

Walking Miles for Smiles

1 November - 4 November

2020

Photo courtesy Dr. Errol Kilov

Four days and three nights of breathtaking beauty along the Three Capes Walk.

Walking the 48km in support of the eviDent Foundation will not only bring a smile to your face, but to those who will benefit from eviDent's vital research.

Together, let's help improve Australia's oral and general health.

For more information contact us at ask@evident.net.au or call 03 8825 4600.

The experience:

Experience the stunning coastal scenery and remote beaches from both sea level and elevated cliff-top tracks as you make your way from Denmans Cove up, over Arthurs Peak across the Ellarwey Valley, and out to The Blade at Cape Pillar. On the final day, walk up and over Mount Fortescue through rainforest, and out to Cape Hauy down to Fortescue Bay.

Starting and finishing at the World Heritage-listed Port Arthur historic site, your senses will be invigorated as you walk in shadows of eucalypt forest, along boardwalk, gravel and stone steps, with the Tasman Sea as your constant companion.

Each night you will stay in the comfort of environmentally friendly cabins, equipped with heating, gas, cooktops and seating, where you can soak in the natural beauty of this remarkable coastline. Being part of a group of 14 people, all raising money for eViDent Foundation, you will also be in good company!

Key highlights:

- Staggering views
- Three nights staying in award-winning environmentally friendly cabins with mattresses, heating and cooking facilities
- Being part of Team eViDent

Included:

- Airport transfer to Port Arthur
- Celebratory meal at the end of the walk
- Meals and accommodation during the hike
- Safety equipment, including telecommunications for emergency use
- Complementary guidebook on arrival
- Helpful tips about training and gear
- Guidance on the use of GoFundraise and support to help you achieve your fundraising target



Not included:

- Personal travel insurance
- Personal spending
- Flights to and from Tasmania

eViDent
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DETAILS

- Airport transfer to Port Arthur
- Four days
- Cabin accommodation each night
- \$1400 (of which \$700 is tax deductible) registration with a fundraising target of \$1000
- Shuttle back to Hobart
- Celebratory meal at the end of the walk

Key dates:

1 November 2020

Private shuttle departing Hobart Airport to Port Arthur then a boat to Denmans Cove

4 November 2020

Shuttle back from Fortescue Bay to Port Arthur, then head back to Hobart in a private shuttle



To secure your place, please complete the attached Registration Form

Registrations close 1 October 2020

Arrival information

Hikers are to meet at Hobart Airport at 11am on Sunday 1 November to arrive at Port Arthur by 1pm. Your boat to Denmans Cove will depart at 2pm.

Commencing the hike

You will commence your hike as soon as you reach Denmans Cove.

Physical rating

The hike is considered moderately demanding and you will need a reasonable level of fitness. You will be walking for four to six hours a day while carrying a pack. You should train to prepare for the hike by building up your walks to five hours a day, with some hill climbs.

Meals

All meals are included. Some snacks are supplied, but it is recommended that hikers carry high energy bars or snacks to suit their needs. Vegetarian, allergies and intolerances such as gluten and nuts can be accommodated.



Photo courtesy Dr Bob Cvetkovic

Fundraising

As well as having an amazing experience with a fantastic group of people, we want you to feel great about fundraising for eviDent! The money you raise from this event will help eviDent to fund key dental and oral health research which will have a tangible benefit for the people of Australia! Your fundraising money will help people like eight-year-old Annie, who alongside many other children, had to wait for her life-saving heart operation until critical dental treatment had been completed.

We have set a fundraising target of \$1000 for each person taking part in the walk. The staff at eviDent are here to help you to set up an online GoFundraising page, as well as to support you with tips and ideas to help you not only reach your target but exceed it. We know that you can do it, and we will help you as much as we can to get there!

ITINERARY

Day 1, 1/11/20

Hobart Airport to Surveyors Cove

4km, 2 hours

Your shuttle will pick you up from Hobart Airport at 11am and take you to Port Arthur. You will then catch a boat at 2pm to head to Denmans Cove, where you will commence your first walk to Surveyors Cove. The walk is approximately 4km and will take two hours through eucalypt woodland and coastal heath to Surveyors cabin. We'll stop here and take in the panoramic vista towards Cape Raoul.



