

WOMEN'S FITNESS ADVENTURES BOOKING FORM

**NZ Southern Lakes Fitness Adventure
12th-19th November 2026**

Total Price p/p - \$5599 members, \$5999 non-members

Travel insurance must be taken out within five (5) days of the first payment being paid. A copy of the insurance certificate must be provided when booking to guarantee a place on the trek.

Booking Terms and Conditions

(Including cancellation policy)

Please read carefully the terms and conditions of this contract.

These should also be read in conjunction with the website Terms and Conditions.

In completing and submitting the Booking Form, you agree to be bound by these conditions which constitute the agreement between Women's Fitness Adventures ABN 99 126 975 880 and you.

No purported variation of these conditions will be effective unless in writing and signed by a person so authorised by Women's Fitness Adventures. In these terms and conditions reference to "Women's Fitness Adventures representatives" means staff of Women's Fitness Adventures and its officers, employees, agents, licensees, guides and other third parties and representatives and the land management authorities in each country in which the tour is conducted, or any of them.

Women's Fitness Adventures reserves the right to update the Booking Terms and Conditions at any time and will advise you in writing of any changes ahead of time.

For International Adventures please note a passport is required for all international travel and a minimum 6 months validity is required on your passport.

Final Itineraries and gear lists and other relevant information will be emailed no later than 14-21 days prior to adventure departure date.

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Prices

All prices are subject to availability and can be withdrawn or varied without notice. The price is only guaranteed once paid for in full by you.

Price changes can occur between the time you make a reservation and the date of full payment. Therefore pricing is subject to change until final payment has been received.

Factors influencing price changes can be currency fluctuations, fuel surcharges, taxes and other provider increases outside of our control. Please be aware of this.

Note you must be a financial member **AT THE TIME OF YOUR ADVENTURE DEPARTURE** to access the member price. If you are not a financial member at the time of your adventure departure you will need to pay the difference between the member and non member price for this adventure.

Payment Terms and Cancellation Policy

Please note the payment terms including the cancellation policy.

- An initial payment of 35% is required to secure your place on this adventure.
 - Once a booking is confirmed, payment must be received within the payment terms as advised by Women's Fitness Adventures in the table below.
 - Failure to pay within the deadline will result in automatic cancellation of your booking.
 - Payments are accepted by direct deposit or by credit card. There are no credit card surcharges for bookings made through the Women's Fitness Adventures website
 - When your credit card is processed by Women's Fitness Adventures you agree to not have your payment 'charged back' or reversed by your credit card provider where the services have been provided.
 - Direct Deposit payments can be made to the following account with the adventure and your initials as the reference: Shepherd Consulting (Qld) Pty Ltd t/a Women's Fitness Adventures : BSB 084-961 : Account: 837616982
- If paying this way, please email a screenshot of your payment to the office

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Payment Terms and Cancellation Policy

Payment Terms and Cancellation Policy for Members

All cancellations must be in writing and emailed to info@womensfitnessadventures.com. Your cancellation date is the date when written notification is received.

Payment Terms

Payment Due Date	Amount
On Booking (35% non-refundable payment)	\$1960 (35% non-refundable payment)
August 1st 2026	\$2800
September 15th 2026	\$839

Cancellation Policy

Notification Received by Women's Fitness Adventures	Cancellation Charge
Before August 1st 2026	Total loss of initial payment
Between August 1st and September 15th 2026	85% of full adventure cost
Between & Including September 15th 2026 & Departure Date	100% of full adventure cost
After Scheduled Adventure	100% of full adventure cost

No refunds are provided should you have to leave the adventure early.

As our adventures are so popular, please be aware that if you cancel your place, it will most likely be taken by someone else so you should consider this carefully.

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Payment Terms and Cancellation Policy for Non-Members

All cancellations must be in writing and emailed to info@womensfitnessadventures.com. Your cancellation date is the date when written notification is received.

