



# Adventure Experiences

## Do you have the urge?

We believe that everyone should have an adrenalin rush. Climb a mountain, ride in a hot air balloon, or complete a challenge testing human endurance if they want to.

CRANES offer a series of adventures over the course of a year. We will run them across Australia.

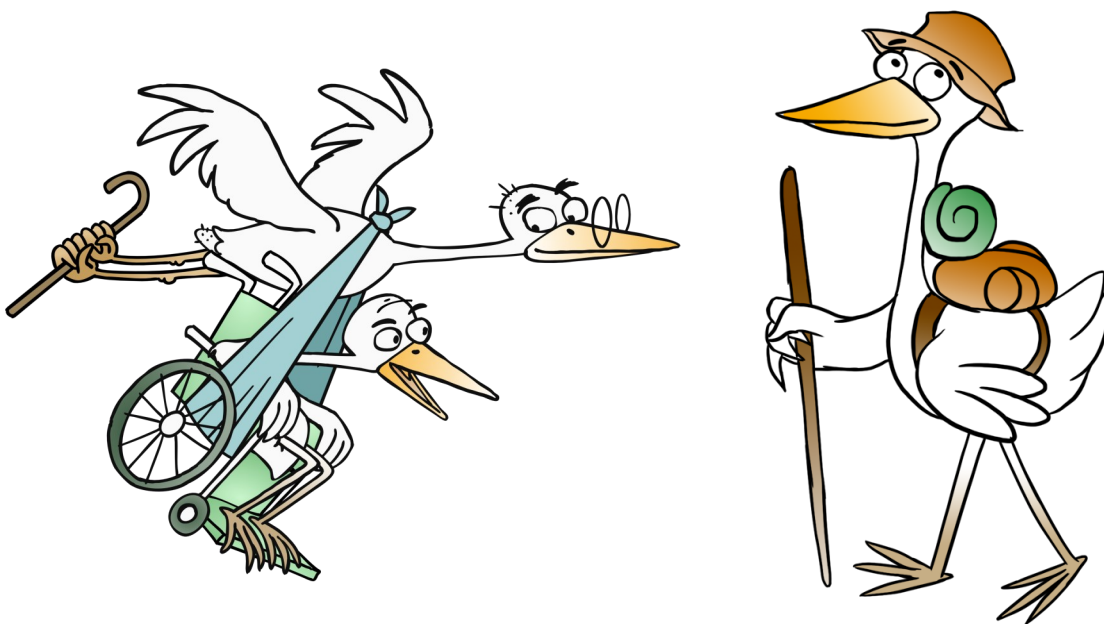
Each adventure has its own expectations of level or commitment of training.

If we don't already offer the adventure that's on your bucket list then please tell us and we will work with you to start planning the experience you're looking for.

Our regular adventures include:

- |                    |                           |
|--------------------|---------------------------|
| Busing Walking     | Mountain Biking           |
| Kayaking           | Camping                   |
| Fishing            | Multi-Day Adventure Camps |
| Four Wheel Driving |                           |

**Why not feel the wind beneath your wings and contact our Adventure Coordinator now. You can also check out our Activity Calendar on our website to see what's currently on offer.**



## About CRANES

We have a vision for the future of our society that sees all people as valuable, respects difference and offers everyone a place in their neighbourhood. We are working with innovation in an environment where we have blown away the boxes and, most importantly, because we believe in social justice, liberty and freedom for everyone.

## What we do

NDIS Approved Provider  
Home Care Package Provider  
Abilities and Over 65s Services  
Hubs and Clubs  
Support with Social and Daily Life Activities  
Child Youth and Family Services  
Family and Relationship Services  
Supervised Access  
In Home Childcare  
Supported Playgroups  
Early Childhood Intervention  
Jacaranda Preschool  
Healthy Minds Programs  
Suicide Prevention  
Alternative to Hospital Program  
First People Services  
Elders Groups  
Palliative Care  
Wilderness Adventures  
(Shared Lives) Specialist Accommodation  
(Square Nests) Specialist Accommodation

## Contact us

### Grafton Office

3-7 Prince Street,  
Grafton NSW 2460.  
PO Box 889,  
Grafton NSW 2460.

### Macleon Office

18-20 Clyde Street,  
Macleon NSW 2463.  
PO Box 889,  
Grafton NSW 2460.

**Phone:** (02) 6642 7257

1800 289 927

**Fax:** (02) 6645 5029

**E-mail:** [admin@cranes.org.au](mailto:admin@cranes.org.au)

Find us on 

### Hours of operation

8am to 4.30pm

For more information on  
'what CRANES do'  
visit our website



## Adventure Experiences

Activities to challenge your



What's on your bucket list?

We are one team made up of  
difference and we continue to  
learn and respect that

[www.cranes.org.au](http://www.cranes.org.au)

Promoting freedom of choice  
for individuals and families