



M~M2016 WALKER SURVIVAL KIT

Dear M~M2016 Walkers,

Thank you for registering for M~M2016: Geelong's Extreme Arts Walk (6 - 7 May 2016) – we are thrilled to have you walking with us!

M~M2016 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~M2016 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.

M~M2016 registrations are being co-ordinated by Karingal, who are the Charitable Partner Organisation for M~M2016. For any enquiries about your registration, or about the walk, please contact Caroline Moore at Karingal on 03 5222 1484 or email carolinem@karingal.org.au.

By registering for M~M2016 you have already helped Karingal raise funds for inclusive environmental projects along the M~M pathway. As a result of the funds raised on the 2014 walk, 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~M2016 experience with #mtomgeelong. To keep up-to-date with the latest details of the M~M2016 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~M2016. 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 6 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 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 1km every 12 minutes. Walkers are **not** required to walk at Canoe pace.
- There is a 15 minute 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>

What to Bring

We recommend:

- Comfortable clothes, in layers that can be removed or added when hot or cold
- 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 and bottled water
- Trail mix or similar to snack on and/or money to purchase food
- A fully charged mobile phone if you have one
- Night walkers should bring a fully charged torch with them on their journey (even if you prefer not to use it).

Amenities

- We will be providing toilets at the 12 Songline Stations during the M~M2016 walk.
- An accessible toilet will be available at each Songline Station.

- 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 - Pre-ordering and On the Day

- If you have selected that you wish to pre-order food and drink at an extra cost on the Registration portal online, Karingal will contact you shortly with menu options.
- Food orders can be picked up from the Registration Desk when you check in at the Songline Station you have ordered for.
- Walkers who pre- order food should ensure that they discuss any food allergies with Karingal.
- Please note that this service is not available to those who register at Songline Stations on the day of the walk, only through requests via the website portal. Food order requests can be made up to 12noon - Thursday 28 April 2016.
- 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~M2016:

- 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 rest regularly. There is no requirement for you to keep pace with Canoe (though you may wish to do so). Songline Stations opening and closing times and traffic management arrangements are aligned with the movement of Canoe, which will pause at each Songline Station for 15 minutes. To accommodate walkers of varying paces, Songline Stations will open one hour before the arrival of Canoe and close one hour after Canoe's departure. If you choose to walk a significant way behind or ahead of Canoe, please know that services and support may not be available to you, and be especially alert to vehicle traffic while crossing roadways.

Support Teams

M~M recommends that walkers - especially those who plan to walk long distances or the full 80 km - 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

When you pick up your passport you will be 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 discontinue the walk please advise the Registration Desk at the nearest Songline Station
- If you choose not to continue the walk mid-stage, please phone or send an SMS to 0437 114 674 advising that you are not continuing, so we know that you are okay.

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~M2016 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. The stages between Songline Stations 10, 11 and 12, are along the beach, on wet sand, and across informal gravel paths. Walkers may wish to personally assess the stages or only complete the Walking Circles (which are free to everyone).

Certain aspects of this walk may not be fully accessible. Please note that the stage from Steampacket Gardens to the Barwon River, which will take place on Saturday 7 May, 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 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 Chary Carlyon or Sandra Muratti.

Rural Access

City of Greater Geelong

T: (03) 5272 4735 or 03 5272 4743

M: 0403 387 171 (call or SMS with contact details)

E: ccarlyon@geelongcity.vic.gov.au or 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 6 May at 12noon, a coach will depart from a signed bus bay at VLine Geelong Railway Station, to Big Rock for the start of M~M2016 walk.

On Saturday 7 May at approximately 8pm, a coach will depart from a signed bus bay at the Barwon Heads Foreshore to VLine Geelong Railway Station .

Reserve your seat by Wednesday 4 May at 5pm through the registration portal, by emailing your seat request to foundation@karingal.org.au, or by phoning (03) 5222 1484. Bus tickets one way are \$5 each and are payable at the time of registration, or 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~M2016 Songline Stations.

Special Note: there is very limited parking available at Big Rock on Friday 6th May and we do not recommend that vehicles are parked along the roadways within the park as this may block emergency access or cause damage to your vehicle. These are the car parks located below Big Rock and 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.

We recommend that you arrive at least 30 minutes prior to your departure from Big Rock.

A small bus with limited capacity will be available to take some walkers from Lower Picnic Ground car park to Big Rock, however, walking is recommended if you are able.

Shuttle buses between Songline Stations

Free shuttle buses are available to registered walkers between Songline Stations along the M~M2016 walk.

You will need your M~M2016 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.

The shuttle buses will depart from each Songline Station approximately 15 minutes after Canoe has departed. These times may vary slightly depending on demand and distance, however we will do our best.

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~M2016, including how the walk forms a contemporary songline.

Walking Circles

M~M2016 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~M2016. 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~M2016 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 6 May 2016. Join us in the city for Geelong After Dark and greet the M~M2016 *Canoe* and walkers as they arrive from 8:20pm at Steampacket Gardens, Geelong Waterfront.

Enjoy your walk!



GENERAL 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.

Participant Indemnity & Release

*As a condition of registration: a) You agree that you are participating in the walk at your own risk. b) You release Greater Geelong City Council, its agents, employees and volunteers (**Council**), from all claims and demands (**Claims and Demands**) arising from any accident, loss or damage (personal or property), death, or injury occurring in or about the route, before, during or after the walk, except to the extent that such Claim or Demand has arisen as a result of any act, omission, default or negligence of Council. c) You agree to indemnify Council and keep Council indemnified from all actions, claims, demands, losses, damages, costs and expenses (whether direct, indirect or consequential) which Council may be or become liable except to the extent that the Losses have arisen as a result of any act, omission, default or negligence of Council. d) You agree that Council is not responsible for the acts, omissions, default or negligence of third parties.*