

**GOING ON A WALKING FOR
PLEASURE WALK?
HERE ARE SOME TIPS**

When to Meet:

- Meet 15 minutes prior to the listed starting time.

What to Bring:

- Wear loose comfortable clothing and flat well cushioned shoes. Bring along a snack and drink in a lightweight back-pack and your lunch.

- Don't forget to wear a hat in hot weather and use a 15+ sunblock on exposed skin.

Cancellation of Walks:

- Any walk may be cancelled - if in doubt phone the leader listed for the walk.

Walk Length:

- Most walks are 2 to 2 ½ hours duration. Walk at a pace that is comfortable to you and stay behind the leader. If you become tired, stop and rest. If leaving a walk notify the leader first.

WALK LEVEL OR GRADING

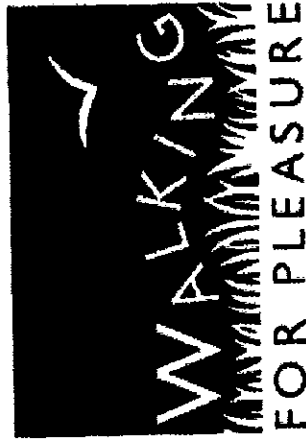
1. **Very Easy:** Suitable for wheelchairs and/or strollers
2. **Easy:** Relatively gentle grades and good surfaces. Suited to most people.
3. **Medium:** Could include rough or steep sections some of which may require clambering over natural obstacles.
4. **Hard:** Strenuous walks involving steep ascents or descents over rougher terrain. Suited to fit and experienced walkers.

Participants are advised that it is a condition of their participation in any Walking for Pleasure activity that they do so at their own risk. The Department of Sport and Recreation and any activity leaders or co-ordinators do not accept any responsibility for any loss, damage or injury to any participant howsoever such loss, damage or injury may arise or be caused.

For more information and programs contact the Walking for Pleasure Co-ordinator, NSW Sport and Recreation, Central Coast Region

13 13 02 or (02) 4362 3184

**BERKELEY VALE
NEIGHBOURHOOD
CENTRE WFP**



February - December

**GET OUT AND ABOUT
WITH A WALKING FOR
PLEASURE CLUB**

*"Regular walking is a fun, easy
and social way to exercise"*

NSW SPORT AND RECREATION
Central Coast Region

