



**PORT MACQUARIE  
HASTINGS**

Port Macquarie Hastings  
Council, Port Macquarie Hastings  
Domestic Violence Committee  
and ACON are proud to once  
again present the

SUPPORTING  
**WHITE  
RIBBON**



# 2011 WHITE RIBBON Coastal Walk

Sunday 27 November 2011

## Lighthouse Beach to Town Green

6:30am – bus departs Town Green  
7:00am – walk commences from Tacking Point SLC

OR

## Flynns Beach to Town Green

7:00am - bus departs Town Green  
7:30am - walk commences from Flynns Beach

The White Ribbon Coastal Walk is a **FREE** community event consisting of walking the Coastal Walk from Lighthouse Beach OR Flynns Beach to the Town Green to raise awareness about **White Ribbon Day, the International Day for the Elimination of Violence Against Women**. It is for anyone with at least moderate fitness to undertake the 9km walk from Lighthouse Beach or the 3km walk from Flynns Beach to the Town Green.

**FREE** buses will depart TOWN GREEN, taking participants to their choice of start for the walk, either Lighthouse Beach or Flynns Beach.

**Registration is essential and must be received no later than Friday 25 November 2011.** Rego forms are available from [www.dvportmacquarie.org.au](http://www.dvportmacquarie.org.au).

To participate, **we request people wear a white t-shirt**. It is also recommended that participants bring a water bottle and wear a hat and sunscreen (slip, slop, slap!)

*Please Note – This Is Not A Race!*

### For further information, go to:

[www.dvportmacquarie.org.au](http://www.dvportmacquarie.org.au) or contact 6584 0053 or 0427 658 878. Unfortunately, **pets are not allowed** between Lighthouse and Nobbys Beaches nor is the walk suitable for strollers or prams.



Proudly sponsored by SNAP Port Macquarie

This event is auspiced by Mid North Coast Women's Domestic Violence Court Advocacy Service