Payment Terms

Payment Due Date	Amount
On Booking (35% non-refundable payment)	\$2100 (35% non-refundable payment)
August 1st 2026	\$3000
September 15th 2026	\$899

Cancellation Policy

Notification Received by Women's Fitness Adventures	Cancellation Charge
Before August 1st 2026	Total loss of initial payment
Between August 1st and September 15th 2026	85% of full adventure cost
Between & Including September 15th 2026 & Departure Date	100% of full adventure cost
After Scheduled Adventure	100% of full adventure cost

No refunds are provided should you have to leave the adventure early.

As our adventures are so popular, please be aware that if you cancel your place, it will most likely be taken by someone else so you should consider this carefully.

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Travel Insurance

It is your responsibility to ensure you have travel insurance which is suitable for your booked adventure and that it covers those travel arrangements. You warrant that you have made appropriate enquiries and sought advice on your specific travel insurance requirements.

A checklist for your adventure will be provided which outlines the MINIMUM Travel Insurance you are required to hold to adventure with Women's Fitness Adventures.

Please note that some credit card providers will provide the card holder with travel insurance. Where you are paying for all or any part of the services arranged through us by credit card and you intend to use travel insurance provided by the credit card provider you acknowledge that Women's Fitness Adventures has advised the minimum Travel Insurance requirements needed to participate in this adventure and that your credit card insurance complies with these minimum requirements.

You acknowledge that Women's Fitness Adventures has advised on the MINIMUM travel insurance required and that you waive any claim against Women's Fitness Adventures in respect of any loss or damage you may suffer as a result of you failing to take out any or adequate travel insurance.

- Travel insurance must be taken out within five (5) days of making your initial booking, or the next available business day if it is a weekend. A copy of your Travel Documentation is required to be supplied along with your completed Participant Document to guarantee your place.
- Please make sure that you read, understand and accept all of the fine print contained within your insurance policy before purchase to ensure it covers all of your personal requirements.
- Please ensure your Travel Insurance covers you for **amendment, cancellation, medical and repatriation expenses, personal injury and accident, death, loss of personal baggage and money and personal liability insurance**. It is also important to read the fine print in relation to what is included/excluded from your policy.
- **Please ensure you have cancellation and amendment coverage.**
- If using your credit card insurance, please check the terms and conditions on this before booking with us and provide us with a copy of your credit card insurance policy.

Women's Fitness Adventures and its partners are not liable for any out of pocket expenses that insurance will not cover and will not be held responsible financially or in kind should your insurance not cover your personal circumstances.

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Adventure Inclusions

- Note that prices are per person.
- Prices are fully inclusive of taxes, levies and government charges current at the time of publication.
- As per the itinerary

Adventure Exclusions

- Airfares/transport to meeting point for adventure
- Meals unless specified
- Alcohol
- Gratuities
- Souvenirs or items of a personal nature
- Items not specified on itinerary
- Travel Insurance

Itineraries and Brochures

Itineraries and other details are published in good faith as statements of intention only and reasonable changes in the itinerary and related items may be made where deemed necessary or advisable by Women's Fitness Adventures.

The information contained in Women's Fitness Adventures website, Facebook Pages, brochures, itineraries, and any other published content, is to the best of Women's Fitness Adventures knowledge, correct at the time of publication.

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Route changes, Postponement, Cancellation or Delay

Women's Fitness Adventures reserves the right to:

- Cancel or modify any routes within the adventures or objectives set out in the itinerary; or
- Substitute different or equivalent routes within the adventures in place of canceled or modified routes, or
- Postpone, cancel or delay (either in relation to the departure or arrival times or the duration of the adventures) any such aspect of the tour if, at the absolute discretion of Women's Fitness Adventures, it is necessary to do so due to inclement weather, snow or icy conditions or conditions that are otherwise likely to be hazardous or dangerous or due to any other adverse or threatening conditions whether political or military or terrorist or otherwise or if, in the absolute discretion of Women's Fitness Adventures there is a likelihood of any such event occurring which may impact upon the safety of the participants, or if an act or omission of a third party prevents the tour or the aspect of the tour being undertaken in accordance with your booking or for any other reason considered necessary by Women's Fitness Adventures.
- In the event of any change, modification, cancellation postponement or delay under this condition, you acknowledge that you will have no right of refund of the adventure price (whether in whole or in part) and no right to claim compensation for any injury, loss or damage or other additional expenses incurred by virtue of the change, modification, cancellation postponement or delay.
- Women's Fitness Adventures also reserves, at its absolute discretion, the right to cancel any tour due to any government travel warning or advice, or any change in such warning or advice. Travel insurance may compensate you depending on the circumstances.

