

## ***THE BEST DAY WALKS IN SOUTH AUSTRALIA***

***Wed 12 November – Sun 30 November 2025***



### ***19 days ex-Adelaide (including one rest day)***

This tour offers a “slice” of South Australia incorporating the best walks in the most well-known and popular national parks and conservation parks. Its focus is on the centre of the state rather than the far north, west or east, all of which involve big distances.

***Leader: Phillip Donnell***

***Estimated price: \$5750 (excluding airfares)***

***(based on a minimum of 10 participants and subject to currency fluctuations)***

**PRICE INCLUDES:**

- Accommodation – shared rooms in self-contained hotels, cabins, motels.
- Transport in a comfortable minibus.
- Breakfasts (continental)
- Experienced Kiwi trip leader throughout.
- National Park entry fees.

**PRICE DOES NOT INCLUDE:**

- Flights to / from Adelaide.
- Airport transfer fees.
- Lunches and dinners.
- Travel insurance.
- Personal incidentals, excursions, and entry to attractions.



The Sugarloaf,  
Hallett Cove  
Conservation Park



Adelaide City  
and River  
Torrens


# SOUTH AUSTRALIA 2025 ITINERARY

DATE	POSSIBLE WALK(S) For further information, go to: <a href="https://www.walkingsa.org.au/walk/find-a-place-to-walk/park">https://www.walkingsa.org.au/walk/find-a-place-to-walk/park</a> <a href="https://www.parks.sa.gov.au/parks/">https://www.parks.sa.gov.au/parks/</a>	OVERNIGHT
ARRIVAL DAY		
Day 1 Wednesday 12 November	<b>Arrival Day: Adelaide</b> It is recommended that you fly into Adelaide early. Transfer to the hotel in downtown. Use any free time to explore Adelaide.  <b><i>Suggestions for Walks:</i></b> Inner Harbour Loop Path (3.5km, 2h) Botanic Garden Ramble (2km, up to 2h) <b>River Torrens Linear Park Trail</b> (central city section, loop starting from Elder Park Rotunda (10km, 2h30m) Riverbanks Trail (6.4km, 1h15m)  <b>6.00 p.m. Initial briefing, followed by dinner together.</b>	Adelaide
ADELAIDE AND ADELAIDE HILLS		
Days 2-4 Thursday 13 November Friday 14 November Saturday 15 November	There are many great possibilities in and around the city.  <b><i>Walks selected from:</i></b> <ul style="list-style-type: none"> <li>Adelaide Coastal Trail (Port Noarlunga to Moana) (8.4km, 2-3h)</li> <li><i>Morialta Conservation Park:</i>              First Falls Valley Walk (1.6km, 45min)              First Falls Plateau Hike (2.5km, 1h30m)              Second Falls Hike (5.3km, 2h30m)  <b>Three Falls Grand Hike (7.3km, 3h30m)</b>              Fourth Creek Walk (1.4km, 1-2h)  <b>Morialta Falls Plateau Hike (3 lookouts) (4.1km, 1h30m-2h)</b> <ul style="list-style-type: none"> <li><i>Montacute Conservation Park</i></li> </ul> </li> <li>Heysen Trail section (6.3km, 2h)               <ul style="list-style-type: none"> <li><i>Hallett Cove Conservation Park:</i>  <b>Accessible Trail to Black Cliff and Waterfall Creek (1.1km, 1h)</b>  <b>Hallett Cove Glacier Walk (2km, 1h)</b>  <b>Hallett Cove Boardwalk/Marion Coastal Trail (5.1km, 2h)</b> <ul style="list-style-type: none"> <li><i>Anstey Hill Recreation Park:</i>  <b>Yellowtail Loop/ Quarry Track (7.5km, 2-3h)</b> <ul style="list-style-type: none"> <li><i>Cleland Conservation Park:</i>                    Waterfall Gully to Mount Lofty (3.5km, 3h)                    Wine Shanty Hike (10km, 4h)                 </li> </ul> </li> </ul> </li> </ul> </li> </ul>	Adelaide

