

Rules of the trek

GENERAL INFORMATION

1. Public establishment TrenkTuras (registration code 303386460, www.TrekTours.com, support@trenkturas.lt), further known as Organiser, is organising a walk “Gauja Hike’19” on 26 October 2019 in Sigulda, Latvia (hereinafter each referred to as the **Trek**).
2. Goals of the walk:
 - 2.1. to popularise long-distance walks, as well as a healthy and active lifestyle;
 - 2.2. to promote ecological, nature-friendly pastimes;
 - 2.3. to introduce society to the nature of Latvia, Gauja National Park.
3. By participating in the walk, participants confirm that they agree to abide by the following rules.
4. A person registering other individuals must introduce rules of the walk to every person registered by them and make sure they agree to the rules.

FREQUENTLY USED TERMS

5. **Participant’s passport** – a card which has to be presented to the representatives of the Organiser at each of the rest and assistance stops by all participants of the walk and is consequently marked. Medals and diplomas are handed out to the participants according to the marks on the card. Medals are only received if the whole route has been walked and all of the marks collected in the card.
6. **Control measure** – a measure or a device which helps to identify the participants of the walk in all of the routes and at each of the rest and assistance stops.
7. **Starter pack** – participant’s passport, control measure, an informational leaflet with a map, directions and a list of contact phone numbers, other information and tools related to the walk.
8. **Official event website** - www.GaujaHike.com
9. **Partner** - an organisation involved in event planning. Official partner list can be found in the Official event website.
10. **Rest and assistance stop** – stops are located every 4-10 kilometres along the route of the trek, where participants:
 - 10.1. must present their participant’s passport and receive a mark;
 - 10.2. can fill up their water supplies and take a rest, get some snacks or hot food;

ROUTES, PLACE AND TIME OF THE WALK

11. List of routes
 - 11.1. 12 km;
 - 11.2. 20 km;
 - 11.3. 30 km;
12. Start location
 - 12.1. Svētku laukums, Cēsu iela 14, Sigulda, Siguldas pilsēta, LV-2150, Latvia. ([GPS: 57.161241, 24.843799](https://www.google.com/maps/place/Svētku+laukums,+Cēsu+iela+14,+Sigulda,+Siguldas+pilsēta,+LV-2150,+Latvia/@57.161241,24.843799,15z))

13. Starting time slots
 - 13.1. Starting time slots to be published in the *Official event website*.

PARTICIPANTS

14. By signing up, individuals who are under 18 confirm that they have acquired their parents' or guardians' consent concerning their participation in the walk, and/or that they will be looked after by their parents (guardians or trainers) during the course of the walk – the latter will be fully responsible for the safety of underage individuals.
15. Children who are under 16 can only participate in the walk along with their parents, guardians or trainers.
16. Participants of the routes longer than 50km must be 18 or older.
17. By signing up, a participant confirms that s/he is aware of the fact that participation in the walk is related to great challenges to their physical abilities; a participant also confirms that s/he has had her/his health tested, abides by the requirements of health tests outlined in legal acts of the Republic of Latvia and is able to provide a certificate of health if asked to do so by the Organisers or other individuals. If suspicions over poor state of health are raised, a participant must cut her/his participation in the walk short and consult a doctor after being asked to do so by the Organisers.
18. A participant understands and confirms that the Organisers are not responsible for any harm caused to participant's health or life-threatening dangers and are not obligated to compensate moral or physical damages. All of the risk and responsibility for participant's health problems, injuries and unfortunate accidents experienced during the course of the walk lie with a participant only.

REGISTRATION

19. Participants of the walk must sign up and pay a participant's fee.
20. Registration to the separate routes or the entire event might be closed early at any point of time before the event due to the limited capacity of the participants. Information about the termination of registration will be announced in the *Official event website*.
21. Participant fee is not refundable or exchangeable unless the event is cancelled or rescheduled.
22. Over the course of the registration, a participant must provide the following information:
 - 22.1. contact information (first name, last name, e-mail address, mobile phone number, town/region);
 - 22.2. date of birth;
 - 22.3. team/club/organisation; the names of the latter are not subject to limitations, but they have to be ethical and abide by the rules of the walk (optional field).
23. By completing the registration process individuals agree to receive newsletters with all information of the hike to the email address given. After the hike participants can unsubscribe from the newsletters.
24. By completing the registration process individuals agree to be contacted by organisers via call or a message on the number given in case of emergency.
25. Participant's fee includes:

