

MEDIA RELEASE
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HIKE TO HELP OUR HARBOUR

Help protect our iconic Sydney Harbour by taking a hike to raise funds for the Sydney Institute of Marine Science

Set along the stunning northern foreshores on Sunday 7 September, Fantasea Harbour Hike is a major fundraising activity for the Sydney Institute of Marine Science (SIMS), the premier research facility that is working to protect and preserve Sydney Harbour for future generations.

Sydney Harbour is one of the most unique waterways in the world and the jewel in Sydney's crown but this natural gem must be nurtured so that our children and our children's children can enjoy it the way we do now.

SIMS scientists are working tirelessly on a vital research program called the **Sydney Harbour Research Project**, a five-year undertaking to benchmark and help future-proof Sydney Harbour. It aims to find out 'what lies beneath' Australia's most famous waterway, from the fish and other animal and plant species to levels of pollutants and threats to the Harbour.

The project will encompass the entire Harbour, from Manly to Watson's Bay, up to Parramatta and Lane Cove, around to Middle Harbour and beyond.

It will result in the first full comprehensive study of Sydney Harbour and will be the benchmark for future 'Health of our Harbour' studies.

Funds raised by Harbour Hike will directly benefit the Sydney Harbour Research Project <http://harbourprogram.sims.org.au/>

FACT: There are more than 3,000 species of animals that live in Sydney Harbour - that's 3 times as many as the Mediterranean!

Regarded as one of the more picturesque walks in Sydney, the 12km Fantasea Harbour Hike starts under the Sydney Harbour Bridge, then winds its way around the bays through the Sydney Harbour National Park and culminates with a marine-themed festival at the Chowder Bay finish line, home of SIMS' research centre.

SIMS scientists will be at ten checkpoints along the path to answer questions about Sydney Harbour's marine life and natural environment. Food stalls and children's activities along with scientific and live creatures' displays will await hikers at the finish line. With thanks to major event partner Fantasea Adventure Cruising each hiker will be treated to a free ferry ride back to the start line at Kirribilli.

To be held on Sunday 7 September, registrations for the 2014 Fantasea Harbour Hike are now open.

Visit www.harbourhike.com and sign up the whole family for a great day out for a great cause.

Cost is \$35 for adults and \$25 for children 12 years and under.

For further information, please contact:

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www.harbourhike.com