

IMPORTANT NOTE

Members of the walking club are asked to pay an annual membership fee before their first walk. This covers public liability insurance and administration costs in supporting the program for 1 year.

Voting \$27.50 / \$8.80 Concession

Non-voting \$11.00

Please pay membership before your first walk
We ask a gold coin donation for each walk
Overnight stays incur additional costs so please contact leaders for further details and/or if you are able to assist with transport

Additional Information—What to bring

These items are essential for the safety of yourself and others, therefore **must** be carried before the commencement of each walk

- Your completed Release and Assumption for Risk form which can be obtained from your leader or the YWCA (unless you have already returned your completed form directly to the YWCA). Please ensure your emergency contact is not your home phone number, or another person on the walk.
- A day pack lined with a plastic bag
- Boots or track shoes with good tread
- Woollen jumper/fleece jacket
- Waterproof jacket
- Hat
- Sunscreen
- Lunch and snacks
- 2 litres of water (long walks)
- Advise the leader if you are taking medication or have any physical or other limitation that might affect your participation in the activity.

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O F A D E L A I D E



2009 WOMEN OF THE WILDERNESS WALKING CLUB

YWCA of Adelaide
17 Hutt Street

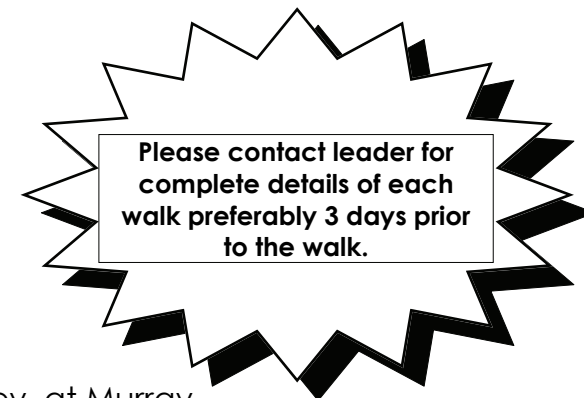
ADELAIDE SA 5000

Phone 8227 0155

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Email office@ywca.com.au

2009 WOMEN OF THE WILDERNESS WALKING PROGRAM



D = DIFFICULT M = MEDIUM E = EASY

The Official Opening of the Bushwalking Season will be held in Eden Valley, at Murray Recreation Park on Sunday April 5th. All bushwalkers welcome. Further details from Myra 8331 2992.

E Victor Harbor/Granite Island
April 18 — Saturday
Sandra 8363 9758

D Heysen—Mary's Walk
May 2 — Saturday
Myra 8331 2992

D Mount Misery
May 24 — Sunday
Shauna 8242 2326

M Carro Track - Waterfall Gully
June 13 — Saturday
Jo 8232 0767

E Montacute
July 11 — Saturday Myra 8331 2992

D Hales
August 8 — Saturday
Jeannie 0401 913 356

M Anstey Hill
August 30 — Sunday
Cheryl 8369 0258

M Tungkillo
September 5 — Saturday
Sandra 8363 9758

E Kaiser Stuhl
September 26 — Saturday
Robin 8565 3284

M Black Hill
October 10 — Saturday
Catherine 8242 0988

D Morialta/Fox Dam
October 25 — Sunday
Shauna 8242 2326

M Pioneer Women's Walk
November 7 — Saturday
Myra 8331 2992

PTO for important information