: Hotel Grand Chancellor

Day 2: Monday, 27 February 2023 – Cradle Valley Boardwalk – Weindorfers Forest – Waldheim

After breakfast, meet your guide for an 8am departure. We will depart Launceston, stopping for morning tea along the way, and then continue into Cradle Mountain village.

Upon arrival, you'll have a chance to gear up before heading out on our main walk for the day – the Cradle Valley Boardwalk.

A nice introduction to your trekking challenge, we'll head into the park along the Cradle Valley Boardwalk, following the course of the Dove River which features a vast assortment of native flora. From there we will head up to Ronny Creek car park where you are likely to see wombats grazing on the flat grassy plains. We then continue onto the historic Waldheim Chalet, where we enjoy a short walk through an ancient forest of myrtle beach and King Billy pine, before making our way back to the bus for afternoon tea.

If time permits in the afternoon we will undertake a series of short walks that will showcase the unique rainforest, waterfalls and magnificent King Billy pines that Cradle Mountain National Park has to offer.

Accommodation: Cradle Mountain Discovery Holiday Park

Meals: B,L,D

Trekking distance: 9km (4 hours, easy)



Day 3: Tuesday, 28 February 2023 – Marions Lookout and Kitchen Hut via the Overland Track

Today's walk takes in some of the most breathtaking alpine scenery in all of Australia. It involves a circuit hike to the base of Cradle Mountain – taking in Marions Lookout, Kitchen Hut and returning via the Horse Track.

This section of the iconic Overland Track will have you traversing across buttongrass plains and deciduous native forests, steadily climbing to the glacially formed Crater Lake. From Crater Lake the ascent becomes steeper and the views become grander as we continue onto Marions Lookout. In fine weather, the views are magnificent and far reaching – with Cradle Mountain itself dominating the panorama.

The track's gradient eases as we continue across the alpine landscape to Kitchen Hut – our intended lunch and turn around point. After lunch, we wave goodbye to the towering dolerite cliff lines of Cradle Mountain, and return via the Horse Track. This unique aspect affords us views deep into some of the even more remote areas of the park, and is often less frequented than other tracks.

There is an excellent rocky outcrop which gives an elevated view straight down to Crater Lake far below. From here we descend back to Ronny Creek where our bus awaits.

After a long day of trekking, we return to our accommodation for another delicious dinner prepared by our guides.

Accommodation: Cradle Mountain Discovery Holiday Park

Meals: B,L,D

Trekking Distance: 10km (6–7 hours, hard)

Day 4: Wednesday, 1 March 2023 – Hansons Peak and Twisted Lakes

This morning after breakfast we depart for another fantastic walk, taking in the park's eastern highlights.

We begin today's trek at Dove Lake, taking the Lake Rodway track up and over Hansons Peak – which provides us with a completely different view of Cradle Mountain and the surrounding lakes.

The climb to the top of the peak is at times steep and uneven underfoot, and a chain is provided on nearing the summit to assist walkers. Once over the other side, we pick up our return route via the Twisted Lakes and Lake Hanson – remnants of glacial scouring from previous ice ages. These pools are very tranquil and are encompassed by endemic pencil pines and fagus. This section is normally very peaceful, a bit of a hidden gem, and we will find ourselves a nice rocky outcrop for lunch while we soak up the views.

If energy and time permit – an hour and a half extension can be made to visit the eastern face of Cradle Mountain, and the reflective waters of Artists Pool. We loop back to the Lake Rodway Track, completing the circuit before reversing our inward journey and returning to Dove Lake to meet the bus.

Accommodation: Cradle Mountain Discovery Holiday Park

Meals: B,L,D

Trekking distance: 10km (5–6 hours, hard)

Day 5: Thursday, 2 March 2023 – Dove Lake Circuit – Return to Launceston

Today we will wander through a typical Tasmanian rainforest around Dove Lake. The flat, gravel and duckboard track is very easy-going, leaving you to focus entirely on the jagged peak of Cradle Mountain, which looms above the track.

