

far north queensland
hospital
foundation

Hiker's Guide

BDO
AUDIT • TAX • ADVISORY


ARROW
EXPERIENCE

Sponsored by

BDO

AUDIT • TAX • ADVISORY

fgf

AVIS

Audi
Centre Cairns

TODAY'S BEST MUSIC
STAR
102.7

Welcome to the BDO Arrow Experience 2024

Event Times

The BDO Arrow Experience starts at 7am and concludes at 11am, with all starters leaving from the Aeroglen Carpark. Sign-in will be from 6.30am at the registration tents. Shuttle buses will run between 7am and 8am. All participants are expected to have completed their walks before 11am and MUST sign out at the registration tent.

Carpark

The coffee van will be open when you arrive and the food van will be available from 8am. The carpark will be kept for volunteers and buses for transport to Bel Air Drive. To keep the area safe, PLEASE use the parking along Aeroglen Drive, outside this car park. There are a couple of bike racks in the park – or you may lock up your bikes along the dog park fence.

Hiker's etiquette

- Stay to the left, pass on the right. When passing other hikers, please let them know in advance with a polite “passing!” to give them time to step aside and make way for you.
- Yield to uphill traffic. It is possible that you will encounter hikers from the opposite direction. Give way to them.
- Leave no trace. Take your rubbish with you and stay on the trails.
- Be aware of your surroundings. Many people will be joining you on the trails today so please be courteous, also for example when taking photographs and stopping.
- Be friendly and have fun. This is not a race. It's an event to raise funds for the Far North Queensland Hospital Foundation, so please enjoy the experience and have fun with others while taking in the trails of Mount Whitfield together.

Staying safe

The Arrow walks are strenuous, particularly the Green and Blue Arrow walks. Only fit walkers should tackle these walks. Stay on the track at all times.

Protection

Wear sensible clothes, hat, walking shoes or boots. Wear or bring insect repellent to protect against insect bites. Sunscreen should be applied before and during the walk to protect from sunburn.

Hydration

Water is not available on the tracks. It is advised that walkers take at least 1.5-2 litres of water or sports drink (per person) for the long course. Make sure you drink regularly during your walk.

Food

Make sure you bring food. You are likely to spend several hours hiking and expending energy, so it is essential you fuel up as you go. Think of bananas, carbohydrate gels, a sandwich, and maybe even some lollies or electrolytes in your water to keep you going. Food also will be available to buy at the finish line. Why not support the fundraising barbecue?

Pets

Domestic animals are not permitted in Mount Whitfield Conservation Park.

Looking after the park and yourself

Stay on the walking tracks at all times – this reduces the risk of injury, prevents disturbance to native vegetation and reduces erosion.

The area that you will be walking in is a National Park. The Mount Whitfield Conservation Park is a protected area. Do not remove plant material or animals. Do not chase, scare or feed animals.

Leave the area as you find it; take rubbish home.

Emergency procedures

In case of a medical Emergency - Call 000

You can download the Emergency Plus app (which will help you give an accurate location for first responders).

Download on the Apple Store or Play Store.



Emergency Plus OS
National Triple Zero Awareness Work Group
Designed for iPhone
GET IT ON
Available on the App Store
Free

