



## FIT-2-HIKE

Frank Dwyer  
P.O. BOX 53376  
Kenilworth  
7745

### Evergreen Resident Hike

Date: Tuesday 13<sup>th</sup> April and Tuesday 20<sup>th</sup> April  
Cost: R100.00 pp - will be charged back to your levy account  
Time: **TBC for collection once bookings have been confirmed**  
Venue: Contour Path to Kirstenbosch, with an uneven step down from the path to Kirstenbosch. It is about 4 km, and a bit more strenuous than the 6 km we did for the last Hike

Start Time: 07h30

#### Covid-19 Protocols

- All participants would be required to wear a mask, covering both nose and mouth during the initial gathering and briefing period. Once the group is walking, as we are undertaking vigorous exercise, masks can be removed provided that a reasonable social distance is maintained between participants. The general hiking protocol is for masks to be easily accessible and to be raised when passing or being passed by other groups.

For the first timers, indemnity form needs to be completed and handed in ONE day before the walk for Frank to update records and have on hand. Kindly hand these to your Reception so they can email off to Bronwyn by 15h00.

The Hike will be limited to **10 Residents**, please book directly with Bronwyn on 072 359 3008 between office hours 08h00 to 17h00 to secure your spot for either the 13<sup>th</sup> or 20<sup>th</sup> for us to arrange collection.