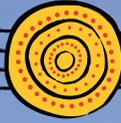


STUDENTS • EXPLORE • AUSTRALIA



Stress Less Retreat

ACTIVITY ITINERARY

DAY 1

THE JOURNEY TO MOUNT REMARKABLE



BAROSSA VALLEY WINE TASTING & WINE TOUR

We begin our day leaving from Adelaide in the morning, straight to the Barossa Valley for a wine tasting and a wine making tour – who said wine was only meant for evenings right?! This Barossa Valley wine tour is sure to help you settle into the flow of the camp!



PINK LAKE LUNCH!

After the Barossa Valley we head north to have a chef-prepared lunch next to Lake Bumbunga, a PINK inland salt-lake. The Pink Lake is best viewed with sunglasses and provides a cool opportunity for interesting photos! If you're feeling really organic you can try put some salt from the lake directly onto your lunch (at your own risk!) We then stopover at Port Pirie for any drinks you may wish to purchase.



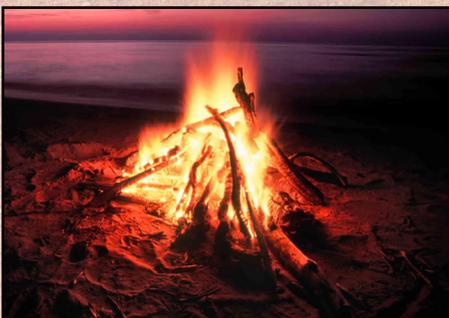
MAMBRAY CREEK CAMPSITE

We arrived to our home amongst the hills, as our campsite is located within the Mount Remarkable National Park. Expect to see emus, goannas, possums, kookaburras and of course kangaroos! The perfect site for stressing-less and total relaxation! We have the group site booked with toilets and showers available, and our campsite setup is very easy with special 'quick-setup' tents!



OFFICIAL MEET & GREET DINNER AND SUNSET HIKE

We arrived to our home amongst the hills, as our campsite is located within the Mount Remarkable National Park. Expect to see emus, goannas, possums, kookaburras and of course kangaroos! The perfect site for stressing-less and total relaxation! We have the group site booked with toilets and showers available, and our campsite



OPTIONAL CAMPFIRE MEDITATION

As night time comes, we create a communal campfire for those wishing to be a part of the campfire meditation we have tonight and tomorrow night. This is a guided meditation that will facilitate your mind to relax and take in the subtle sounds of nature, and the sound of the campfire

DAY 2

YOGA, BUSH FOODS AND NIGHT-WALKS



MORNING YOGA AND 'ME TIME'

Before breakfast, you have an opportunity to focus on yourselves with 'Me Time'. The most peaceful way to start your day - from when you wake up until you finish the first optional morning yoga session, we will have a silent camp free of any talking. Once yoga is finished and we start preparing breakfast, we're open to start chatting again!



ARID LANDS BOTANICAL GARDEN

We have organised a tour of the Arid Lands Botanical Garden, where you will be taken on a guided tour of unique Australian plants and Australian Indigenous bush foods. We provide some tasting platters where you can taste the bush foods that you have been shown. After our tour we head to the Matthew Flinders Red Cliff Lookout for some spectacular views of the red cliffs.



POSTURE WORKSHOP OR PARK GAMES

This camp is about both mind wellbeing, and also body wellbeing. We have on offer, a guided workshop on posture to help maintain a healthy spine, or the option of some physical games in the park like volleyball, self-guided yoga, soccer, badminton and more. Nothing like fun in the sun! (or shade...)



SOCIAL GAMES & GROUP DINNER

Before we have social games, we have the opportunity for free time. Showers, reading, exploring the nearby creek or anything you like. Just prior to dinner we have some short games lined up for you - we make some teams and winners get prizes! Another chef-prepared group dinner follows on!



STARGAZING AND NIGHT WALK

Stargazing is absolutely unforgettable in places like the Flinders Ranges, the stars are nothing like the ones you see in the city-sky. We have a chance to stargaze before going to see the Old Baroota Ruins near our campsite at night. These ruins are from the first white settlers, and can leave a spooky feeling.

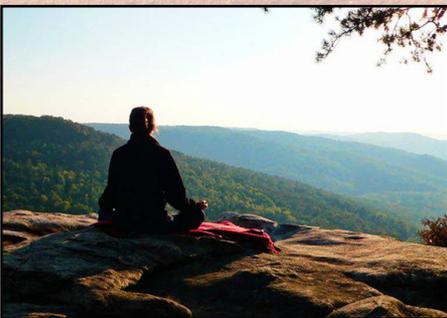
DAY 3

YOGA AND MOUNTAIN-TOP MEDITATION



MORNING YOGA AND 'ME TIME'

We have another morning of 'Me Time' up until our first optional yoga session finishes up in the morning – it's the most peaceful way to start your day before another nutritious breakfast!



ALLIGATOR GORGE LOOKOUTS

On the mountain tops within the National Park, we find two magnificent lookouts that we can check out. At one of the lookouts we will have the opportunity for a short guided meditation. Relax your mind and your body with unforgettable views, and take in the sounds of Australian wildlife. For those preferring to skip the meditation, we can help lunch preparations with the chef.



JOURNEY TO ADELAIDE

After a big few days, you'll be rejuvenated and certainly would have met, and got to know some new friends. Make sure to keep in touch with them, its great to be around like-minded people

We should arrive back to Adelaide just before sunset.