MOUNT WHITFIELD

Key Symbols



Volunteers on Arrow Trails

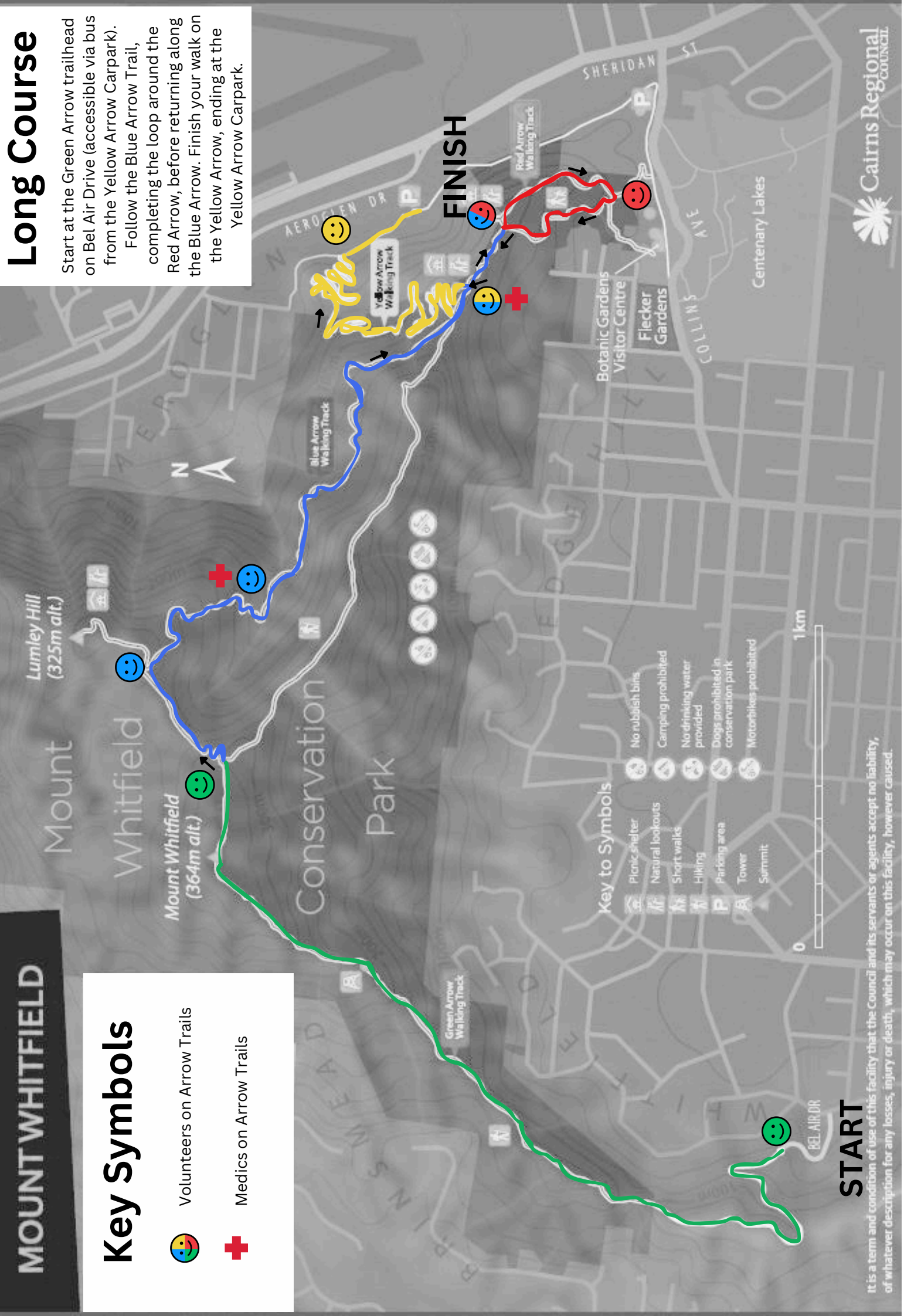


Medics on Arrow Trails

Long Course

Start at the Green Arrow trailhead on Bel Air Drive (accessible via bus from the Yellow Arrow Carpark).

Follow the Blue Arrow Trail, completing the loop around the Red Arrow, before returning along the Blue Arrow. Finish your walk on the Yellow Arrow, ending at the Yellow Arrow Carpark.





START

FINISH

It is a term and condition of use of this facility that the Council and its servants or agents accept no liability, of whatever description for any losses, injury or death, which may occur on this facility, however caused.