	<p><b>Sugarloaf Circuit Hike and Long Ridge Lookout (5.8km, 2-3h)</b></p> <ul style="list-style-type: none"> <li>• <i>Belair National Park:</i></li> </ul> <p><b>Waterfall Hike (6.5km, 3h)</b></p> <p>Wood Duck Walk (1km, 30min)</p> <p>Lorikeet Loop Walk (3km, 1h30m)</p> <p>Valley Loop (3km, 1h)</p> <ul style="list-style-type: none"> <li>• <i>Shepherds Hill Recreation Park</i></li> </ul> <p>Viaduct Loop Track (6km, 2-3h)</p> <p>River Red Gum Loop (2.3km, 1h)</p> <ul style="list-style-type: none"> <li>• <i>Mynton Reserve and Sleeps Hill Reserve</i></li> </ul> <p>Loop Walk (5.7km, 2h)</p> <ul style="list-style-type: none"> <li>• <i>Heysen Trail</i></li> </ul> <p>Mylor to Aldgate Loop (10.2km, 2-3h)</p> <p><b>Mount Lofty to Bridgewater (7.5km, 2-3h one way)</b></p> <ul style="list-style-type: none"> <li>• <i>Mount Lofty Botanic Garden</i></li> </ul> <p>Bank SA Nature Trail (1.7km, up to 2h)</p> <p><b>Waterfall Gully to Mount Lofty Summit (7.8km, 3h return)</b></p> <p>Heysen Trail Mount Lofty Circuit (7.5km, 3-5h)</p> <ul style="list-style-type: none"> <li>• <i>Woorabinda Bushland Reserve Loop (5.4km, 2-3h)</i></li> <li>• <i>Laratinga Wetlands (2km, 15-45min)</i></li> <li>• <i>Sturt Gorge Recreation Park</i></li> </ul> <p>Loop of Upper Sturt Gorge along River Trail (7.6km, 4h)</p> <p>River Trail (9.8km, 5h)</p> <ul style="list-style-type: none"> <li>• <i>Waite Conservation Reserve</i></li> </ul> <p>Waite Reserve and Brownhill Creek Loop/ Brownhill Creek Trig (9.5km, 3-4h)</p>	
<b>MOUNT REMARKABLE NATIONAL PARK</b>		
<p>Days 5 and 6 Sunday 16 November Monday 17 November</p>	<p>Travel from Adelaide to Port Pirie via the coastal route (230km, 2h30m).</p> <p><i>Immerse yourself in the dramatic beauty of Mount Remarkable National Park, its high ochre ridges, deep gorges and watercourses lined with river red gums are waiting for you to explore. There's lots of diverse wildlife and campgrounds with good facilities. The park is a popular destination for bushwalking, with trails for all ages and abilities. There are some incredible views to be had – the 960m high Mount Remarkable Summit presides over the Willochra Plain and the Spencer Gulf.</i></p> <p><b><i>Walks selected from:</i></b></p> <p>All Lookout Walk, Alligator Gorge (400m, 15min)</p> <p>Gorge Lookout Walk (600m, 20min)</p> <p>Wirra Water Loop, Mambrey Creek (1.6km, 30min)</p> <p>Echidna Loop, Willowie Forest (1.7km, 30min)</p> <p>Possum Loop, Willowie Forest (4.2km, 1h30m)</p> <p>Monitor Loop, Willowie Forest (6.5km, 2h)</p> <p>Alligator Gorge Circuit (1.5km, 1h30m)</p>	<p>Port Pirie</p>

