

## Instructions for Thursday's Walks (16km and 9km options)

**When:** Thursday 5th April 2018 at 9:30am for a 9:45am walk start – you will be asked to sign the Walking For Pleasure disclaimer to indicate that you are walking voluntarily and at your own risk.

**Where:** Meet at the picnic area behind the Australian War Memorial (AWM) – the entrance to Remembrance Nature Park, Mt Ainslie.  
Free 4hr parking is available at all car parks at the AWM (the 16km walk is likely to take 5hrs).  
Bus transport directions are provided below.

**Walk Leaders:** The walk is being held in conjunction with ACT Walking For Pleasure and AussieWalk IVV.

16km leaders: Andrew Welsh and Jean Wilson

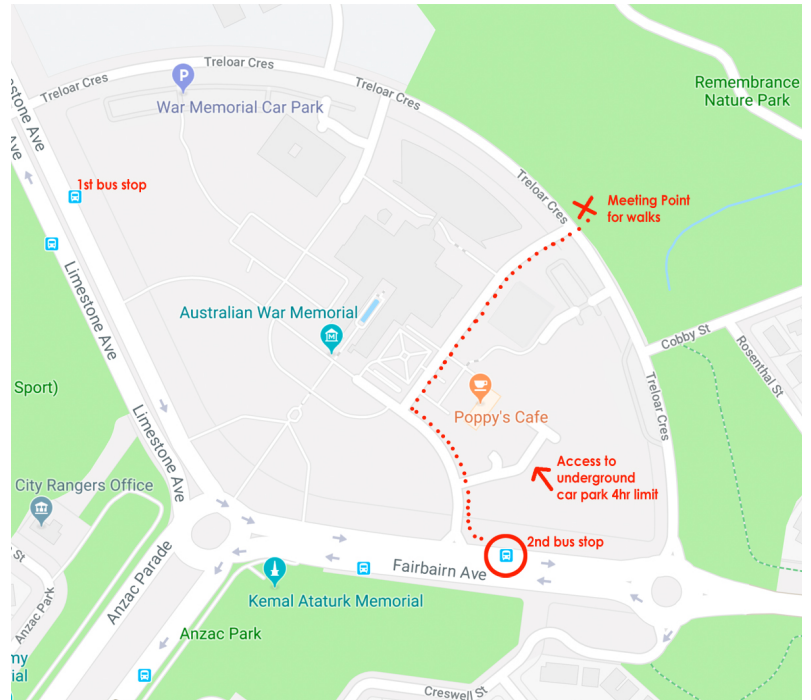
9km leaders: Kathleen Berg and Jill Wicklander

**What to bring:** Hat, sunscreen and water (rain is not expected, but check weather forecast closer to the day).

Walking poles optional – you will be walking on uneven dirt trails with rocks and ruts in places.

16km walkers – bring a light lunch or snack to enjoy on the trail.

9km walkers – lunch can be purchased at Poppy's café after the walk.



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

### About the Walks:

Both walks will start together along the Centenary Trail, and after approximately 2km the groups will split. The 16km walkers will continue towards Mt Majura then back to the Mt Ainslie lookout, with a total climb of approx 600m over 5 hours. The 9km walkers just climb Mt Ainslie, with 300m of climb over 3 hours. There are some steep sections on both walks, and the walk is on trails that are rocky and very rough in places. You will enjoy bush scenery and panoramic views of Canberra.

### IVV Walkers:

IVV stamp is free for Walking For Pleasure members, and \$5 for non-members.

9km walkers - books will be stamped at the conclusion of the walk at Poppy's café.

16km walkers – you can get your stamp at the Albert Hall on Friday (or Saturday)

### Information about Bus Transport:

To get to the War Memorial, catch Bus 10 from the City (platform 9), scheduled to leave at 9:08am. Get off at the second War Memorial stop on Fairbairn Ave, and walk up towards Poppy's Café. If staying at Abode Hotel in Woden, there are regular Blue Rapid buses that leave Woden (also platform 9) – aim to leave Woden no later than 8:40am.

Timetable information and bus route maps are available at <http://www.transport.act.gov.au/>. Cash fares are \$4.90 for a single trip (no charge for transfers to another bus within 90min from boarding the first bus) or \$9.40 for a daily ticket.

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