

Gippsland Camino 2025 Information booklet

An Activity of the Anglican Diocese of Gippsland
Supported by the Uniting, Anglican and Catholic churches along the
route

HOPE25
HOPE IN AN UNCERTAIN WORLD



GIPPSLAND CAMINO – INTRODUCTION

This is your invitation to walk with us on a Gippsland Camino from the 1-4 May 2025. During this time, the churches along the Gippsland Rail Trail from Traralgon to Stratford will support you spiritually and physically.

- We acknowledge that we will be walking on the traditional lands of the GunaiKurnai people.
- The route will cover 63 Kms over 3 walking days. We will be walking along the Gippsland Plains Rail Trail <https://gippslandplainsrailtrail.com.au/>
- You are welcome to walk the whole route or parts of the route– each section of the trail will be supported as per the schedule in this booklet.
- The event starts with a blessing of the pilgrims at Traralgon Uniting Church on the evening of 1st May and concludes with a celebratory service at St Paul’s Anglican Cathedral, Sale on the afternoon of 4th May.
- Spiritual resources and prayers for your use are included in this booklet.
- If you would like to join us then please register online here <https://events.humanitix.com/gippsland-camino>
- Registrations close on **4th April 2025**.
- Fees for the supported walk are either \$30 per walking day or part thereof, or \$80 for the three days.

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THE GIPPSLAND CAMINO

ACKNOWLEDGEMENT OF COUNTRY

We acknowledge that as we gather and walk the Camino, we will be on the lands of the Gunaikurnai people and we wish to acknowledge them as Traditional Owners. We pay our respects to their Elders, past and present and long for the day that we walk together in true reconciliation.

THE NATURE OF A CAMINO WALK

Camino is a Spanish word meaning 'I walk'. When described as 'el camino' it translates to 'the way'.

Whilst traditionally a Camino has been undertaken as a spiritual pilgrimage, people embark on 'the way' for all kinds of motivations: health, grief, transition, cultural exploration, history and adventure. The Gippsland Camino will utilise the Rail Trail between Traralgon and Stratford, so that you may undertake your own journey through the stunning landscapes of this beautiful area.

The churches in each town you visit over the weekend will be prepared to greet you and care for you both spiritually and physically. More information on this will be available closer to the walk.

You can find a list of services to be found in the towns along the route at **Appendix A**.

THE ROUTE –SCHEDULE

We will be following the Gippsland Plains Rail Trail route <https://gippslandplainsrailtrail.com.au/about/>

May 1 – No walking. Attend Blessing of the Pilgrims at Traralgon Uniting Church, 19 Park Lane

Traralgon at 4pm

May 2 – Traralgon to Cowwarr (24 kms – 6 hours walking, please allow for rests)

May 3 – Cowwarr to Tinamba (21 kms – 5.25 hours walking, please allow for rests)

May 4 – Tinamba to Stratford (19 kms – 4.75 hours walking, please allow for rests)

May 4 - Shuttle from Stratford to Sale – Commencing from 2pm and then as required until 4pm.

Bookings for the shuttle are essential.

May 4 – Attend Conclusion of Camino Celebration at St Paul’s Anglican Cathedral, 149 Cunninghame Street, Sale at 5pm

ACCOMODATION OPTIONS

- Hotels and B and B

You will need to make your own arrangements for accommodation. As a guide there are many accommodation options in Traralgon and Sale. Accommodation in the smaller towns is limited. We have listed some options at **Appendix B**. Please make your own searches and book directly with the provider.

- Camping

There may be an opportunity for you to camp on church grounds. Please advise in the registration if you would like to explore this option. There are no other camping options along the trail.

TRANSPORT

We ask that you make your own transport arrangements to and from your Camino each day and your own arrangements regarding your luggage.

We can arrange carpooling for participants who request this option. Please indicate your preference in the registration forms.

We will be providing a shuttle bus service from Stratford to Sale for the concluding service as per the schedule in this booklet.

