

Reach the Peak for Healthier Teeth

Supporting eviDent's research for better oral health in Australia

22 April – 25 April 2022



Photo courtesy Parks Victoria

The Grampians Peak Trail

Make incredible memories as you hike through the Grampians National Park with its dramatic scenery and Aboriginal heritage.

Walking the 36km in support of eviDent Foundation's goal for better health will have everyone smiling. Your hike along the Grampians Peaks Trail will take you and eviDent to new heights, helping eviDent to reach the peak for healthier teeth.

Together, let's continue to improve Australia's oral and general health.

For more information contact us at ask@evident.net.au or call 03 8825 4600.

eviDent
Foundation
www.evident.org.au



Photo courtesy Parks Victoria

The experience

Three days and two nights along the Grampians Peak Trail circuit hike is unforgettable. You will experience the striking views from the famous Pinnacle Lookout of Mount William, Fyans Valley and Mount Rosea, and be delighted by spectacular panoramic views of the breathtaking mountain peaks, sighting ancient rock features of the Grand Canyon and incredible 360-degree views over the Serra and Mt William Ranges.

Camping along the route gives eviDent hikers a unique experience, allowing you to really soak in the rich history of the iconic Grampians landscape. Being part of a group of 16 people, all raising money for eviDent Foundation, you will also be in good company!

Highlights:

- Breathtaking scenery
- Unforgettable panoramas
- Includes Stony Creek, Venus Baths, Splitters Falls, Grand Canyon, Pinnacle Lookout, Mount Rosea, Fyans Valley and Mount William Ranges
- Abundance of wildlife
- Three nights camping in remote locations
- Being part of eviDent Team

Included:

- One nights accommodation and team dinner before the walk
- Meals and camping fees during the hike
- Safety equipment, telecommunications for emergency use
- Tips on training and gear
- Guidance on use of GoFundraise and support to help you achieve your fundraising target
- Celebratory meal at the end of the walk

Not included:

- Personal travel insurance
- Personal spending
- Travel to/ from Halls Gap
- Tents, bedding and equipment



Key details:

- One nights accommodation and team dinner before the walk
- \$600 Solo (of which \$200 is tax deductible) registration with a fundraising target of \$600
- \$550 Duo per person (of which \$150 per registration is tax deductible) registration with a fundraising target of \$600 per person
- Celebratory meal at the end of the walk

To secure your place, please complete the registration form at the end of this brochure.

Registrations close 25 March 2022.

**Register with
a friend to get
\$50 off your
registration!**

Preparing for the walk

Arrival information

Hikers are invited to meet at accommodation at 6pm on **Friday 22 April 2022**. After checking in, the team will regroup for dinner at 7pm.

Commencing the hike

After a good night sleep and a nutritious breakfast, hikers will meet at 7:30am at the Halls Gap car park.

Physical rating

The hike is considered moderately demanding and you will need a reasonable level of fitness. You will be walking for 5 to 6 hours a day whilst carrying a pack. You should train to prepare for the hike by building up your walks to 5 hours a day, with some hill climbs. You are responsible for carrying your pack, so keep it as light as possible.

Meals

All meals are included whilst trekking (breakfast, lunch and dinner). Some snacks are supplied, but it is recommended that hikers carry high energy bars or snacks to suit their needs. Vegetarian, allergies and intolerances such as gluten and nuts can be accommodated.

Fundraising

As well as having an amazing walking experience with a fantastic group of people, we want you to feel great about fundraising for eviDent! The money you raise from this event will help eviDent to fund key dental and oral health research work which will have a tangible benefit for the people of Australia! Your money will help people like Connie to have their oral cancer detected before it's too late. Without early diagnosis, the five-year survival rate of oral cancer is just 20-30%.

We have set a fundraising target of \$600 for each person taking part in the walk. The staff at eviDent are here to help you to set up an online GoFundraising page, as well as to support you with tips and ideas to help you not only reach your target but exceed it. We know that you can do it, and we will help you as much as we can to get there!

Itinerary

3 Days /2 Nights – 36km

Arrival, Friday 22 April 2022 – Accommodation (The Grampians Motel and The Views Bar & Restaurant, 394-404 Grampians Road, Halls Gap)

Arrive at accommodation at 6pm. Meet the team and enjoy dinner at 7pm.

