



FREE SPIRIT ADVENTURES CLUB – NEWSLETTER

OCTOBER 2011

Welcome to our latest newsletter which includes news from some of our latest trips, updates on events and adventures coming up in 2012, FSA Club benefits, and information about community projects we have been able to support with the help of our clients and friends. It has been a busy six months since our last newsletter and we've enjoyed sharing more inspiring journeys and adventurous experiences with some of you since then.

We appreciate your support and friendship as always and would love to see you for a Christmas drink on December 2nd if you're in Adelaide and have time to drop in. If not, we hope to see you out on a walk one weekend or at one of the events coming up. We continue to explore new adventure destinations and welcome your feedback so that we can continue to improve our service to you. We wish you and your families all the very best for the Christmas season coming up.

Wayne, Gab & Craig

CLUB EVENTS

Christmas BBQ & Drinks

We invite you to join us for a **Christmas drink and BBQ on Friday December 2nd** at our place – 17 Kent Avenue Seacombe Gardens. We understand that everyone is busy that time of year, so we'll be having an **open house from 4.00pm** til late that evening, so that you can drop in for a drink after work if you are unable to stay for the BBQ or you can come at whatever time suits you. Meat and salads will be provided but please feel free to BYO any special dietary requirements, including your favourite drink if you are not partial to beer or wine. We look forward to catching up with you then if you can make it.

Trail Blazer Challenge 2011 – Thank you for Your Generous Support



Katrina Webb & Ed Dennis 18k



Peter Foley & Wendy Albanesi at 34k



Colleen & Growdy 50k < 12hrs

In this year's Trailblazer Challenge we had 3 teams participating over the 18, 34 & 50km distances. Congratulations to all those who participated and thanks to Gabbie for her constant support along the route. We would also like to thank all of you who gave us your generous support with donations and encouragement. It's a fun event that raises money for youth at risk. **Join one of our teams next year!** So far this year we have raised close to \$1400 for Operation Flinders & Novita Child Services. If you'd like to make a donation, please click here: http://www.everydayhero.com.au/free_spirit_adventures

Please see our website for more info about how to join a Free Spirit Adventures Team in 2012.

www.freespiritadventures.com.au/fsaclub.html

Annual Legacy Kokoda Trekkers Dinner



November 17th at the Arkaba Hotel 6.30pm

Guest speakers will be Patrick Lindsay – Chairman of the Kokoda Track Foundation and author of ‘Spirit of Kokoda’ and ‘Spirit of the Digger’. **Advertiser journalist Paul Ashenden** who recently came with us to Kokoda, will be sharing his Kokoda Journey. There will also be **WW2 Veterans from the 2/27th Battalion in attendance**.

For more info go to <http://www.freespiritadventures.com.au/documents/LKTAnnualDinner2011Flyer.pdf>

Information Nights

We have a number of information nights scheduled for trips coming up in the next 12 months. For more information on trips coming up, see overviews below.



Kokoda 70th Anniversary Treks 2012 & ‘Beyond Kokoda- Cultural Trek’

Wednesday October 26th – 7.00pm at 17 Kent Ave Seacombe Gardens

RSVP to wayne@freespiritadventures.com.au Ph: 0421 598 465



Kilimanjaro & African Safari 2012

Wednesday November 9th – 7.00pm at 5 Aylwin St Henley Beach Sth

RSVP to craig@freespiritadventures.com.au Ph: 0408856548



Kimberley Trek & Paddle Adventure 2012

Wednesday November 23rd – 7.00pm at 17 Kent Ave Seacombe Gardens

RSVP to wayne@freespiritadventures.com.au Ph: 0421598465

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.

MORE ABOUT ADVENTURES COMING UP

New Destination - Kimberley Trek & Paddle Adventure – July 2012

The latest addition to our list of adventurous destinations is the Kimberley. We’ve been planning this trip for two years and will be working with Kevin Mansfield who has been taking people to this area of the Kimberley for many years and is also an experienced Kokoda Guide and Australian white water canoe champion. This trip is for those who would like to immerse themselves in the remote landscape of north-western Australia. The trip starts with a **scenic helicopter flight into the amazing Carr Boyd Range** south of Kununurra where we’ll enjoy a **5 day trek** through spectacular terrain taking us to the shores of Lake Argyle. The trek is followed by a leisurely **3 day canoe journey** on the **Ord River** through the magnificent **Carlton Gorge** before returning to Kununurra. We will also be offering **extension options to Mitchell Falls and the Kimberley Coast**.



For more info click here: <http://www.freespiritadventures.com.au/KIMBERLEYTREKPADDLEADVENTURE.htm>

Tassie Trek & Raft Tour

Our next trips to Tassie will be in January & November 2012. This World Heritage Wilderness is right in our backyard and such a beautiful wild place. Join us for a 6 day trek on the **Overland Track**, followed by a **rafting expedition on the pristine Franklin River**, before **sailing back to Strahan on a luxury yacht** over the tranquil waters of Macquarie Harbour.



