

LIFECHANGER
ADVENTURE
CHALLENGE
LORD HOWE ISLAND
7 Peaks - 7 Seas

*An inspiring way to challenge
yourself + support youth*

Your Adventure. Their Future.



LifeChanger
Challenges

THE LIFECHANGER CHALLENGE EXPERIENCE



LCC#4 - Lord Howe Island

45km in 6 days



Enjoy this exhilarating LifeChanging experience, as you explore Lord Howe Island's 7 Peaks - 7 Seas, an island paradise in every sense.

A LifeChanger Challenge experience is a unique opportunity to take time for yourself and build connection with others, in an inspiring environment. It also raises awareness and support for young people by empowering the LifeChanger Foundation and their Life changing youth programs.

Guided by experienced Challenge leaders and LifeChanger Co-founder - former elite sports coach, Scott Watters - this LifeChanger Challenge is the ultimate journey of connection and self-discovery.

Lord Howe Island is fringed by the world's most southern coral reef and benefits from the warm east coast current. The island is full of some of the world's most spectacular natural wonders.

With the mist-covered Mt Gower and Mt Lidgerbird rising straight up out of the ocean, the east coast bays and sandy beaches, the northern peaks of North Head and Mount Eliza, and the coral-fringed lagoon of the West Coast, the 11km long Island is an adventurer's playground on a World Heritage listed island.

A Life Changing experience!

THE DETAILS...

DATES: To be decided

STAY: 5 nights, 6 days

ACCOM: Earls Anchorage apartments, Lord Howe Island

COST: \$7,500 PP (+GST)

FLIGHTS: approx. \$1600 - \$2000 (to be booked by participant).

ABILITY: Moderate (General Fitness)

FUNDRAISING:

If you would like to gather support and share this 7 Seas + 7 Peaks Challenge with your network, we can arrange a fundraising profile.

Your Adventure. Their Future.

CHALLENGE INCLUSIONS

- LifeChanger Welcome Pack
- Pre-Challenge Walk
- Pre-Challenge Training + Nutrition Guide
- Specialist Facilitators and Ambassadors
- Kathmandu Gear Up discount
- Twin share accommodation - Earl's Anchorage
- LHI Return Airport Transfers
- LHI Activity Equipment Hire
- Lord Howe Island Meals
- 7 Peak & 7 Seas Activities
- Unique Locals-Only Experience
- Emergency communications + first aid kit
- Video compilation of the Challenge

NOT INCLUDED:

- Travel Insurance or Ambulance Cover
- Flights
- Personal items



WELCOME TO 7 PEAKS + 7 SEAS EXPERIENCE

EARL'S ANCHORAGE

Upon arrival you will be welcomed by Scott and Trevor before being transferred to the outstanding accommodation at Earl's Anchorage.

Earls Anchorage is surrounded by the endemic Lord Howe Island Kentia Palms, each bungalow on the six acre property offers absolute privacy to ensure your stay is completely undisturbed.

The self-contained bungalow's are each named after one of Jack Earl's famous Australian yachts and have been uniquely designed by Arcoessence Architects.



MOUNT GOWER + THE LEDGE

Mount Gower towers proudly on the southern tip of Lord Howe Island and with its endemic flora and fauna, there is no other mountain like it in the world.

It's both an adventure and a unique trekking experience to reach the top, but the memories last a lifetime - it's like nothing else, you've ever experienced!

After summiting Mt Gower we head to a remote and rarely visited Rock Ledge where a jump and short swim to our transport takes us back home to reflect on an amazing day.

THE GOAT HOUSE CAVE TRACK

The Goat House Cave track has enough exposed ledges and cliffs to test even the most seasoned of hikers. With a variety of rope sections and pristine views, this is a rare hiking experience.

The Goat House Cave itself is a place to reflect and take in the stunning views of Lord Howe Island.



COOL POOLS

Venture through the juncture between Herring Pools & Old Gulch situated on the northeast side of the island. Your reward is a swim in some of the most incredible, natural swimming pools, perfectly crafted by nature and carved out of the rock ledge.

Enjoy a refreshing swim in these truly spectacular swimming holes.

EVERY SUNRISE & SUNSET

There is nothing better than a sunrise yoga session or a breath session to start the day or an unwinding reflection session on sunset.

Scott and Trevor will guide you through activities and techniques that relax, refocus and rejuvenate, whilst you interact with one of the most pristine locations in the world.



SPECTACULAR TRANSIT HILL

From a lush palm forest we head upwards, on a steady climb to the summit of Transit Hill. At the top, the lookout platform has some of the most breathtaking 360-degree views on the Island.