	<p>Mambrey Creek (3km, 1h)  Mount Cavern Trek (11.3km, 6h)  <b>Gorge Circuit Hike (3.3km, 2h)</b>  Baroota Hike, Mambrey Creek (6km, 2h)  Daveys Gully (2.4km, 1h)  Sugar Gum Lookout (8km, 3h)  Melrose via Southern Summit Trail (6.5km, 2h)  Northern Summit Trail (6.5km, 2h)  Heysen Trail (Grays Hut section) (4km, 1h)  Melrose Nature Hike (2.6km, 2h)  <b>Alligator Gorge Ring Route (with The Terraces and The Narrows) (9km, 4h)</b>  <b>Mount Remarkable Summit Loop</b> (Northern and Southern Summit Trail (12km, 5h)  Mambrey Creek to Alligator Gorge (13.8km, 5h)  Hidden Gorge, Mambrey Creek (18km, 7h)</p>	
<b>QUORN AREA</b>		
<p>Day 7  Tuesday  18 November</p>	<p>Travel from Port Pirie to Quorn (120km, 1h20m).  <i>A main attraction in Quorn is Flinders Gin Distillery and the Pichi Richi Railway. There are also self-guided walking tours in the town, including several based around the town's historic old buildings, the railway yards and other historic locations. There are a number of hotels, takeaways and cafés in town.</i></p> <p><b>Walks selected from:</b></p> <ul style="list-style-type: none"> <li>• <i>Mount Brown Conservation Park:</i>  Heysen Trail Summit Loop (15km, 4-7h)</li> <li>• <i>The Dutchman's Stern Conservation Park:</i>  <b>Heysen Trail: Dutchman's Stern Loop (10.5km, 5h)</b>  Dutchman's Valley (10km, 5h)  Summit Viewpoint and back (8.2km, 4h)  Heysen Trail (Quorn to Dutchman's Stern) (15km, 4h)  Dutchmans Valley to Middle Lookout (12km, 3h30m)</li> <li>• <i>Central Flinders Range:</i>  Warren Gorge (5.2km, 1h30m-3h)  Yulunna hike (8km, 4h)  Mount Ohlssen Bagge (6.4km, 4h)</li> </ul>	<p>Quorn</p>
<b>FLINDERS RANGES NATIONAL PARK</b>		
<p>Days 8 and 9  Wednesday  19 November  Thursday  20 November</p>	<p>Drive from Quorn to Wilpena (125km, 1h30m).  <i>Ancient and rugged mountain landscapes, peaceful tree-lined gorges and a seasonal wealth of wildlife. The sense of space unique to the semi-arid zone combine to make Ikara-Flinders Ranges National Park one of South Australia's iconic destinations. The park comprises approximately 95,000 hectares. It includes the Heysen Range, Brachina and Bunyeroo gorges. Most notably, this</i></p>	<p>Wilpena</p>



	<p><i>park features the majestic natural amphitheatre of Wilpena Pound, a lost world located inside a giant stone crater.</i></p> <p><b>Walks selected from:</b>  Yuluna Loop (8km, 4h)  Sacred Canyon Walk (800m,30min)  Living with Land Walk (1km, 30m)  Trezona Hike (8km, 4h)  Boom and Bust Hike (2km, 1h)  Arkaroo Rock (3km, 2h)  Bunyerroo Gorge (7.5km,3h30m)  Bunyerroo Gorge and Wilcolo Creek (7.5km, 2h30m)  Red Hill (9km,4h)  Wangara Homestead (Lower Lookout 7.2km,3h; Upper Lookout 7.8km, 3h30m)  Wilkawillina Gorge (11.4km, 6h)  Heysen Trail: St Mary Peak and Tanderra Saddle (20km, 9h return)</p> 	
Day 10 Friday 21 November	<b>Rest Day in Wilpena.</b>	Wilpena
<b>RED BANKS CONSERVATION PARK</b>		
Day 11 Saturday 22 November	<p>Travel from Wilpena Pound to Burra (285km,3h10m).  <i>Palaeontologists have called this area one of the richest megafauna sites in Australia. Thanks to the fascinating ‘Landscapes of Change’ interpretive walking trail, visitors can walk the path of the diprotodons, who lived here until about 65,000 years ago. The park conserves numerous threatened ecological communities including scented mat-rush tussock grassland and mallee box woodland, as well as the rohrlack’s bluebush. Short-beaked echidnas, southern hairy-nosed wombats, birds and reptiles are among the park’s wildlife, as well as present day descendants of megafauna, such as western grey and red kangaroos.</i></p> <p>Landscapes of Change Walk (5km, 2h)</p>	Burra
<b>CLARE AND BAROSSA VALLEYS</b>		
Day 12 Sunday 23 November	<p>Travel from Burra to Mannum (184km, 2h).  Today we pass through the Clare and Barossa Valleys, famous for their wine, pausing periodically to undertake a few short walks.</p> <p><b>Walks selected from:</b></p> <ul style="list-style-type: none"> <li>Bundaleer Forest Conservation Area</li> </ul> <p>Maple Walk (1.4km, 45min)  <b>Conservator’s Trail (4.6km, 1h30m)</b></p> <ul style="list-style-type: none"> <li>Spring Gully Conservation Park</li> </ul>	Mannum

