



FREE SPIRIT ADVENTURES CLUB – NEWSLETTER

JULY 2010

It's been 6 months since the official launch of the Free Spirit Adventures brand at Kingston House in February. Since then we've been busy planning, organising and guiding a number of trips, so it's been a busy time. Although we have been keeping in touch with most of you via email, this is our first edition of the new Free Spirit Adventures Club Newsletter. In alignment with our eco-friendly values, we won't be posting out hard copies of the newsletter – they will only come to you via email 4 times per year. This is a double issue to bring you up to speed. If you'd prefer not to receive this correspondence, please let us know. We are looking forward to an exciting year ahead and look forward to seeing many of you during upcoming trips, reunions or at our Christmas Adventure function. We hope you find our first newsletter interesting, informative and inspiring.

New Website Launch

In February we launched our new website which provides you with everything you need to know about the adventures we have on offer and what you need to do to register your interest, make a booking and prepare for an adventure. We also provide online access to physical conditioning guidelines, gear lists, health advice and frequently asked questions. The site includes information about Free Spirit Adventure Club events and membership benefits through our alliance partners. To find out more or to see photo highlights of some of our recent adventures, please visit www.freespiritadventures.com.au

FSA Survey Results

Thank you to those who completed our survey earlier in the year. Here is a snapshot of the survey results:

Most Popular Destinations	Most Popular FSA Club Benefits
<ol style="list-style-type: none"> 1. Kilimanjaro /Kimberley 2. New Zealand /Tasmania 3. South America /Kokoda 4. China 5. Japan 6. Himalaya 7. Sailing Whitsundays 8. Snow trip <p>Preferred duration of trips: 2-3 weeks</p>	<ol style="list-style-type: none"> 1. Being kept informed about upcoming adventures & events 2. Club Benefits Card – discounts on products & services 3. Social adventure activities, bushwalks and camps 4. Christmas function 5. Trailblazer <p>Feedback about our Service</p> <ul style="list-style-type: none"> ✓ Excellent organisation of trips & events ✓ Flexible and unique itineraries ✓ Small groups ✓ Excellent preparation and genuine care for clients ✓ Personalised service

Peru Trip Review

Andes to Amazon Adventure – April/May 2010

In April this year, 15 of us travelled to South America for a taste of Peru. Since I first saw a picture of Machu Picchu some 30 years ago, I'd always dreamed of one day being there; overlooking those ancient ruins with the backdrop of Wayna Pichu ('Young Mountain') guarding the Incan citadel, shrouded in mist.

Group photo at Machu Picchu -April 28, 2010



After acclimatising in **Cusco** while exploring the history of the Incas and soaking in the culture of the Andes, we travelled to the **Sacred Valley** – shopping for bargains at the famous **Pisac Market**, taking in the snow capped mountains and exploring the ancient Inca Ruins of **Ollantaytambo** before relaxing for two days at the **Casa Andina Retreat**, nestled among the hills not far from the Urubamba River. Here we were treated to hot stone massages, gourmet food, peaceful surroundings and even a **planetary observatory** where we could see the stars up close.

The highlight of the tour was definitely the challenge, ancient history and majestic beauty of the **Inca Trail** which winds its way over the Andes and down to the spectacular ruins of **Machu Picchu** (Old Mountain) We were treated to the most amazing service and 3 course meals from our guides and porters who had a strong connection to this sacred place.

Machu Picchu is a breathtaking sight. No matter how many times you've seen the photos; looking down on the ruins as the sun comes up and the clouds part to reveal its mysteries; it is an inspiring view and a magical place to walk through.



The trip was topped off by 4 days in the Peruvian Amazon, where we stayed at the **Reserva Amazonica Eco-lodge**; a 45 minute boat trip down the Madre de Dios River and surrounded by 29,000 acres of private conservation area in the wild Amazon Jungle.

Here we enjoyed a twilight river cruise, jungle canopy walk, visits to native communities and exploring jungle trails and creek systems to see wildlife in its natural habitat.

Amazon Jungle Canopy Walk – May 2010

For a more detailed travel log of this amazing journey, please visit Steve & Cathy's Travel Blog. Steve & Cathy Grace have travelled to many exotic places around the world and always keep a detailed journal of their experiences and recommendations for other travellers.

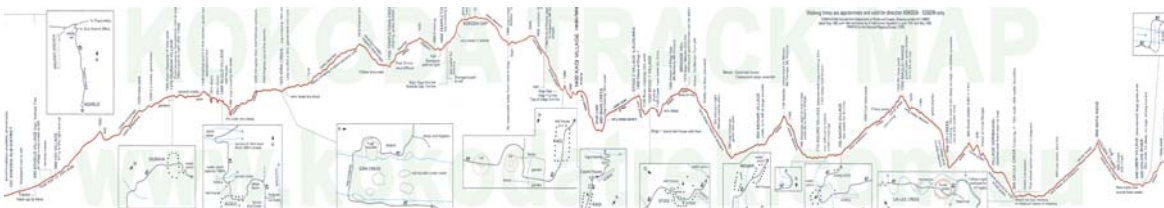
Peru Trip Blog - <http://www.travelpod.com/travel-blog/stevegrace/5/tpod.html>

