

MEDIA RELEASE

19 March 2021

Coastrek for mental health awareness through Harbour Trust Sites

Thousands of wild women (and a few men) taking on the Sydney Coastrek team trekking challenge are hiking through North Head Sanctuary and Headland Park this Friday 19 March to raise awareness of mental health in Australia as well as much needed funds for Beyond Blue.

The sold-out event which has 3000 participants, invites women of all ages to attempt a 60km trek, a 30km hike or 15km walk across some of Australia's most spectacular coastlines.

For those embarking of the 60km trek, the journey begins at Palm Beach on Sydney's Northern Beaches and will pick up hiking enthusiasts at Long Reef and Balgowlah. The challenge will make its way through North Head Sanctuary in Manly and will end at Georges Heights in Mosman.

Teams of four will trek for up to 18 hours across both Harbour Trust sites which encompass a variety of native flora, fauna and bush tracks that provide a sanctuary along Sydney Harbour. These sites have been remediated to deliver value to the community, ensuring they are accessible to all.

Di Westaway OAM, Wild Woman on Top Chief Adventure Chick and Coastrek Founder, said the trekking challenge provides an opportunity for women (and a few men) to continue the important conversation about mental health.

"In 2000, on a failed attempt to climb Mt Aconcagua, the highest mountain in the Southern Hemisphere, I discovered something magical. I wanted the exhilaration I felt in taking on that extreme challenge to be accessible to all women. Coastrek is now Australia's premier charity hiking challenge for women," said Ms Westaway.

"We encourage all locals near the Coastrek route to cheer on the teams and show support for mental health awareness," she said.

Coastrek was established in 2009 in Sydney with 40 trekkers raising \$200. Over the past 12 years, Coastrek has raised more than \$30 million for charity and has motivated more than 40,000 trekkers to get fit walking with friends along some of Australia's most spectacular coastlines in Sydney, Melbourne, Brisbane and Adelaide.

In 2019, Coastrek partnered nationally with Beyond Blue to raise money for mental health and wellbeing. Find out more about Coastrek and donate to a trekker at: www.coastrek.com.au

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MEDIA ENQUIRIES:

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Harbour Trust

