FOOTSTEPS WALKING AND TRAVEL CLUB OF AOTEAROA NEW ZEALAND

THE BEST DAY WALKS OF SCOTLAND 2026 Sunday 9 August - Saturday 29 August (21 days) Edinburgh to Edinburgh

Three magnificent weeks exploring the best trails and scenic sights across the length and breadth of Scotland. Perfect on its own, or as part of your wider UK or Europe trip in 2026. August generally provides fewer crowds and pleasant weather conditions.

GENERAL INFORMATION

- Led by Phillip Donnell
- Price: \$9950pp based on a minimum of 8 participants and subject to currency exchange fluctuations
- Price is estimated at April 2025, so subject to change until fully paid.

PRICE INCLUDES:

- Accommodations in twin share basis (solo use rooms are not standard, but may be requested at time of registration, with a higher final price applicable).
- Transport by hired minivan or people mover.
- All breakfasts (continental style).
- Experienced trip leader throughout.
- Entry fees to sites and other relevant inclusions (finalised once modules are confirmed and details will be provided in the pre-trip newsletters).

PRICE DOES NOT INCLUDE:

- International travel.
- Lunches and dinners.
- Travel insurance, personal expenses or any arrangements outside of the itinerary and its inclusions.

WALKING PROGRAMME

We have offered a wide range of options in the daily itinerary along with distances and anticipated times. These will all give a great representation of the areas visited. If you have a medium grade of fitness and tramp regularly then this holiday is for you! All options are day or part day trips.

You need to be comfortable with a day pack for carrying your lunch, snacks, drink bottle, and valuables, not much different to what most people should be used to on day tramps at home. Logistics, the interests or the party, and of course weather will dictate the outcomes, but Phillip will brief everyone each day.

OTHER THOUGHTS

- Rainfall must be expected and exposed places and higher altitudes around peaks will invariably be windy. It is essential that you are prepared for all conditions with appropriate clothes, gear and footwear.
- History is rich and varied and we will uncover many interesting things. The Celtic imprint is stronger in the west and north of both Scotland and Ireland.
- Phillip will do a daily briefing/de-brief and all questions are valid please participate and support him.

Pre-trip newsletters will provide further information and details that cannot be included in this dossier., including recommended gear list, accommodation schedule and anything else relevant. This is normally assembled after final payments have been made, supplier invoices cleared and all inclusions finalised.

For those who would like to extend their trip and have not travelled to Scotland before, spending extra days in Edinburgh or Glasgow would be time well spent. For example, the famous Edinburgh Tattoo is held in August.

Once we are able to confirm each trip, that would be the time to consider such extra days. With enough notice we should be able to secure extra nights at the accommodation we settle on, to avoid any changes.

To secure your place, you need to:

- 1. Read the Booking Conditions at the end of this dossier.
- 2. Fill in the Registration and Waiver forms. Return these (along with a copy of your passport) to Footsteps (by scan or post).
- 3. Pay your deposit.



Ben Nevis and Fort William



ITINERARY

For further information about walks go to www.walkhighlands.co.uk www.stunningoutdoors.com

DAY ACTIVITY

Participants should be in Edinburgh by the evening of Saturday 8 August 2026.

Accommodation for this night is part of the tour price.

The initial briefing for the group will take place at 6 p.m.

EDINBURGH

Day 1Sunday 9 August

Take your opportunity to explore the beautiful UNESCO World Heritage City of Edinburgh One of the world's most romantic cities, you can look forward to exploring the Royal Mile, Edinburgh Castle and perhaps even the city's catacombs on a ghost tour! Be sure to climb Arthur's Seat, the 260m volcanic



plug at the centre of the city (4.5 km, 2-2h30m).

Highly recommended for the evening: The Edinburgh Tattoo (which takes place 5-23 August 2026)

O/n Edinburgh

PERTHSHIRE AND THE SOUTHERN CAIRNGORMS

Days 2 and 3 Monday 10 August Tuesday 11 August

Travel from Edinburgh to Pitlochry (110 km, 1h30m)

The mountains, rivers, lochs and Victorian villages of the southern Cairngorms will inspire and delight you.