	<p>Cascades Walk (1.4km return, 40min)</p> <ul style="list-style-type: none"> <li>• <i>Reisling Trail</i></li> </ul> <p>Clare to Sevenhill (7km one way, 3h)</p> <p>Clare to Penwortham (11km one way, 3h)</p> <ul style="list-style-type: none"> <li>• <i>Martindale Hall Conservation Park</i></li> </ul> <p>Mintaro to Martindale Hall (9.6km one way, 2h30m)</p> <ul style="list-style-type: none"> <li>• <i>Neagles Rock Short Walk (1km loop, 45min)</i></li> <li>• <i>Sandy Creek Conservation Park</i></li> </ul> <p>Wren Walk (4km, 1h)</p> <p>Boundary Walk (4.9km, 1h30m)</p> <ul style="list-style-type: none"> <li>• <i>Para Wirra Conservation Park</i></li> </ul> <p>Lake Discovery Walk (1km, 30m)</p> <p><i>Devils Nose (4.4km return, 1h30m)</i></p> <p><i>Victoria Hill Loop (1.4km, 45min)</i></p> <p>Lizard Rock (1.5km, 1-2h)</p> <p>Scenic Loop (3.2km, 3h15m)</p> <p>Phoenix Circuit (4.2km, 2h)</p> <p>Tree Creeper Loop (5km, 2h)</p> <ul style="list-style-type: none"> <li>• <i>Hale Conservation Park</i></li> </ul> <p><i>Hale Bush Hike Loop (4km, 2h)</i></p> <ul style="list-style-type: none"> <li>• <i>Mannum Waterfalls (2.5km, 1-2h)</i></li> </ul>	
<b>COORONG NATIONAL PARK</b>		
<p>Day 13 Monday 24 November</p>	<p>Travel from Mannum to Goolwa (102km, 1h15m).</p> <p>Option of undertaking an <b>afternoon cruise</b> in Coorong National Park, or <b><i>local walks selected from:</i></b></p> <p>Goolwa Barrage (4km return)</p> <p>Goolwa Beach Dune Walks (360m, 20min)</p> <p>Encounter Bikeway/Walkway: Goolwa Wharf to Middleton (11km, 2h30m) or to Port Elliot (15km, 3-4h)</p> <p>Currency Creek Winery: Black Swamp Walk (3km, 1h)</p> <p>Travel from Goolwa to Port Elliot (11km, 10min).</p>	<p>Victor Harbour</p>
<b>VICTOR HARBOUR AREA</b>		
<p>Day 14 Tuesday 25 November</p>	<p><b><i>Walks selected from:</i></b></p> <ul style="list-style-type: none"> <li>• <i>Granite Island Recreation Park</i></li> <li>• <i>Kaiki Loop (1.5km, 45min)</i></li> <li>• <i>Heysen Trail</i></li> </ul> <p><i>Waitpinga Cliffs Lookout to Kings Beach (11.5km, 4-5h one way)</i></p> <p><i>Rosetta Trail to The Bluff Lookout (0.8km, 1h)</i></p> <p><i>Kings Head Hike</i> (Kent Reserve-the Bluff-Whalers Way-Petrel Cove-Victor Harbour Heritage Trail-Kings Beach-Kings Head (6.5km, 2h)</p>	<p>Victor Harbour</p>

