

Can do at this camp

GREAT GETAWAYS

BY ROWAN COWLEY

A NEW program is helping to reduce barriers for older people who long for a taste of the great outdoors.

Facilitated by Outdoors Queensland, the Great Getaways program for over-55s aims to challenge stereotypes around appropriate activities for seniors.

The program offers weekend getaways that allow participants to try a range of outdoor activities which are often thought of as "outside the norm" for older people, in a supportive, friendly environment.

Birkdale resident Cheryl Eggleton, 58, and Capalaba's Kerry Robinson, 57, both had a great time at an adventure weekend at Currimundi's Queensland Recreation Centre in November.

Activities included kayaking, a low ropes course, a big swing, bodyboarding and beach walks.

There were also plenty of chances to socialise and enjoy some quality chat around the campfire.

Cheryl decided to sign



STREAM TEAM: Kerry Robinson (left) and Cheryl Eggleton had a great time at the Great Getaways Currimundi retreat and encourage others to get out and enjoy the great outdoors.

up for the weekend after attending a one-day Great Getaways activity day in September.

"I was just looking for new experiences, things to do and to meet new people - and I've done just that," she said.

"I just had so much fun. I definitely have lots of friends I will be telling about it and getting them to come

along to future Great Getaways weekends."

Kerry signed up because she wanted to experience and do more.

"My husband's a little bit older than I am ... and I want to be a bit more active," she said.

"It's been so great and I can't wait for the next one."

Great Getaways has

four weekend adventures planned over the next 12 months. The camps will be held at outdoor centres across the state.

The \$440 program fee covers accommodation, meals and all activities.

All the activities are conducted by trained outdoor professionals, ensuring everyone can take part, re-

gardless of fitness levels or experience.

The next Great Getaway will be held at Camp Warrawee in Joyner from March 25-27.

Transport to and from the camp and lunch on the first day are not included in the ticket price.

■ For details on upcoming events call 0480-289-572.