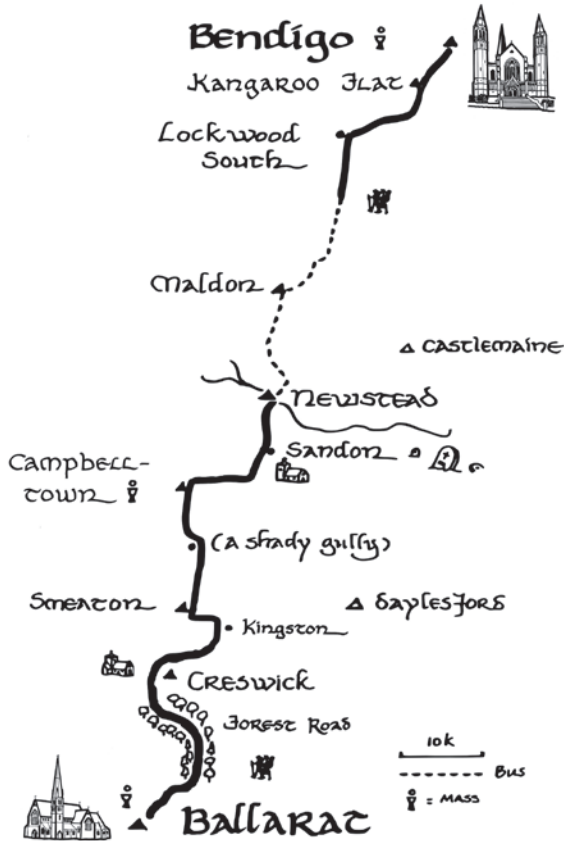


CHRISTUS REX PILGRIMAGE

Friday 26 to Sunday 28 October 2018



Pilgrim Information



ABOUT THE PILGRIMAGE

Every year since 1991, pilgrims have gathered from around the world to make a spiritual journey through the Australian countryside from St Patrick's Cathedral, Ballarat to Sacred Heart Cathedral, Bendigo. The Christus Rex Pilgrimage remains the only pilgrimage of its kind in Australia.

*'The Feast of the Kingship of Our Lord Jesus Christ [is]
to be observed yearly throughout the whole world on
the last Sunday of the month of October'*
– Pius XI, Quas Primas

The Christus Rex Pilgrimage honours Christ the King and commemorates His feast on the day observed in the Extraordinary Form of the Roman Rite under the General Roman Calendar of 1960.

While walking along the route, the Pilgrims engage in communal prayer and song, as well as personal reflection and meditation. Masses and Confession are available to Pilgrims almost continuously along the way. The Pilgrims eat and sleep in community halls and campgrounds. The Christus Rex Pilgrimage concludes with Mass celebrated at Sacred Heart Cathedral, Bendigo on Sunday afternoon.

A uniquely Australian feature of the Christus Rex Pilgrimage is the great spirit and fellowship of the Pilgrims. The Pilgrimage is attended by hundreds of Pilgrims from around Australia and the world and attracts people of all ages and walks of life.

TRANSPORT

Personal vehicles are not permitted on the Pilgrimage, in convoy or parked at any day time stops for safety reasons.

All Pilgrims are encouraged to catch public transport to Ballarat if possible. There is NO PARKING at Ballarat for Pilgrims. The Christus Rex Society will provide transport from Ballarat Train Station to the Thursday night accommodation where required.

If you need to drive your vehicle you will be required to park it in the streets surrounding BENDIGO Cathedral and purchase a coach ticket which will transport you back to Ballarat for Check-In.

Bendigo to Ballarat Shuttle Bus:

Thursday 26th October at 8:30pm SHARP

Bendigo Sacred Heart Cathedral – 66 Short Street, Bendigo

VOLUNTEERING YOUR VEHICLE

There are limited opportunities for vehicles to be offered as a Pilgrimage Support Vehicle. Preferences are given to automatic vehicles and those with capacity to tow a trailer. If your vehicle is accepted as a Support Vehicle, one of the Christus Rex volunteers will drive your car for the duration of the Pilgrimage and hand it back to you on Sunday after the final mass.

For more information visit the website or contact vehicles@crex.org

FLYING INTO MELBOURNE

If you are flying into Melbourne, there is an airport shuttle bus which runs directly from Tullamarine Airport to Ballarat station. V/Line trains also from Melbourne CBD to Ballarat and can be booked online.

Detailed information regarding transport is available on the website.

ACCOMMODATION

Basic accommodation is provided for all pilgrims on Thursday, Friday and Saturday evening. We encourage all pilgrims to camp, however there are also community halls available for women and young children.

All Pilgrims must bring their own camping or sleeping equipment including a camping mattress, pillow, sleeping bag and a tent for those who are camping. See the detailed packing list on the website for more information.

- Camping fields are available for all pilgrims.
- Female pilgrims and boys under the age of 12 **ONLY** may sleep in the community halls
- Males over the age of 12 are not permitted in the sleeping area of the community halls under any circumstances

FAMILIES WITH CHILDREN

We encourage families to attend and for parents to bring their children. Parts of the route are not accessible for pushing prams however we run a Children's Chapter for most parts of the Pilgrimage with the exception of the first leg leaving Ballarat and final leg coming into Bendigo. During these times, support vehicles will be available for any small children who cannot walk the whole way.