DEEP CREEK CONSERVATION PARK		
Day 15 Wednesday 26 November	<p>Drive from Victor Harbour to Port Jervis (60km,45m) and catch the ferry (45mins) to Penneshaw on Kangaroo Island, thence to Kingscote (60km, 40m).            Visit <i>Deep Creek Conservation Park</i> en route.</p> <p><b><i>Walks selected from:</i></b>  <b>Deep Creek Cove (6.4km, 2h30m)</b>            Goondooloo Ridge (4.5km, 2h)            Stringybark Loop (1km, 30min)            Forest Circuit (2.6km, 1h)            Spring Wildflower Walk (5km, 2h30m)  <b>Deep Creek Waterfall (3.5km, 2h)</b>            Boat Harbour Hike (7.8km, 4h return) or Circuit Hike (8.7km, 4h)  <b>Heysen Trail: Aaron Creek Circuit (6.7km, 3h)</b>            Heysen Trail: Blowhole Beach-Cobbler Hill-Marrano Creek (6.7km, 2-3h)            Blowhole Beach (3km, 2h30m)            Marrano Creek (5.5km, 3h30m)            Talisker Silver Lead Mine (6.4km, 2h30m)  <b>Deep Creek Circuit (12km, 4-7h)</b> comprising Deep Creek Waterfall Hike from Tent Rock Road, Deep Creek Cove Hike from Trig Picnic Area, Deep Creek Cove Hike from Tapanappa Lookout, Deep Creek Waterfall Hike from Tapanappa Lookout along Heysen Trail.</p> <ul style="list-style-type: none"> <li>• <i>Talisker Conservation Park</i></li> </ul> Silver Lead Mine Hike (3km, 1h30m)	Kingscote
FLINDERS CHASE NATIONAL PARK AND RAVINE DES CASOARS WILDERNESS AREA		
Days 16 and 17 Thursday 27 November Friday 28 November	<p><i>Flinders Chase National Park is essential for any Kangaroo Island adventure. This expansive wilderness features iconic Remarkable Rocks, Admirals Arch and a long-nosed fur seal colony.</i>  <i>Perched on ancient rocky platforms above the sea, Remarkable Rocks' surreal shapes and golden orange hues offer extraordinary photo opportunities. Admirals Arch at Cape du Couedic is not only an impressive rock arch, weathered over thousands of years, but also home to a colony of long-nosed fur seals.</i></p> <p><b><i>Walks selected from:</i></b>            Lighthouse Heritage Walk (600m, 10min)  <b>Snake Lagoon (3km, 1h30m)</b>  <b>Weirs Cove (3km, 1h)</b>            Cape du Couedic (1.9km, 40min)            Waterfall Creek (Billy Goat Falls) (4.2km, 2h)            Platypus Waterhole (4.7km, 2h)  <b>Ravine des Casoars (7.4km, 3h)</b></p>	Kingscote



