

# Book your FREE 2024 holiday dialysis on a Big Red Kidney Bus

No matter where you live and receive haemodialysis, book FREE holiday treatments at any NSW, QLD or VIC scenic destination the Buses will be stationed at. Keep your dialysis routine while taking a much-needed holiday under the care of experienced renal nurses.

It's easy to book

Simply book online at **kidney.org.au/bus** or give us a call on 1800 454 363



## Wonthaggi VIC, Mon 15 Jan - Sat 17 Feb

Delve deep into Victoria's mining history, explore heritage sites and embark on scenic walks, a town built on the industry of 'black gold' – coal.

#### Coffs Harbour NSW, Mon 5 Feb - Sat 16 Mar

More than the Big Banana. Perfect for a laid-back beach holiday or a base to explore the rainforests of the Waterfall Way or Solitary Islands Marine Park.

#### Echuca VIC, Mon 26 Feb - Sat 23 Mar

The romance of the Murray river is alive and well in Australia's paddle steamer capital, where the twin towns of Echuca Moama ooze a rich history.

#### Port Macquarie NSW, Mon 1 Apr - Sat 4 May

For a nature-based holiday with serious gourmet credibility. Blessed with sparkling beaches lined with pockets of rainforest, the area is also a significant habitat for koalas.

## Porepunkah VIC, Mon 22 Apr - Sat 25 May

A laidback village just north of Bright along the Great Alpine Road. It is the nearest town to Mount Buffalo National Park.

## Nelson Bay NSW Mon 13 May - Sat 15 Jun

The largest town in Port Stephens, a great launchpad for whale and dolphin watching, restaurants and sheltered beaches.





## Making holidays possible.

#### Mildura VIC, 3 Jun - 6 Jul

Pristine riverscapes, foodie experiences and aquatic adventures. Hop aboard a historic paddle steamer on the Murray River or visit World Heritage-listed Mungo National Park.

## Kiama NSW, 8 Jul - 3 Aug

A seaside town, best known for its beaches, blowholes, volcanic rock formations and stunning coastal walks.

## Torquay VIC, 15 Jul - 10 Aug

Gateway to the Great Ocean Road with plenty to offer, from surf culture and shopping, to stunning natural wonders.

## Sydney NSW, 12 Aug - 7 Sep

From the iconic Sydney Harbour to idyllic beaches and great national parks, there is an abundance of things to see.

#### Ballarat VIC, 19 Aug - 14 Sep

A thriving hub of contemporary arts, events, and food, with a fascinating heritage backdrop from the gold rush.

### Batemans Bay NSW, 16 Sep – 26 Oct

Magnificent beaches, fresh seafood and a myriad of water sports both on the sea and in the sparkling Clyde River.

## Lakes Entrance VIC, 23 Sep - 2 Nov

Known for the Gippsland Lakes, a vast system of inland waterways and the pristine Ninety Mile Beach.

## Gold Coast QLD

Jan – Jun

Check website for location(s) and dates



Medical care provided thanks to:







## Merimbula NSW, 4 Nov – 7 Dec

On the Sapphire Coast, offering rugged ocean beaches, tranquil coastal lakes and the best seafood.

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opportunity to get out of the coccoon that becomes your life when on dialysis. Just a relief to see the outside world again.

## Kidney Health®

## Phillip Island VIC, 11 Nov - 15 Dec

A host of attractions for nature-lovers and adventurers, from the Penguin Parade to surfing.

Eligibility criteria & conditions apply. See website for details: www.kidney.org.au/bus