Walks near Pitlochry selected from:

- *Ben Vrackie (9.5 km, 3-4h)
- *Rob Roy Way: Pitlochry to Aberfeldy (15 km,4-5h)
- *riesh and Mayar (14km, 6-7h)
- *Cateran Way: Spittal of Glenshee to Kirkmichael (13 km, 4-5h)
- *Pitcarmick Loop, Kirkmichael (6.75 km, 2-2h30m)
- *Schiehallion (the Fairy Hill of Caledonia 10 km, 4-6h)
- *Glen Tilt circular from Blair Atholl (15 km)

One of Scotland's lesser-known glens, this magnificent walk begins at the Old Bridge of Tilt, a hint of many ancient stone bridges hunkered in widescreen landscapes to come. This is **Big Tree Country**, populated by the tallest trees in Britain.

*The Hermitage and Braan Walk (Dunkeld) (6.5 km,2h)

The Hermitage, where various trails lead through a beautiful forest to Ossian's Hall, a Victorian folly, from where, in late summer, you can watch salmon trying to leap up a waterfall to reach their spawning grounds.

	*Kenmore Hill (5 km,2h) - a short but steep ascent of a peak which offers outstanding views across Loch Tay.
	*Tarmachan Ridge (near Killin) (13km,6h) *Glen Lyon is often cited as being one of the most beautiful glens in Scotland. It is flanked by steep sided hills which offer wonderful walking on their grassy summits. Choose an easy walk along the valley floor, or perhaps a hike to one of the easier summits, such as Cam Chreag (12.75 km, 3h30m-4h30m) or Stuchd an Lochain (8.5 km, 3h30m-4h30m)
	O/n Pitlochry (2 nights)
	CAIRNGORMS AND AVIEMORE
Wednesday 12 August Day 5	Travel from Pitlochry to Ballater (90 km, 1h30m) Walks near Braemar selected from: *Glen Muick and Loch Muick This superb circular hike explores Glen Muick, which lies in the shadow of the famous peak of Lochnagar, and takes you through ancient pine forest, past one of Queen Victoria's hunting lodges and beneath towering cliffs, as you circumnavigate beautiful Loch Muick (12.5 km, 3-3h30m) *Lochnagar from Glen Muick (19 km, 6-7h) *Meall a'Bhuachaille (8km, 4h) O/n Ballater Travel from Ballater to Aviemore (85 km, 1h20m) Cairngorms National Park
13 August	*Cairngorm mountain and return same way (3-4h) *Cairngorm and the northern Corries circuit (11 km, 5-6h) *Cairngorm Mountain Funicular Railway (the highest in the UK) *Coire an t-Sneachta (6 km,2-3h) O/n Aviemore
	AFFRIC AND LOCH NESS
Friday 14 August	Travel from Aviemore to Inverness (50 km, 40m) Walks selected from: *The Great Glen Way (along Loch Ness): Drumnadrochit to Invermoriston

Day 7Saturday 15 August

CAITHNESS AND SUTHERLAND

Travel from Inverness to Thurso via John O'Groats (220 km, 3h15m) We head north to John O'Groats (190 km, 3h) and Duncansby Head, the most northerly point of the UK. Towering cliffs, hordes of seabirds and wild waves make this walk a classic (8.5 km,3h) We then travel west to Thurso.

O/n Thurso

Day 8Sunday 16 August

Travel from Thurso to Bettyhill (50 km, 45m)

Durness & Cape Wrath

The hardest thing today is choosing what to do. Either visit Cape Wrath, the isolated most north westerly point in mainland Scotland or Sandwood Bay.

Walk selected from:

Option 1: Guided walks to Cape Wrath - numerous walks (2-6 hours) (a guiding fee may apply)



Option 2: Sandwood Bay, Sutherland (14 km, 4-5h)

Bleak and lunar-like, this bracing hike is punctuated by glimpses of the lighthouse at **Cape Wrath** on the horizon. Here, at the exposed northwestern tip of Scotland, the rewards are great and hard-won. Sandwood Bay is one of Britain's most inaccessible beaches, flanked by a skyscraping 60m sea stack (Am Buachaille, meaning 'The Herdsman') — a ruin said to be haunted by the ghost of a shipwrecked seaman — and sand dunes the size of houses.

O/n Bettyhill

ULLAPOOL, ASSYNT AND EASTER ROSS

Day 9 Monday 17 August

Travel from Bettyhill to Ullapool (145 km, 2h30m)

Walk selected from:

Option 1: Stac Pollaidh (4.5 km, 3-4h)

Stac Pollaidh is one of the best 'little mountains' in **Scotland**. Standing at just 613m high in the Northwest Highlands, the peak displays a rocky crest of Torridonian sandstone. With lots of pinnacles and steep gullies, it's often likened to a porcupine. The hike only takes around three hours, climbing up the steep winding pathway, but the summit ridge views, reached with some scrambling in the final stages, is pure wilderness and provides panoramic views that are second to none. You'll want to spend some time up there at the top to soak up the 360-degree views, including mountains like Cul Mor and Suilven, which rise steeply from the watery Inverpolly Nature Reserve, as well as Scotland's rugged and watery west coast.

