

Welcome to the 2017 Canberra Walking Festival

Thank you for registering for the 2017 Canberra Walking Festival. The committee has been working hard to deliver another wonderful event this year, and we have also ordered some great walking weather for the weekend!

Please carefully check your registration email from Register Now to confirm the distances you are walking each day. Each distance has a different start time (details below). Changes may also be made on the day, subject to space availability if changing buses on Saturday.

Most of our participants walk on both days of the weekend. If you are just registered to walk one day, it is not too late to walk both days to earn the Canberra Two Day Walker medal – just pay for the extra day on the weekend.

In order to make your participation in the event safe and trouble free, please CAREFULLY NOTE the following:

1. Saturday and Sunday route maps are available on our website, together with gpx files for you to download onto your smart phone or GPS device if you wish (instructions are provided). Paper copies of the maps will be provided at check-in.
2. You will collect a walker record card prior to your first walk at the Canberra Walking Festival when you check-in (see 6 below). **You must carry your Canberra Walking Festival record card each day you are walking**, as it will be stamped at each checkpoint on your route, and provides proof for the distances claimed for those participating in the IML and IVV awards.
3. The walk starts and finishes at our **Control Centre** on the **Charles Sturt University campus, Blackall Street, Barton**. A [locality map](#) is available on our website.
4. **Free Parking** is available nearby on Saturday and Sunday. Access is from King George Terrace or Dorothy Tangney Place. Parking fees apply on Friday (credit card only).
Note: The limited parking at Charles Sturt University is reserved for event staff.
5. **Public Bus Transport** is also available. On Friday we suggest using one of 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. On the weekend the Red Rapid service does not run, so you would need to catch Bus 938 that runs between the city and Woden, via Kingston, Manuka and Griffith – also stopping on Kings Ave. The first bus each day is too late for walkers doing the marathon, and 30/29km routes. For public transport information go to <http://www.transport.act.gov.au/>.
6. On arrival at the Control Centre each day, you must "check-in" inside (see the "Start and Check-in Times Schedule" below). At check-in you will receive your walker record card, lanyard, name patch and map. You will also be given a peg in your route colour. Please fix the peg to your lanyard so it is visible to the route marshals along the way.
7. Catering is provided at the Control Centre by the Badimara Scout Group on Saturday and Sunday, with sandwiches, tea, coffee, soft drinks and cake on sale from 7:30am, and a sausage sizzle from 11am.
8. This is a walking event with controlled start and finish times. It is an event requirement that you attend the pre-start briefing for your distance, as there may be route changes (eg in the case of bushfire danger altering sections of the route). Starting prior to the specified time could also jeopardise our public liability insurance and may result in disqualification. Later starts require prior approval and a pre-start briefing from the Chief Marshal.
9. The event will go ahead regardless of the weather, but at this stage the forecast looks ideal with a maximum in the low 20s after a cooler start to the day. Sun protection is advised regardless of the temperature when you start your walk.

- 10.** With the exception of the 5km route, the Saturday Centenary Trail routes can be challenging in places and are all unpaved until reaching the Australian War Memorial, just 4km from the finish of the walk. There are also no shops along the routes until that time. Closed shoes are recommended for all walkers, and hiking poles will also be helpful if you usually use them. Water is available at each checkpoint, but there are long distances between the first two checkpoints on Saturday, so we advise walkers also carry water.
- 11.** The Sunday routes around Lake Burley Griffin are all on paved surfaces. Walkers may choose to walk on the grassy verge if they prefer. A small number of coffee shops are available around the lake, depending on the route you are walking, but may not be available when you wish to take a break.
- 12.** This year we will have sweep walkers on most of the routes, and the final sweeps will be removing the route signs and signalling when checkpoints can close. We do **not** recommend leaving the route prior to the final marked checkpoint because you may end up behind the sweep and get lost.
- 13. REMEMBER: This is not a race! Walk at your own pace and rest when needed. Running is not permitted at any time.**
- 14.** Please note there are **no dogs allowed** on significant portions of the routes on both Saturday and Sunday.

Important Safety Messages:

- 15.** If you feel unwell at any time - please stop and rest. If you are unable to go any further, or need assistance, telephone the Control Centre (Ph: 0468 952 150 – the number is also on your route map and on the walker record card), or ask another walker to advise the next checkpoint. Transport to the Control Centre and/or medical assistance will then be arranged. In the event of an emergency, call 000.
- 16.** For those of you with a smart phone, there is a great application called **Emergency +** which can be used to call for emergency assistance (eg ambulance support). The app can identify your exact location, even if you are on a trail away from proper roads. Hopefully you won't need it, but it is a nice security blanket – and it works anywhere in Australia.
- 17.** If you decide to pull out of the walk completely, you must advise an official or the Control Centre.
- 18.** Those participants who have an **Asthmatic** or other medical condition, please ensure you have your medication with you, also a copy of your Asthma management plan, if applicable.

START, CHECK-IN TIMES SCHEDULE AND FINISH ARRANGEMENTS

Note: Instructions for the pre- and post-Festival walks (and the Welcome Walk) will be emailed separately to those registered. If you don't receive the email, it probably means that you are not registered. If in doubt, please check your junk mail folder and original registration confirmation email from Register Now.

FRIDAY: Capital Walk (Guided, 11km): Arrive at the Control Centre by 10:50 for an 11am start. If you are not pre-registered, you can pay \$5 on the day. Additional information will be emailed to those registered, and is also available on the website.

FRIDAY: Welcome Walk (Guided, 5-6km): Check-in from 2:30pm for starts from 3-3:15pm. If you are not pre-registered, you can pay \$5 on the day. After the Welcome Walk, the Official Opening of the Canberra Walking Festival will take place, with light refreshments, at the Control Centre, starting at 5pm. (Note: Paid parking is in force on Friday.)

