

Walking for Fitness and Pleasure

ABN 19 477 337 506

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Emergency phones on day
8556 2629 Christine or
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2nd Long Walk 2018 KINCHINA CONSERVATION PARK : MONARTO SOUTH

WHEN: Sunday 26th August 2018

TIME: Walk begins at 10: am

WHERE: Meet: Maurice Road. Take the Princes Highway, approx 12km from Callington to Maurice Road. (Past Monarto Zoo) then 2.3km along Maurice Road to Kinchina Conservation Park

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 22nd August 2018 to:*
Walking for Fitness & Pleasure. P O Box 286 Glenside 5065 or to your leader

Application form: 2nd Long Walk 2018: Kinchina Con. Pk.

NAME /S _____

ADDRESS _____

TELEPHONE _____ EMAIL _____

AMOUNT ENCLOSED _____

Any special Dietary Needs? _____

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.