Children's Chapter involves games and activities such as craft, sport, storytelling and catechesis.

VOLUNTEERING

The Christus Rex Pilgrimage relies entirely on volunteers in order to take place. We would be most grateful if you could volunteer to assist while on the Pilgrimage.

Please indicate on your registration form if you available to assist with the Pilgrimage.

WHAT TO BRING

The Christus Rex Society provides luggage trucks which will transport any bulky/heavy luggage between each of the evening stops. The remainder of your personal items must be carried by you while walking, as you will require regular access to them throughout the day.

Pilgrims must bring everything else that is required for the journey, including camping equipment and/or bedding, crockery (plates, mugs), utensils and the like.

A guide on what to pack is listed below, however please see our website for a more detailed list.

Overnight Bag

- Tent (for males over the age of 12 and those camping)
- Sleeping Gear (sleeping bag / rubber mat or air mattress / pillow)
- Warm sleeping clothes for cold overnight conditions
- Towel
- Toiletries
- Sufficient clothing for 3 days (including warm jumpers / jacket)
- Unbreakable bowl, plate, mug and utensils (e.g. plastic or enamel)
- Tea towel
- Solid (worn-in) walking shoes

Day Backpack

- Water bottle (Every pilgrim must carry a water bottle!)
- Additional snacks
- Pilgrim Primer (from previous year if you didn't purchase one)
- Raincoat or waterproof jacket
- Broad-brimmed hat
- Sun cream lotion
- Personal first-aid (blister packs, chafing cream, Panadol etc.)

SPIRITUAL PREPARATION

*“Every athlete exercises self-control in all things.
But they do it to receive a perishable wreath, but we an imperishable.”*

- 1 Corinthians 9:25

In the same way that you should prepare yourself physically for the walk, we suggest that you prepare yourself spiritually for the Pilgrimage. Preparing yourself spiritually for the Pilgrimage does not need to be a difficult and complicated task. Some suggestions include:

- Spending a little more time in daily prayer or Eucharistic adoration
- Making use of the spiritual reflections prepared by priests attending the Pilgrimage (distributed in the weeks leading up to the pilgrimage)
- Praying the novena to Christ the King (available on our website)

PHYSICAL PREPARATION

The Pilgrimage is 90 km in length. Pilgrims walk around 30 km on each of the three days. Each day is divided into four walking sessions of approximately two to three hours in length, punctuated by short breaks for lunch and morning and afternoon teas. Pilgrims are expected to maintain a steady but relaxed walking pace.

Unsurprisingly, many of the minor injuries that are experienced by Pilgrims relate to fatigue and stress to the feet and ankles. St John's Ambulance officers travel with the Pilgrims and provide first aid if needed.

Detailed suggestions on how to prepare for the Pilgrimage are available on the website.

FREQUENTLY ASKED QUESTIONS

What do we do while we are walking?

- Priests and pilgrim leaders will be leading hymns, litanies, Rosaries, songs and meditations throughout the day. A Priest is usually available at the back for confession or spiritual guidance on the road. There will be appropriate breaks for conversation.

Do I need to bring any food on the Pilgrimage?

- Basic meals are provided during the Pilgrimage however we do encourage you to bring your own snacks for along the route and to supplement meals. If you have any dietary requirements, please contact us prior.

What if I can't walk the whole way?

- The Pilgrimage is physically demanding, however there are support vehicles available if you need a short break from walking.

Can we bring young Children?

- We encourage families to attend and for parents to bring their children. Parts of the route are not accessible for pushing prams however we run a Children's Chapter for most parts of the Pilgrimage.

I can't attend for the whole Pilgrimage, am I able to come for just one part?

- Yes. Please indicate this on your registration form.

I have a medical condition; can I still participate?

- The Pilgrimage is a walking pilgrimage and is physically demanding. Individuals with medical conditions should seek the advice of their doctor before registering. If you are attending and have any medical issues, please note this on your registration form.

Can I register now and pay on the night?

- Yes, there are both credit card and cash facilities available at the Registrations Desk on Thursday night.

HOW TO REGISTER

Registration are now open online at www.crex.org

This year to assist larger families, registrations have been further discounted for those with two or more children or students and youth under 25 years of age who are not registering as part of a family.

Early-Bird Adult	Before 30 June 2018	\$160.00
Normal Adult	Before 30 September 2018	\$180.00
Late Adult	Before 22 October 2018	\$200.00
Families	1 adult and 1 child	\$195.00
	1 adult and 2 or more children	\$260.00
	2 adults and 1 child	\$325.00
	2 adults and 2 or more children	\$390.00
Clergy or Religious	No charge	-
Partial Attendance	One day only (Friday or Saturday)	\$65.00
	Weekend (Saturday and Sunday)	\$130.00
	Sunday only	\$50.00
Student or Youth Discount	Full time students or youth 16-25 years of age	-\$30.00
Bendigo to Ballarat Coach Ticket	Per seat on Thursday night shuttle bus	\$30.00
Pilgrim's Primer		\$25.00
Crex Drink Bottle		\$5.00

For detailed information on the pilgrimage see the Christus Rex Society website or contact info@crex.org