Photo courtesy Dr Bob Cvetkovic

Day 2, 2/11/20

Surveyors Cove to Munro

11km, 4.5 hours

Enjoy the fragrant eucalypt forests, be enchanted by the colourful heathlands, and walk across bronzed moorlands. Your short climb to Arthurs Peak will reward you with stunning views of Crescent Bay and Cape Raoul. As you descend from the forested slopes of Crescent Mountain to cross Ellarwey Valley, you will end the day at Munro cabin.

Day 3, 3/11/20

Munro to Retakunna

19km, 6 hours



Photo courtesy Dr Bob Cvetkovic

The incredible views you will encounter will make up for the longer hike. The view across to Tasman Island is your reward for the challenge of scaling The Blade at Cape Pillar. You'll once again enjoy the fragrant forest before ending the day at Retakunna cabin, with restorative views of Mount Fortescue.

Day 4, 4/11/20

Retakunna to Port Arthur

14km, 6-7 hours

We'll head off for the final climb up Mount Fortescue, before reaching the tip of Cape Hauy where you may catch a glimpse of rock climbers tackling the Totem Pole. It's mostly downhill from here, to the white sands of Fortescue Bay, where you'll have time for a quick dip before returning to Port Arthur. The bus transfer from Fortescue Bay back to Port Arthur Historic Site takes 30 minutes and will be departing at 2:30pm. From Port Arthur you will head back to Hobart in a shuttle at 3:30pm. You will arrive at approximately 5pm and enjoy a celebratory meal.



Photo courtesy Dr Errol Kiley



To secure your place, please complete the attached registration form, scan and send to ask@evident.net.au

For more information contact us on ask@evident.net.au or 03 8825 4600

Registrations close 1 October 2020

Terms and Conditions

Please read the following terms and conditions carefully before accepting them.

I understand that participating in the eviDent Walking Miles for Smiles Challenge ('the Challenge') and any associated training, including training organised by the eviDent Foundation ('eviDent') carries with it certain dangers including the risk of physical or mental injury (including the aggravation, acceleration or recurrence of such an injury), death and/or property damage and I accept (to the maximum extent permitted by law) all risks associated with my participation. I understand that participating in the Challenge and training will involve walking on roads and rugged, isolated and often remote tracks. I am aware of the hazards involved. The hazards include, but are not limited to, road or track surfaces, remoteness from assistance or medical aid, the strenuous nature of covering 71 kilometres on foot (including walking at night), becoming lost, vehicle traffic, actions of participants, organiser's personnel, supporting agencies, weather conditions, sleeplessness, hypothermia and heat exhaustion, condition or suitability of participant's clothing, footwear or equipment. In my judgment I have sufficient competence and experience to participate safely in the Challenge and training.

I certify that I am physically fit, will sufficiently train for participation in the Challenge and have not been advised otherwise by a qualified medical person. I confirm that eviDent has not provided me with medical advice regarding my participation in the Challenge and/or training (and are not responsible for providing me with such medical advice).

I agree that, to the extent permitted under section 139A of the *Competition and Consumer Act 2010* (Cth) and/or section 22 of the *Australian Consumer Law and Fair Trading Act 2012* (Vic), eviDent, Challenge sponsors, Challenge producers, landowners, volunteers, community organisations and all State, Federal and Local Government authorities with responsibility for the locality in which the event may be staged and their or its respective officers, directors, employees, independent contractors, representatives, agents and volunteers ('Indemnified Parties') exclude all liability in respect of any:

- a. death;
- b. physical or mental injury (including the aggravation, acceleration or recurrence of such an injury);
- c. contraction, aggravation or acceleration of a disease; or
- d. coming into existence, aggravation, acceleration or recurrence of any other condition, circumstance, occurrence, activity, form of behaviour, course of conduct or state of affairs that is or may be harmful or disadvantageous to an individual or the community or that may result in harm to an individual or the community, where such liability would otherwise arise under or in relation to any warranty or guarantee;
- e. that the Challenge and/or training will be provided with due care and skill;
- f. that the Challenge and/or training will be fit for any particular purpose;
- g. that the Challenge and/or training will (or might reasonably be expected to) achieve any particular result; or
- h. that the Challenge and/or training will be supplied within a reasonable time, except that the exclusion of liability will not apply to significant personal injury caused by the reckless conduct (as defined in section 139A(5) of the *Competition and Consumer Act 2010* (Cth)) of the supplier of the relevant services or with reckless disregard, with or without consciousness, for the consequences of the act or omission (within the meaning of section 22(3)(b) of the *Australian Consumer Law and Fair Trading Act 2012* (Vic).

