





The Tempus Coastal Trek 2021

Join us in raising money for the Melanoma Institute (MIA) on Friday, 28 May to complete the Royal National Park Coastal Trek.

The aim of our day is to not only support MIA but to encourage our team, clients, friends and family to get moving and put those Fitbits and Apple Watches to work!

There will be different options of the walk to suit all fitness levels:

-  26km (Otford to Bundeena)
-  17km (Garie to Bundeena)
-  10km (Wattamolla to Bundeena)
-  7.5km (Bundeena to Wedding Cake Rock and return)

No registration fee required, although we ask for a minimum donation of \$50 directly to the Melanoma institute [donate here.](#)

After the walk we will finish up at Bundeena RSL for food, well deserved drinks and where we will be holding a raffle!



Click here to [register now!](#)

How do I get to the starting point? All participants (except the Bundeena crew) will be provided a meeting point and time to meet at Sutherland Train Station. For the Otford starters, we will catch the train to Otford – for the Garie & Wattamolla starters, bus transport from Sutherland Station will be provided.

Will there be leaders? Yes, Tempus will have our team spread across all distances to ensure we all keep on track.

First Aid? We will have a small first aid kit on hand with each of the groups.

What do I wear? Sensible hiking boots or running type shoes, tights / shorts, comfortable breathable shirt / top, a hat, sunglasses & sunscreen. Ensure that you pack for cooler start and a wet weather jacket should the forecast indicate wet weather. For the longer trekkers, maybe a spare pair of socks – you will be amazed at how good a fresh pair of socks are half way!

What do I bring? In a comfortable day backpack, you will need to bring enough water to see you through the length of your walk. Snacks like nuts / trail mix, bananas, apples, protein bars to keep you fuelled along the way. Red frogs and snakes are also handy!

Who do I contact for questions on the day? Donna - 0403 280 553 / Louise - 0417 698 038 / Ella – 0435 570 830

How do I get home? Bundeena Ferry runs every hour until 7pm (last ferry). Please note the Ferry does not take Opal cards as payment.