Cancellation by Women's Fitness Adventures

Women's Fitness Adventures reserves the right to cancel a departure and will advise you of such cancellations no later than 14 days before the adventure departure date.

Women's Fitness Adventures reserve the right either before or during the course of the adventure to refuse to carry or accommodate any client which it reasonably considers, in the light of the best interests of all participants within the adventure group and crew, to be unsuitable by reason of physical or mental condition or unruly behaviour.

Force Majeure

Women's Fitness Adventures will not be liable for any delay in, change to or cancellation of trips due to 'Force Majeure'. 'Force Majeure' definition means a circumstance beyond the reasonable control of Women's Fitness Adventures and includes, but is not limited to, war or threat of war, riot, civil strife, terrorist activity, industrial dispute, disease, industrial or nuclear disaster, adverse weather conditions, fire and strikes.

If due to 'Force Majeure' or government travel advice, Women's Fitness Adventures reserves the right to cancel a departure at any time. With any form of cancellation, Women's Fitness Adventures will do its best to offer you alternative arrangements if available, and if the price of your alternative adventure is of lower value than the original booking we will refund the difference to you. If you do not accept alternative arrangements we will provide you with a Travel Credit for the amount you have paid to Women's Fitness Adventures, (in case of 'Force Majeure' or government travel advice refunds will be less any unrecoverable costs). Women's Fitness Adventures will not be liable for any additional costs incurred by you.

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Cancellation due to small adventure numbers

Women's Fitness Adventures reserves the right to cancel any adventure at any time prior to departure in the event that there are too few people booked on the adventure. In this case, you will be given a full refund of the amount already paid by you. You will not be entitled to claim any additional amounts or seek any compensation for any injury, loss, expenses or damage (either direct or consequential) or for any loss of time or inconvenience which may result from such cancellation (including but not limited to visa, passport and vaccination charges, or departure, gear purchases, airport and airline taxes or annual leave).

We require a minimum of 10 trekkers for NZ Southern Lakes Fitness Adventure. If numbers do not reach this level we reserve the right to cancel, or change the dates of the adventure or refer you to another existing adventure.

Adventure numbers are regularly reviewed and we will notify you of any cancellations no later than 14 days prior to your selected trek.

Vaccinations and Proof of Vaccination

Certain Australian states, Countries and Principals require that travelers be FULLY vaccinated against specific infection (including but not limited to COVID vaccinations) and/or diseases.

Women's Fitness Adventures strongly recommends that you check with your doctor and the Embassies of countries to which you are traveling to with respect to any health requirements.

Whilst Women's Fitness Adventures may assist you in navigating these travel requirements you are ultimately responsible for all medical & travel-related documentation required by state, federal or international authorities that allow entry or exit into their state, territory, return to Australia or overseas travel from Australia to another country. You should ensure that you have satisfied yourself that you have all the required documents before booking your travel and keep yourself up to date on any changes to these requirements.

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Medical Disclosure

It is your responsibility and you must advise Women's Fitness Adventures of any pre-existing medical condition and/or disability that might reasonably be expected to increase the risk of you requiring medical attention while on our tours. Women's Fitness Adventures or our suppliers may require additional medical assessment by a medical practitioner. Women's Fitness Adventures reserves the right, at its reasonable discretion, to cancel your booking and refund the money paid by you, less any unrecoverable costs. Women's Fitness Adventures also reserves the right to cancel your participation in a trip at any time, including after the commencement of your trip, with no right of refund if your medical condition and/or disability could be reasonably expected to affect the normal conduct of the trip and the enjoyment of other trip members.