Along the way, there is a great mix of terrain including scrubby button grass, sandy beaches, cascading streams and a very special rainforest known as the Ballroom Forest. We finish our loop atop the impressive formation of Glacier Rock, which provides us with a final vista across the landscapes we have explored for the past four days.



After lunch, we jump back on the bus and start our return journey back to Launceston. En route, we will stop in the lovely little town of Sheffield, where we will have time for a break and a chance to wander around the muralled streets. Returning to Launceston at approximately 4–4.30pm. Please make sure you book flights that depart after 6:30pm.

Meals: B,L

Trekking distance: 6km (2 hours, easy)

**Please speak with the Soulful travel team if you would like to extend your stay in Tasmania.*

The trip includes:

- Two trek guides, who will drive, cook and care for you
- Transport as indicated in itinerary, including collection and return to Launceston. We use a comfortable mini coach with a trailer attached for luggage. We also use the coach to drop off and pick up during the course of the day
- Meals as indicated in itinerary
- We always carry a thermos with plenty of tea, coffee, hot chocolate, plus biscuits and/or cake
- Accommodation on a twin-share basis (single supplement available at additional cost)
- National park entry fees as indicated in itinerary

The trip doesn't include:

- Airport transfers
- Airfares
- Single supplement
- Optional tours and excursions
- Tips and gratuities (optional)
- Personal travel insurance and ambulance cover
- Items of a personal nature
- Other services not listed in the inclusions column

**Travellers are responsible for valid visas throughout the duration of the trip*

FAQ

What does it cost?

Upon booking, you pay a (non-refundable) registration fee of \$495. The travel cost (excluding flights) is \$2,699*. The donation to RMHC VIC & TAS is \$3,200. Soulful Concepts will work with you to develop a fundraising plan and support you every step of the way.

*Subject to change. [Refer to Soulful Concepts' terms and conditions](#)

How do I fundraise?

The Soulful Concepts team are fundraising experts here to guide you on your fundraising journey. They will offer regular support and will help you develop a fundraising plan tailored to your network, so you can reach and even exceed your fundraising target. In addition, you will also be supported by the RMHC VIC & TAS team.

There are many creative and fun ways in which you can fundraise. To help get you started, we have created an [Online Fundraising Resource Hub](#) containing an A-Z guide of fundraising ideas, "how to" guides for events, sample press releases and corporate sponsorship letters, plus COVID-safe information.

Is the travel cost guaranteed?

Soulful Concepts will try to keep the travel costs as quoted. However, factors out of our control such as group size, can affect the travel costs. The travel cost will be confirmed again at the time of invoicing.

Is it possible to fundraise for my travel costs via my online fundraising page?

No, you can only raise the funds that are going to RMHC VIC & TAS via your online page. If seeking support for your travel expenses, this must be raised through events and paid directly to Soulful Concepts.

It is essential that you're transparent with supporters about where their donation is going, i.e. supporting getting you to Tasmania or going directly to RMHC VIC & TAS.



Are donations tax-deductible?

Yes, donations made to your fundraising page are tax-deductible. Any donation made where an item is received in return for a donation, i.e. chocolates, auction items or raffle tickets, is not tax-deductible. If seeking support for your travel expenses, then these donations are not tax-deductible.

Is travel insurance compulsory?

Soulful Concepts will do everything possible to ensure a safe and enjoyable trip. However, certain risks are involved and should be recognised by travellers.

Travel insurance with adventure cover and ambulance cover are mandatory for our tours. When selecting a travel insurance product, please ensure it provides cover against personal accidents or injury, emergency repatriation and personal liability, including bereavement, delayed flights and lost luggage or personal effects.