Option 2: Achmelvich Coastal Walk (6 km, 2h)

Hike along the grand Assynt coastline of the great wild north of Scotland, starting from the ruins of an old grain mill. The millstone was reputedly hewn from the summit of the 731m high peak of Suilven, which dominates the views looking east. Head towards the legendary white sands of Achmelvich beach, passing a secret beach and Europe's smallest castle, Hermit's Castle, along the way.

As well as being one of Scotland's many pretty beaches, Achmelvich is renowned for diverse wildlife, including cetaceans, seals, basking sharks, otters, ospreys and white-tailed eagles. Later, cut across the peninsula on a good trail that leads back to Lochinver village.

O/n Ullapool

TORRIDON, GAIRLOCH, WESTER ROSS

Day 10 Tuesday 18 August

Travel from Ullapool to Gairloch (90km, 1h20m)

The mountains of Torridon fall almost straight into the sea. There are numerous walks from Torridon and the adjacent Beinn Eighe National Nature Reserve.

Loch Maree

We continue to wind our way through the mountains and lochs of Scotland's wild west coast. Island-strewn Loch Maree is widely regarded as the most beautiful in Scotland.

Walk selected from:

Option 1: Stretch your legs on the sandy beach at Gruinard Bay, or walk to the Fairy Lochs near Badachro (6km, 2-3h) — a hidden gem. Reward yourself with some delicious home baking at the Gairloch Pantry. Continue to Ullapool, a fishing village nestled at the head of Loch Broom.

Option 2: Tollie to Slattadale (8 km, 2h30m-3h). This fine linear walk follows a broad hill path over a low moorland pass, and gives great views over Loch Maree's islands to the mountains beyond. The terrain is mostly open moors and is rough in places, before a final section through forestry.

Option 3: Slioch and Loch Maree (19 km, 7-9h)

Those who love the challenge of a higher peak should ascend the mighty mountain of Slioch in Wester Ross. Slioch, which translates as 'The Spear', is renowned from appearances in countless landscape photography calendars, thanks to its magnificent peak that dominates the landscape.

Hiking to its summit is a challenging but rewarding climb, ascending into a high corrie before making the final push up to the summit at 981m.Go on to enjoy a short ridge walk to a subsidiary peak, completing the circuit and enjoying views north across the Fisherfield wilderness, before making the descent.

O/n Gairloch

Day 11
Wednesday

TORRIDON RIDGE AND VICINITY Walks selected from:

19 August

*Beinn Alligin

This Torridon giant features two Munros (Scottish mountains over 1000m high), making it popular with walkers who are out to bag more than one hill in a day. A highlight is the Horns of Alligin - a great cleft that opens in the mountain. This series of pinnacles provides good scrambling in summer. Translating as 'Jewel Mountain', Beinn Alligin has one of Scotland's most dramatic locations. Starting at only 50m above sea level and with the highest point 986m, this walk guarantees to get your heart pumping, not just with the exertion; when you hit the summit on a clear day, you get to see remarkable Highland scenery that stretches as far as the Outer Hebrides. (10 km,5-7h)

*Mountain Trail in Beinn Eighe National Nature Reserve (6.5 km, 3-4h) Billed as Britains only waymarked mountain walk, this superlative walk is one of a kind. The spectacular path climbs very steeply through a wide range of habitats from magnificent ancient pinewoods up onto a bare, icescraped plateau of quartzite rocks. The views are fantastic.

*Meall a Ghiubhais (9 km, 4-6h) is a steep, rugged Corbett (=hill under 1000m high) situated just north of Beinn Eighe. It gives excellent views over Beinn Eighe and its eastern summit is one of the best viewpoints for Loch Maree. The 'Mountain Trail' is used for half of the ascent.

O/n Gairloch

GLENCOE

Days 12,13,14

Thursday 20 August Friday 21 August Saturday 22 August Travel from Gairloch to Fort William (210 km, 3h)

Walks in Glen Nevis and the Fort William area selected from:

*Glen Nevis and Steall Falls (12.8 km, 4-5h)

One of Scotland's finest walks. Just outside Fort William the steep-sided valley walls narrow to a steep gorge which cuts a narrow path to an isolated valley. At the head of this green and tranquil glen the white curtains of Steall Falls plunge relentlessly down. This really is one of Scotland's most precious places.

