DAY MONTH/ DATE Grade	BEGINNING – MIDDLE – END OF WALK PLUS ANY OTHER NECESSARY DETAILS	Leader's name Phone number(s) Any
	Walk descriptionA clear and detailed description of the terrain, to allow the walker	instructions re when to phone
	to make an informed choice on the suitability or desirability of the walk. Include any of the following references that are	
	applicable: street walking, cycleways, fire trails, bush tracks, rough tracks, climbs, steps, steep descents, creek crossings, rock hopping, sand walking, scrambling etc. You may nominate pace if you consider it is relevant.	Approx. distance
	TransportEarly or late start is useful (to avoid peak hour).Details of time of train, bus, ferry from commencement to destination ETA will be given after booking for the walk.Include here any specific instructions re trackwork and any reference to where Leader joins if not at commencement.	
	Booking: Not more than 2 weeks prior to the walk or set a preferred date. Contact leader by text and/or email and/or phone; if email is preferred provide also a contact phone number for members who do not use/have email and <u>set a time that suits you.</u> Limit: (number of participants on walk).	

If you are having a problem copying this table, or if you would prefer to create your own or amend the table you are already using, here are the parameters.

Table is three columns wide and three rows deep.

Table	specify width of 19.3 cms
Column 1	specify width of 3.5 cms
Column 2	specify width of 12.5 cms

Column 3 specify width of 3.3 cms

Don't bother to specify any row heights, let your data automatically determine the height of the rows

Merge cells in columns 1 and 3

Font is Arial

Font size is 12