

1. COASTREK

The Wild Women On Top Sydney Coastrek is a 50 – 100 kilometre team trek along the Sydney Coastline, including ocean and harbour beaches, headlands, cliff tops and bush tracks from Palm Beach to Coogee in 18 – 36 hours. It is an endurance challenge, to promote health and fitness as well as team work, mental and emotional tuffness and fun. In addition to this, the event will raise money for The Fred Hollows Foundation to help end avoidable blindness in third world countries and improve the health of Indigenous Australians.

Wild Women On Top is an adventure fitness company which runs Trek Training programs for women, to empower ordinary women to achieve extraordinary goals. We specialize in preparing teams of women for challenging trekking adventures around the world, and have a strong philanthropic commitment to changing lives. For more information about our culture go to www.WildWomenOnTop.com

OUR MISSION:

To encourage women and mixed teams of 4 to challenge themselves physically, emotionally and mentally to achieve extraordinary endurance goals on a 50 - 100 kilometre unique world class Coastrek, from Palm Beach to Coogee in 18 – 36 hours. This event will raise funds for The Fred Hollows Foundation and improve the health and fitness of many Australians, while promoting Sydney, the National Parks and Wildlife Service and Sydney's Coastal Councils.

This event was the first of its kind, conducted in and around the stunning scenery of the Sydney Coastline and Sydney Harbour National Park. It will become an international event, which will appeal to endurance athletes as well as recreational enthusiasts, social walkers and corporate groups from around the world.

