

## Instructions for Friday's Capital Walk

**When:** Friday 29th April 2019 at 11am

**Where:** Meet outside the Albert Hall

– 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! However, the toilets are available.

A locality map is available at:

[http://aussiewalk.com.au/wp-content/uploads/2017/location\\_map.pdf](http://aussiewalk.com.au/wp-content/uploads/2017/location_map.pdf) (no change from 2018)

**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:** You will be walking in the middle of the day, so don't forget a hat, sunscreen and water. Check weather forecast for rain closer to the day.

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

**What NOT to bring:** 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 around the grounds, and will need to be stowed.

**The Walk:** This is an 11 km guided walk, taking you on the route of our very first IVV walk in Canberra. The trail is on paved surfaces, and there is a gentle climb to Parliament House. The guided part of the walk will end at Parliament House, where you are invited to tour the building (free) and have lunch in the café (optional). Other options are the cafés in the National buildings, about 1-1.5 km from Parliament House. See Kathleen for a map.

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 after the Welcome Walk.

**IVV Walkers:** Books will be stamped on return to Albert Hall – the IVV stamp is \$5 and has not been pre-paid.

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 Albert Hall:**

There is limited free parking available at the Albert Hall, which is controlled by bollards. 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 one of the adjacent public car parks. Parking is free on the weekend.

### **Information about Bus Transport:**

Public transport is available on the Blue Rapid (300 series) buses with regular services that stop right outside the Albert Hall. The Albert Hall bus stop is only 3 stops from either the City (platform 1) or Woden (platform 9)

Timetable information and bus route maps area available at <http://www.transport.act.gov.au/>. Cash fares are \$5 for a single trip (no charge for transfers to another bus within 90min from boarding the first bus) or \$9.60 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.