



CAPE YORK PENINSULA Sept 28th & 29th 2024

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

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

Walk on Foot or
Horseback



Coen Biosecurity
Centre to Archer River
Roadhouse (42km)
Cape York, QLD



A not for profit,
family friendly, free
community event



Supported by RFDS Mental
Health Services Team

Event Overview

Commencing in 2015, the Cape York Conquer the Corrugations Mental Health Awareness Walk remains our annual main event. Participants walk, on foot or horseback, between Coen Biosecurity Centre and Archer River Roadhouse, totalling 42km completed over two days, with camping each night at 28 Mile Lagoon.

A not-for-profit family-friendly event open to everyone of all ages and abilities. Participants are encouraged to come together as a community and to support one another. Through the generous support of local businesses and organisations, we are able to offer this as a free 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.*

ITINERARY

FRIDAY

- Check in @ 28 Mile Lagoon (between Archer River and Coen, Cape York)
- Set up camp for the duration of the event
- Self-cater for dinner (BBQs available to cook on)

SATURDAY & SUNDAY

- Self-cater for breakfast
- Start at Coen Biosecurity Centre (*Sat*) & Archer River Roadhouse (*Sun*)
- Rest stops every 6km – Morning Tea, Lunch & Afternoon Tea provided
- Support Vehicles – Buses, Water Truck, Port-A-Loo & First Aid Team
- Walk finishes back at 28 Mile Lagoon each day
- RFDS Mental Health Team workshop (*participation optional*)
- Self-cater for dinner (BBQs available to cook on)
- Raffles, Entertainment & Awards Presentation (*Sun*)

MONDAY

- Self-cater for breakfast
- Pack up camp and safe travels home

*For more information
scan the QR code below*

*Never let a stumble in the
road be the end of a journey.*

 www.conquerthecorrugations.com.au

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