- *Steall Falls (3.5km, 1.5-2h)
- *River Nevis (4.5 km,1-1.5h)
- *Nevis Range Gondola Viewpoint walks (4 km,1-2h)
- *Ben Nevis by the mountain path (17 km, 7-9h)

You may want to walk to the summit of Ben Nevis, which at 1344m is the UK and Scotland's highest mountain. It is not a challenge to be underestimated, but on a good day the views are endless.

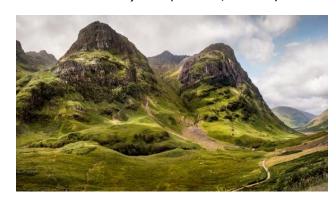
- *The North Face of Ben Nevis and the Allt a' Mhuillin (10.25km,3-4h)
- *Glen Nevis and Polldubh Falls (13 km,3-5h)
- *The Great Glen Way (part): Fort William to Gairlochy (17 km,4-5h),
- *The East Highland Way (part): Fort William to Spean Bridge (19 km,4h30m-5h30m)
- *The West Highland Way (part): Fort William to Kinlochleven (24.5 km,6-7h)
- *Black Wood and Dum da-Lamh Fort (8.5 km, 2h30m-4h)

- *Ballachulish and Loch Leven walk (2km, 1-2h)
- *Lost Valley (4km,3h)
- *Pap of Glencoe (7km, 3h30m-5h)
- *Buachaille Etive Beag (8km, 6h)
- *Stob Coire Nan Lochan (8.5km, 6h)
- *Stob Ban and Mullach (14km,8-10h)
- *Altnafeadh to Kinlochleven via Devil's Staircase (10km,3h30m)

O/n Fort William (3 nights)

Day 15 Sunday 23 August

Travel from Fort William to Drymen (145 km, 2h15m)



Walk selected from:

*Beinn a'Chrulaiste from Altnafeidh (11km, 650m ascent, approx 5h)

There are countless great hikes in Glencoe. The rugged mountains offer superb, though challenging, hiking. However, some of the best views in Glencoe are from a lower, easier, yet rarely climbed peak – and that will be our target today, starting from Altnafeidh (35 mins from Fort William).

- *Buachaille Etive Mor (13km, 9h)
- *Beinn a'Chrulaiste (7km, 5h) is well seen when driving north on the A82 towards Glencoe, but its rounded, bulky outline goes unnoticed next to the magnificence of Buachaille Etive Mor on the other side of the road. It does, however, make perhaps the greatest viewpoint for its celebrated neighbour; the panorama from the summit is outstanding in all directions.

These peaks are the most iconic sight in Glencoe, featured in the James Bond movie *Skyfall*. The impressive pass of Glencoe, site of the 1692 massacre, is nearby and is a spectacular drive.

O/n Drymen

LOCH LOMOND AND THE TROSSACHS NATIONAL PARK

Days 16 and 17

Monday 24 August Tuesday

25 August

Travel from Drymen to Glasgow (30 km, 50m)

Walks in the Loch Lomond area selected from:

- *Ben Arthur ("The Cobbler") (10 km, 4-5h)
- *Ben Lomond (11 km, 4-5h)
- *Cashel Forest Walk (4.5 km, 2h)
- *The Aber Trail (5 km, 2h)
- *Conic Hill via Balmaha loop (5.5km, 2-3h)

- *Ben A'an (3.7km,2-3h)
- *Ben Vane (11km, 6h)
- *Rob Roy Way (part): Drymen to Aberfoyle (17.5 km,4-5h)
- *West Highland Way (part along the 'bonnie banks' of Loch Lomond): Drymen to Rowardennan (23 km,6-7h) or Rowardennan to Inverman (22 km,6-7h)

O/n Glasgow (2 nights)

SOUTHERN SCOTLAND

AYRSHIRE

Day 18 Wednesday 26 August

Travel from Glasgow to Ballantrae (110km,1h45m)

Walks selected from:

Coastal Walks:

- Ayrshire Coastal Path: Maidens to Dunure (10.8km,3h)
- Lang Scots Mile: A beautiful, level walk along the beach at Ayr, with views of Arran and the west coast.



