



FREE SPIRIT ADVENTURES CLUB – NEWSLETTER

MARCH 2011

Welcome to our latest newsletter which includes updates on events and adventures coming up, new FSA Club benefits, a review of our latest trip to Kilimanjaro and information about community projects we are supporting in Papua New Guinea. It has certainly been a busy 12 months and we look forward to another exciting year sharing journeys and adventurous experiences with you. We appreciate your support and friendship as always and would love to see you at one of the FSA Club events even if you are not travelling with us this year. We continue to look for new adventure destinations in response to your requests and welcome your feedback so that we can continue to improve our service to you. Have a great year!

Wayne, Gab & Craig

Club Events

FSA Club Bushwalk Calendar

As of April this year, we will be offering FSA Club Members and Legacy Kokoda Trekkers the opportunity to participate in weekly Sunday walks at different locations in the Adelaide hills. The weekly bushwalks will cater for anyone training for one of our treks as well as those who just want to walk with others to keep up their fitness or to maintain social contact with fellow trekkers. Feel free to bring family or friends and come and go as often as you like. The only walks that will be reserved for specific trekking groups will be the Kokoda Expedition weekends (KXP) that are scheduled 3 weeks prior to each Kokoda trek (on these weekends there will be alternative walks arranged for those not participating in the Kokoda preparation program)

There will also be a more detailed monthly schedule on the website, indicating where, when and who to meet for each trek. A map of each walk will be included with this information. **See website for details of Anzac Walk coming up.**

You can download the annual calendar and monthly schedule from the FSA Club page on our website. If you would like to receive weekly reminders for walks coming up each Sunday, please click on the '**Subscribe to walk updates**' link on the FSA Club page or email wayne@freespiritadventures.com.au



We look forward to seeing you on one of the upcoming walks.

Free Spirit Bike Ride

Join us Sunday April 3rd at 8am for a ride along the Torrens River from Elder Park to Henley Beach and back. For those who want to go further, there will be an option to ride along the coastal bikeway to Glenelg. We will meet at Henley Square for a coffee before returning to Elder Park by 12.00pm



For those who wish to join us for lunch, we will be having **lunch at the Hackney Hotel after the ride.**

Please RSVP by April 1st to wayne@freespiritadventures.com.au

Information about the ride is available on the FSA Club page of our website.

Information Nights

We have a number of information nights scheduled for trips coming up in the next 12 months.

The next information night will be a Kokoda Information Night on Wed March 30th at 6.30pm.

Venue will be Legacy House 102 Franklin Street Adelaide. More details are available on the website.

Just click on the information night button on the home page to get dates and times.

Information nights are open to anyone who has trekked with us and would like to invite others who are interested in one of our treks, or for people who have not trekked with us and just want to find out more about our destinations and approach.

Recent Trip Review

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 at 5895metres. The 8 day climb was breathtakingly scenic and challenging. Our inaugural trip was lead by Craig Fleming who summated Kili with 9 others on Jan 8th, 2011.

After a successful climb the group enjoyed a relaxing 5 day safari, exploring the best that Tanzania has to offer.

Staying in luxury tents, they were up close and personal to all of the majestic beasts that roam freely.



Our next trip to Africa is planned for July this year. Please contact craig@freespiritadventures.com.au for more information.

We will also be doing another **Kilimanjaro & African Safari Adventure in June/July 2012.** Stay tuned for dates and details in our next newsletter.

See our Gallery on the website for more photos of this year's African adventure.

<http://www.freespiritadventures.com.au/gallery.html>



Other Adventures Coming Up

Tassie Trek & Raft Tour



Our next trip to Tassie will be in January 2012. 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>

Peru 2012

Iguassu Falls - Inca Trail – Machu Picchu

Our next trip to South America will start in Santiago Chile before flying to **Iguazu Falls** on the border of Argentina and Brazil. This is one of the most spectacular waterfalls in the world. We also visit **Buenos Aires** before entering Peru where we explore the history of **Cuzco and the Sacred Valley** for a few days before our 4 day **Inca Trail** trek to **Machu Picchu**. We complete our tour in **Lima** (City of Kings) on the coast of Peru.