On behalf of myself, my executors, administrators, heirs, next of kin, successors and assigns, I:

- a. RELEASE AND DISCHARGE the Indemnified Parties, to the maximum extent permitted by law, from any and all liability for death, disability, personal injury, property damage, property theft and all other loss, damage or liability whatever and however occurring (whether under tort (including negligence), statute, contract, equity or otherwise) which I or any other person may suffer as a result of or in connection with, directly or indirectly, my participation in the Challenge and/or training and I waive all and any rights, claims, actions or suits against the Indemnified Parties which but for the execution of this Acknowledgement Waiver, Release and Indemnity I may have had against the Indemnified Parties or any of them now or in the future;
- b. INDEMNIFY AND HOLD HARMLESS and will keep indemnified each of the Indemnified Parties whatever or however caused which may be brought against them or any of them which arises in connection with my participation with the Challenge and/or training.

Without limiting the above, to the maximum extent permitted by law, I release the Indemnified Parties from all liability for:

- a. any consequential loss; and
- b. any economic loss, suffered or incurred by me or any other person arising out of or in connection with my participation in the Challenge and/or training.

Nothing in this document prevents the Indemnified Parties from relying on any laws (including statutes and common law) that limit or preclude their liability.

Nothing in this document excludes any term or guarantee which, under statute, cannot be excluded however the liability of the Indemnified Parties is limited to the minimum liability allowable by law. In particular, I understand that I may have rights under consumer guarantees set out in the *Australian Consumer Law*.

I hereby consent to receive medical treatment, which may be deemed necessary in any event of injury, accident and or illness during the event. I understand treatment requested from allied health volunteers is at my own risk.

I understand that during the Challenge, training and/or related activities I may be photographed or filmed. I agree to allow my photograph, video or film likeness to be used for any legitimate purpose by eviDent, the sponsors and or assigns.

I agree to comply with all instructions issued to me by or on behalf of the Indemnified Parties in relation to my participation in the Challenge and/or training.

I understand that my registration may be voided if through my actions or behaviour, in the opinion of the organisers, or I bring the Challenge into disrepute. I further understand that the organisers reserve the right to reject any registration without having any justification for their actions.

I agree to the minimum financial commitment for the challenge I have chosen and will send to eviDent by the Friday of the week prior to the Challenge. I understand that I will be responsible for making up any shortfall in the fundraising target.

eviDent reserves the right to alter the trail without notice and/or cancel the Challenge in consultation with and under the direction of Emergency Service agencies and major event stakeholders/ landowners. If the Challenge is cancelled, I understand that I have the option of requesting a 50% refund of my registration fee.



Photo courtesy Dr. Bob Cvetkovic

REGISTRATION FORM

Options

- Option 1: Solo** – \$1400 registration (\$700 tax deductible) and \$1000 fundraising target
- Option 2: Duo*** – \$1200 per person when registering for two (\$500 tax deductible) and \$1000 fundraising target each

My bestie's name is _____

*you must register with your bestie to get \$200 off your registration!

- Option 3: Duo Kinder**** – \$2000 registration for two (\$500 tax deductible) and \$1500 fundraising target for two

Child's details: Name _____ Date of birth _____

Dietary requirements _____

**one adult must accompany one child (10-17 years).

My details

Title: _____ First name: _____ Last name: _____

Date of Birth: _____ Gender: M F Email: _____

Address: _____ Suburb: _____ Postcode: _____

State: _____ Ph: _____ Dietary requirements: _____

Emergency contact information

Name: _____ Ph: _____ Relationship: _____

Payment information

Please make cheques payable to eviDent Foundation

Credit card MasterCard Visa (Diners Club not accepted)

Card number _____ Exp date ____/____/____

I hereby authorise the eviDent Foundation to debit my credit card:

\$1400 (Solo) **\$1200 (Duo per person)** **\$2000 (Duo Kinder)**

Agreement

By returning this form, I am confirming that I am over 18 years old and have read and accepted the terms and conditions for this event.

Signature: _____

Date: ____/____/____

This document will be a Tax Invoice upon payment. You will receive a welcome pack and a tax receipt to your nominated address.