

M~M2018

M~M2018 WALKER SURVIVAL KIT

Dear M~M2018 Walkers,

Thank you for registering for M~M2018: Geelong's Extreme Arts Walk (4 - 5 May 2018) – we are thrilled to have you walking with us!

M~M2018 begins at the You Yangs mountain range, crosses Geelong's industrial heartland at nightfall and arrives in the city centre to collide with Geelong After Dark, a night of extreme and unexpected arts.

At dawn the next day, walk by the Barwon River rowing precinct, and along rolling Bellarine farmland, across an ocean beach to reach river mouth at sunset. The route is punctuated with edgy artworks commissioned for M~M, bringing people together through shared experiences of extreme arts that celebrate our land. In the tradition of Wadawurrung, M~M creates a contemporary [songline](#) across the Geelong and Queenscliffe regions.

The information in this M~M2018 Walker Survival Kit is to assist you prepare for your walk. It is very important, so please read it carefully.

If you have registered other walkers under your name, or have engaged a Support Team please ensure that they are also familiar with all information in this Kit.

For any enquiries about your registration please contact: Sabina.reynolds@genu.org.au or call 03 5222 7445.

For more general enquiries about the event, email: mtom@geelongcity.vic.gov.au.

By registering for M~M2018 you have already helped raise funds for inclusive environmental projects along the M~M pathway. As a result of the funds raised on the 2014 & 2016 walks, revegetation has already commenced, using plants from the Geelong Community Nursery which provides supported work opportunities for people with a disability.

Please like us on Facebook [@mtomgeelong](#), follow us on Twitter [@mountaintomouth](#) or Instagram [@mtomgeelong](#). Tag your M~M2018 experience with [#mtomgeelong](#). To keep up-to-date with the latest details of the M~M2018 walk, feature stories, artwork, plantings and other M~M news check out our website: www.mountaintomouth.com.au

On behalf of the M~M team, the Greater Geelong City Council and all our partners, thank you for registering for M~M2018. All the best with your preparations...and see you on the walk!

Kind regards,

THE M~M TEAM

PLANNING YOUR WALK

Route

- The walk begins on Friday 4th May at Big Rock in the You Yangs Regional Park at Lara.
- The total distance from Big Rock to Barwon Heads is approximately 80 km.
- Ambassadors carrying the ephemeral sculpture *Canoe* lead the walk.

Songline Stations

- The walk is divided into 11 stages, separated by 12 Songline Stations where you can rest and refresh - each Songline Station will open an hour prior to the arrival of *Canoe* - the lead image.
- You can register to walk the entire distance, or select the stages that are suited to your fitness level or interests.
- Careful planning is recommended, as some stages are more challenging than others.

Passport

- Registered walkers can pick up their M~M passport at the Registration Desk located at each Songline Station. We recommend you arrive at your starting Songline Station at least 30 minutes prior to departure time to ensure you have enough time to collect your passport.
- Passports are stamped at each Songline Station at the Registration Desk at that Station.

Walk Timings

- Estimated walking times are based on the pace of - *Canoe*. This pace is approximately 1km every 12 minutes. Walkers are not required to walk at *Canoe* pace.
- There is a minimum of 15 minutes rest for the change over of *Canoe* Ambassadors at each Songline Station.
- The arrival and departure of *Canoe* will be announced at all Songline Stations. Arrival and departure times are listed in the Timetable:
<http://www.mountaintomouth.com.au/timetable/>
- Walkers who fall more than one hour behind *Canoe* are for safety reasons required to board a shuttle bus for carriage to the next station.
- Traffic management will be in place approx 10 mins prior to *Canoe* arrival and up to 10 mins after *Canoe* has passed. Walkers who arrive at an intersection more than 10 mins before or after *Canoe* may not be supported by event-managed road closures. Walkers must take caution when crossing roads, and obey Victorian road rules.

What to Bring

We recommend:

- Appropriate clothing - suitable for both hot and cold weather - durable, waterproof and well-fitting footwear suitable for walking distances
- A few pairs of thick breathable socks
- For those intending to walk either a full day or the entire 80km we recommend an anti-chafing product for your feet.

- Hat/Hood
- Lightweight raincoat, poncho or other weatherproof gear
- Sunscreen
- Refillable water bottle - recommend minimum 1 ltr
- Cash to buy coffee, snacks, lunch
- Snacks to nibble between Songline Stations
- A fully charged mobile phone; in the event you become lost call the Event Emergency number 0402 242 991 and a shuttle bus will be dispatched to collect you.
- Fully charged hand torch (anyone walking after 5.30pm or before 7am).

