

## WALKS SUBMISSION FORM

Date	Grade	Route & Description	Transport: Trains from Central	Leader
<i>List preferred date/s and day of week in order.</i>	<i>Grading plus M, LTW, SEA if required.</i>	<i><b>Walk route and highlights.</b> It is helpful to start with a few words in <b>bold</b> to highlight the region of the walk (eg <b>Blue Mtns NP</b>). Then describe the route and walk conditions including distance, total climbs, on or off-track and any other relevant information, such as 'exploratory'  <b>MAP:</b></i>	<i>Departure time from Central plus "alight at" location. Include other details as required. Write: Phone leader if desired.</i>	<i>Name Phone no. Mobile no. Email (put preferred contact method first or mark it as preferred)</i>
<b>Example</b>				
Mon 11 Jun	Grade 4 Medium -hard M, LTW	<b>Wollemi NP.</b> Mt Wilson to Bell via Wollangambe Crater. See a great campsite in the Wollongambe wilderness. 18km, climbs, some off-track. Limit 8. <b>Map:</b> Wollangambe.	Club cars - phone leader	Graham Smith 9999 8888 0418 999888 Phone 6-9 pm grahamsmith@h otmail.com
<p><b>Please include the following where relevant:</b></p> <ul style="list-style-type: none"> <li>• actual distance</li> <li>• special terrain including off-track, creek crossings, large/steep ascents and descents or exposure</li> <li>• for pack walks, a combination of grades/descriptions or the highest grade of walk on the trip</li> <li>• a pace description such as 'slow pace', 'brisk pace' or 'experienced walkers only' if you want that</li> <li>• if the walk is exploratory (this can only be in higher grades)</li> <li>• limits on numbers eg in national parks, wilderness areas or for logistical reasons</li> <li>• Map or book reference</li> <li>• joint walk details</li> <li>• any other special variations eg "Stops to look at views, flowers"</li> </ul>				

**Please email to [walkssecretary@gmail.com](mailto:walkssecretary@gmail.com)**  
**OR post to PO Box 95, Pymble Business Centre, NSW 2073**