Disclaimer for disease, virus or other illness: We ask that all our participants take their own individual precautions regarding their own medical and health safety, particularly with the spreading of such viruses as COVID-19. If, for example, you suffer from ill health or are an 'at risk' individual, you are responsible for ensuring you take all appropriate precautions including wearing a mask and keeping a safe distance from other participants when participating in our Services.

We are at no time responsible for any illness, virus, disease or any other medical condition you believe you may have been exposed to or contracted on or during any of our experiences or while using our Services. You are solely responsible for your own health and ensuring you follow safe practices for managing any public health issue in accordance with relevant mandated guidelines.

Do you suffer from any existing medical condition, injury or impairments which may impact on any activities you may do? Yes / No

If you answered yes to the above question, you **must** consult your doctor or medical professional to ensure you are medically and physically sound and able to participate prior to commencing any of our programs. You must provide us with a medical clearance form prior to the departure date. If a medical clearance form is not provided prior to departure we may, at our absolute discretion, stop you from participating in the adventure.

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Privacy: We only collect the information we need in order to safely and effectively perform our fitness adventure tour services ("Services"). We comply at all times with the Privacy Act 1988 (Cth) and the Health Records (Privacy and Access) Act 1997 which regulates how personal information is handled including all your health details which are sensitive information. We will not disclose your personal information without your consent unless required due to a medical emergency, injury, health risk or similar and we will only do so to a qualified professional who is under the same duty of confidentiality.

The personal information you are providing is true and correct at the time you are providing it to us. You will notify us with any changes and keep it updated on a regular basis while you are using our Services. You can access your personal information by request at any time.

We keep your personal information secure and do not use it for any purposes unrelated to our services. All our employees and any staff who may have access to this personal information are under a strict duty of confidentiality and privacy practices are adhered to. Please note: we securely destroy all your personal information after the regulated and legislated time period if you have ceased using our Services.

******We use all reasonable means to protect the confidentiality of your health, medical and other personal information (together 'Personal Data') while in our possession or control. For full information on how we protect your Personal Data, please see our Privacy Policy on our website.

In order to preserve the group's safety, if you do not answer the above truthfully and correctly, or otherwise act in a way that neglects group safety you may be asked to leave the adventure at your own expense.

We strongly recommend you obtain your own insurance for the adventures. The policy should cover personal liability, cancellation, and curtailment and loss of personal effects, coverage for medical expenses including emergency evacuation.

I agree to pictures/images of me being used for promotional purposes, including but not limited to social media, print, video. Yes / No

If you have marked Yes, you agree to grant us an irrevocable, royalty free license in perpetuity to use your pictures and images in any form.

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Adventure Etiquette

This is a group adventure, made up of many personalities, which makes for lots of fun. We encourage you to come along with an open mind for an awesome adventure. Remember we can't control the weather, delays, unforeseen changes to the itinerary BUT we can control our response. In joining this adventure you agree to:

- Be kind and courteous – to each other, to airline and, hospitality, our partner hiking guides, strangers and to yourself
- Please bring your own First Aid kit for your personal needs.
- If, whilst on the adventure, you have any concerns about the adventure in general, our partner hiking guide/s where applicable, other members on the adventure or something else please raise it with your C.R.E.W leader.
- Sharing pictures and images of your adventure is fantastic and we encourage you to share away on your social media channels. Remember to hashtag Women's Fitness Adventures. Please respect other members of the adventure and we ask that you only post pictures of others that are positive and respectful (ask yourself, if this was me, would I like it posted)
- Your Private The NZ Southern Lakes Fitness Adventure Facebook Group is for the sharing of photos of your adventure with other members on the adventure. We encourage you to add your pictures in here so that they can be shared with everyone.
- Please follow our golden rule - The Women's Fitness Adventures "No Sorry" rule. "The majority of the time the word "sorry" is a habit. Let's aim to avoid saying it.
- For the adventure to run smoothly, we have our "On time" but not early rule. For example if the departure time for the hike is 7.30, we need to ensure we are ready to hike out (or get on the bus) at 7.30. Not 5 minutes later or 30 minutes early. Simply ON TIME.
- There is no place at a place setting for your phone. The dinner table is an important social ritual that we engage in with our fellow members. To stay present and to avoid unintentional rudeness phones should stay off the meal table.
- On our adventures, we work as a team to support, encourage and celebrate each other. This means that we pitch in to help where needed, assist others if directed, carry our own luggage and generally look out for the entire team.