SATURDAY: Centenary Trail (point-to-point walk with bus transport to start)

- 44km check-in from 7:15 for a 7:30 bus departure (briefing at 7:25)
- 30km check-in commences at 7:30 for an 8am bus departure (briefing at 7:50)
- 20km check-in commences at 8:30 for a 9am bus departure (briefing at 8:50)
- 10km check-in commences at 9:30 for a 10am bus departure (briefing at 9:50)
- 5km check-in commences at 9:50 for a 10.15am bus departure (briefing at 10:05)

Note, daylight savings ends overnight, so put your clocks back on Saturday night for a sleep in on Sunday morning ☺

SUNDAY: Loop the Lake

- 29km check-in commences at 7:30 for an 8am start (briefing at 7:50)
- 21km check-in commences at 8:30 for a 9am start (briefing at 8:50)
- 6km, 10km and 15km check-in commences at 9:30 for a staggered start from 10am (briefing at 9:50)

FINISH ARRANGEMENTS:

All walkers should finish before **4pm on Saturday and Sunday.**

At the end of your walk each day, you again need to report at the Control Centre to have your name checked off and collect the relevant awards and IML/IVV stamps as appropriate.

The 2017 Two Day Walker medal will be available on Sunday for all participants who walk on Saturday **and** Sunday. New walkers are invited to purchase one of the old "two day walker" bronze medals as a souvenir if interested from the merchandise counter on Sunday (but must have walked on Saturday **and** Sunday to qualify).

CLOSING CEREMONY

We invite all walkers to stay for the formal closing of the walk on Sunday 2 April at 3pm. Special awards will be presented to our volunteers and IML walkers.

ANNUAL GENERAL MEETING

The annual General Meeting of the Canberra Two Day Walk Association will be held at 4:30 pm in the Control Centre on Saturday, 1 April. If you enjoyed our event, and would like to help ensure its ongoing success, please consider joining the committee. More information is available from any committee member.

Voting is limited to current financial members. (Cost \$5 pa.)

SUGGESTED CHECKLIST OF WHAT TO TAKE WITH YOU EACH DAY:

- Walker Record Card
- Lanyard – please bring your lanyard from previous years if you have one
- Sunglasses
- Reading glasses (if required)
- Sunscreen
- Hat
- Water Bottle (essential for 44km/30km and advisable for 20km walkers on Saturday)
- Snack (if required)
- Jacket and/or Raincoat (hopefully not required in 2017)
- Camera
- First Aid requirements to suit yourself (eg asthma medication)
- Insect Repellent
- Money (for purchasing drinks, food, souvenirs, IML/IVV merchandise etc.)
- IVV passports (if applicable – bring each day)
- IML passport (if applicable – bring on Sunday – or hand in for checking on Friday or Saturday if claiming a special award)

ADDITIONAL INFORMATION

Photos from this year's event will be posted on Facebook at www.fb.com/AussieWalk. Please "like" us and leave your feedback on how you enjoyed the walk.

Past walks are featured on YouTube at www.youtube.com/AussieWalkers.

You can also follow us on Twitter at www.twitter.com/AussieWalk.

IML/IVV INFORMATION

IML Walking Association (IML)

The IML is an international walking association with its own award system, and this event is an IML accredited event for those who walk the qualifying distance on **both** Saturday and Sunday. The minimum qualifying distance is 20km on both days, except for the over 70s, who need only walk a minimum of 10km each day. Proof of age may be requested.

Participation in this award program is ideal if you are interested in taking part in similar long distance multi-day walking events in other countries. More information is available at the Control Centre or on our website at www.aussiewalk.com.au/iml_info.htm

If you are an IML walker, bring your IML Passports to obtain this year's Canberra Two Day Walk IML stamp at the completion of your walk on Sunday, between 1 and 4 pm. Walkers claiming special IML awards must present their IML passports to the IML desk on Saturday afternoon for checking.

On Sunday afternoon, IML Passports may also be purchased, as well as Australia Country Bars, and Medals and Pins for those who qualify. If you wish to buy an IML passport, please ensure you bring along a passport-sized photograph to paste into the passport.

International Volkssport Verband (IVV)

The IVV has also sanctioned our walk as a multi-day event. The IVV is another international association, with its own award system, with numerous accredited IVV walking events around the world and in Australia. You do not need to travel internationally to earn IVV awards. For more information please visit our IVV counter or our website at www.aussiewalk.com.au/ivv_info.htm

New Australian IVV record books may be purchased at the IVV counter at the end of each day, with a heavily discounted starter kit available for new IVV walkers. The cost of each record book covers the cost of the IVV awards once earned.

One IVV stamp per day, and a record of the actual distance walked, will be recorded in walkers' IVV books. There is no additional charge for the IVV stamps for the Canberra Walking Festival events, including pre- and post-Festival walks.

If you require IVV stamps for any other walks you have completed, please bring \$5/stamp and your IVV books for stamping on Friday afternoon prior to the Welcome Walk. Only Canberra Walking Festival IVV stamps will be available on the weekend.

??? FURTHER INFORMATION REQUIRED ???

See our web-site at www.aussiewalk.com.au or contact us at aussiewalk@aussiewalk.com.au.

One last thing: Don't forget to keep encouraging your family, friends and colleagues to join you for the Canberra Walking Festival. They can enter on the day, and if new walkers tell us that you invited them, you will then earn one of our special **Walk Ambassador** pins.

Online entries for the 2018 Canberra Walking Festival (7-8 April) will open on 1st October 2017, so mark your calendars. We will be using a new venue for the Control Centre in 2018.