



## Gold Duke of Ed Residential Project

### Tharwa ACT

## ATIRP Tharwa to Namadgi – 5 days / 4 nights

### **SUPERVISORS:**

Supervisors are qualified in First Aid, have Working with Children clearance and carry emergency communication equipment.

### **MEETING PLACE:**

Outward Bound Australia National base  
Naas road Tharwa ACT 2620

**MEETING TIME:** 10:00am

### **ITINERARY:**

#### **Day 1: Base**

Arrive at Outward Bound's National base to meet your guides and fellow RP peers. Enjoy introductions and team building activities before a morning tea in the dining hall. Walk along the Murrumbidgee River to the Namadgi visitor Centre to discuss and understand the local area. Head back to base for a swim and some dinner.

#### **Day 2: Orroral Valley**

Wake up and head to the dining hall for breakfast. Follow your supervisors to Outward Bound's initiatives to learn and be challenged. After lunch, head out to the stunning Orroral Valley and enjoy the serenity of the surrounding mountain ranges. Enjoy a history session on the significance of the Tracking Station then grab your packs and walk to your campsite. Set up camp, cook some dinner and settle in for a night of stargazing.

#### **Day 3: Lego Land and Abseiling**

Wake up to kangaroos and the vast valley. Pack down, eat some breaky and jump back into the van. Head on up to the ridge and walk 2km into Outward Bound's abseil site. Spend the morning abseiling then head back towards Lego Land. You will then get transported back to base for showers and dinner. Enjoy a night around the fire.



## Day 4: Tidbinbilla and Booromba rocks

Wake up in the comfort of a bed, grab some breaky and pack yourself a lunch into your day bags. You will be driven to Tidbinbilla to meet the local ranger for a talk on local bush tucker. Head out on a walk to identify and record local foods. Drive to Booroomba rocks for an afternoon walk. Head back to base for a swim and a celebration dinner.

## Day 5: Base

Wake up, pack your things and meet your supervisors in the dining hall. Meet up with local Volunteer Tim to give back to the community and plant some trees along the Murrumbidgee. Grab some lunch, then settle down for a debrief of your Residential Project.

### **Finish Time:** 2pm

If you are being picked up, please ensure they are on time.

### **Transport:**

Outward Bound will do 2 pick ups from Canberra airport and Jolimont Bus station. Times as follow:

Pick up		Drop Off	
Canberra Airport	0800	Canberra Airport	1430
Jolimont Bus station	0845	Jolimont Bus station	1445

### **DRINKING WATER:**

We recommend drinking at 2 - 3 litres of water per day. 1 litre of water weighs 1kg. Please keep this in mind when packing. After the first day you should adjust this up or down depending on your water intake.

### **TOILETS:**

National base has flushing toilets and hot showers. You will have access to a composting toilet in the Valley.