In rare circumstances, due to injury or unforeseen illness, we may need to evacuate you from a remote part of the walk. Evacuation is on foot (where the walker is physically capable) or by helicopter. Helicopter evacuations are expensive and, in most cases, are at your cost. For Australian residents, under the Australian Government Medicare Act, it's prohibited for any domestic travel insurance product to provide any financial reimbursement for ambulance or air ambulance services. We therefore advise our travellers to take specific ambulance cover through their health insurance provider or an alternative ambulance cover provider for Australia-wide.

Soulful Concepts is an agent for Covermore Travel Insurance, so please contact the travel team if you'd like assistance in obtaining a quote.

I have a pre-existing medical condition, can I still go on this adventure?

You must advise us of any pre-existing medical conditions you have at the time of booking and ensure you can get adequate travel insurance cover and medical sign off from your doctor prior to booking the tour.

All travellers will need to complete our medical questionnaire 90 days prior to departure. It is proof that you are physically capable of undertaking the trekking challenge.

What is the registration fee?

Upon registration, you will be required to pay a \$495 registration fee to secure your spot on the team.

The fee will also cover the planning, fundraising and travel support received from Soulful Concepts in the lead up to your adventure.

What style of accommodation can we expect?

Accommodation is based on twin-share, unless you select a single supplement at the time of booking. While in Launceston we will be staying at Hotel Grand Chancellor. While trekking we will spend three nights at Cradle Mountain Discovery Holiday Park in comfortable two-bedroom cabin-style accommodation, surrounded by native bush.

The cabins contain shared bathroom facilities, there is a small lounge area with kitchenette, cosy gas log heating and an outdoor sitting area.

If you have booked a single room you will have your own room in a two-bedroom cabin. You will be sharing the cabin (and bathroom) with one or two other guests.



How fit do I need to be?

Your challenge is ranked 3/5. There are long days of walking, sometimes on steep terrain and you will need to carry your day pack with you.

A person of moderate fitness who is willing to train will enjoy the challenge most. Training that includes strength exercises and hills, stairs and uneven natural trails will prepare you well for this adventure.

What is the minimum age for travellers?

The minimum age for this adventure is 18, however younger ages are considered on application.

How do I book this tour?

You can register over the phone by calling Soulful Concepts on 1300 059 686 or [book online](#).

Have any more questions?

Please contact us on 1300 059 686 or email info@soulfulconcepts.com



MEET OUR FUNDRAISING AND TRAVEL PARTNER

Soulful Concepts is an industry accredited, responsible travel agency. They provide hand-crafted travel experiences for charities, corporates and individuals, ensuring each of their experiences has a positive impact on an important cause.

With a focus on culture, community development, conservation and personal wellbeing, they promote educational experiences as a way to empower travellers to engage with global issues, while supporting the local economy.

Soulful Concepts has a small team of fundraising and adventure specialists who are on hand to offer fundraising guidance and travel support services. They provide tips and ideas to help travellers reach and exceed their fundraising targets and prepare for their adventure. The Soulful team hopes travellers come away with an informed and enhanced understanding of the hopes, struggles and accomplishments of the people and places they visit.

Together they foster the development of active, global citizens who continue to learn, share and live a more sustainable life, long after their travels are over.

"As a parent, I can only imagine how worrying it would be to have a seriously ill child. This fear would be increased dramatically if you were forced to travel for treatment. As part of this adventure, you can help seriously ill children and their families stay together in uncertain times – a true gift."

Kristen, Co-founder and Director,
Soulful Concepts

Connect with the Soulful team



Facebook:

facebook.com/soulfulconcepts16



Instagram:

[@soulful_concepts](https://www.instagram.com/soulful_concepts)



Twitter:

[@Soulful_Concept](https://twitter.com/Soulful_Concept)



Pinterest:

au.pinterest.com/soulfulconc



Kristen Briggs,
Co-Founder and Director



Jacqui Swift,
Fundraising Specialist



Christine Drew, Fundraising
and Travel Coordinator



Amanda Howle, Fundraising
and Partnerships Manager