

# **WW2G Trek Frequently Asked Questions**

Thank you for your interest in the 2019 WW2G Trek, supporting MEDA's Nigeria WAY. We want you to have the best possible experience. Below we've answered some frequently asked questions that will help you get ready for this amazing adventure!

### How do I sign up for the WW2G Trek?

Visit the MEDA WW2G Trek page for more information on how to become a Trekker or Sponsor.

#### Do I have to Trek the entire 100 kms?

We are looking for as many Trekkers as possible to sign up for the four-day 100 km challenge. You can sign up as an individual or team and complete the entire 100 km, or create a relay team, with each member completing one day of the Trek (approximately 25 km). There is also an option to join the group for one day on July 20, walking 10 or 20 km, followed by a celebration lunch.

## I want to create a WW2G Trek Team. How do I get started?

Sign up as a team on the <u>MEDA WW2G Trek page</u>. Then click on the <u>Trekker Resources</u> link for a handy **Trekker Team Checklist** that will give you all the info you need to get your team super organized, super fast.

#### Where can I find the event schedule?

See our Event Schedule with Map for entry and ending points for each day of the Trek July 18-21.

#### Is there a fee to participate?

All Trekkers signing up for the 100 km challenge are asked to fundraise a minimum of \$100 per day (\$400 in total). Individuals who wish to complete 10 km or 20 km on July 20 are required to fundraise \$100. There is no fee to register.

# Where do Trekkers stay during the Trek?

Trekkers must arrange for their own accommodation during the Trek. We have blocked off rooms at two local hotels for those who wish to book at these locations – click <u>here</u> for hotel contact details. Camping is available along the Trail through parks and private operators and is limited to designated camping areas only. Visit the Bruce Trail Conservancy website <u>camping page</u> to find out more.

#### Do I have to arrange my own transportation?

100 km Trekkers are responsible for getting themselves to and from the END point of each day's trek, where parking will be arranged. On Days 1, 2 and 4 (July 18, 19 and 21), a participant bus will pick up all hikers at 7:30am and deliver them to that day's START location to begin their hike.

**Note:** On Day 3 (July 20) all hikers should park at Kelso Conservation Area, with is the END point of the day's Trek and the location of the celebration lunch. The bus will make two trips in order to accommodate both the 20 km and 10 km Trekkers. The bus will pick up the 20 km hikers at Kelso at 8:15am and drive them to the 20 km start location. 10 km hikers will be picked up at 9:15am and driven to the half-way point, where they will join the 20 km trekkers.

See our Event Schedule with Map for START and END points for each day of the Trek July 18-21

More detailed information, including parking locations, bus schedules and event itineraries, will be shared with registered Trekkers one week prior to the Trek.

# I haven't done any serious hiking before and need to prepare. Where should I start?

Now that you've made the commitment to walk, don't wait until the last minute to get ready. Visit the <u>Trekker Resources</u> page on the WW2G website for helpful links, information and advice on everything from training for a long hike to choosing the right gear and clothing. There's even an excellent fact sheet from our partners at Seasons Care on nutrition and hydration tips for hikers.

## Where can I find out more about the Bruce Trail?

The Bruce Trail is one of Ontario's most precious natural resources. Visit the <u>Bruce Trail Conservancy</u> website to "Explore the Trail" via maps, trail sections, tips and safety advice and more.

Have a question not answered above? Email Lora Woolner and we will update these FAQs.