 Ayr to Troon Coastal Path: A scenic walk along the coastline between Ayr and Troon (15.5km, 5h)

Woodland and Nature Walks:

- Ayr Gorge Woodlands Reserve: A fantastic destination for walking and wildlife spotting, managed by the Scottish Wildlife Trust. (5.5km, 1h30m)
- Culzean Country Park Coast and Swan Pond Circular: A short, easy walk through woodland bordering the coast, with paths down to the beach and around Swan Pond (3km, 40m)
- Oswald Hall and Brockle Wood Circular: A popular walking and mountain biking destination with riverside walking, woodland trails, and an estate arboretum (4km,1h)
- Dalquharran Castle: A short, easy trail to both the old and new Dalquharran Castle along the Water of Girvan in Dailly (6km,2h)
- Fairy Knowe Trail (Barr): A stunning circular route through the South Ayrshire countryside (5.7km, 2h30m)

Other Notable Walks:

- Kildoon Hill Circuit, Maybole: A 9.5km walk with scenic views.
- Castle Hill Walk: A scenic and historic trail leading to the summit of Castle Hill (5.3km, 1h30m)
- Brown Carrick Hill & The Ayrshire Coast: A walk that combines a hill climb with coastal views (13km, 4-5h)
- Croy, Mochrum Hill and Culzean Country Park: A walk that combines a hill climb with a visit to a country park.
- Ness Glen (3.2km, 1h) and Dalcairney Falls trail: A popular walk with a focus on nature and waterfalls.

O/n Ballantrae

	DUMFRIES AND GALLOWAY
Day 19	Travel from Ballatrae to Dumfries (coastal route) (140km,2h)
Thursday	Walks selected from:
27 August	*Mull of Galloway (coastal walk) (3.5km,1h) – the southernmost point of
	Scotland
	*St Ninians Cave to Isle of Whitehorn (6.5km, 1h30m)
	*Isle of Whithorn (coastal walk) (1.5km, 1h)
	*Kippford to Sandyhills (coastal walk) (10 km,3-4h)
	*Kippford to Rockcliffe (4km, 1h)
	*Cairnsmore of Fleet (hill walk) (12.5km, 4h)
	*Loch Trool loop (woodland walk) (9km, 3h30m)
	*Wigtown Explorer and River walk (6.5km, 2-3h)
	*Balcary Circular to Rascarral (7.25km,2-3h)
	*Caerlaverock Castle and Nature Reserve Circuit (12km,3h)
	Caeriaverock castle and Nature Reserve Circuit (12km,5m)
	O/n Dumfries
	THE BORDERS
Day 20	Travel from Dumfries to Kelso (130km,2h) (or beyond)
Friday	Walks selected from:
28 August	*Crichope Linn (woodland walk) (3km, 2h)
	*Grey Mare's Tail and Loch Skeen (hill walk) (5.5km, 2-3h)
	*Border Abbeys Way: Kelso to Jedburgh section (19km)
	*St. Cuthberts Way: Kirk Yethol to Wooler (21km)
	*Southern Upland Way: Portpatrick to Killantringan Lighthouse (10km)
	*Abbotsford (home of Sir Walter Scott)
	O/n Kelso or Melrose or Coldstream or Berwick-Upon-Tweed
Day 21	Travel from Kelso to Edinburgh (75km)
Saturday	Walks selected from:
29 August	*Berwickshire Coastal Path:
J	Cliffs of St Abbs Head Nature Reserve (6.5km loop, 3-4h)
	Cockburnspath to Dowlaw (15km)
	Dowlaw to St Abbs (11km)
	*Eildon Hills Melrose Circular (5.5km, 2h)
	*Pentland Hills Regional Park:
	Circular walk through West Kip, East Kip & Scald Law (12km)
	Capelaw and Allemuir Hill (6.5km)
	Torduff Reservoir (3.5km)
	Caerketton and Allemuir Hill (6km)
	Balerno via West Kip (9km)
	Main Ridge (17km, 6-7h) (5 hills: Turnhouse, Carnethy, Scald Law, East
	Kip, West Kip)
	Farewell Celebration Dinner
	O/n Edinburgh
	Trip concludes. Own arrangements.

