



INFORMATION SHEET

Friday 27th – Monday 30th September 2019

Conquer the Corrugations Mental Health Awareness Walk strives to raise awareness of the 'corrugations' in life, support and remember those affected, and to remove the stigma that surrounds mental health in Cape York.

A not-for-profit event where the goal is to raise awareness and encourage people to come together as a community and to support one another.

Participants walk on foot or horseback from the Coen Information Centre to the Archer River Roadhouse, totalling 42km completed over two days.

A family friendly event open to all ages. Through the generous support of local businesses we are able to offer this as a free event to all participants.



Itinerary:

Friday 27th Sep

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

Saturday 28th Sep

- 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 Wolverton Station
- Return to pick up vehicles from Coen DPI Centre in the bus & set up camp
- Afternoon activities for adults & kids (e.g. yoga, stretching & yard games)
- Dinner provided & Live Entertainment

Sunday 29th Sep

- 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
- Afternoon activities for adults & kids (e.g. yoga, stretching & yard games)
- Dinner and camping provided by Archer River Roadhouse
- Awards Presentation & Live Entertainment/Karaoke/NRL Grand Final!

Monday 30th Sep

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

Vehicles:

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

There will be two small buses travelling from Weipa for the event, if you would like to travel on the bus please confirm your spot with the committee in the weeks leading up to the event.

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!

Helpers:

If you do not wish to walk and would like to assist the committee instead, there are several tasks that you may wish to help us with including;

- Setting up the rest stops every 5km'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)

In the afternoons, once arriving at the destination for that day, there is time for relaxing and activities. If you would like to host a relaxation or stretching activity for the participants (e.g. Yoga) please contact the committee prior to the event.

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:

The committee are able to help coordinate family groups so parents are able to help each other out while participating in the walk. Children are allowed to travel on the bus during the walk however there must be a responsible adult with each 'group' of children for safety precautions. At rest stops and at the end of each day, children will need a responsible adult present due to the interaction with vehicles and horses.

Food & Drinks:

Food and non-alcoholic beverages are provided for 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, outside of the meal times listed above, please cater for yourself.



Friday and Sunday nights are at licenced premises where the consumption of your 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 on these nights. At 28 Mile Lagoon, you are welcome to bring some refreshments but no alcohol will be provided. Alcohol is not permitted on the main road whilst walking.

Camping:

Free camping is 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 for booking at your own cost at the Coen Exchange Hotel (Friday night) and the Archer River Roadhouse (Sunday night). If you wish to book accommodation, it is advised that this is done in advance to guarantee a room.

Toilet and shower facilities will be available at Coen Exchange Hotel, 28 Mile Lagoon, and the Archer River Roadhouse. There will be port-a-loos for use at the rest stops.

There will be a limited number of tents and inflating mattresses available for use by participants who don't have access to their own camping equipment. If you wish to book a set for yourself, please contact the committee to ensure you don't miss out.



Health Services:

A Royal Flying Doctor Service (RFDS) practitioner will be participating in the event, please feel free to have a chat to them whilst walking. One-on-one chats and group sessions will also be available to participant in.

First aid personnel will also be supporting the event over the two-day period and first aid kits will be on hand if required.

Bicycles:

Bicycles will be allowed at the 2019 event for those wishing to ride instead of walk. If you wish to participate on a bicycle, please inform the committee during your registration for the event.


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 or to register please go to www.conquerthecorrugations.com.au or contact us via:

 [www.facebook.com\conquerthecorrugations](http://www.facebook.com/conquerthecorrugations)

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