



Suzanne Holden
Adventure Specialist
ICON Adventures

+61409479280
suzanne@iconadventures.com
<http://iconadventures.com.au>



REST & RENEWAL - Yoga & Hiking Retreat

Oct 1, 2020 - Oct 5, 2020

1950/twin share per person

REST & RENEWAL - Yoga & Hiking Retreat

Time out at the Carnarvon Ranges

- * Daily yoga sessions with Greg Cawley (all levels welcome)
- * a personalised therapy session with Michelle Harbrow
- * 3 days of guided hikes with a qualified and experienced ecologist
- * luxurious bell-tent camping at private property nestled amongst sandstone cliffs
- * delicious meals prepared on site
- * guided walks through river valleys, cliffs and gorges
- * maximum 14 spaces.

An amazing 5-day adventure around the magnificent landscape of central Queensland. Designed to give you time out and an opportunity to reset your mind and body. With daily yoga sessions, a personalised therapy session and daily hikes in diverse eco-systems, this will help set new pathways towards being invigorated and energised in this post-COVID time.

The research is in: walking is good for us, making new friends is great and yoga is fantastic. Combined with cosy beds, a good meal and a campfire beneath big night skies to close the day, this micro-adventure is an amazing opportunity restore your sense of wellbeing.

Join us for one night in the outback town of Roma and three nights on a private 72,000 acre property. Sleep under the stars in glamping style bell tents with comfortable posturepedic beds and fresh white linen. Feast on local cuisine and raise a toast each evening to the beauty of the world around us and the shared laughter of newfound friends.

Each day we'll venture out on a hike, visiting the Expedition and Carnarvon Ranges, and our final day includes a full day in Carnarvon Gorge. We will have a personal guide to lead the way, an ecologist to share knowledge about native flora and fauna.

This trip is a rare opportunity for immersion in Australia's pristine natural ecosystem, as we discover cryptic creatures, awe-inspiring rock formations, ancient Aboriginal art, inland streams and gorges. Simultaneously, the writing component will lead you on a journey into your own interior.

On this journey to Carnarvon Gorge we can walk and talk and explore some of those joint aches and pains and nut out a pathway to supporting them. You will receive a half hour consultation which includes a short session of Bowen Therapy or other modalities to enhance your ability to support your body along the way. Whether it is strength, length or mobility you need, we can find the next step for creating greater longevity in your "challenging spots".

Our form of sustainable ecotourism has been developed to ensure you see Outback Queensland the way nature intended.



INCLUSIONS

- Fully hosted by Greg Cawley & Michelle Harbrow
- All transport in 4WD minibuses from Roma onwards
- Daily yoga sessions
- A 30min consultation and therapeutic treatment with Michelle
- Ecological guide for all hikes on day 2, 3 & 4
- 3D, 3L, 4B plus cheese platters at sundown
- 8 x twin/double bell tent with posturepedic bedding and all linen
- 6 shared bathrooms
- Hot showers and flushing toilets
- Camp oven dinner around open fire (marshmallows provided!)
- All parks and licence fees
- COVID Safe Plan in place



EXCLUSIONS

- Transport to Roma
- Travel insurance
- Alcoholic drinks
- Personal expenses



GREG CAWLEY - Yoga Instructor

I'm a full-time yoga instructor living in Toowoomba, Qld. My business [Brikman Yoga](#) offers yoga classes exclusively for men.

Providing an environment where guys could comfortably come to a yoga class was my goal. I wanted them to participate and enjoy the many and varied benefits of yoga without the fear of judgement or the concern of walking into a room full of flexible females.

I have extensive experience with taking mixed yoga classes, working with sports teams and businesses.

In my former life I was a qualified chartered accountant and owned my own manufacturing businesses for over 20 years. Yoga is something I have come to later in life, so I understand how anxious people may feel before attending a session.

In addition to yoga, travel and hiking are passions of mine, one I share with my partner, Michelle.



MICHELLE HARBROW - Remedial Therapist

I'm Michelle Harbrow, an enthusiast for supporting you to keep moving and exploring life.

Our body is constantly changing and learning how to nurture and support your body to wellness is my goal. I am a Remedial Therapist, offering varied techniques to enhance your wellbeing and knowledge your body health.

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Whether it is strength, length or mobility you need, we can find the next step for creating greater longevity in your "challenging spots".

Enjoy the walk into Carnarvon Gorge with the amazing ecologist whilst be supported by Greg and myself with therapies to enhance your journey.





MEET IN ROMA 14:00HRS

On arrival in Roma mid-afternoon we'll meet together as a group and be introduced to your hosts, Greg and Michelle. This is your opportunity to speak with them about your level of yoga abilities and any minor physical issues you have that Michelle can assist you to manage over the coming days.

