



Walking for Fitness and Pleasure

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Contact 'Life. Be in it.'

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2nd Long Walk 2012

Hope Forest – Including Private Property

WHEN: Sunday July 1st 2012

TIME: 10:am

WHERE: Meet: Corner Phillips & Bevan Roads. Along Brookman Road from Meadows it is approx 22.7kms on your right (Amaroo Water Garden sign is on same corner). From top Willunga Hill – Brookman Road it is the 2nd Phillips road sign on your left- approx 5kms. **Link Map B15**

COST: WF&P Members: \$45.00pp (includes: Lunch, etc& GST)

Non-members: \$50.00pp (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** (**NO JEANS!!**) *if the forecast is not good for the day*. In this case a change of clothes including spare socks, left in the car may be a good idea.

Please return application form *with money before Wednesday 27th June 2012*

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.

Application form: Second Long Walk 2012: HOPE FOREST

NAME /S _____

ADDRESS _____

TELEPHONE _____ 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, 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.