FOOD

No meals are included in the arrangements. You will need to make your own provisions. Some churches may provide refreshments during the walk. You will be advised of this closer to the time.

FITNESS

While the trail is not arduous, these are long day walks. Please ensure you have the requisite level of preparation and fitness for the walks. We recommend you start training now!

CAMINO SUPPORTS IN PLACE 1-4 MAY 2025

May 1st Blessing of the Pilgrims service. No support provided on the trail.

May 2nd 24 km. First aid and supervision support will be provided on the trail between 8am and 4pm between Traralgon and Cowarr. Churches will be open for prayer and refreshment between 10am – 4pm.

May 3rd 21 km. First aid and supervision support will be provided on the trail between 8am and 4pm between Cowarr and Tinamba. Churches will be open for prayer and refreshment between 10am- 4pm.

May 4th 19 km. First aid and supervision support will be provided on the trail between 8am and 4pm between Tinamba and Stratford. Churches will be open for prayer and refreshment between 10am- 4pm.

May 4th Shuttle from Stratford to Sale – Commencing from 2pm and then as required until 4pm.

Bookings essential.

REGISTRATION AND COSTS

Please register online here: <https://events.humanitix.com/gippsland-camino>

Registrations close on 4th April 2025

Fees are charged to cover the first aid support and transport required. The cost is \$30 per walking day or part thereof, or \$80 for the three days of the walking pilgrimage.

THE CHURCHES

Details of the churches open on the weekend will be advised closer to the date.

SPIRITUAL RESOURCES

Thursday 1st May 2025 - Sending Off Prayer

Gracious and merciful Lord, we pray for our Camino Journey, the walkers and volunteers who will journey from Traralgon to Sale. May this be a challenging, interesting and enjoyable Journey for each participant.

May they be kept safe from harm and be focussed on what is good.

May each one find peace, wholeness and a sense of belonging in the beauty of the stars by night, and in the dust and the heat of the noonday sun. May the primitive beauty of the rugged places become forever a part of their lives.

Today we ask you again, that through your Holy Spirit, that they will be assured of and experience your presence. You have created them and it is our prayer as they encounter and engage your greater creation that your protection will be upon them.

Be their compass to direct them, be their encourager when they will experience despair, be their shade in the heat and be their cover during the rain.

And grant, Holy God, that they will arrive safely at their destination, where we will praise you together, worshipping you, the Source of all blessing, and experience together your blessing.

And so loving Father, your glory fills the whole creation, and your presence we find wherever we go: preserve them who journey; surround them with your loving care; protect them from every danger; and bring them safely to their journey's end; we ask this through Jesus Christ our Lord.

Lord God our Father let our walk this day be full of beauty and brightness. **Lord, hear us**

That we may know your presence and your peace.

Lord, hear us

That we may experience your grace and your glory.

Lord, hear us

That we may be at one with you and your creation.

Lord, hear us

That we may be aware of you in and through and above all things.

Lord, hear us

God bless the path on which we go;

God bless the earth beneath our soles;

God bless the fellowship that make us whole. Amen.

Friday 02 May 2025 – Day Reflection

“God sent Christ Jesus to save us and to make us wise, acceptable and holy.” - *1 Corinthians: 1: 30*

Most effective enterprises have a purpose. The purpose of a gymnasium is to get yourself physically fit. The purpose of a hospital is to enable you to recover from illness. The purpose of the Christian religion is to make people holy. Oswald Chambers said, “The destined end of man is not happiness, nor health, but holiness.

God ... is not an eternal blessing-machine for men; he did not come to save them out of pity; he came to save people because he had created them to be holy” (Quoted in “The Monarch Book of Christian Wisdom” p. 130).

We need to understand God is holy and this defines everything God does and says. Jesus, the holy one of God, came, was born, lived, taught, healed, died, rose again and ascended in order to make those who would believe in him holy as well. After his ascension he and the Father sent the Holy Spirit to the disciples and his sole mission was to make people holy. As the Holy Spirit, worked in them they began to express love, joy, peace, self-control, faith and hope. That is because he brought Jesus to life in them.

