







## AMT Tours - Detailed Programme Description

AMT tours are designed to provide active recreation for all interested parties, whether families, friends, couples or even four-legged pets. The event is an opportunity to get outdoors, meet people and support charity.

## Hike Details

-  Date: **Jul 27, 2025 (Sunday)**
-  Start Time: 10:00 AM (**please arrive by 9:45 AM**)
-  Meeting Point: **Ightham Mote (National Trust) Parking**
-  Distance: **12.5 km** (approximately 3,5 hours at a slow pace, but can be shortened at any time)
-  **Registration required:** write to me
-  **Entry fee:** free, but registration required

## Programme process

### 1. Arrival and registration (9:45 AM)

- Participants arrive at the meeting point.
- Quick registration (name, email).
- Presentation of the route and sharing of important information.

### 2. Departure (10.00 AM)

- The tour starts, everyone can go at their own pace.
- During the tour there is an opportunity to talk and take photos.

## Important information

- **Registration is required** to participate.
- Everyone participates at their own risk.
- The tour is not a race, everyone can go at their own pace.
- The hike can be shortened, but we can also walk further
- For participants with dogs, please bring a leash and muzzle if necessary. Please respect that not everyone is dog friendly!
- Comfortable walking shoes and weather appropriate clothing are recommended.
- Don't leave litter behind during the hike, take care of nature!
- **Everyone should bring water and food if they need it.**

## Join us and enjoy nature and do for your health!

If you have any further questions, please contact me!

Don't worry if you are not yet a member of the AMT community and have not had a message with me, feel free to join us and enjoy the walk!