



Walking for Fitness and Pleasure

ABN 19 477 337 506

PO Box 286

GLENSIDE SA 5065

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1st Long Walk 2018 CURRENCY CREEK AREA

WHEN: Sunday 8th July 2018

TIME: Walk begins at 10: am

WHERE: **Meet:** Deep Creek Rd and Olsen Rd. Deep Creek Rd off Bull Creek Rd. Olsen Rd 1.25km off Deep Creek Rd. **Routes:** via Strathalbyn or Meadows-Ashbourne or Mt Compass Nangkita Rd. Directory 2015 or earlier - 014 H 8 or Directory 2016 – 7 017 D 8

COST: **WF&P Members: \$45.00pp (includes: Lunch, etc& GST)**
Non-members: \$55.00pp (includes: Lunch, etc& GST)

Please bring usual backpack; and 1 litre of water (inadequate fluid intake can lead to dehydration and illness) Comfortable lace-up walking shoes with a *good tread* are a must to minimize the chance of a fall. **Please be prepared-sun cream and a hat if warm - jacket and warm/wet weather gear if the forecast is not good for the day.** In this case a change of clothes including spare socks, left in the car may a good idea. We recommend that you do not wear Jeans.

VIP: Please advise us if you can't come at the last minute- We really do need to know beforehand so we don't *over cater*, we know the number of *leaders* needed on the day and that fellow walkers are not kept waiting.

Refunds will only be given in exceptional circumstances. An administration fee will be charged on any refunds given.

Please return application form ***with money before Wednesday 4th July 2018 to:***
Walking for Fitness & Pleasure. P O Box 286 Glenside 5065 or to your leader

Application form: First Long Walk 2018: Currency Creek

NAME /S _____

ADDRESS _____

TELEPHONE _____ EMAIL _____

AMOUNT ENCLOSED _____

INDEMNITY:

If this is your first walk with us, you will be required to sign an enduring indemnity. If you are a regular W F & P walker/member, please state which group/leader you currently walk with. _____

SIGNATURE: _____ DATE: _____

Please note we must receive all monies the Wednesday before the walk. Money will not be accepted on the day.

Celebrating 30 years - and more.