Afterwards enjoy a leisurely walk around town at leisure. Purchase any supplies you may need as these are the last shops we will see for the next few days (hint: they have excellently stocked bottle shops).

Dinner will be at Royal on 99 (own expense), the modern take on the outback pub.

O/N Roma Central Motel (or similar)



October 2 - Roma - Expedition National Park



Lonesome Section, Expedition National Park (6 - 12km)

Today we meet our local eco-guide and prepare to head deeper into the outback to immerse ourselves in this incredible and unique natural environment.

Our guide will take us on a hike into the Lonesome section of the Expedition National park located at the junction of the Carnarvon and Expedition Ranges.

Lonesome is spectacular with its sandstone gorges and cliffs with the Dawson River running through the middle. The Lonesome Lookout offers fabulous views of Arcadia Valley and Dawson River Valley.

We'll walk amongst the sandstone scenery and diverse vegetation on unformed tracks down to the Dawson River, which is home to platypus, turtles and a range of fish.

Mid afternoon we'll drive to our private retreat at Wallaroo, a 72,000ha property. All we have to do now is unpack, relax and enjoy a yoga session followed by dinner around the camp fire.

And we don't even have to hammer a single peg into the ground to set up camp.



October 3 - Carnarvon Ranges



Wallaroo Station 6 - 12km

After breakfast we have a day of adventure as we explore part of a 72,000 acre property in the Carnarvon Ranges with our local expert and ecological guide.

We'll be walking cross country on private land which is not available to the public.

Walk locations can be varied depending on the group's interests, fitness levels and weather, but may include the Dawson River and its side gorges, White Horse Mountain, Cycad Gorge and Fern Gully.

All you need to carry is your water bottle and camera.

Depending on the weather the yoga session will be first thing in the morning or late afternoon.

Sundowners tonight will be served chilled with a cheese platter over-looking one of the most picturesque hidden spots on the entire property. #chillout



October 4 - Carnarvon Gorge



Carnarvon Gorge National Park (6 - 12 km)

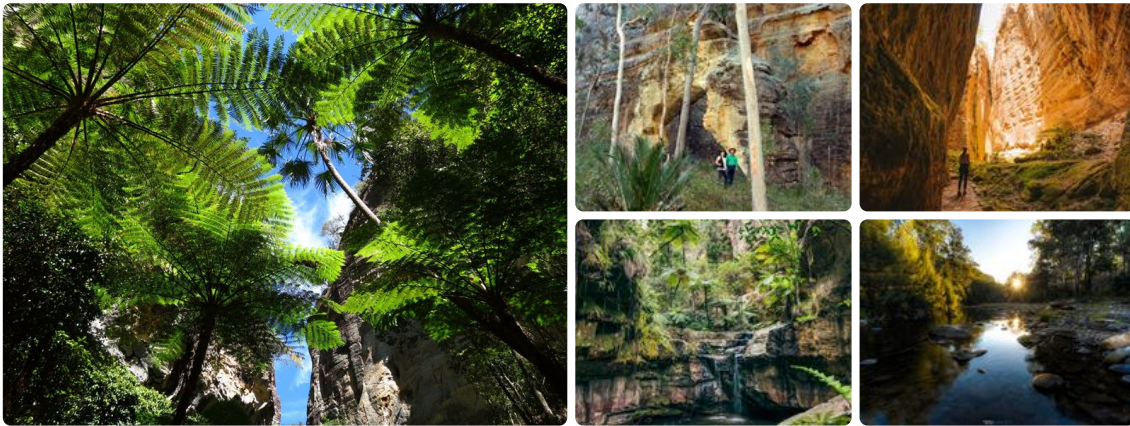
Today we will delve into a stunning landscape of towering cliffs, colourful gorges, endless views and sites steeped in historic and cultural connections.

We'll travel to Carnarvon Gorge National Park from the retreat (about 45mins). We'll walk the formed return track along Carnarvon Creek while exploring the main gorge and key attractions such as the Moss Garden, Amphitheatre, Wards Canyon and Art Gallery.

As this is a private group there is flexibility enabling us to choose a walk depending on fitness, interests and weather conditions. Which ever track we choose everybody is going to appreciate the absolute majesty of this incredible pocket of Queensland's outback.

We return to camp for our late afternoon yoga session.

Our final night together we'll enjoy dinner cooked in the camp oven over the open fire as we gaze mesmerised by the huge canopy of stars above and reminisce on our brief but invaluable time away from the madding crowd.



October 5 - Wallaroo - Roma



Wallaroo - Roma (2 hours)

After our final yoga session we'll have breakfast then retrace our steps back to Roma to swap vehicles, have a coffee, then say our farewells.

Namaste.