



## WALKER INFORMATION

### Welcome to *Walk My Way!*

**Thank you** for joining us to walk in the footsteps of the Pioneer women, and stand in solidarity with refugees across the globe!

#### **Key details:**

When: Saturday 13<sup>th</sup> April 2019

Start: St Michaels Lutheran Church, Hahndorf  
8am registration and German breakfast  
9am official start

Finish: Brock Reserve, 6 Montrose Place, Beaumont

**If you have a mobile phone, please take it with you in case of emergency.**

#### **Walking options and transportation**

The preserved Pioneer Women's Trail is 26kms from Hahndorf to Beaumont. If you don't want to walk the full 26kms, there are **alternative starting points** that begin closer to the final destination.

Choose one of the following options:

**Bridgewater** (Bridgewater Mill / Lions Park shelter) to Beaumont **19km**

**Stirling** (Steamroller Park) to Beaumont **12km**

**Eagle on the Hill** (Gate 14 Bullock Track) to Beaumont **6km**

Buses will depart from Beaumont to each starting point, so that when you finish the walk, you don't need to hitchhike back up to your car! (see below)

If you are wanting to join us for breakfast and the Opening, buses will also depart Hahndorf for Bridgewater and Stirling (see below).

Alternatively, if your car is at Hahndorf, there will also be a bus making the return journey from Beaumont at the end of the day (3.00, 3.30, 4.00, 4.30 and 5.15pm).

## Departure times for buses

### Bus departing Beaumont:

- 7.30am Beaumont to Hahndorf (arrives 8am)
- 10.15am Beaumont to Bridgewater (arrives approx. 10.40am)
- 11.50am Beaumont to Stirling (arrives approx. 12.10pm)
- 1.10pm Beaumont to Eagle on the Hill (arrives approx. 1.30pm)
- 3.00pm Beaumont to Hahndorf (St Michael's Lutheran Church)
- 3.30pm Beaumont to Hahndorf (St Michael's Lutheran Church)
- 4.00pm Beaumont to Hahndorf (St Michael's Lutheran Church)
- 5.15pm Beaumont to Hahndorf (St Michael's Lutheran Church)

### Bus departing Hahndorf:

- 10.30am Hahndorf to Bridgewater (arrives approx. 10.40am)
- 12.15pm Hahndorf to Stirling (arrives approx. 12.25pm)

## Trail information (a map will be provided at registration on the morning)

The trail is quite long and crosses through a variety of terrain including public roads and laneways, you will need to **look out for directions, trail markers and signage**.

There are Pioneer Women's Trail markers **plus additional Walk My Way signage**. Please watch out for them so that you do not miss a vital turn!

- Large sandwich boards with directional arrows
- Orange tape above and below existing trail markers to make them more visible
- Orange ribbons attached to trees to show that you are on the right trail
- Orange arrows sprayed on the ground to point you in the right direction!

Some short sections are on **public roadsides**, so please take care and obey the Australian Road Rules

There will also be **marshals** at some corners to warn you of on-coming traffic and to point you in the right direction.

Stay on the marked trail to **avoid causing environmental damage**. Other people will be using the trail too, so please be mindful of them.



### **Be aware, prepared and responsible!**

- Carry drinking water. Water will also be available Bridgewater, Stirling and Eagle on the Hill.
- Make sure you bring snacks to eat along the trail to maintain your energy level!
- There will be free sausages in bread at Stirling. Alternatively, there are cafes at Bridgewater and Stirling if you want to grab something quick to eat.
- As weather conditions can change quickly, ensure you carry appropriate warm and wet weather clothing.
- Wear sturdy shoes, hat and sunscreen.
- Be aware that the trail is uneven in some places and can be slippery if it has been raining. There may also be hazards such as fallen tree branches.
- Other people will be using the trail; please be mindful of them.
- Leave no litter, take your rubbish with you and dispose of it properly.
- Respect the environment and do not take short cuts or form new trails.

