

Entries now open at:

bit.ly/cwf2017

or find out more at:

aussiewalk.com.au

Join us for our 26th event - a walk for all ages

Pre-Festival Walks

Thursday 30th March, Lake Ginninderra and Lake Tuggeranong 15-20km (8:30am-5:30pm)

◇ \$25 per person, includes bus transport and more

Friday 31st March, Capital Walk 11km (11am-2pm)

◇ \$5 per person

Canberra Walking Festival Walks

Friday 31st March, Welcome Walk and Opening Ceremony/Reception 5km (3-5:30pm)

◇ \$5 per person

Saturday 1st April, Centenary Trail Walk 5-42km (start times vary by distance)

◇ \$25 per person, includes bus from the Control Centre to the start of the walk¹ (register online to ensure your seat!)

Sunday 2nd April, Lake Loop Walk 6-29km (start times vary by distance)

◇ \$25 per person¹

Post-Festival Walk

Monday 3rd April, Tidbinbilla Nature Reserve 10km (8:30am-5:30pm)

◇ \$40 per person, includes bus transport and picnic lunch

IVV walkers will receive IVV credit for all walks.

1. Multi-day discounts apply when entering online, plus discounts for under 18s: under 12s can walk on Saturday and Sunday for only \$10, and 12-17 year olds can walk both days for \$20.



Canberra Walking Festival

A walk for all ages

1-2 April 2017



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**Celebrating our
26th
Two Day Medal Walk**

About the Festival - a walk for all ages

The Canberra Walking Festival is a non-competitive event open to everyone. Varied distance options are available.

The Festival aims to:

- foster and promote walking as a worthwhile, fun activity;
- enable people to participate in an enjoyable, healthy, outdoor activity regardless of fitness, age, gender or background;
- provide a personal challenge to those who wish to test their fitness, and/or obtain an award.

The Festival is a not-for-profit event, run entirely by volunteers. A portion of all entry fees is donated to community organisations, including the Heart Foundation.

Festival Walks

Friday - Welcome Walk - 3-3:30pm start - enjoy a 5km guided walk exploring the Parliamentary Triangle followed by light refreshments.

Saturday - Centenary Trail - point-to-point walk with free bus transport provided to the start, so please arrive at the Control Centre at least 15min prior to the designated start time to ensure you don't miss the bus!

7:30am bus departs for 42.2km marathon,

8am bus departs for 30km,

9am bus departs for 20km,

10am bus departs for 10km, and

10:15am bus departs for 5km

Sunday - Loop the Lake - walking clockwise

8am start for 29km,

9am start for 21km,

10am start for 15km,

10:05am start for 10km, and

10:10am start for 6km

Late/early starts are only permitted at the discretion of the event marshal.

Start and Finish - Control Centre

All Festival walks start and finish at the Control Centre on the **corner of Kings Avenue and Blackall Street, Barton, ACT.**

The Control Centre is open from 2-5pm on Friday,

7:15am-4pm on Saturday and 7:30am-4pm on Sunday.

Note: pre- and post-Festival walks have alternate start locations.

Walk Information

- Walkers are able to select their own pace and rest stops; however, all walks **MUST** be completed by 4pm each day.
- Walkers must "check-in" before starting the walk and again when finishing the walk each day.
- **Children under 12 must be accompanied by an adult.**
- The routes are signposted and follow recreation, equestrian or footpaths with concrete, bitumen, gravel or natural ground surfaces.
- The walk will be held irrespective of the weather.

Entry Fees

Online (credit card or PayPal) entries are available from: 1 October 2016 - 28 March 2017.

Your online entry is at a discounted rate and includes special rates for children, entry into the lucky prize draw, and a seat on Saturday's bus.

On the day (cash only) entries are available.

Saturday bus transport subject to space availability for entries on the day.

Entry fees are non-refundable.

Conditions of Entry

All entrants acknowledge that they enter the Canberra Walking Festival and any pre- and post-Festival walks entirely at their own risk, and that by their entry invoke the Indemnity and Release Waiver on the Entry Form and will abide by the event rules and conditions.

Awards

• *Canberra Two Day Walk Medal*

Walkers qualify for the Canberra Two Day Walk medal by completing any route on both Saturday and Sunday.

• *Marathon Medal*

Finishers receive a separate marathon medal.

Accommodation

There is a wide variety of accommodation in Canberra.

For more information: www.visitcanberra.com.au or see our website for some suggestions.

Volunteers Needed!

If you, your partner or someone you know would like to help, please contact us. Any assistance will be most appreciated.

International Awards and Affiliated Associations

• *IML Walking Association*

The Canberra Walking Festival is an accredited event of the IML Walking Association (IML) and its award system.

To be eligible for IML credit, walkers are required to complete at least the 20km routes on both Saturday and Sunday, except walkers over 70 at the date of the walk who are only required to complete the 10km route on both days.

IML walks are held in the following countries:

Pan Pacific Region

China (2 walks), Indonesia, Japan (2 walks), Korea, New Zealand (Rotorua), Taiwan and USA

European Region

Austria, Belgium, Czech Republic, Denmark, England, Finland, France, Germany, Ireland, Israel, Italy, Lithuania, Luxembourg, Netherlands, Norway, Spain, Sweden and Switzerland

• *IVV*

Each walk is also sanctioned by the International Volkssport Verband (IVV) and is eligible for credit toward IVV achievement awards.

Further information about the IVV and IML is available at www.aussiewalk.com.au or at the Control Centre on the event days between 1-4 pm.

Coming up... mark your calendars with all the Canberra Walking Festival dates!

1 - 2 April 2017

7 - 8 April 2018

30-31 March 2019

4-5 April 2020

Check the program of events on the website for full details of walk options, including pre- and post-Festival walks.

IVV accredited walks are also held throughout the year, including a growing list of permanent trails and special programs.

Keep up to date with all of our news, see photos from the event and give us feedback by:

"liking" us on Facebook: [fb.com/aussiewalk](https://www.facebook.com/aussiewalk)

"following" us on Twitter: twitter.com/aussiewalk

"subscribing" to us on YouTube: [youtube.com/aussiewalkers](https://www.youtube.com/aussiewalkers)