

Sydney Insight Meditators

High Country Walking Retreat 24th February to 3rd March 2025 - Application

Name

Email address

Locality (eg city / town / suburb)

Age

1. Terrain and level of fitness required.

All the walks will be National Parks walks, although at times, particularly if there are snow areas to cross, the location of the track might not be clear. A number of tracks have obstacles such as rock or root intrusions and at times fallen branches. One of the tracks goes up and down regularly, and all the other tracks involve long and sometimes steep uphill and downhill sections. At the altitude of the walks there is about 20% less oxygen than at sea level, and this affects what people are able to do.

The walks will be at a medium pace for fit walkers. This includes going at medium pace up hills and sets of steps. There'll be two groups, one group going around 10k per day, the other group will go up to 20k per day.

Being able to walk 10k at a medium pace on flat ground near sea level is not a good indicator how you would go walking 10k in this country.

Do you think you're fit enough to be able to walk in this terrain with one of the groups?

Yes..... No.....

If you ticked yes, and are over 60, please give us a detailed example of a similar walk you have done - including distance - or similar activity, in the last 12 months.

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2. Do you have any physical issues that might be a factor on the walks?

Yes..... No.....

If yes, please describe:

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3. Being part of a group

For safety reasons we walk as a group - whether it's the shorter walks group or the longer walks group. Each group will have a designated person at the front and one at the back. There will be breaks in the walking and the group might spread out by a few minutes from front to back, but we ask that you keep up with the overall pace of the group if you are able to and stay with the group.

Are you happy to do this?

Yes..... No.....

4. Shorter and Long walks groups.

It's likely that on any walking day, the two groups will be on the same track and go through the same country. The longer walks group people will go further. Anyone can opt to go with the shorter walks group for a day or choose not to walk that day.

The longer walks group is for people who have a similar fitness level and pace as other people in the group. This makes it easier to get to the planned destination and return without long periods of waiting. If there's any request to go on one of the longer walks by a slower walker, the teachers will decide how much this affects the group and whether to allow a slower walker to come or not.

Are you happy to go along with this?

Yes..... No.....

5. Walks just with the groups

We ask that people coming don't go for walks on their own unless it's just in the vicinity of the ski lodge. There's various risks, from falls, snake bites, fast changing weather and getting lost. The teachers and manager don't want to be in a situation where someone doesn't come back to the lodge and we don't know where they are in alpine country as evening comes.

Are you happy to just do walks with one of the groups?

Yes No

6. Walking in silence

The walking periods will be in silence apart from necessary communication and pointing out anything in the area or talking about what's in the area. The lunch period will be a talking period and talking is fine before the walk starts and when people get back to the lodge.

Are you happy to keep the silence in the walking periods?

Yes No

Signature

Date