

Can4Cancer Sydney 10km and 21km Walk

Date

Tuesday 24th October 2023

What time do I need to be there?

Support Crew: 7.15am

21KM

Walkers arrive: 8.00am

10KM

Walkers arrive: 10.00am

Meeting Point

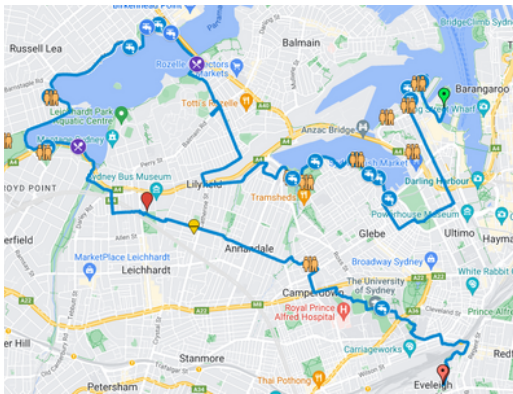
Metcalfe Park, Darling Island Rd Pyrmont

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

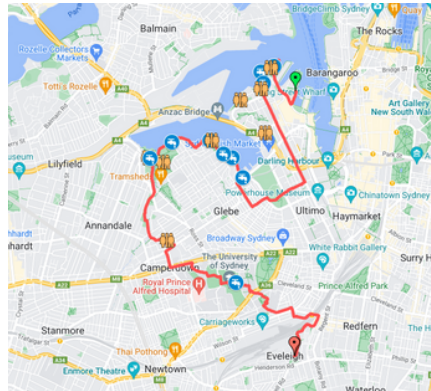
<https://transportnsw.info/>

Where am I walking?

21KM



10KM



21km Walk Maps:

Google Map: <https://bit.ly/3ScizD2>

10km Walk Maps:

Google Map: <https://bit.ly/46GeVp4>

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.