Day 1, Saturday 23 April 2022 – Halls Gap to Bugiga (8.6km – 5 hours)

Your first day on the track will be unforgettable. Starting your journey from the carpark at Halls Gap, you will climb to Venus Baths and Splitters Falls through a rock gully will take you to the Grand Canyon, leading to the famous Pinnacle Lookout, with striking views of Mount William, Halls Gap and Fyans Valley.

From there you will enjoy the Grampians scenery during your journey to Sundial Lookout, which will lead you to Bugiga where you will spend your first night.

Day 2, Sunday 24 April 2022 – Bugiga to Borough Huts Campground (13.8km – 5 to 6 hours)

Day two will start with a walk through a beautiful Messmate forest, leading you to a climb towards the summit of Mount Rosea. You will enjoy outstanding 360-degree views over the Serra and Mount William Ranges. After soaking in the magnificent landscape, you will descend through a sheltered forest to Borough Huts Campground where you will spend your second night.

Day 3, Monday 25 April 2022 – Borough Huts to Halls Gap (14km – 5 to 6 hours)

On your final day you will continue to be absorbed by the peaceful surrounds along the Terrace Fireline, eventually returning to your starting point, where you will enjoy a celebratory meal with the team.



Terms and Conditions

Please read the following terms and conditions carefully before accepting them.

I understand that participating in the eviDent Reach the Peak for Healthier Teeth ('the Challenge') and any associated training, including training organised by the eviDent Foundation ('eviDent') carries with it certain dangers including the risk of physical or mental injury (including the aggravation, acceleration or recurrence of such an injury), death and/or property damage and I accept (to the maximum extent permitted by law) all risks associated with my participation. I understand that participating in the Challenge and training will involve walking on roads and rugged, isolated and often remote tracks. I am aware of the hazards involved. The hazards include, but are not limited to, road or track surfaces, remoteness from assistance or medical aid, the strenuous nature of covering 33 kilometres on foot (including walking at night), becoming lost, vehicle traffic, actions of participants, organiser's personnel, supporting agencies, weather conditions, sleeplessness, hypothermia and heat exhaustion, condition or suitability of participant's clothing, footwear or equipment. In my judgment I have sufficient competence and experience to participate safely in the Challenge and training.

I certify that I am physically fit, will sufficiently train for participation in the Challenge and have not been advised otherwise by a qualified medical person. I confirm that eviDent has not provided me with medical advice regarding my participation in the Challenge and/or training (and are not responsible for providing me with such medical advice).

I agree that, to the extent permitted under section 139A of the Competition and Consumer Act 2010 (Cth) and/or section 22 of the Australian Consumer Law and Fair Trading Act 2012 (Vic), eviDent, Challenge sponsors, Challenge producers, landowners, volunteers, community organisations and all State, Federal and Local Government authorities with responsibility for the locality in which the event may be staged and their or its respective officers, directors, employees, independent contractors, representatives, agents and volunteers ('Indemnified Parties') exclude all liability in respect of any:

- a. death;
- b. physical or mental injury (including the aggravation, acceleration or recurrence of such an injury);
- c. contraction, aggravation or acceleration of a disease; or
- d. coming into existence, aggravation, acceleration or recurrence of any other condition, circumstance, occurrence, activity, form of behaviour, course of conduct or state of affairs that is or may be harmful or disadvantageous to an individual or the community or that may result in harm to an individual or the community, where such liability would otherwise arise under or in relation to any warranty or guarantee:
- e. that the Challenge and/or training will be provided with due care and skill;
- f. that the Challenge and/or training will be fit for any particular purpose;
- g. that the Challenge and/or training will (or might reasonably be expected to) achieve any particular result; or
- h. that the Challenge and/or training will be supplied within a reasonable time, except that the exclusion of liability will not apply to significant personal injury caused by the reckless conduct (as defined in section 139A(5) of the Competition and Consumer Act 2010 (Cth)) of the supplier of the relevant services or with reckless disregard, with or without consciousness, for the consequences of the act or omission (within the meaning of section 22(3)(b) of the Australian Consumer Law and Fair Trading Act 2012 (Vic).