Amenities

- We will be providing toilets at the 12 Songline Stations during the M~M2018 walk.
- An accessible toilet will be available at each Songline Station, and mid-way between longer stages e.g. at Serendipity (Lara) and Curlewis (before Drysdale).
- Toilets are also available near Suma Park railway siding, mid point between Drysdale and Swan Bay.
- Please note that the stages from Drysdale to Swan Bay, and from Point Lonsdale to Ocean Grove, are particularly long - please plan accordingly.

Food on the Day

- A number of Songline Stations will feature food and beverages from local vendors that can be purchased. However it is advisable to bring your own food and water with you so as not to rely on these sources alone.
- Visit www.centralgeelong.com.au for more information on dining, entertainment, accommodation and shopping options in Central Geelong and the Bellarine.

Website and Social Media

Programmes and timings may change closer to the event. For the most up to the minute information on M~M2018:

- Visit www.mountaintomouth.com.au
- Like our official Facebook page @mtomgeelong
- Follow us on Twitter @mountaintomouth
- Find us on Instagram @mtomgeelong and share your photos #mtomgeelong

WALKING SAFELY AND WISELY

M~M can be a challenging walk - you need to prepare wisely. All care has been taken to ensure that the route follows the safest pathways wherever possible. However, Greater Geelong City Council cannot guarantee that the condition of the path meets your walking abilities. Please note that you are responsible for your own safety, and that of any persons under 18 in your care, while participating, and that you must adhere to the Event Terms and Conditions which you agreed to on registration.

Please exercise due caution, especially where the trail crosses a thoroughfare, where the path is uneven or on loose surfaces, or follows a roadway. Consult the M~M timetable for details: <http://www.mountaintomouth.com.au/timetable/>. Route Marshals will be on the walk to provide you with advice. Please listen to their recommendations.

Training

If you plan to complete the 80km over 2 days, it is highly recommended that you train in advance and consider your physical fitness level. You should also consult your General Practitioner for advice if you have any health or fitness considerations.

Hydration

Drinking water will be available at all Songline Stations. It is recommended that you also carry water or fluids in a suitable canister to use and refill throughout the walk.

Walking Pace

It is essential to walk at a pace that suits you and take rests regularly. There is no requirement for you to keep pace with *Canoe* (though you may wish to do so). You may walk at a pace that suits you and rest regularly. It is likely that we will have Walkers who walk faster and slower than *Canoe* - however please note that if you choose to walk a significant way behind or ahead of *Canoe*, Event support services may not be available to you.

Walker cut off time / shuttle bus transfer

To accommodate for a range of walkers, Songline Stations will open one hour before the arrival of *Canoe* and close one hour after *Canoe's* departure. Please note, Songline Stations are important rest stops where walkers can access amenities, water and food. These support services will be cut off 1 hour after *Canoe* leaves.

A strict 1 hour cut off/shuttle bus transfer will be implemented this year to ensure the safety of all our walkers. Walkers who drop behind by over 1 hour will be asked to board the shuttle bus for transfer to the next Songline Station. A walker Marshal will arrange for a shuttle bus to meet you at the next intersection.

Support Teams

M~M recommends that walkers - especially those who plan to walk long distances or the full 80km - arrange to have their own Support Teams that are aware of the Events Terms and Conditions, who can travel by car from Songline Station to Songline Station, meet you on

arrival, carry Belongings, and provide nourishment, transport and moral support. You may also wish to walk with 2 or 3 other walkers for company, safety and mutual encouragement. Please remind your Support Team to arrive at the Songline Station early - as car parking is limited at many of the Songline Stations and your Support Team may have to walk a distance to get to the Songline Station in time for your arrival.

Be Realistic

Have a realistic goal for your participation in the walk. Be aware of your own limitations and make sure the distance and challenge you choose suits your abilities. Please be wise and listen to advice of first aid professionals or route marshals if they recommend that you stop walking - your health is eminently more important than finishing the walk.

Keep Us Informed

As part of your registration you have been asked to indicate which section/s of the route you plan to walk, and to provide a contact phone number where we can reach you during the walk.

