



Adventure-Seekers Take the World's Largest Sand Island in Their Stride

The Great Walk on Fraser Island

FOR IMMEDIATE RELEASE

FRASER ISLAND: Two adventure enthusiasts have completed the Fraser Island leg of the Q10 Great Walk Challenge, covering the 10 Queensland Great Walks in just ten days, in conjunction with the National Trust of Australia, Queensland [NTAQ].

Saturday July 20th marked day 3 of their outdoor expedition, trekking 26 kilometres of the Fraser Island Great Walk, through five natural attractions of the Great Sandy National Park, in just over four hours.

Luke Edwards, a Brisbane-based trail-runner who works with the NTAQ, sparked the idea to tackle all 10 walks in just 10 days, having already completed the New Zealand 9 and Aussie 8 walks in preceding years. Luke and the NTAQ also invited Noosa Trek Coach and mother-of-three, Lisa Marshall to join the challenge.

The ten-day journey will see the hikers travel north from Currumbin to Cooktown, covering an estimated total of 400 kilometres, with a support team in tow and drivers commuting the crew from point-to-point.

Also joining the crew was National Trust of Australia (Queensland) CEO Jonathan Fisher; who said that whilst completing 10 walks in 10 days, "we are really about promoting active lifestyles and getting people to celebrate the diversity of Queensland's stunning landscapes."

The group arrived via ferry to Kingfisher Bay Resort the evening prior, just in time to catch a remarkable sunset over the Great Sandy Strait, enjoy a team drink at the Sunset Bar, before checking into resort villas to prepare for the early morning adventure.

Departing from Kingfisher Bay Resort just before 6am, the crew travelled across-island to their sunrise starting point at Lake Wabby; a barrage lake, renowned for its emerald green hues and spectacularly nestled at the base of the Hammerstone sand blow.

From there, the hikers traversed through the World Heritage-listed landscape, meeting up with the convoy of vehicles along the M7 trail, driving to their next point, Pile Valley, also protected under the Queen's Commonwealth Canopy Initiative.

Drawing on their first impressions of the trail, "Fraser island is an icon, it's one of Queensland's jewels, but the walking aspect of it isn't as well-known. Already it's starting to deliver – the beautiful change of vegetation, the tracks, even this morning; the 4WD adventure just to get to the start of the trail. There's nothing like Fraser Island – you can't have an experience like this on the mainland" said Luke.

Journeying through Central Station – one of two places in the world where rainforests grow from sand at elevation, and onto Basin Lake, they arrived for the grand finale at Lake McKenzie, diving into the crystal clear, turquoise depths, deemed as "the best kind of reward".

"We've done 26kms of the Great Walk, and I tell you what, I'm coming back. It's beautiful, it's under canopy, which is great for walking all day, especially in Queensland. On multi-day hikes you look for that adrenaline hit – with the lakes and rainforest at Central Station, it keeps you surprised, motivated and really quite energised as you journey between these iconic sights" said Luke, reflecting on their fast-tracked Fraser experience.

"To pull an something like this off, was a logistical feat", bringing local operators, sponsors and their own crew together, gaining approvals, having poured over their planning spreadsheet for months, with the final sign off just days prior embarking on the expedition.

"This project could not have happened if we did not have sponsors like Kingfisher, just the cost alone of getting people from Currumbin to Cooktown. We're so grateful to get such amazing companies on board who were just as excited about this project as we were", said Lisa.



“What it does show is that you really want to do something, you can make it happen” commented Luke.

“We want to encourage people to get out, do a day walk, do a circuit, no devices in your hand, just take the time to be present and immerse yourself in the nature around you” he said.

“My passion is sharing the magic of the outdoors with as many people as I can. I love trekking and I want to showcase all that Queensland has to offer with others who also want to get out there, whether it’s just for the afternoon, or heading out on the Great Walk trails for a few days” said Lisa.

Fraser Island is also the one place that you can really break down into day walks, especially for people with families, like us, that might not want to do the full distances end-to-end. People can still explore the destination, base themselves at Kingfisher Bay Resort and perhaps hike to Lake McKenzie or Central Station, breaking the experience down into achievable segments”, advised Lisa.

“Multi-day walks are changing in terms of what people’s needs and wants are – having accommodation with beautiful beds like we had last night, a nice shower and delicious meal and then ready to explore again the next day, it really enhances the experience”, commented Luke.

Upon completing their Fraser Island sector, the crew set off on the 10-hour drive, in preparation for day 4 of the trek through Carnarvon Gorge.

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For media enquiries or to arrange a familiarisation on Fraser Island, contact:

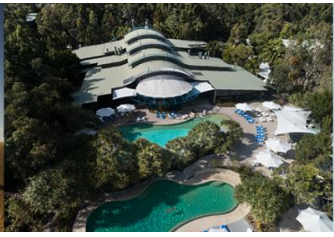
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The Q10 Challenge will cover Queensland’s 10 Great Walks in 10 days:

1. *Gold Coast Hinterland Great Walk, Lamington and Springbrook National Parks;*
2. *Sunshine Coast Hinterland Great Walk, Mapleton Falls National Park and Kondalilla National Park;*
3. *K’gari (Fraser Island) Great Walk, Great Sandy National Park;*
4. *Carnarvon Great Walk, Carnarvon National Park;*
5. *Mackay Highlands Great Walk, Mackay Highlands and Eungella National Park;*
6. *Conway Circuit (Whitsunday Great Walk), Conway National Park;*
7. *Whitsunday Ngaro Sea Trail (kayak), Whitsunday National Park Islands;*
8. *Thorsborne Trail, Hinchinbrook Island National Park;*
9. *Goldfield Trail, Wooroonooran National Park; and*
10. *Gamaay Dreaming Track, from Cooktown.*

For more information, visit: www.kingfisherbay.com

Kingfisher Bay Resort partners with local operator Aus Walk, for a self-guided experience on the Fraser Island Great Walk.
<https://auswalk.com.au/our-walks/fraser-island-self-guided/>



Kingfisher Bay Resort



Lisa Marshall - Kingfisher Bay Resort Jetty



Kingfisher Bay Resort



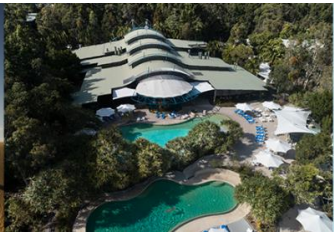
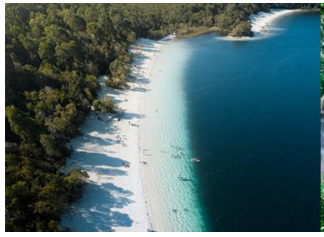
Lake Wabby



Lisa Marshall - Lake Wabby



Lisa Marshall and Luke Edwards - Lake Wabby



Lisa Marshall and Luke Edwards – Pile Valley



Lisa Marshall and Luke Edwards – Lake McKenzie



Luke Edwards – Lake McKenzie



Lisa Marshall – Lake McKenzie