For more information on our next Peru Trip,

Please visit the Peru page on our website: www.freespiritadventures.com.au/adventures/peru.html

Other Adventures Coming Up

The Kokoda Track – This year we have two trips to Kokoda – one in **August** which is fully booked and another one in **September/October** school holidays which still has a few vacancies, **so if you're already fit and get in quick, you can still join that trek.** – Aug 8-18th & Sept 26-Oct 6th, 2010



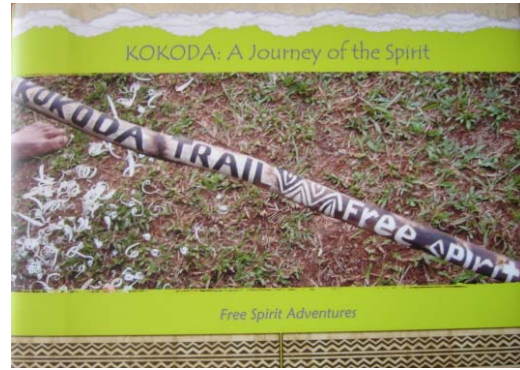
For a great review on one of our past Kokoda trips, please visit Steve's Blog and read all about it:

Kokoda blog- <http://www.travelpod.com/travel-blog/stevegrace/2/tpod.html>

Read more below about community projects we are supporting this year in PNG

Kokoda – A Journey of the Spirit

This professionally presented photo-book is full of the best photos from all of our Kokoda trips, together with quotes & poetry that will bring back cherished memories if you've trekked Kokoda or inspire you to go there if you haven't. The book can be tailored for your trek group and makes a great memento or gift.



If you haven't already got a copy, **please visit our Kokoda page on the website where you can preview the book**

and download an order form. <http://www.freespiritadventures.com.au/adventures/documents/KokodaPhotoBookPREVIEW.pdf>

Tassie Trek & Raft Tour - Nov 28 to Dec 12, 2010

We will soon make available our first DVD capturing highlights of the Tassie Trek & Raft Tour, including photos and video footage of the Overland Track and Franklin River from our last two trips to the beautiful wilderness of Tasmania.



Our next trip to Tassie will be in early December this year. For more information, please visit our website. Our limit for this trip is 9 people, so get in quick if you'd like to go somewhere more local and inexpensive. **Walking the Overland Track and rafting the Franklin River is definitely one for the bucket list!**

<http://www.freespiritadventures.com.au/adventures/tas.html>

Kilimanjaro & Africa Safari – Dec 31st 2010 to Jan 17th, 2011



Kilimanjaro is the highest peak on the African continent and the tallest free-standing mountain in the world, rising in breathtaking isolation from the surrounding coastal scrubland to an imposing 5,895 metres. The **8 day climb** will be followed by a **relaxing 5 day safari, exploring the best that Tanzania has to offer.**

Tanzania contains more of Africa's crown jewels than any other; including the Serengeti, Ngorongo, Kilimanjaro and Zanzibar. **Our inaugural trip to Africa will be lead by Craig Fleming.**

This trip starting after Christmas through to mid January is almost full but we still have a few vacancies. **Please contact us as soon as possible if you are interested in joining this trip.** For more details go to our website or attend our next **Information Night – Wed Aug 11th.** **RSVP to Craig Fleming on 0408856545.**

<http://www.freespiritadventures.com.au/adventures/KilimanjaroAfricanSafari.htm>

Kimberley & New Zealand Coming Soon – 2011/2012

In our next newsletter we will be announcing details of new adventures we have planned for New Zealand and the Kimberley in 2011/2012.

PNG Community Projects

Each time we visit PNG we like to do something for the local people along the Kokoda Track corridor through to the coast at Buna. This year we are supporting a number of projects in conjunction with the Kokoda Track Foundation and with the support of our trekkers.

Legacy Kokoda Fraternity - Krappers 4 Kokoda Project

This project, co-ordinated by the **Kokoda Track Foundation**; involves installing **eco-friendly toilets** at strategic places along the Kokoda Track to improve the health & hygiene for the local communities that live there. Our trek groups this year will make a contribution to the installation of a Krapper at Menari Village. This specific project is sponsored by the **Legacy Kokoda Fraternity** who have donated \$5000 to it.



We would also like to thank **Nova Defence** for their generous donation of \$1000 towards the project.

<http://www.freespiritadventures.com.au/about/charity.html>

If you would like to make a donation to support the K4K project, please follow the link above to our website.

Medical Kit for Waju Aid Post

Waju Village is a small community located north of Kokoda. In recent years the people of the village and surrounding areas have suffered a number of deaths due to lack of basic medical supplies. The Waju Aid Post was built in 1994 by Rotary volunteers but needs regular top up of medical supplies to function effectively.



