

## Instructions for Friday's Capital Walk

**When:** Friday 31st April 2017 at 11am

**Where:** Meet outside the Control Centre for the Canberra Walking Festival on the corner of Kings Ave and Blackall Streets in Barton – note that volunteers will be setting up the Control Centre in the morning, so there will be a hive of activity and general chaos inside!

A locality map is available at [www.aussiewalk.com.au/docs/location\\_map.pdf](http://www.aussiewalk.com.au/docs/location_map.pdf).

**Walk Leaders:** Kathleen and Harry Berg, Founders and Honorary Life Members of Canberra Two Day Walk Inc. Kathleen and Harry were awarded the Medal of the Order of Australia (OAM) on the Queen's Birthday Honours List in 2013 for their service to recreational walking, and they have also completed most IML walks around the world.

**What to bring:** Friday will be sunny and you will be walking in the middle of the day, so don't forget a hat, sunscreen and water.

For any issues on the day contact the Bergs on 0432 143 922 or the event phone on 0468 952 150.

Currently there are 18 walkers registered for this walk. This is an 11km guided walk, taking you on the route of our very first IVV walk in Canberra. The guided part of the walk will end at Parliament House, where you are invited to tour the building and have lunch in the café if you wish and get your IVV books stamped. The IVV stamp is included in the registration fee for this walk

Note – there is a security checkpoint/screening process to enter Parliament House, so do not bring any pocket knives or other dangerous items. Foreign flags are also not permitted to be flown inside the building, and will need to be stowed away.

After visiting Parliament House it is an easy walk back to the Control Centre before the 5km Welcome Walk begins at 3pm. The Control Centre will be open from 2pm. Light refreshments will be served at the official event opening after the Welcome Walk.

**IVV Walkers:** If you have done any other IVV walks in Australia, you can get your books stamped after the walk. Cost is \$5 per walk.

### Friday Parking at the Control Centre:

There is limited free parking available in the overflow grassed car park behind the Control Centre. Parking is at your own risk. There is a boom gate to access this parking off Blackall St, and it will be operated by one of our volunteers. Please aim to arrive between 10:40 and 10:50 to ensure there is someone available to let you in. This parking is available on Friday morning only.

Note: On Saturday and Sunday you will need to park in the car park across Kings Ave - access is from King George Terrace or Dorothy Tangney Place. Please cross Kings Ave with care at the crossing with the lights. Parking is free on the weekend. On weekdays all day parking costs \$12, with payment by credit card required.

### Information about bus transport:

Public transport is available on the Red Rapid (200 series) buses with regular services that stop at the Edmund Barton Building on Kings Ave, very close to the Control Centre.

Timetable information and bus route maps area available at <http://www.transport.act.gov.au/>.

Cash fares are \$4.80 for a single trip (no charge for transfers to another bus within 90min from boarding the first bus) or \$9.20 for a daily ticket.

If you will be catching several buses while in Canberra, you should purchase a MyWay card (\$5), which then allows discount fares. MyWay cards may be purchased from many different outlets, including most convenience stores near the main bus terminals.