



*In support of those affected,
In honour of loved ones lost,
We walk as one.*



CONQUER THE CORRUGATIONS

Friday 28th September – Monday 1st October 2018

INFORMATION SHEET

Life is tough and it can get bumpy... but when we come together it smooths out the path and the hills become a little less steep!

Conquer the Corrugations Cape York Mental Health Awareness Walk strives to raise awareness of the issues surrounding life's 'corrugations', to support and remember those affected, and to remove the stigma that surrounds mental health in Cape York by walking 42km from the Coen Information Centre to the Archer River Roadhouse



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Itinerary:

Friday 28th September

- Camp at the Coen Exchange Hotel (dinner and camping provided)
- Live Entertainment

Saturday 29th September

- Breakfast provided by Coen Exchange Hotel
- Meet at Coen DPI Centre, cars parked for collection at the end of the day
- Walk begins! Rest stops every 3-6km (Morning Tea & Lunch provided)
- Bus follows walkers to pick up anyone wishing to have a break
- Arrive at 28 Mile Lagoon on Wolverson Station
- Return to pick up vehicles from Coen DPI Centre in the bus & set up camp
- Dinner provided & Live Entertainment

Sunday 30th October

- Breakfast provided
- Briefing, cars parked at 28 Mile Lagoon for collection at the end of the day
- Walk begins! Rest stops every 3-6km (Morning Tea & Lunch provided)
- Bus follows walkers to pick up anyone wishing to have a break
- Arrive at Archer River Roadhouse
- Return to pick up vehicles from 28 Mile Lagoon in the bus & set up camp
- Dinner and camping provided by Archer River Roadhouse
- Awards Presentation & Live Entertainment/Karaoke/NRL Grand Final!

Monday 1st October

- Breakfast provided by Archer River Roadhouse
 - Event completed! Safe travels home.
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Vehicles:

As a safety precaution, we wish to limit the number of vehicles travelling on the road as part of the event. We are asking that the majority of participants leave their cars at designated areas (as outlined in the itinerary above) for collection at the end of the day. The cars will be left in secure locations with security present.

A bus will be travelling with the participants and will pick up any adult or child during the walk if they wish to have a break. At the end of each day the bus will transport the drivers back to their vehicles for collection.



A limited number of large teams will be allowed to use their own vehicle during the walk. If there are circumstances in which your team wishes to travel with a vehicle, please contact the committee prior to the event for approval.

Helpers:

If you do not wish to walk but would still like to attend the event, there will be several duties during the walk that you may wish to help us with (help is greatly appreciated!). Some of these include;

- Setting up the rest stops ever 3-6km's, waiting for the walkers to come through then packing up and moving to the next location
- Transportation of water and ice to refill water bottles
- Front & rear vehicle on the walk to caution and slow down other traffic (on UHF).
- Bus drivers (licence required)

Horses:

Friday Night: Horses can be held in the yards overnight near the Coen DPI Centre which is where the walk starts (20km North of Coen).

Saturday Night: Yards will be set up at 28 Mile Lagoon

Sunday Night: Yards at Archer River Roadhouse

Please bring your own feed for horses.



Children:

Family groups can be coordinated so parents are able to help each other out while participating in the walk. Children will be allowed to travel on the bus during the walk however there must be a responsible adult with each 'group' of children for safety precautions. During rest stops and at the end of each day, children will not be allowed to get off the bus without a responsible adult present due to the interaction with vehicles and horses.

Food & Drinks:

Food and non-alcoholic beverages will be provided including breakfast, morning tea, lunch, afternoon tea and dinner for the duration of the event. If you have any dietary requirements please advise the committee at the time of registration so your needs can be catered for. If you require any other snacks and drinks, please cater for yourself.

Friday and Sunday nights are at licenced premises where own alcohol is restricted unless consumed in the campground. You will be able to purchase drinks from the Coen Exchange Hotel and from the Archer River Roadhouse. At 28 Mile Lagoon, you are welcome to bring some refreshments but no alcohol will be provided. Alcohol is not permitted on the main PDR whilst walking.



Camping:

Free camping will be provided at the Coen Exchange Hotel, 28 Mile Lagoon and the Archer River Roadhouse. Each participant is required to bring along their own camping gear for the duration of the event. Rooms and/or cabins will be available at your own cost at the Coen Exchange Hotel and the Archer River Roadhouse if you wish to book accommodation on those nights. It is advised that this is done in advance to guarantee a room.

Toilet and shower facilities will be available at Coen Exchange Hotel and the Archer River Roadhouse. There will be port-a-loos available at the rest stops and at 28 Mile Lagoon. There is a flowing creek at 28 Mile Lagoon that is suitable for freshening oneself on the Saturday night.

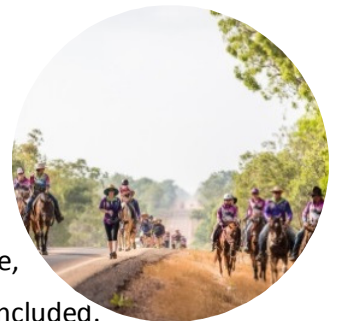
Health Services:

A Royal Flying Doctor Service (RFDS) practitioner will be available for the duration of the event as well as a RFDS nurse. SES will also be supporting the event over the two day period. First aid kits will be on hand if required.

Not Permitted:

Dogs are not permitted on the walk.

Quad bikes are not permitted on the walk. We must satisfy criteria with Cook Shire, Department of Main Roads and the Queensland Police with which quads are not included.



Contact Details:

For more information on the event or to register please contact the Conquer the Corrugations committee members at www.facebook.com/conquerthecorrugations or using the details below.

Email: conquerthecorrugations@gmail.com

Emma Jackson Phone: 0429 175 980

Shelly Radlof Phone: 0407 023 942