That is what we were created for, to be holy and to worship God in the beauty of holiness.

PRAYER THOUGHT: Lord, make me holy, as you are holy

Saturday 03 May 2025 – Day Reflection

“My message was a demonstration of the Spirit’s power, so that your faith might not rest on people’s wisdom, but on God’s power.” - *1 Corinthians: 2: 4*

God works in mysterious ways in order to establish and grow the faith we get. Many of us “inherit” at least the basic principles of faith from our parents. But others may be influenced more by a friend, a colleague, or a Christian leader. A number of people experience a negative event - such as a death - and search for a meaning in life as a result, coming to Christ in the process. And some turn to God out of despair at ever finding anything worthwhile in life.

Paul (who wrote to the church in Corinth) had come to the realisation that, for Christian believers to grow and mature in their faith, they had to base their faith, not on him as a “star turn”, but on the Spirit of God. He knew it was all too easy for the ego of the leader to get in the way of the disciple coming to know Christ and to grow to maturity in him.

It is good to examine, as objectively as you can, the basis for your spiritual growth. You may well have been influenced by a fine Christian minister or teacher. But you must be careful not to become spiritually or emotionally dependent on that person. His or her task should have been to point you to Christ so completely that you eventually have a strong faith that can sustain you without that person’s help or guidance. And keep on growing. Our growing in faith is a spiritual journey of exploring and to develop a rock solid believe in Christ.

PRAYER THOUGHT: Lord, deepen my faith in you with every passing day.

Sunday 4th May 2025 - Camino Arrival Prayer

Gracious and merciful Lord, we give you thanks and praise for the safe arrival of the Camino sojourners and volunteers. Thank you for this challenging, yet deeply profound time, where they were challenged, physically, mentally, emotionally and spiritually. It is our prayer that they have discovered or rediscovered the joy of their experiences.

Lord God we thank you that they were able to experience the beauty of your creation. That we they were able to experience your presence, grace and your peace.

Thank you God for blessing the paths on which they walked. Thank you for blessing the earth beneath their soles and the renewed fellowship that made them whole.

And so loving Father, your glory fills the whole creation, and your presence we find wherever we go.

Amen.

FAQS

How do I register? Please register at the ticketing website here:

<https://events.humanitix.com/gippsland-camino>

What is the cost? \$30 per walking day or part thereof OR \$80 for the three walking days.

What is the money used for? The funds will be used to pay for medical support/first aid crews and transport. Any excess funds raised will be donated to a HOPE 25 program.

I need help to register – If you cannot register online, please contact Heather den Houting at minister.tuca@gmail.com or 0483803 922

How old do you have to be to participate? You must be over 16 years to register alone.

Can I walk with others? Of course. Please be aware there will be others walking the rail trail and use courtesy and caution to respect their enjoyment of the path.

Can I walk alone? Of course, but please make sure an organizer is aware of your daily plan.

What if I register and then become injured, or am unable to attend the event? Cancellation for the event with a full refund will be available up to 7 days before the event.

What are my options for accommodation? You will need to arrange your own accommodation. As a guide we have provided you with information for you to book directly with providers.

How do I get to the start of my Camino? You will need to make your own transport arrangements.

What are the transport options during the Camino? You will need to make your own transport arrangements to and from your daily walk. Some carpooling will be available on request.

How long is the course? 24 km between Traralgon and Cowarr. 21 km between Cowarr and Tinamba. 19 km between Tinamba and Stratford.

What is along the course? You can find out more about the Gippsland Plains Rail Trail here:

<https://gippslandplainsrailtrail.com.au/about/>

Partner churches along the way will also be featured in information to be provided closer to the walk.

How long will the Camino take? You should allow 1 hour for 4 kms of walking. You should rest for at least 30 minutes every 2 hours. This would mean that a 24 km day would take at least 7.5 hours

What if it rains on the days of the Camino? The Camino arrangements will continue but it will be your choice whether to walk.