### **Toilets**

There are toilet facilities in the main townships of Hahndorf, Bridgewater (beside the oval), Stirling and Crafers.

There is a long stretch of walk between Crafers and Brock Reserve with no permanent toilets. We will provide port-a-loos at Eagle on the Hill and Brock Reserve (Beaumont).

### **Medical or First Aid Emergencies**

If you have a mobile phone, please take it with you in case of an emergency.

There are **first aid stations** at Bridgewater, Stirling, Eagle on the Hill and Brock Reserve.

We have the capacity to go 'off road' with a 4WD if required. You also have a compression bandage and thermal blanket in your registration pack, just in case.

**In the event of a medical or first aid emergency, please contact:**

**Safety Supervisor: Kirra Lewis 0425 854 476**

Sharon will contact the qualified First Aid personnel or Emergency Services.

Please follow these guidelines if there is injury to a walker:

Minor injury (walker is mobile) – walk to nearest road and call the Safety Supervisor for assistance. Someone must accompany the injured walker.

Moderate injury (walker is immobile) – call the Safety Supervisor who will decide whether to call the First Aid Officer or Emergency Services. Emergency personnel will transport the walker to the nearest road where the walker will be met an ambulance or collected by a friend/family member. Someone must stay with the walker at all times.

Serious Injury – make the walker safe and call the ambulance (000) immediately. Reassure the walker, keep them warm, do not them give food or drink. Someone must stay with the walker at all times. Another person is to go to nearest road to direct Emergency Services to the walker. Emergency Services will decide on appropriate method of treatment and evacuation. Call the Safety Supervisor after the ambulance has been contacted.

### **Safety Considerations**

When you reach Steamroller Park in Stirling, please check your name with the First Aid officer while you eat your sausage!

If you decide to drop out of the walk at any point, please let the volunteers at the drink stations know **and** contact: **Kirra Lewis 0425 854 476**.

### **Event Cancellation**

- If, for any reason Cleland Conservation Park and/or Mount George Conservation Park are closed on the day the event will be cancelled. Participants will be informed at the start locations, via email and text.
- Event will also be cancelled if high temperature is forecast (35 Celsius or above) or if other extreme weather conditions are forecast (lightning, gale force winds).

### **Emergency Plan in Conservation Parks:**

If there is an emergency and you need to evacuate, follow these guidelines:

- Arbury Park: leave the park via Old Mount Barker Road at the Deanery
- Mount George Conservation Park: leave the park via Mount George Road and Mount Lofty Golf Course
- Cleland Conservation Park: leave the park at Measdays Lookout or Gate 14, Eagle on the Hill, Princes Highway

### **Phytophthora cinnamomi**

Phytophthora cinnamomi is a soil-borne water mould that produces an infection which attacks the roots and stems of susceptible plants and causes them to rot.

Help to prevent its spread, stay on the marked trail **and** brush soil off your shoes/boots at the stations provided

### **Code of Conduct:**

By being involved in *Walk My Way*, it is expected that walkers and volunteers will:

- be cooperative participants throughout the event, adhering to the instruction of event organisers and marshals
- treat people with courtesy, respect and proper regard including those involved in *Walk My Way* and the wider community
- ensure a safe environment
- ensure protection of others from harassment and intimidation
- behave in a manner that is fair and non-discriminatory towards others
- walk the trail in a safe manner ensuring safety of others, the environment and self
- refrain from using the trail if the event has been cancelled.

The following behaviour will not be tolerated:

- violent and abusive behaviour
- harassment and intimidation
- public disturbance
- theft
- arson
- vandalism (cultural and environmental)
- excessive consumption of alcohol and acting in a way that becomes a public nuisance or creates a public disturbance.

In the first instance, if the individual(s) does not adhere to this Code of Conduct, they will be asked to leave the event. If poor behaviour continues, police will be notified.

Thank you for respecting others and the environment on the trail.

**ENJOY YOUR WALK ON THIS BEAUTIFUL TRAIL**