

TUESDAY, 30 AUGUST, 2022

Trekkers take on the Fleurieu Peninsula Coastrek challenge in support of Beyond Blue

More than 1,200 trekkers will hike in nature during Adelaide Coastrek on Friday, 2 September, 2022.

Participants will walk either 30km or 60km along the stunning Fleurieu Peninsula between Parsons Beach and Goolwa in support of the Beyond Blue Support Service.

Research shows that spending as little as 10 to 20 minutes walking in nature has significant benefits for people's mental wellbeing and can reduce stress, anger and anxiety. ¹

Coastrek attracts mainly women walking for mental health for all Australians. Media personality, [Julie McCrossin AM](#) – who now calls Adelaide home - will be walking as Coastrek Ambassador.

Coastrekkers are aiming to raise \$700,000 towards the Beyond Blue Support Service, which offers 24/7 support, advice and care options for everyone in Australia. Coastrek is the largest community fundraising partner of Beyond Blue and this is the fourth in a series of five events around Australia throughout 2022, with a total fundraising goal of \$7 million for the year.

Beyond Blue CEO Georgie Harman thanked Coastrekkers for their dedication to mental health advocacy and raising vital funds to support people across the country.

“Physical movement, especially in nature, even for short periods of time, does wonders for our mental and physical wellbeing. Coastrek really highlights how important this is while uniting a community of trekkers and encouraging everyday discussions about mental health,” Ms Harman said.

“Thanks to the efforts of trekkers, the Beyond Blue Support Service can be there for thousands of people when they need it most. We are so grateful and thank all of the amazing trekkers and everyone who has donated for their continued support.”

Participants trek in teams of four and are supported with a 12-week training program, helping them build and maintain their physical, mental and social wellbeing.

Coastrek Founder & CEO Di Westaway OAM said: “Coastrek was created to encourage more women to fall in love with fitness and enjoy the benefits of shared outdoor challenges on physical and mental health. Training, fundraising and trekking all combine to ensure a positive community impact well beyond Coastrek event day.”

To support an individual or team, visit coastrek.com.au/trekkers or to check out other Coastrek events around Australia including the inaugural Margaret River event in October, visit coastrek.com.au/events

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NOTE TO EDITORS AND PIC DESKS:

- Images of Coastrek participants in action available [here](#)
- [Video footage from last year's Adelaide Coastrek is available here to use online or as b-roll](#)
- Photo opportunities available on the day of the event from 9am at the 30km start line at the Victor Harbor Granite Island Causeway entrance.

For more information, contact:

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ENDS

Beyond Blue Support Service - 1300 22 4636 or beyondblue.org.au/get-support

Coronavirus Mental Wellbeing Support Service - 1800 512 348 or coronavirus.beyondblue.org.au