What do I need to bring with me on the Camino? Hat, sunscreen, water bottle and plenty of fluid. Food for the journey. Small first aid kit including blister backs. Small towel. Sturdy walking shoes and pack. Walking sticks if you prefer. Mobile phone. Money. A sense of adventure.

Will medical support be available along the Camino? From 1-4 May the walk will be supported, and first aid assistance will be available.

Is there an option to leave and collect my belongings? You should make arrangements directly with your accommodation providers for transport of your luggage.

Can I bring my dog? You are welcome to bring your dog as long as it is kept on a lead throughout the walk.

Will I get a certificate? You will receive an acknowledgement of participation and a small gift.

What time and where are the opening and closing services? The Camino will commence with a sending off service at 4pm on the evening of Thursday the 1st May. Traralgon District Uniting Church, 19 Park Lane Traralgon. The Camino will conclude at a celebration service on Sunday 4th May at 5pm. St Paul's Anglican Cathedral, 149 Cunninghame Street, Sale.

APPENDIX A - LIST OF SERVICES ON THE RAIL TRAIL

Glengarry

FOOD:

Platform 3854 Café (on trail at station)
Main St, Glengarry
Friday 8 am–1:30 pm
Saturday 7.30 am–1:30 pm
Sunday 7.30am–1:30 pm

Glengarry Hotel and Pub
25 Main St, Glengarry
Friday 11am – 11pm
Saturday 11am - 11pm
Sunday 11am - 11pm

MEDICAL:

Glengarry Community Pharmacy
Shop 4/21-23 Main St, Glengarry
Friday 9am – 5pm
Saturday 9am-12pm
Sunday Closed

TOILETS:

16 Main Street, Glengarry

Toongabbie

FOOD:

Toongabbie General Store
Friday 7:00 - 20:30
Saturday 8:00 - 20:30
Sunday 8:00 - 19:00

MEDICAL:

NONE

TOILETS:

Toongabbie Village Green
Cowen St, Toongabbie

Toongabbie Recreation Reserve,
Main St, Toongabbie

Cowwarr

FOOD:

Cowwarr Pub
18-20 Main St, Cowwarr
Friday 12:00 - 23:00
Saturday 12:00 - 23:00
Sunday 12:00 - 23:00

MEDICAL:

NONE

TOILETS:

Cowwarr Pub (as no public toilets in town)

Heyfield

FOOD:

There are several choices for food in Heyfield.
Here is a selection.

Quick Cuppa and More
Lot 1 Davis Street, Heyfield
Friday 5:30am – 3pm
Saturday 6am – 3pm
Sunday 6am – 3pm

Café 3858
14 George St, Heyfield
Friday 9am – 3pm
Saturday 9am – 3pm
Sunday 9am – 3pm

Heyfield Railway Hotel
Monday through to Sunday:
Lunch (12pm-2pm) and Dinner (6pm – 8pm)

MEDICAL:

Heyfield Amcal Pharmacy
Friday 9am – 5.30pm
Saturday 9am-12.30pm
Sunday Closed

TOILETS:

On Rail Trail
Davis Street, Heyfield

Tinamba

FOOD:

Tinamba Hotel
4-6 Tinamba-Seaton Rd, Tinamba
Friday 11:45am- 10pm
Saturday 11:45am- 10pm
Sunday 11:45am- 8pm

MEDICAL:

NONE

TOILETS:

Tinamba Hotel (as no public toilets in town)

Maffra

FOOD:

There are several choices for food in Maffra.
Here is a selection.

