

BUSH HIKERS

WALK INTENTION FORM – HARD COPY

- Thank you for agreeing to lead a walk
 - Please read guidelines for Planning and Leading a Walk (available on U3A website)
 - Use the checklist on the back of this sheet to assist planning your walk
 - The information provided on this sheet forms the basis for the entry into the U3A newsletter, **The Buzz**, so it needs to be accurately completed.
- In order to meet the Buzz deadline, please return this sheet to the convenor by _____

Words of wisdom passed on from former leaders

- Old walks are new walks for new members so repeats are a terrific idea. We don't need to always invent new walks
- Reversing the direction of a walk creates a new walk
- Your local walks are an adventure for non-locals
- We love the bush but it can be close to town or far away, Either is outdoors and healthy
- If you want to be adventurous, we will come with you

Walk date: _____

Locality: _____

Name of Walk: _____

Leader's Name/Phone _____

Whip: (if known) _____

Meeting Place: _____

Car Pool? (distance) _____

Car Shuttle? _____

Walk Length (km)/Time(hrs) _____

Grading: easy, medium,
hard (will poles
be required) _____

Lunch required?

Coffee venue _____

Rough Description of Walk (if possible). Please sketch walk or attach a map

Planning a Walk Checklist

Reconnaissance

- Decide the location of your walk
- Conduct a reconnaissance. Take one person with you and a map
- Check features such as space for car parking, access tracks, toilets and locations for lunch

Grading your walk

Grading consistently enables people to self-assess whether they are fit enough to come on the walk

Walks should be graded easy, medium or hard, using a combination of:

- Distance
- Surface (e.g., smooth, loose gravel)
- Topography (e.g., flat, undulating, hilly)

Duration of Walk

As a guide (excluding time for lunch) allow one hour for every:

- 4.0km. on a smooth track
- 3.0km on a rough undulating track

Add an extra hour for:

- 250m ascent
- 500m descent

ORGANISE YOUR WHIP

- Ask someone before the day of the walk to be your whip

MEETING PLACE AND TRAVEL ARRANGEMENTS

- Decide where to meet
- Car pool / car shuffle (As far as possible, the use and cost of vehicles should be shared amongst members from week to week)
- Travel time and distance
- Driving Instructions

MORNING TEA/LUNCH ARRANGEMENTS

- Morning Tea/Coffee venue arrangements required for local walks. Bookings are sometimes required at venues.
- Lunch is usually needed for out-of-town walks when we travel for up to an hour to reach our destination. It may be necessary to BYO or purchase depending on the location of the end of the walk

Authorisation if required:

This form was adopted by Committee of Management of U3A Bendigo Incorporated, and minuted as such, on 4th October 2021.