

INCLUSIVE FITNESS GETAWAYS

BENDIGO AND SURROUNDS

16th to 18th SEPT 2022

6 PEOPLE MAX

Covid-safe rules apply.

Friday 16th September

Pick up at 10am head off to Bendigo. Book into our accommodation (TBC), where we will prepare lunch together then get ready to head into Bendigo for a wander, cold drink whilst getting to know each other.

Saturday 17th September

Early morning fitness class followed by breakfast.

Today we will head out to Lake Eppalock and enjoy a day water sports, after a few hours of fun kayaking with maybe a swim we will head back to change then off to the pub for a well-earned dinner.

Sunday 18th September

Early morning fitness class followed by breakfast.

Spend the morning packing up things before we make our way to One Tree hill and complete the 6km tower loop walk. We'll have a snack before starting then have a picnic lunch at the end of the track before we make our way back.