In conjunction with our September trip this year, **Kathy Brookes; a nurse from Adelaide will be volunteering her time at the Waju Village Aid Post** and visiting Kokoda Hospital before meeting us at Hoi Village where she will provide a day clinic for the local people. We will also, with Kathy's help, deliver a **Medical Kit to the Waju Aid Post** on behalf of the *Kokoda Track Foundation*.

<http://www.freespiritadventures.com.au/about/charity.html>

These medical kits are quite expensive, so if you would like to make a donation, please follow the above link.

Micro-Business Assistance

Another one of our trekkers; **Mick Shaw, will be extending his stay in Kokoda after completing the August trek, to volunteer his expertise in business coaching to the locals of Kokoda** who are developing new enterprises to link into eco-tourism such as hospitality & entertainment.



To find out more about how you can contribute to Kokoda Track Foundation Projects go to: www.kokodatrackfoundation.org/whatwedo.html

Free Spirit Adventures Club

Club Card Benefits

Already our members are eligible for generous discounts on outdoor gear and travel services.



New Benefits

We would now like to announce 3 new service providers who have recently joined our affiliate's network.



Footprint Podiatry Clinics are happy to offer our clients

A **FREE "Foot Health Check"** valued at \$78

10% of all Podiatry Services.

www.FootprintPodiatry.com.au

"When Footprint Podiatry takes care of your feet, you and your feet will have a great journey!"



The ourSA website is a membership based program supporting South Australians and South Australian businesses. Its aim is to drive economic growth and prosperity whilst delivering "Mates Rate" value to its members across all regions of South Australia and supporting South Australians in need.

OurSA allows approved South Australian businesses/service providers to place their offers on the OurSA website. Members can then log in to take advantage of deep discounts and exclusive offers that they would not be able to obtain on their own. A percentage of proceeds from the site go towards helping South Australians in need. Whilst there is an annual investment of \$88 to become a member of OurSA, it will save you hundreds if not thousands of dollars on a wide range of goods and services in addition to helping South Australians in need.

What's in it for FSA Club Members? (apart from huge savings on a wider range of goods & services)

If you would like to take advantage of OurSA 'Mates Rates', Weekly Prize Draws & help people in the process; **Free Spirit Adventures will happily refund the \$88 membership fee off the cost of your next trip with us.**

Go to: www.oursa.com.au for more information or call Mark Ryan on 0411060632



Leonie Leate – Member of the Australian Association of Massage Therapists and experienced in **sports and remedial massage** techniques as well as reflexology and yoga. Leonie has rooms at Marion and Wayville near the city.

Please call Leonie on 8296 1934 or mobile: 0417 832 477 for a 15 min **Bonus Foot Massage** with every one hour massage appointment.

Club Events

Isurava Memorial Walk – August 29th, 2010

The battle of Isurava was the first big battle on the Kokoda Track. Between Aug 26th – 29th the position which is now the location of the Isurava Memorial, was defended first by young, inexperienced and ill-equipped army reserve soldiers of the 39th Militia Battalion, who then fought side by side with the regular army troops of the 2/14th & 2/16th Battalions over 4 days. Australia lost 75 young men during the battle of Isurava with many more wounded. The Japanese sacrificed 100's too.



The Isurava Memorial Walk is a **Legacy Kokoda Fraternity** event in honour of those who fought and died at Isurava in August 1942. **The walk will be from Mt Lofty to waterfall Gully and return, followed by a BBQ.** For **more information, please visit our website:** www.freespiritadventures.com.au/fsaclub.html

Trail Blazer Challenge – October 9 & 10th, 2010



Trailblazer is a challenge where you can walk or run a distance anywhere from 18 to 100kms over a course between the city and Athelstone along the Torrens River and then over the Adelaide Hills to Morialta and Mt Lofty or all the way to Kuitpo Forest in one weekend. **You can choose your distance and participate in a team of 2, 3 or 4.** Fundraising is also part of the challenge. **Proceeds go to Operation Flinders & Rotary.**

Last year we had 6 Free Spirit Adventure Teams participating in the Trail Blazer Challenge. Teams participated in a range of distances including the 18km, 32km and 50km event.

This year we aim to have more teams participating and to raise more money for Operation Flinders which is a cause close to our heart. **In 2008, we were the top fundraisers and last year we were again in the top 10, so we hope to better that this year by raising over \$5000 from Free Spirit Adventures Teams.**

Please see our website for more information about how you can join a Free Spirit Adventures – Trail Blazer Team. www.freespiritadventures.com.au/fsaclub.html

Xmas Event – November 21st, 2010

Our first Christmas event will be held at **Woodhouse Activity Centre** on **Sunday Nov 21st, 2010**

We invite you to come along with your family and join in the fun. Please put this date in your diary and stay tuned for **more details in our next newsletter.**



FREE SPIRIT on Facebook

Free Spirit Adventures is now on Facebook. If you'd to connect with us on Facebook to keep up to date with what's happening on a more regular basis, including photos, training walks, stories and general chatter, please join our social network at: www.facebook.com/#!/pages/Free-Spirit-Adventures/104480902939250

We hope you've enjoyed our first newsletter. Please feel free to share it with others interested in adventure or travel.