MOUNT WHITFIELD

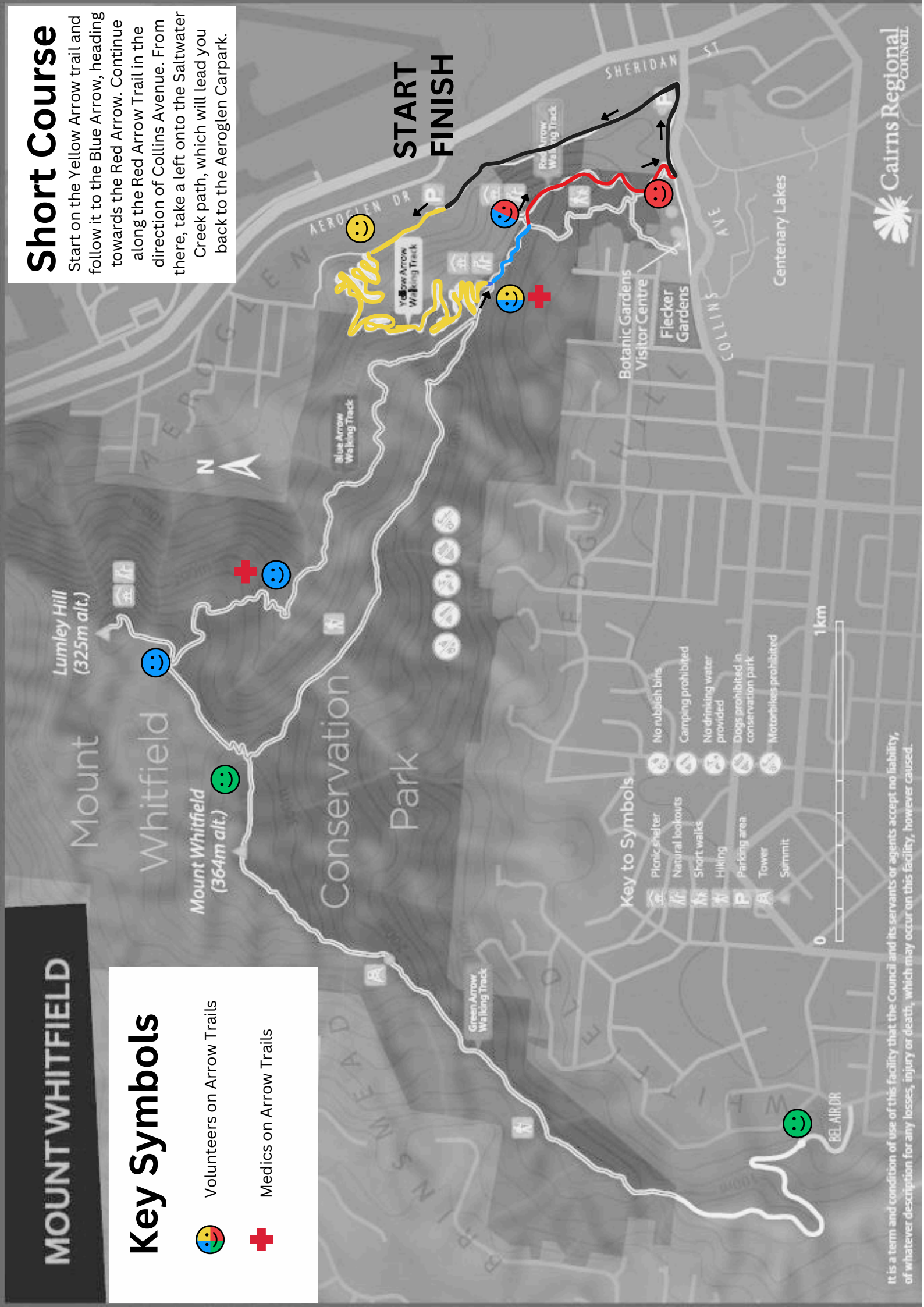
Key Symbols

-  Volunteers on Arrow Trails
-  Medics on Arrow Trails

Short Course

Start on the Yellow Arrow trail and follow it to the Blue Arrow, heading towards the Red Arrow. Continue along the Red Arrow Trail in the direction of Collins Avenue. From there, take a left onto the Saltwater Creek path, which will lead you back to the Aeroglen Carpark.

START
FINISH



It is a term and condition of use of this facility that the Council and its servants or agents accept no liability, of whatever description for any losses, injury or death, which may occur on this facility, however caused.

Donate for DaNi: The reason we walk

Funds raised from the BDO Arrow experience will contribute directly to our groundbreaking DaNi surgical robot campaign, bringing cutting-edge surgical care to Far North Queensland. Our visionary initiative aims to raise \$4.3 million for DaNi, a state-of-the-art surgical robot will revolutionise patient outcomes in our region. It replicates surgeons' hand movements in real time, enabling complex procedures with unparalleled precision and control through minimally invasive techniques. This advancement translates to smaller incisions, reduced pain, and faster recovery times for patients.

By participating in the BDO Arrow Experience, every cent you raise goes directly to supporting the DaNi surgical robot project. Our commitment to covering all administrative expenses through social enterprises ensures your efforts and donations have the maximum impact on advancing surgical care in Far North Queensland.

What Your Support Means for FNQ: Read Our Five Pledges

Improved Patient Outcomes: With DaNi, patients will experience faster recovery times, less complications, and shorter hospital stays. This reduces the risk of post-operative issues and enhances overall patient quality of life, benefiting the entire community.

Increased Accessibility and Equity: Having an on-site surgical robotic system at Cairns Hospital will increase local access to robotic surgeries for public patients. This means our community will have more access to the most advanced surgical care when they need it most.

Cutting-Edge Technology: DaNi, the surgical robot, brings state-of-the-art technology to Cairns Hospital, enabling surgeons to perform complex procedures with unmatched precision and control.

Attracting and Retaining Top Talent: Having the latest surgical technology will help attract and retain outstanding doctors and surgeons in FNQ. This will help build a stronger, more skilled medical community dedicated to providing the best care.

Innovative and Comprehensive Care: The surgical robot is part of continuous innovation in surgical practices. It will expand the hospital's capabilities, allowing for minimally invasive procedures across multiple specialties, including urology, gynaecology, colorectal, and general surgery.

Photos

We would love to see photos or videos capturing your adventures and experiences from the day.

Don't forget to tag us on social media or share your photos via email at communications@fnghf.org.au.