Coffee House 138
138 Johnson St, Maffra
Friday 7 am– 2 pm
Saturday 7 am–1 pm
Sunday 7am–1 pm

The Pickle Pot
109A Johnson St, Maffra
Friday 8.30 am – 5.30 pm
Saturday 8.30 am – 1.30 pm
Sunday 9 am - 1pm

The Beet Baristas
77 Johnson St, Maffra
Friday 7.30 am – 2 pm
Saturday 8 am – 1.30 pm
Sunday 8 am – 1.30 pm

MEDICAL:

Maffra Amcal Pharmacy
74-76 Johnson St, Maffra
Friday 9am – 6pm
Saturday 9am-1pm
Sunday 9.30am-12.30am

TOILETS:

16 River Street, Maffra

Macalister Park
McMahon Drive, Maffra

Stratford on Avon

FOOD:

The Badger Cafe

20 Tyers Street, Stratford
Monday-Friday 7am–3pm
Saturday-Sunday 8 am –3pm

Grill Em
1 Tyers St, Stratford
Friday 10:30 am–8 pm
Saturday 10:30 am–8 pm
Sunday 10:30 am–7:30 pm

A Taste of Avon
39-41 Tyers St, Stratford
Friday 12 pm – 9pm
Saturday 12 pm – 9pm
Sunday 12 pm – 8.30 pm

MEDICAL:
NONE

TOILETS:
Public Toilets
Crn Tyers St & Hobson St, Stratford

Apex Park
Princes Highway, Stratford

APPENDIX B - ACCOMODATION OPTIONS

List of some possible accommodation choices. Please deal directly with the provider.

TRARALGON:

The Black Bull Motel (four stars)
54 Argyle St, 3844 Traralgon
Phone: (03) 5174 6322
<https://www.theblackbull.com.au/>

Century Inn
5 Airfield Road, 3844 Traralgon
Phone: (03) 5173 9480
<https://www.centuryinn.com.au/>

Mantra Traralgon (four stars)
192 Franklin Street, 3844 Traralgon
Phone: (03) 4112 2200
<https://www.traralgonmantra.com.au/>

Quality Inn and Suites Traralgon (four stars)
5601 Princes Highway, Traralgon
Phone: (03) 51737500
<https://www.choicehotels.com/en-au/victoria/traralgon/quality-inn-hotels/au602>

Governor Gipps Motor Inn (three stars)
59 Argyle Street, 3844 Traralgon
Phone: (03) 5174 5382
<https://www.bestwestern.com>

Comfort Inn Traralgon (three stars)
40 Princes Highway, 3844 Traralgon
Phone: (03) 5174 7277
<https://www.comfortinntraralgon.com.au/>

HEYFIELD:

The Railway Hotel
24 George St, Heyfield
Phone: (03) 51482694
<https://www.railwayhotelheyfield.com.au/>

Motel 3858
3813 Traralgon-Maffra Road, Heyfield
Phone: 0483 329 497
<https://www.motel3858.com.au/>

MAFFRA:

Maffra Motor Inn
184 Johnson Street, Maffra
Phone: (03) 5147 2111
<https://www.mafframotorinn.com.au/>

TINAMBA:

Happy Days Accommodation
6A Tinamba/Seaton Road, Tinamba

Phone: 0430 054 462
<https://happydaysaccommodation.com/>

STRATFORD:

Avon River Inn
26 Tyers St, Stratford
(03) 5145 6500
<https://avonriverinn.com.au/>

SALE:

Peppertree Apartments (four stars)
137 MacAlister Street, Sale
Phone: (03) 5140 8933
<https://peppertreeapartments.com.au/>

The Matador (four stars)
Crn Princes Hwy & Raymond Street, Sale
Phone: (03) 5144 1422
<https://www.thematador.com.au/>

M. Hotel (four stars)
91-103 York Street (Princess Hwy), Sale
Phone: (03) 5144 1444
<https://www.mhotel.com.au/>

The Wurruk Motel (three stars)
46-54 Wurruk Way, Wurruk, Sale
Phone: (03) 5144 3766
www.thewurrukmotel.com.au/

Motel24Seven and Apartments (three stars)
386 York St, Sale
Phone: (03) 5144 3096
<https://www.motel24seven.com.au/>