Once you've taken in the sights and fresh island air, we head down for a recovery swim in the crystal clear waters below!



NED'S BEACH

Ned's Beach is known for its crystal clear waters, great swimming opportunities and white-sandy beaches.

Only metres off the beach fish will circle your feet, Galapagos Sharks will cruise right past and inquisitive turtles will welcome you!

It's like swimming in an aquarium!



FLUORESCENT NIGHT SNORKEL

After hiking the spectacular Malabar Cliffs and experiencing the jaw-dropping views of the Island, you will then take part in one of the most unique experiences of the trip - night snorkelling.

With specially designed snorkelling equipment you will experience the beautiful florescent coral on one of the best coastal beaches in Australia.



THE ARCH

Double kayak 1.5km to Roach Island and then paddle through the spectacular 70m narrow passage that slices right through middle of the island.

This is one of the most exhilarating ways to explore one of the islands stunning aquatic landmarks!



SUP + SURF + PADDLE

Lord Howe Island has one of the most stunning and protected lagoons, where the combination of warm water and shallow reefs create optimal conditions for water activities.

In these spectacular and protected natural surrounds, surfing, paddling and supping are all on the agenda.



MT GOWER SUMMIT

Lord Howe Island's Mt Gower hike is widely regarded as one of Australia's most spectacular day walks, its 875m summit can be challenging and is truly a rare, bucket list experience.

The journey winds through breathtaking rain forest, spectacular sections so steep that ropes have been fixed to help you climb up and rare and beautiful elk and staghorns.

Some of the flora and fauna on Mt Gower cannot be seen anywhere else in the world; if you're lucky, you might even see a Lord Howe Island woodhen, an endemic bird brought back from the brink of extinction in recent decades.

At the right time of year, you will witness a wildlife experience unlike any other, with Providence petrels almost falling from the sky to your feet as you call them in!

They literally welcome you to the summit!!



ABOUT LIFECHANGER FOUNDATION

Our vision is to empower youth with the courage to thrive by building their social, emotional and resilience skills.

Right now we are confronted by a youth mental health crisis! Over the last 2 years 80% of young people have experienced mental health issues and 1 in 4 young people have reported suicidal thoughts!

Evidence shows that LifeChanger's preventative, empowering, youth mental health programs have never been more critical!

At LifeChanger we empower thousands of young people to live thriving, resilient lives by developing their social, emotional and resilience skills, and by building connections with mentors in their community.

Our programs engage with youth, teachers, parents and mentors to build a sustainable village of support. These powerful, interactive workshops allow young people and local mentors to connect, share and interact, building resilient communities.

Young people are amazing!

With your support LifeChanger can continue to help them develop the tools to navigate life, and to be empowered to overcome challenges and pursue their infinite potential.

Infinite Possibilities,



Scott Watters
CEO | Founder
LifeChanger Foundation

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“If young people are to live a full life, it’s fundamental that they take the time to form a complete view of what they are capable of and what a thriving human being is. Our programs provide that critical space.”

– Scott Watters CEO/Founder

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CHALLENGE FAQs

AM I REQUIRED TO FUNDRAISE?

Fundraising is always appreciated. 100% of fundraising supports the delivery of LifeChanger Youth Programs. For more information please reach out.

ARE DONATIONS TAX-DEDUCTIBLE?

Yes! All donations over \$2.00 are tax deductible.

DO I NEED TRAVEL INSURANCE?

LifeChanger takes your safety seriously, but all adventure comes with some risk. Travel insurance with adventure cover, including ambulance cover is mandatory for all LifeChanger Challenge participants.

DOES MY PRE-EXISTING MEDICAL CONDITION PREVENT ME FROM PARTICIPATING?

You will be required to fill out a medical declaration form and receive medical clearance from a physician prior to participating in the Challenge.

All participants are required to complete a medical waiver 60 days prior to departure to ensure they are physically ready to participate.

DO I NEED TO BE SUPER FIT?

No, but moderate fitness levels are recommended with some pre-training that includes hills, stairs and outdoor hiking.

WHERE DO WE STAY?

Accommodation will be twin share bungalows located at the tranquil Earl's Anchorage. Each Bungalow consists of 2 bedrooms with a bathroom.

ARE MEALS INCLUDED?

All meals will be included for the time you are on Lord Howe Island. Daily meals will be enjoyed together in the LifeChanger HQ bungalow as well as some 'on the go' picnic style meals.

If you have any dietary requirements, please be sure to let our staff know.

I STILL HAVE QUESTIONS....

Great! We love questions! Reach out to the LifeChanger Challenges Team at lcchallenges@lifechanger.org.au



CHALLENGE YOURSELF....



 **LifeChanger**
Challenges