



The Valley of the Giants treetop walk

Treetops, Vineyards and Ocean Southwest Western Australia and Albany

Post Oceanic Palliative Care Conference Study Tour

14 – 18 September 2019

In association with Palliative Care Australia
and Oceanic Palliative Care Conference 2019



Jon Baines
tours



A vineyard sunset in Margaret River

The south west of Western Australia is one of Australia's most beautiful pockets. With a thriving gastronomic and wine culture against a backdrop of towering karri forests, spectacular deserted beaches and charming historic towns, it has become a must see destination for visitors to Australia. This post conference study tour combines a full cultural itinerary alongside a range of palliative care professional visits and talks that give excellent insight into the practice and approaches of palliative care within the context of southwest WA and Albany.

Drive from Perth to Bunbury for a morning professional visit at St John of God Hospital to visit the palliative care ward and hear a presentation from one of the co-founders of the Compassionate Community Network. Afterwards visit the town centre to watch the SJOG fundraising 'bed run' through the streets of Bunbury. Continue to the fertile winelands of Ferguson Valley for a platter lunch with a glass of wine before continuing to Yallingup to check into Sea Shells Hotel. The rest of the evening is at leisure.

Next morning drive to Busselton to visit the Busselton Hospice for a tour and hear about the volunteer programme run by the Geographe Bay

Centre. The regional manager of Country WA PHN will give an update on the work they are doing at a south west system level to integrate palliative care and Compassionate Communities into the Southwest. In the afternoon explore the Margaret River wine area with a platter lunch at a winery. Stop to sample some of Margaret River's famed local produce such as coffee, cheese, chocolate and olive oil. Return to Sea Shells and at leisure in the evening.

Next morning set out for Albany, the historic former capital of Western Australia, stopping at the attractive towns of Nannup and Balingup, known for their artistic communities, on the



Grey kangaroos are plentiful in the southwest



Greens Pool, Denmark, Western Australia (top); Albany, Western Australia's first capital (above)

way. Continue to Pemberton for lunch before visiting the impressive Valley of the Giants, deep in the towering karri forests of the region, to take part in a tree top walk. Drive on to the coast town of Denmark and arrive in Albany, set on a

magnificent natural harbour. Check into the Dog Rock Motel and at leisure.

Next morning visit the Albany Community Hospice, unique in WA, to hear a presentation. You will also learn what Compassionate Communities are doing to increase death literacy and a public health approach to palliative care. Tour the facilities and meet with professionals at the centre.

In the afternoon drive up Mount Clarence to visit the Princess Royal Fortress and the National Anzac Interpretative Centre. There may be time at leisure to explore the excellent Albany Museum and the replica of the old brig, the Amity, the Vancouver Gallery (the old hospital) and wander the old town. Enjoy a farewell dinner at the acclaimed Lime 303 restaurant at Dog Rock Motel.

Next morning drive back to Perth, stopping at Kodja in Kojonup for lunch at the Black Cockatoo Café. There will be the opportunity to visit their excellent cultural centre, which explores the Noongar-Indigenous and Wadjela (non-Indigenous) history of the area, and the beautiful Australian Rose Maze. Woven into the Maze's rich tapestry of roses, pergolas, seating and pathways are the voices of three symbolic Noongar-Indigenous, English and Italian women - Three Women's Stories. Continue to Perth.



The dramatic 'Gap' near Albany

B = Breakfast **L** = Lunch **D** = Dinner

Itinerary 14 – 18 September 2019

14 Sept (Sat) Perth / Yallingup **L**

Am Drive to Bunbury. Visit St John of God Hospital and see their annual fundraising event. Meet Compassionate Community Network co-founder

Pm Continue to Ferguson Valley for welcome platter lunch at Green Door Winery. Continue to Yallingup

Eve Overnight at Seashells, Yallingup

15 Sept (Sun) Yallingup/Margaret River **B L**

Am Visit Busselton Hospice for a tour and learn about their work to integrate palliative care and Compassionate Communities into the southwest

Pm Explore the Margaret River area with tastings at local wineries and a platter lunch at a winery. Option to sample some of Margaret River's other famed produce, including coffee, cheese, chocolate, and olive oils on tour

Eve Overnight at Seashells, Yallingup

16 Sept (Mon) Yallingup / Albany **B L**

Am Depart Yallingup for Albany, stopping in the lovely towns of Nannup or Balingup en route. Continue to Pemberton for lunch

Pm Take a treetop bridge walk through the towering Valley of the Giants. Continue via Denmark to Albany and transfer to the Dog Rock Motel

17 Sept (Tue) Albany **B D**

Am Visit the Albany Community Hospice - the only one of its kind in WA – and hear a presentation on the work Compassionate Communities are doing in increasing death literacy and a public health approach to palliative care. Tour of the facilities and talk with professionals at the centre

Pm Drive up Mount Clarence and visit Princess Royal Fortress and the National Anzac Centre. Other options if time permits

Eve Farewell dinner at the acclaimed Lime 303 restaurant

18 Sept (Wed) Albany / Perth **B L**

Am Drive back to Perth

Pm Have lunch at Kodja in Kojonup at the Black Cockatoo Café. Time at leisure to explore their excellent Noongar cultural centre and the lovely Australian Rose Maze and Three Women's Stories. Continue to Perth

NB: all itineraries are subject to change according to local conditions.

The cost of the tour is \$1,495 per person sharing (excludes airport transfers)

The cost includes:

- The services of a dedicated coach and driver throughout the tour
- 4 nights' accommodation in medium grade hotels on a sharing basis

The single supplement is \$405

- Breakfast daily
- Lunch or dinner daily
- A programme of professional visits and meetings with local palliative care professionals
- Cultural visits as per the itinerary
- Sampling the renowned produce of South West WA
- Wine tasting in Margaret River
- Admission fees where applicable
- All transport on the tour
- GST

The cost excludes:

- Meals not mentioned
- All personal extras such as portage, laundry, tips and drinks
- All optional excursions, tours and visits
- Travel insurance
- Flights (if relevant) and transfers in Perth

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