- If you are not continuing the walk please advise the Registration Desk at the nearest Songline Station.
- You acknowledge that we are not able to monitor the progress of walkers, and you are responsible for your own safety at all times.

Under 18

Persons under 18 must be accompanied by an adult or a guardian at all times. Parents and/or guardians are responsible for the safety and the ability of the person under 18 that they have registered or have taken responsibility for on the walk.

Accessibility

The M~M2018 route has been developed to provide the walkers with an experience on the most direct paths between Songline Stations. Many parts of the walk are uneven, and include sealed and unsealed paths, as well as steps, inclines and declines. In 2018, part of Stage 10 between Pt Lonsdale and Ocean Grove is not accessible due to high tide, so *Canoe* and all Walkers will be transported by coach and shuttle bus, from Rip View car park Point Lonsdale to Begola Reserve, 141 Tuckfield St Ocean Grove, Where the walk will resume for the last kilometre on to the Ocean Grove Surf Life Saving Club.

The stages between Songline Stations 11 and 12 are across informal gravel paths. Walkers may wish to personally assess the stages or only complete the Walking Circles which are free to everyone. Sat 5/05/2018

Certain aspects of this walk may not be fully accessible. Please note the following section which will take place on Saturday 5th May: the stage from Johnstone Park to the Barwon River is via a footpath. The stage involves a moderate gradient up to McKillop Street, a moderate

decline to the Barwon River as well as a short gravel path to the sealed path towards the Barwon River Rowing sheds.

We recommend that you make a self assessment about this journey based on your individual requirements. If you would like further information about the walk, please contact the City of Greater Geelong's Rural Access Department and ask to speak to Sandra Muratti.

Rural Access
City of Greater Geelong
T: (03) 5272 4743
E: smuratti@geelongcity.vic.gov.au

Maps for people with limited mobility who are traversing Central Geelong are available from:

- Barwon Disability Resource Council, 48 McKillop Street
- Geelong Otway Tourism, 48 Brougham Street (Busport)
- All Geelong Visitor Information Centres
- Geelong Info Pages

These maps contain comprehensive information to assist people with limited mobility in navigating around Central Geelong (only). An Access Map can also be downloaded from www.bdrc.org.au.

PARKING AND TRANSPORT

Parking is limited at many of the Songline Stations and you should plan in advance.

Coaches from Central Geelong to Big Rock and Barwon Heads to Central Geelong

On Friday 4 May at 9:00am, a coach will depart from VLine Geelong Railway Station, at a signed Bus Bay, to Big Rock for the start of M~M2018 walk.

On Saturday 5 May at approximately 8:15pm, a coach will depart from the Barwon Heads Foreshore to Central Geelong.

If you did not add coach tickets during your online registration, you may reserve your seat by Wednesday 2nd May at 5pm by emailing your seat request to mtom@geelongcity.vic.gov.au. Bus tickets one way are \$5 each and are payable in cash on the bus.

Parking at Songline Stations

Limited parking will be available within the vicinity of the Songline Stations. Please note that you park at your own risk and that the City of Greater Geelong does not take responsibility for any theft or damage to cars parked at any of the M~M2018 Songline Stations.

Special Note: there is no parking available at Big Rock on Friday 4th May and vehicles are not able to park along the roadways within the park as this may block emergency access or cause

damage your vehicle. There is plenty of car parking located within the You Yangs Regional Park:

- Visitor Centre car park (30-40 spaces) - 30 minute walk to Big Rock along bush track.
- Valley Picnic ground (15 spaces) - 30 minute walk to Big Rock along roadway.
- Lower Picnic ground (50 spaces) - 35 minute walk to Big Rock along roadway.

Small Shuttle busses will continuously collect people from car parks and ferry them to and from Big Rock before and after the *Gathering of the Elders* Ceremony however, walking is recommended if you are able. We recommend that you arrive at least 30 minutes prior to the Ceremony at Big Rock.

Shuttle buses between Songline Stations

Free shuttle buses are available to registered walkers between Songline Stations along the M~M2018 walk.

You will need your M~M2018 Passport to gain access to the shuttle bus, no payment is necessary. You do not need to book a seat on the shuttle buses.

The shuttle buses will only take walkers back to Songline Stations that *Canoe* has passed through on that day. Please note that shuttle buses will **not** take travellers forward to Songline Stations further along the route, unless they have fallen behind *Canoe* by more than one hour. Shuttle buses will begin to depart from each Songline Station approximately 15 minutes after *Canoe* has departed. These times may vary slightly depending on demand and distance.

