



Advance information for intending participants when planning to register at the Expo for a guided walk

To help ensure the safety of novice walkers on guided walks intending walkers will be advised of the following information also at the time of registering at the Expo to participate in the walk:

You are responsible for your own fitness and preparedness for the walk.

- **Footwear** - Wear suitable footwear with adequate tread (this could be walking shoes, running shoes or hiking boots).
- **Suitability of the walk** – Before registering consider whether you are sufficiently confident the walk as described, including some gentle climbs and descents, will be within your capabilities in terms of fitness. If you have any questions about your fitness or the requirements of the walk, please ask us prior to commencing the walk. People with medication needs and / or special requirements must declare and discuss their needs with the walk organiser in advance of the walk.
- **What to carry** - You are responsible for carrying your own food (snacks), water (suggest 1-2L) and any required medication.
- **Children** - Children participating should be over the age of six, and must be under the supervision and responsibility of an adult family member.

The Guided Walks are a group experience. There will be walk leader always at the front of the group, and another support-leader at the rear of the group. The group may spread out a little, but will regularly re-group, typically at junctions or the top of hills.

- **Stay with the group** - If you need to leave the group (for toileting, to withdraw from the walk, taking photos, or any other reason) you must advise either the walk leader at the start or back of the group.
 - **Keep others in sight** - You should ensure that walkers in front and behind you are kept within eyesight.
 - **No pets** - Pets are not permitted in the reserve or at the Expo.
 - **Leave no trace** - Please don't smoke or leave any litter.
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