For a review of our last Peru trip, visit Steve's blog

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

For more information on our next Peru Trip,

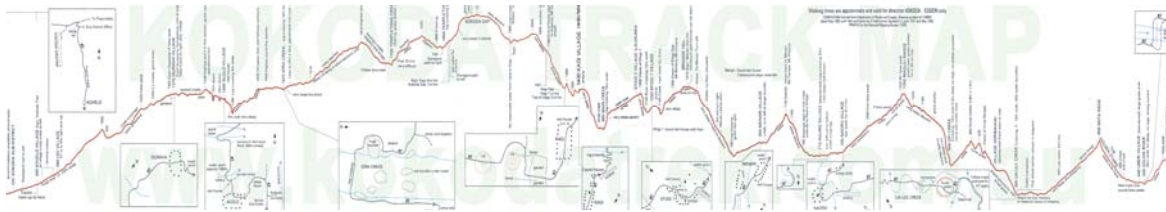
Please visit the Peru page on our website: www.freespiritadventures.com.au/adventures/peru.html

Kimberley 2012

Free Spirit Adventures will soon be announcing a new trip to the Kimberley which will include a **helicopter flight into the amazing Carrboyd Range** south of Kununurra where we'll enjoy a **5 day trek** through remote terrain, followed by a leisurely **3 day canoe journey through the magnificent Carlton Gorge** before returning to Kununurra. We will also be offering an **extension to the Kimberley Coast**. Details will be announced in our next newsletter. Dates are to be confirmed but will be in July 2012.



The Kokoda Track – This year we have three trips to Kokoda – two in **August** which are fully booked and another one in **October school holidays which still has a few vacancies**, so if you get in quick, you can still join that trek. – **October 3-13th, 2011**. **Information Nights Coming Up – March 30th & May 2nd**.



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

Legacy Kokoda Trekkers - Krappers 4 Kokoda Project

Last year we were involved with the installation of 4 Krappers at strategic locations along the Kokoda Track. This year we will be again collaborating with Legacy to support the installation of new Krappers at schools in Menari and Efogi village.



If you would like to support the K4K project, please go to <http://www.freespiritadventures.com.au/about/charity.html>

Adopt an Angel



The Kokoda Track Foundation sponsors over 150 students to attend primary and secondary school in PNG. They do this with the generous and ongoing support of donors like us.

It costs **\$300 per year** to support a primary aged student to go to school and **\$1,000 per year** to support a secondary student.

Each students’ scholarship includes tuition fees, boarding, food, uniforms, and school resources. Scholarship students are selected on the basis of family need, gender equality, effort, and achievement and many of our scholarship graduates have gone on to gain entry into university.

If you would like to help us adopt more Angels, please visit the Kokoda Track Foundation website to find out more. <http://www.kokodatrackfoundation.org/getinvolved/adopt-an-angel.html>

Free Spirit Adventures currently sponsors three school children who we will be visiting this year.



Gary Kitave - Kokoda



Bernard Badi - Edevu



Elsie Daba - Buna

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

Other Events coming Up

Trail Blazer Challenge – October 8 & 9th, 2011



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.

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

Xmas Dinner – November 30th, 2011

This year's Christmas event will be an informal dinner. We are getting in early with setting a date so that you can put it in your diary now. **Our 2011 Christmas dinner will be on Wednesday November 30th.**

Free Spirit Adventures Club Card Benefits

Paddy Pallin Discount Increase

We are pleased to announce that Paddy Pallin in Rundle Street Adelaide are now happy to offer our members a 20% discount on all of their outdoor gear.

FSA Members are also eligible for generous discounts on outdoor gear, travel services and physical therapies with the following alliance partners.



Leonie Leate
Massage



FREE SPIRIT on Facebook

Free Spirit Adventures is now on Facebook. If you'd like 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 by going to our website and clicking on the Follow us on Facebook button.

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