



Aikido Victoria (Aiki-Kai) Inc.

Official Representative Organisation of the Aiki-Kai Foundation
and Aikido World Headquarters, Tokyo, Japan
Established 1968

P.O. Box 399
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Victoria 3132

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Mountain Training at Mount Hotham

Friday 2nd – Tuesday 6th 2018

(Cup Weekend)

Venue: Eiger Ski Lodge, Hotham Village www.eigerski.com

Training Dates: Arrive Friday 2nd, depart Tuesday 6th

Costs:

Full rate:	\$295	Regular Instructors:	\$270
Concession/First Time Attendees:	\$245	Non-Trainees:	\$205
Eiger Lodge Members:	\$155		

Prices are fully inclusive of accommodation, food, drinks and training fees.
Partners, family and friends welcome. Places are strictly limited.

Don't forget to bring your membership card with you. To train at this event, you must be a current member of Aiki Kai (Australia) and the Aikido Foundation.

To register, please complete the [online form on the Aikido Victoria webpage](#).

Registrations close on Monday 15th October, 2018

EIGER ALPINE LODGE is a modern, spacious lodge with spectacular valley views. The lodge is centrally heated, family friendly, smoke free and accommodates up to 30 guests in spacious rooms for 4, 5 or 6 guests. Eiger has a sauna, wood fire, fully equipped kitchen, full laundry and a large drying room. Eiger Lodge is situated in the Davenport Estate.

Each bedroom has an ensuite and all beds have doonas and pillows supplied. Each bedroom has one double bed and the remainder are single bunk beds. Clean up and other chores will be assigned on a roster basis.

Fees are higher this year to account for an additional day's accommodation and training, plus any funds raised above our expenses will be put towards the Clifton Hill dojo renovations.

Non-training guests will find plenty to do with bushwalking, bike trails, and other activities (see Mt Hotham's [Things to Do page](#)).

Please make sure you bring your weapons! If you do not have your own weapons, borrow some from your local dojo, or contact the registrar before the cut-off date. **We will not be transporting any spares that are not booked in advance.**

GETTING THERE: Head up the Hume Hwy, take the turn-off to Milawa after the BP service station. Follow signs to Milawa, Myrtleford & then through Bright to Mt Hotham. Petrol is available at Myrtleford & Bright until 5pm.

THINGS TO BRING:

- You must bring a top/bottom sheet, pillow case and towel. Definitely no sleeping bags are to be used. Doonas and pillows are provided.
- You will need to bring suitable indoor footwear as no outdoor shoes are permitted to be worn inside the lodge.
- **Bring suitably warm clothing, we especially advise wearing multiple layers and thermals. Wind chill can drop the temperature to around zero degrees, even in November.**
- The weather can be very changeable in the alpine area so be prepared for cool and/or damp conditions. UV is also higher in alpine areas so bring a sun hat and sunscreen. March flies may be active so bring insect repellent.
- Bring a torch and suitable footwear for hiking up the summit trail.
- There will be ample “free time” outside of training. Feel free to entertain yourselves inside or outside the lodge.
- **Don't forget your gi (in fact, a spare gi is highly recommended), weapons and carrying bags – bring bokken, jo and tanto!**

DUTIES

- All attendees will be required to clean their rooms.
- We will have a chore list for cleaning the lodge at the end of the weekend. We ask that you volunteer and don't wait to be volunteered.
- We are self-catering, so all attendees will also be expected to assist with food preparation and clean up.

DIETARY REQUIREMENTS

- Please mark all dietary requirements on your registration (eg: vegetarian, celiac, etc). We will accommodate these as much as possible, but we cannot just “nip down the mountain” at short notice.
- While all meals are provided, feel free to bring your own snacks and/or drinks.
- Alcohol will be provided with some meals.

Aikido Victoria takes issues of **equal opportunity, discrimination and harassment seriously** and has established a process to deal with complaints.

For further details contact Adrienne Cleaver (0403 527 793) or Bill Birnbauer (0412 956 741).

(ABN): 86 181 206 607