Spaces are limited for this trip, so register early if you'd like to go somewhere more local and inexpensive. For more information, please visit our website: <http://www.freespiritadventures.com.au/adventures/tas.html>

Kilimanjaro & African Safari – June/July 2012

Kilimanjaro is the highest peak on the African continent and the tallest free-standing mountain in the world at 5895metres. The climb is breathtakingly scenic and challenging. Our inaugural trip lead by Craig Fleming earlier this year saw all those who did the 8 day trek successfully reaching the summit before enjoying a **relaxing 5 day safari with luxury tent accommodation** where they were up close and personal with all of the majestic beasts that roam freely in Tanzania. **We invite you to join us for our next trip to the peaks and plains of Africa in 2012.**



Our next trip to Africa will be in June/ July 2012.

For more details please visit: <http://www.freespiritadventures.com.au/adventures/KilimanjaroAfricanSafari.htm>
To RSVP for the next Kilimanjaro information night, Please contact craig@freespiritadventures.com.au

KOKODA & BEYOND

70th Anniversary Treks 2012 with *Legacy Kokoda Trekkers*

Isurava 70th Anniversary Trek: August 19th - September 1st. In honour of the 39th and 2/14th Battalions who fought at the Battle of Isurava between 26-30 August 1942. We will have a dawn service at the Isurava Memorial on the morning of August 27th.

Brigade Hill / Mission Ridge 70th Anniversary Trek: Sept 3rd - 16th. In honour of the 2/14th, 2/16th and 2/27th Battalions who fought at Brigade Hill and Mission Ridge between 6-8 September 1942. We will have a dawn service at Brigade Hill on Sept 8th.

For more info, please see our website:

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

New 'Kokoda & Beyond' - Cultural Trek 2012

This trek will coincide with the Isurava Anniversary Trek between August 24th - September 1st, 2012. It **starts at Kokoda** and crosses the Eora Creek valley from Deniki before heading south to **Abuari** and the giant **Mayaka Falls**. Then to the **Lost Battlefield** near **Eora Creek**, before joining up with the Anniversary trek group for a **Dawn Service on the 70th Anniversary of the Battle of Isurava**.

We will then travel from Kokoda to the **coastal villages of Gona, Sanananda and Buna** where the Kokoda campaign ended in 1943.

For those who have already done the Kokoda Trail, this new itinerary will take you **further into the magic of Orokaiva culture**.

For more info: <http://www.freespiritadventures.com.au/adventures/documents/KokodaandBeyond2012.pdf>

Peru 2013

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.

An extension to **Galapagos Islands** is also available.

For more info, please visit our website:

www.freespiritadventures.com.au/adventures/peru.html

We have other adventures on the drawing board for **2013 and beyond**. *There will be more information about these in our next newsletter:*

- ❖ *Larapinta Trail - Kings Canyon - Uluru*
- ❖ *Katherine Gorge - Jatbula Trail - Edith Falls*
- ❖ *Milford – Routeburn Trek in New Zealand*
- ❖ *Himalayan Treks*



GIVING BACK

Legacy Kokoda Trekkers - Krappers 4 Kokoda Project

Over the last two years we have been involved with the installation of eco-toilets at strategic locations along the Kokoda Track. Last year we helped install four 'Krappers' and this year we raised over \$5000 to fund new Krappers in schools to improve the hygiene for children.



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

Medical Volunteers – Help local villagers



This year we were fortunate to have two medical professionals participating in our treks. - **Dr Andrew Pearce & Paramedic Barry Manning.**

During the treks Dr Pearce ran a **First Aid Clinic** for our senior guides & porters and donated medical supplies which were helpful in assisting local villagers who were in need of medical treatment while we were passing through. The first was a little girl named Sue who had accidentally lacerated her foot with a machete. **Dr Pearce and Paramedic Bazza were both able to provide urgent medical attention** to minimise a bad infection which could have resulted in her death had she not been flown to hospital for more treatment in Pt Moresby.



New Born at Buna

Paramedic Bazza and I also attended to a lady who had given birth the morning we arrived at Buna Village. She was having difficulty delivering the placenta and had lost a lot of blood. Bazza was able to give her some fluids intravenously to keep her going before using our hired fishing boat to transport her to the nearest hospital. **We are happy to report that mother and child are now doing well and 'Little Sue from Efogi 2' has also made a good recovery from her infected foot.**

Our thanks go to Andrew & Barry for the generous donation of their time, medical resources and expertise.

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 through the 'Adopt an Angel' Program.

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.

Free Spirit Adventures currently sponsors three school children.

In August this year, Trekkers from Tumby Bay and Adelaide visited Buna Primary School to donate education supplies and Wayne was able to meet his 'Adopted Angel'; Elsie Daba and her parents for the first time.



Elsie & Wayne at Buna

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

Free Spirit Adventures Club Card Benefits

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



Leonie Leate
Massage



FREE SPIRIT 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 Facebook button.

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