	<b>Admirals Arch (0.8km,15m)</b> Harveys Return (1km, 30min) Cape Borda Clifftop and Lighthouse (1km, 30min) <b>Remarkable Rocks (1km, 15min)</b>	
<b>ONKAPARINGA RIVER RECREATION PARK / NATIONAL PARK</b>		
Day 18 Saturday 29 November	<p>Travel from Kingscote to Penneshaw (60km,40mins) to catch ferry (45mins) across to Port Jervis, then on to Christies Beach (78km, 1h10m). Visit Onkaparinga Parks en route.</p> <p><i>In Onkaparinga River Recreation Park, the river spills onto the plains, creating wetland ponds and flood plains. The area conserves important fish breeding habitat and hundreds of native plant and animal species, many of which are rare. The Onkaparinga River estuary also provides habitat for endangered migratory birds.</i></p> <p><i>In Onkaparinga River National Park, diverse hiking trails take you to cliff tops with magnificent views, or down to permanent rock pools teeming with life. You'll see rugged ridge tops and the narrow river valley of the spectacular Onkaparinga Gorge. This park protects some of the finest remaining pockets of remnant vegetation in the Southern Adelaide region. Wherever you go, you'll be among native wildlife such as birds, koalas, kangaroos and possums — you may even spot an echidna. Areas of the park were used as farmland for many years, so you can also discover heritage-listed huts and the ruins of houses built in the 1880s.</i></p> <ul style="list-style-type: none"> <li>• <i>Onkaparinga Recreation Park:</i>  <b>Walks selected from:</b>            Pringle Farm Trail (4.5km, 2h)            Noarlunga Downs Wetland Trail (1.2km return, 30min)            Wetlands Loop Trail (Short loop = 3km, 1h / Long loop = 4.5km, 1h30m)</li> <li>• <i>Onkaparinga National Park:</i>  <b>Walks selected from:</b>  <b>Sundews Ridge (3.5km, 2h)</b>            Onkaparinga River Gorge Lookout: Tatendi Hike (easy 1.5km, 1h; moderate 4.7km, 2h30m)            Nature Hike (3.5km, 3h)            Hardys Scrub (5.9km, 3h)  <b>Sundews Lookout (via Ridge Hike 5km, 1h30m; via River Hike 5.8km, 2-4h)</b>            Wetlands Loop (4.5km, 2h)            Punchbowl Link (6km, 3h)            Chapel Hill Lookout (1.6km, 45min)            Old Coach Link (2km,1h30m)  <b>Punchbowl Lookout (2km, 1h)</b></li> </ul>	Christies Beach

	Pringle Farm via Estuary (3.3km, 1h30m) Gorge Link Trail (3.4km, 2h) Old Noarlunga ((3.5km, 2h) Echidna Hike ((3.5km, 2h) <ul style="list-style-type: none"> <li>• Witton Bluff Base Trail Boardwalk (1.1km, 20mins)</li> </ul> <p style="text-align: center;"><b><i>Farewell Celebration Dinner</i></b></p>	
Day 19 Sunday 30 November	Travel from Christies Beach to Adelaide Airport (28km, 40m), Trip concludes. Fly home to New Zealand (p.m.)	

## **SOUTH AUSTRALIA, 12-30 November, 2025: Booking Conditions**

1. Participants agree to all terms and conditions by signing the Registration Form.
2. Phillip Donnell and *Footsteps Walking and Travel Club* are not responsible or liable for any injury, damage, loss, accident, delay or irregularity which may arise from weather, pandemic, 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. Everyone participates at their own risk. The separate waiver form must be completed.
3. We reserve the right to cancel the trip if minimum numbers don't eventuate. In such an event, all monies paid will be refunded. The minimum number for this trip is ten.
4. *Footsteps* reserves the right to make any modifications to the trip that may be necessary. The walks undertaken each day are determined by group consensus, but as far as possible we endeavour to meet your personal preferences.
5. The trip fee includes subsidisation of the leader/driver administrative and travel expenses, as well as a gift of appreciation/gratuity.
6. Registrations close on **1 August 2025**, or earlier if all the spaces are filled.
7. Registrations are accepted in good faith on a first comer's basis on receipt of the Registration form, Waiver form and passport scan. A deposit of \$500 per person is paid at the time of registration. The balance of the trip fee is due to be paid by **1 October 2025**.
8. Our preferred method of payment is internet banking to Footsteps, Kiwibank 38-9002-0435674-03. Please write your surname and the name of the trip ("SouthAust") in the reference box.
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 compulsory. It is recommended that this includes Covid cover.

***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 South Australia 2025: 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 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-minded travellers with all the give and take needed for harmony? Please extend your answers overleaf or on separate paper, or by email.

Specify any dietary requirements, allergies or medical conditions:

Contact person in NZ for any emergencies : name, address, contact phone numbers, email and the relationship to you. In the event of any emergency, this is the sole person you are authorizing us to liaise with

I/We have read the trip information and booking conditions. I / We enclose the deposit of \$500pp. I / We agree to pay the remainder of trip costs by the due date.

(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](mailto:footstepsanz@gmail.com)**

**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:**

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("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:

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Date: \_\_\_\_\_