On behalf of myself, my executors, administrators, heirs, next of kin, successors and assigns, I:

- a. RELEASE AND DISCHARGE the Indemnified Parties, to the maximum extent permitted by law, from any and all liability for death, disability, personal injury, property damage, property theft and all other loss, damage or liability whatever and however occurring (whether under tort (including negligence), statute, contract, equity or otherwise) which I or any other person may suffer as a result of or in connection with, directly or indirectly, my participation in the Challenge and/or training and I waive all and any rights, claims, actions or suits against the Indemnified Parties which but for the execution of this Acknowledgement Waiver, Release and Indemnity I may have had against the Indemnified Parties or any of them now or in the future;
- b. INDEMNIFY AND HOLD HARMLESS and will keep indemnified each of the Indemnified Parties whatever or however caused which may be brought against them or any of them which arises in connection with my participation with the Challenge and/or training.

Without limiting the above, to the maximum extent permitted by law, I release the Indemnified Parties from all liability for:

- a. any consequential loss; and
- b. any economic loss, suffered or incurred by me or any other person arising out of or in connection with my participation in the Challenge and/or training.

Nothing in this document prevents the Indemnified Parties from relying on any laws (including statutes and common law) that limit or preclude their liability.

Nothing in this document excludes any term or guarantee which, under statute, cannot be excluded however the liability of the Indemnified Parties is limited to the minimum liability allowable by law. In particular, I understand that I may have rights under consumer guarantees set out in the Australian Consumer Law.

I hereby consent to receive medical treatment, which may be deemed necessary in any event of injury, accident and or illness during the event. I understand treatment requested from allied health volunteers is at my own risk.

I understand that during the Challenge, training and/or related activities I may be photographed or filmed. I agree to allow my photograph, video or film likeness to be used for any legitimate purpose by eviDent, the sponsors and or assigns.

I agree to comply with all instructions issued to me by or on behalf of the Indemnified Parties in relation to my participation in the Challenge and/or training.

I understand that my registration may be voided if through my actions or behaviour, in the opinion of the organisers, or I bring the Challenge into disrepute. I further understand that the organisers reserve the right to reject any registration without having any justification for their actions.

I agree to the minimum financial commitment for the challenge I have chosen and will send to eviDent by the Friday of the week prior to the Challenge. I understand that I will be responsible for making up any shortfall in the fundraising target.

eviDent reserves the right to alter the trail without notice and/or cancel the Challenge in consultation with and under the direction of Emergency Service agencies and major event stakeholders/ landowners. If the Challenge is cancelled, I understand that I have the option of requesting a 50% refund of my registration fee.

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22 April – 22 April 2022

Registration form

Registrations close 25 March 2022

Options

Option 1: Solo – \$600 registration (\$200 tax deductible) and \$600 fundraising target

Option 2: Duo* – \$550 per person when registering for two (\$150 tax deductible) and \$600 fundraising target each

My Duo's name is: _____

*You must register with your bestie to get \$50 off your registration!

My details

Title: _____ First name: _____ Last name: _____

Date of birth: _____ Gender: M F

Email: _____ Phone: _____

Address: _____

Dietary requirements: _____

Emergency contact information

Name: _____ Ph: _____

Relationship: _____

Payment information

Please make cheques payable to eviDent Foundation

Credit card: MasterCard Visa Amex (Diners Club not accepted)

Card number _____

Exp date _____ / _____

I hereby authorise the eviDent Foundation to debit my credit card:

\$600 (Solo) \$550 (Duo per person)

Agreement

By returning this form, I am confirming that I am over 18 years old and have read and accepted the terms and conditions for this event.

Signature: _____

Date: _____

This document will be a Tax Invoice upon payment. You will receive a welcome pack and a tax receipt to your nominated address.

Return your form to ask@evident.net.au

Level 3, 10 Yarra Street (PO Box 9015), South Yarra VIC 3141 | Ph: (03) 8825 4600

Fax: (03) 8825 4644 | Email: ask@evident.net.au | Website: www.evident.org.au

ACN 152 078 487 | ABN 81 152 078 487 | Fundraiser No. FR0011984

The Australian Taxation Office has endorsed the eviDent Foundation as a Health Promotion Charity

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