

## General Information

Departure **Day** & Date: \_\_\_\_\_

Duration of Tour: 2 DAYS / 1 NIGHT      3 DAYS / 2 NIGHTS      OTHER \_\_\_\_\_

Your pickup location – please check the departure point for your tour on [www.thecoasttrack.com.au](http://www.thecoasttrack.com.au)

Cronulla station    OR

Your Sydney CBD address: \_\_\_\_\_

Your mobile contact number on the morning of departure: \_\_\_\_\_

Full Name: (Mr, Mrs, Miss, MS) \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_ Home contact number: \_\_\_\_\_

Work or mobile: \_\_\_\_\_ Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ How many trips with us previously: \_\_\_\_

Are you celebrating a special occasion whilst on 'theCoastTrack' : \_\_\_\_\_

In case of Emergency please contact:

\_\_\_\_\_

Where did you first hear about 'the Coast Track'?

From a friend      Website      Travel Agency      Magazine      'Getaway' Program

Sun Herald      ABC TV      NZ Herald      The Australian      Other \_\_\_\_\_

## Medical Information

Do you have any known allergies? \_\_\_\_\_

Do you have any disabilities or illnesses which might affect your ability to do the walk?

Asthma      Diabetes      Epilepsy      Deafness

High blood pressure      Heart Condition

If yes, please give details \_\_\_\_\_

Do you suffer from any back or joint injuries      Yes      No

If yes, please give details. \_\_\_\_\_

If you know you suffer from a bad back, bad knee(s), weak ankles or similar, please bring the necessary braces, supports and medications.

Do you have a current tetanus inoculation      Yes                      No

Do you have any other medical conditions which we should be aware of? Please provide details.

\_\_\_\_\_  
\_\_\_\_\_

## Bushwalking Experience and Fitness

All of 'the Coast Track' experiences are physically strenuous and most trips require average physical fitness. Our experience is not suitable for someone who would find it difficult to walk for 10km on flat ground in 3 hours.

How would you describe your general level of fitness?    Above Average            Average            Below Average

How often do you exercise in the average week?      1-2            3-4            5+

Weight \_\_\_\_\_ Kg      Height \_\_\_\_\_

## Dietary Information

'The Coast Track' provides innovative, locally inspired food that deliciously complements our walks. Our evening meal is a true highlight and we use only the best ingredients and exquisite presentation to create a dining experience you will remember.

Do you have any dietary requirements? If yes, please provide details:

\_\_\_\_\_

What sort of beverage would you like with breakfast?

Coffee            Tea            Herbal tea            other \_\_\_\_\_



\$ \_\_\_\_\_ \* please note a 2% surcharge for Credit card payment applies

## Release and Assumption of Risk

I am aware that certain risks & danger may occur during the Coast Track experience I have chosen. Among other things, these risks & dangers include: the hazards of wilderness travel, climatic extremes such as heat & flooding, accident or illness in remote places where medical facilities are limited, the forces of nature & travel automobile.

I am aware that mobile telephones do not work in the areas where the Coast Track experience takes place. I am aware that in the event of an emergency communication by satellite phone would be required. I recognise that it is important to prepare myself according to the information presented in the Pre-Departure information & that failure to do so can place me in a life threatening situation.

I accept that it is not possible for me to take part in this experience without accepting these & all other risks associated with this kind of experience. I agree that I will hold the Coast Track & all its representatives harmless from any & all liability, actions, cause of action, claims & demand of every kind & nature whatsoever which I now have or which may arise out of or in connection with my trip or any other activities arrange for me by the Coast Track.

I accept that the Coast Track reserves the right to cancel a trip or modify the itinerary in any way necessary to protect the interest of all participants or due to circumstances over which it has no control. I understand that a full refund is payable if the Coast Track cancels a trip but there will be no refund whatsoever resulting from itinerary change.

I recognise that all trips are physically demanding & may be hazardous. I warrant that I am in good health & do not suffer from any known disease, condition or disability which might affect my ability to complete the trip. I understand that the Coast Track reserves the right to refuse any application on the grounds of unsatisfactory medical condition or failure to provide any medical details requested. I hereby authorise the Coast Track to take any such action, including directing that I discontinue the trip, as it or any of its representatives may deem necessary should it or they at any time be of the opinion that I am in need of medical services or am otherwise not physically or otherwise fit enough to continue. I undertake to indemnify the coast Track for any expenses incurred on my behalf & to reimburse the Coast Track within 7 days of their being incurred. In the event that I am directed to discontinue the trip, the Coast track shall be under no obligation to refund any money I have paid.

I understand that it is my own responsibility to cover the cost of any medical or non medical evacuation in which I may be involved & cancellation penalties' apply to all trips. I understand that the Coast Track strongly recommends that all its clients insure themselves against such costs.

I hereby agree to follow & comply with the directions of the Coast Track & its representatives throughout the trip, I understand & agree that should I at any time refuse to comply, the Coast Track may treat its obligations to include me in the rest of the trip as being at an end & shall be under no obligation to refund any money I have paid. The foregoing terms shall bind me as well as my heirs, executors, administrators, assigns & legal personal representatives.

Date : \_\_\_\_\_ Signature : \_\_\_\_\_

Return via : Email: [info@thecoasttrack.com.au](mailto:info@thecoasttrack.com.au) or post to :

The Coast Track

367 Princes Hwy, Sylvania NSW 2224

Pre-departure information is forwarded upon confirmation of your travel details & full payment.