

TEMPUS & WSIB BOTANY BAY TREK FRIDAY, 3RD JUNE 2022

Join us in raising money for Beyond Blue on Friday, 3 June to complete the Botany Bay Trek – Botany Bay Kurnell.

The aim of our day is to not only support Beyond Blue but to encourage our teams, 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:

22KM	→	THE LONG WAY – GRIND, BASS & FLINDERS TO KURNELL
17KM	→	COFFEE LOVERS – GRIND, WANDA TO KURNELL
15KM	→	GREEN HILLS FIRE TRAIL – WANDA TO KURNELL
8KM	→	WHALE WATCHERS – OUT & BACK TO CAPE SOLANDER



No registration fee is required, although we ask for a minimum donation of \$50 directly to Beyond Blue. Please click on the links below to donate and register for the walk.

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

[DONATE](#)

[REGISTER](#)

FREQUENTLY ASKED QUESTIONS

How do I get to the starting point? All participants will be provided a meeting point and time to meet at their start point.

Will there be leaders? Yes, Tempus & WSIB will have our teams 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

Communication? WhatsApp groups will be set up for updates on the day.

How do I get home? Buses run regularly from Balboa St Kurnell to Cronulla Station until about 8.30pm with payment by Opal card.



[DONATE](#)

[REGISTER](#)

ROUTE MAPS

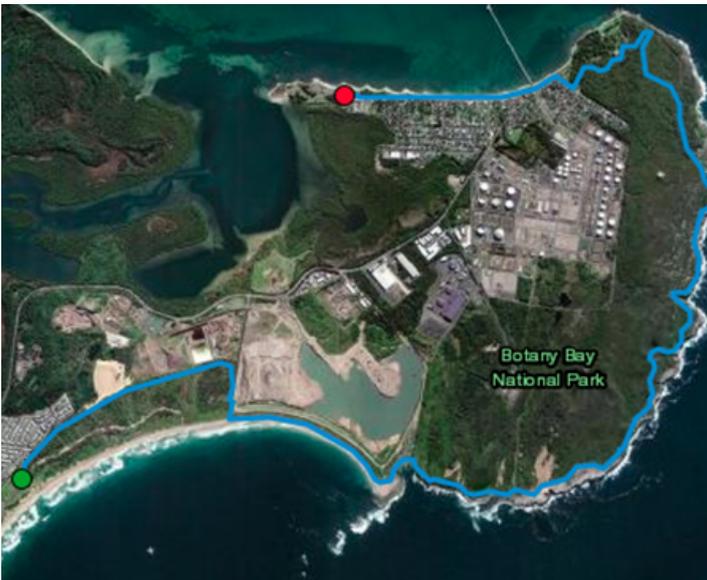
The Long Way - 22km



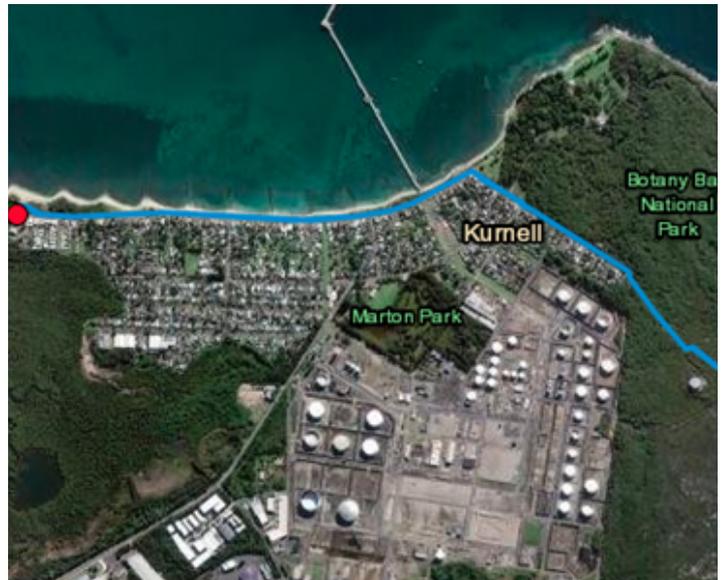
From Grind Cronulla - 17km



From Wanda carpark / fire trail - 15km



From Cook at Kurnell - 8km



[DONATE](#)

[REGISTER](#)