FOOTSTEPS WALKING & TRAVEL CLUB OF AOTEAROA NEW ZEALAND SCOTLAND 2026

Booking Conditions

- 1. Participants agree to all terms and conditions by signing the Registration Form.
- 2. Footsteps Walking and Travel Club is not responsible or liable for any injury, damage, loss, accident, delay or irregularity which may arise from weather, defect in any vehicle, vessel or aircraft, or through the acts or default of any person or company engaged in carrying out any of the arrangements of the trip.
- 3. We reserve the right to cancel the trip if minimum numbers don't eventuate. In such an event, all monies paid will be fully refunded. We also reserve the right to make any modifications that may be essential.
- 4. The trip price includes some subsidisation of the leader's administrative and travel expenses.
- 5. Registrations should be sent as early as possible in order to obtain optimal outcomes. Once we reach "critical mass" the trip moves from "orange light" status to "green light" status and the earlier that happens the better because people can then book flights and make arrangements with confidence. The deadline for registrations is 1 April, 2026, or earlier if fully subscribed.
- 6. Registrations are accepted in good faith on a first comer's basis on receipt of the Registration Form. The deposit is \$500 per person, payable at the time of registration.
- 7. The balance of the trip price is due by **15 June, 2026.** Our preferred method of payment is internet banking to Kiwibank Footsteps P J Donnell 38-9002-0435674-03 (please write your surname and "Scotland" in the reference boxes).
- 8. Arrangements are made in other currencies. Events beyond our control, such as exchange rate fluctuations or any unforeseen additional costs, may affect the overall trip price. We cannot guarantee the price until such times as *full payment has been received* (15 June, 2026). Upon full payment, the trip price is guaranteed.
- 9. Cancellations. If you need to cancel your registration for any reason, you must advise Phillip in writing as soon as possible. An email is acceptable, a phone call alone is not. Full refunds are given up to 90 days prior. Following that, refunds are by negotiation, with the aim of refunding the maximum amount possible. Travel insurance can cover you for unexpected changes of plan that have a valid reason. If you find a suitable replacement person, cancellation fees MAY be waived.
- 10. Personal travel insurance is mandatory, and proof thereof should be carried by all participants.

We welcome your participation in this unforgettable journey of discovery!

Registration and waiver forms are below...

Complete these and send them to us, with a copy of your passport, to secure your place. Then pay your deposit.

FOOTSTEPS WALKING & TRAVEL CLUB OF AOTEAROA NEW ZEALAND Scotland 2026: Trip Registration Form

Complete and send this (along with a passport scan and the waiver form) to our postal address (see base of page) or scan and email. The deposit required is \$500 per person. Our preferred payment method is internet banking into Kiwibank Footsteps P J Donnell 38-9002-0435674-03 (with covering email please, or your surname/name of trip in reference column).

Your full name(s) and please underline or highlight your preferred first name(s):			
Postal Address:			
Day/Night phone:	Mobile:		
Email:			
Date(s) of birth:			
Are you comfortable in close contact with like-minde needed for harmony? Please extend your answers ov			
Specify any dietary requirements, allergies or medica	ıl conditions:		
Contact person in NZ for any emergencies: name, ad the relationship to you. In the event of any emergence authorizing us to liaise with			
I/We have read the trip information and booking con	nditions. I / We enclose the deposit of		
\$500pp. I / We agree to pay the remainder of trip cos	•		
(signed and dated by each person registering):			

Send (with passport scan and waiver form) to:

Footsteps, 3/B Te Arawa Place, Welcome Bay, Tauranga 3112. Email: footstepsanz@gmail.com (scanned or photographed documents are acceptable).

FOOTSTEPS WALKING & TRAVEL CLUB OF AOTEAROA / NEW ZEALAND

RELEASE AND WAIVER OF LIABILITY FORM

PROVIDER: Footsteps Walking and Travel Club (Phillip John Donnell) ("Footsteps")

PARTICIPANT:		
("the Participant")		

I, the Participant, release and forever discharge and hold harmless Footsteps from all and any liability, claims, demands and damages, of whatsoever kind or nature, whether foreseeable or otherwise, either at law or in equity, which arise or may arise from the services and activities provided and arranged by Footsteps.

I understand and acknowledge that this Release and Waiver discharges Footsteps from any liability or claim that I may have against Footsteps in respect of personal injury, illness, medical treatment, death, property loss or damage, and otherwise howsoever, resulting from the services and activities provided and arranged by Footsteps. I hereby waive all such rights and remedies.

I accept that I participate in the services and activities entirely at my own risk.

I acknowledge and accept that this Release and Waiver:

- (a) Extends to and covers all contractors, agents, volunteers and employees of Footsteps; and
- (b) Binds the executors, administrators, successors, attorneys and assigns of both parties.

Signed by the Participant:						
Date:						