I agree to the Adventure Etiquette for this adventure

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ACKNOWLEDGEMENTS

I acknowledge and agree that:

- The NZ Southern Lakes Fitness Adventure is graded as **Moderate** and that for safety reasons, I am required to walk at the pace of the group;

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- The duration of the adventure is approximate, and may change based on the fitness of the group or other factors such as weather and conditions;

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- I have been, or will be supplied with a packing/gear list and will bring the items on the list;

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- Adverse weather conditions may require changes to the adventure departure date and trip itinerary;

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- Some adventures are subject to minimum health and fitness requirements, and it is my responsibility to check those requirements, and ensure I am healthy and fit for the adventure;

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- All adventures require a moderate level of fitness and degree of mental stamina. I warrant that I am physically prepared, and mentally fit to participate safely in the adventure;

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- For the safety and enjoyment of the group, the WFA C.R.E.W Leader has the right to exclude me from any of the individual days hiking that they do not feel I am physically fit enough for;

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- Transport and accommodation, safety and hygiene and medical facilities vary from place to place and the adventure may be different from a conventional holiday in that respect;

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- Adventures may be undertaken in remote areas where expert medical aid and limited communications may mean delays in assistance in the event of an injury, accident or death.

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I further acknowledge and agree that the adventures provided are inherently risky and dangerous, Dangers may include, but are not limited to unsafe trail conditions, inclement weather, navigation tools that don't work, wild animals, and extreme physical exertion, dehydration. I understand that there are inherent risks and dangers and that these include risk of injury or death. I further acknowledge that due to the nature of the activities it would be unreasonable to require Shepherd Consulting (Qld) Pty Ltd t/a Women's Fitness Adventures to be in any way responsible for injury or death to me.

I hereby, to the full extent permitted by law, waive all of my legal rights of action against, and fully release and hold harmless all representatives, employees, directors, affiliates and agents of Shepherd Consulting (Qld) Pty Ltd t/a Women's Fitness Adventures from any and all liability, including but not limited to direct or indirect, special, consequential loss or injury (including death) and including without limitation, any liability for negligence or tortious act or omission, a breach of duty, breach of contract or breach of statutory duty claims, demands and proceedings howsoever arising out of or connected with my participation in any activity, including any activities organized by any related third party.

I further acknowledge and agree that I undertake the activities freely, voluntarily and absolutely at my own risk and with a full appreciation of the nature and extent of all risks involved in the activities. This waiver shall bind me and my heirs, assigns, executors and or administrators and legal representatives.

I agree to indemnify Shepherd Consulting (Qld) Pty Ltd t/a Women's Fitness Adventures in relation to any liability, loss or damage which it suffers as a result of my negligence or misconduct during an activity.

By signing this Release and Indemnity below, I am confirming that I am suitably fit and healthy to participate in this activity and that a doctor or medical professional has not advised me otherwise. I also confirm that I am 18 years of age or older and that I have read and fully understand these terms. (Alternatively I am the parent or legal guardian of the minor and I agree on behalf of the participant and will agree to indemnify any person, affiliate, representative, and third party providing or involved in the activities on the above terms.)

Agreed and acknowledged:

PRINT YOUR NAME

SIGNATURE **DATE**

TRAVEL INSURANCE (Please email a copy)

Company Name

Policy No.

For help choosing Travel Insurance visit [Australian Government Smart Traveller](#).

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