

Can4Cancer Adelaide Walk

Date

Tuesday 26th September 2023

What time do I need to be there?

Support Crew: 7.15am

21KM

Walkers arrive 8.00am

10KM

Walkers arrive 8.00am

Meeting Point

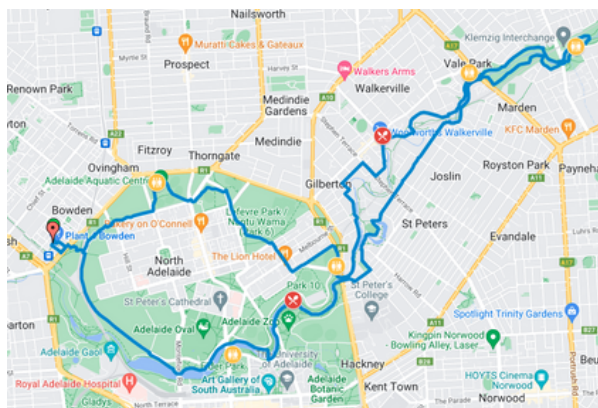
Plant 4 Bowden, Bowden Park - 5 Third St, Bowden SA 5008

Use this link for walking, driving or public transport options:

<https://www.adelaidemetro.com.au/>

Where am I walking?

21KM



21km Walk Maps:

Ride with GPS: <https://bit.ly/RWGPS21km>

Google Map: <https://bit.ly/AdelaideC4C21kmGoogle>

10KM



10km Walk Maps:

Ride with GPS: <https://bit.ly/AdelaideRWGPS10km>

Google Map: <https://bit.ly/AdelaideGoogleMap10km>

What do I need to bring?

Please remember to have a good breakfast as you'll be walking a long way! There will be no food & beverages available at the walk start.

- Comfortable walking shoes with good socks.
- Walk shirt, drink bottle & cap (supplied)
- Backpack.
- A couple of band-aids or compeed blister packs (just in case...).
- Your pre-filled water bottle - there will be opportunities to refill throughout the day.
- Portable speaker to play some tunes while you walk.
- Portable battery charger for your mobile phone.
- Sunglasses and sunscreen.
- Jumper/raincoat if weather is looking inclement.

Listen and take directions from the volunteer support crew and make sure you thank them! And remember to have fun!

Remember to walk with Care, Courage and Commitment.