In 2018, part of Stage 10 between Pt Lonsdale and Ocean Grove is not accessible due to high tide, so *Canoe* and all Walkers will be transported by coach and shuttle bus, from Rip View car park Point Lonsdale to Begola Reserve, 141 Tuckfield St Ocean Grove, Where the walk will resume for the last kilometre on to the Ocean Grove Surf Life Saving Club.

WHAT ELSE DO I NEED TO KNOW?

M~M is an extreme arts walk featuring many exciting arts elements.

Visit www.mountaintomouth.com.au to learn more about the many aspects of M~M2018, including how the walk forms a contemporary songline.

WALKING CIRCLES

M~M2018 is punctuated by 12 Walking Circles located at each of the 12 Songline Stations. Walking Circles are beautiful circular walking paths adapted from traditional labyrinth designs common to many cultures around the world. Each of these Walking Circles features an extreme artwork especially commissioned for M~M2018. These are once only, ephemeral works that you need to be there to see. Don't miss out!

Everyone is welcome to experience any of the 12 Walking Circles without registering. This is a great way to for friends and family to be involved in M~M for free.

CONNECTING MEMORY

A digital companion to the M~M2018 experience, the Connecting Memory app gives you access to a rich collection of digital stories about the iconic places and people of Geelong and the Bellarine Peninsula. The app allows you to hear diverse voices telling fascinating local stories through short films, audio narration, music, images and text. Connecting Memory can be downloaded via the M~M website and is suitable for iOS or Android devices.

GEELONG AFTER DARK

As Central Geelong's pop up night of arts – Geelong After Dark is a night of discovery, of short sharp edgy art transforming ordinary spaces into something exciting, unexpected and very much alive – with free pop-up performances, mini-exhibitions and installations from 6pm-10pm on Friday 4 May 2018.

Join us in the city for Geelong After Dark where walkers will be included in the *Gathering of the City* Ceremony at Johnstone Park, City Centre, (off Gheringhap St) Geelong from 9:30pm-10pm.

EVENT DISCLAIMER

Information Accuracy

The M~M route is intended as a general guide to the walk only. Although the route and stage information has been researched and prepared with due care, Greater Geelong City Council accepts no responsibility for any errors, omissions or inaccuracies within the information provided (in whatever form) as part of the walk.

WARNING: *If you participate in these activities your rights to sue the supplier under the Australian Consumer Law and Fair Trading Act 2012 if you are killed or injured because the activities were not supplied with due care and skill or were not reasonably fit for their purpose, are excluded, restricted or modified in the way set out in or on this notice.*

NOTE: *The change to your rights, as set out in or on this notice, does not apply if your death or injury is due to gross negligence on the supplier's part. "Gross negligence", in relation to an act or omission, means doing the act or omitting to do an act with reckless disregard, with or without consciousness, for the consequences of the act or omission. See regulation 5 of the Australian Consumer Law and Fair Trading Regulations 2012 and section 22(3)(b) of the Australian Consumer Law and Fair Trading Act 2012.*

Participant Indemnity & Release

As a condition of registration and participation in the event:

- (a) *You acknowledge that participating in the walk is inherently dangerous and that you may be exposed to risks including, but not limited to, overexertion, equipment failure, dehydration, serious accidents and risks associated with the course and adverse weather conditions.*
- (b) *You acknowledge that you understand the risks of participating in the walk and agree to participate at your own risk.*
- (c) *You agree that the Greater Geelong City Council and its servants, agents, employees and volunteers (**Council**) are not liable to you, your dependents or your legal representatives for personal injury or death suffered by you because the walk or associated activities were not supplied with due care and skill, were not reasonably fit for their purpose or due to any other breach of the consumer guarantees provided for in the Australian Consumer Law (Victoria).*
- (d) *You release Council from all claims and demands in connection with any loss, damage, accident, injury or death arising as a result of or in connection with your participation in the walk including, without limitation, as a result of any negligence by Council.*
- (e) *You agree to indemnify Council and keep Council indemnified in respect of all actions, claims, demands, losses, damages, costs and expenses (whether direct, indirect or consequential and whether arising in negligence or otherwise) arising as a result of or in connection with your participation in the walk.*
- (f) *You agree that Council is not responsible for the acts, omissions, default or negligence of third parties.*