- 25.1. starter pack;
 - 25.2. drinking water and tea at most of the rest and assistance stops;
 - 25.3. hot food for participants taking part in distances longer than 20km;
 - 25.4. medical help in extreme cases;
 - 25.5. diplomas for all participants of the walk (on request);
 - 25.6. medals only for the participants who have finished their chosen route;
 - 25.7. ferry ticket Klaipėda-Smiltnė and Smiltnė-Klaipėda (Old ferry terminal) .
26. **Check-in:**
- 26.1. Participant check-in and distribution of starter packs begin 15 minutes before the official starting time of the route. Starting time intervals for the routes can be found in the *official event website*.
 - 26.2. Participant check-in terminates at the end of starting time interval dedicated to the individual routes. Participants are not allowed to start their hike pass the provided starting time;
 - 26.3. If other means of check-in become available, it will be announced by the Organisers on the *official event website*.

TEAMS

- 27. It is not obligatory for participants of the walk to provide a team name during registration.
- 28. Members of the same team can choose different routes during registration.
- 29. Participants of the walk who have provided the same team name during registration will participate in a team-record;
- 30. The result of each team is calculated according to the sum of kilometres walked by all members of a team.
- 31. Three teams with the best results will receive special prizes provided by sponsors.

RULES OF THE WALK

- 32. Participants of the walk must take care of suitable clothing, comfortable shoes, drinks and food, necessary personal medications by their own means and have it all with them at all times during the walk.
- 33. A participant of the walk must:
 - 33.1. present her/his participant's passport to the representative of the Organisers at each of the rest and assistance stops and have it marked;
 - 33.2. abide by the rules of the walk;
 - 33.3. safeguard her/his personal belongings during the course of the whole walk;
 - 33.4. in the case of an injury or a health problem, contact medical professionals and inform the Organisers;
 - 33.5. have an ID with her/him at all times during the walk;
 - 33.6. in the case of cutting the walk short, inform the Organisers by phone or in-person;
 - 33.7. obey official rules and restrictions of the areas in protection by local government:
 - 33.7.1. abide by the rules of visiting the Gauja National Park;
 - 33.7.2. do not violate the rights and interests of other users of the local natural resources.

34. A participant of the walk has the right to:
 - 34.1. seek help from the Organisers in the cases of getting lost or struggling to follow the route;
 - 34.2. take a pet with her/him, but only while agreeing to abide by the Latvian law and to make sure that the pet does not endanger other participants and passers-by and does not pollute the environment;
 - 34.3. receive a diploma;
 - 34.4. receive a medal in the case of conquering the whole chosen route.
35. During the walk, participants are prohibited from:
 - 35.1. walking on the side of the road;
 - 35.2. using all means of transport, running or swimming in order to conquer at least a part of a route;
 - 35.3. spreading political propaganda;
 - 35.4. expressing national, ethnical, religious, racial or cultural intolerance in any form;
 - 35.5. humiliating and mocking other participants of the walk;
 - 35.6. outraging public decency, breaking traffic laws and other laws and rules operating in the Republic of Lithuania;
 - 35.7. leaving litter in camp territories, leisure spaces, routes of the walk;
 - 35.8. using alcoholic beverages and psychotropic substances;
 - 35.9. smoke in the forest and higher flammability areas;
 - 35.10. lighting fires;
 - 35.11. camp in the areas that are not officially suited for the camping;
 - 35.12. causing harm to objects of nature or cultural heritage, flora and fauna, destroying protective dunes and their fortifications, as well as slopes of the dunes.

CONCLUDING RULES

36. Participants of the walk must read the rules and follow them during registration and the walk itself.
37. If they choose to hand their registration over to a different person, participants of the walk are responsible for informing him/her about the rules of the walk, which they themselves read and agreed to abide by during their registration, and making sure that the new participant is familiar with the said rules.
38. Organisers have the right to adjust the rules of the walk without prior notice.
39. Participants of the walk who have violated the rules must cut their participation in the walk short if asked to do so by the Organisers or other authorised individuals.
40. By signing up, every participant of the walk agrees that the Organisers of the walk and Partners can use all of the pictures and video material belonging to representatives of the Organisers or participants of the walk for marketing purposes freely and without further consent.
41. Ambulance crews will be on duty over the course of the walk. Participants must call 112, a general emergency telephone number, immediately if medical help is needed.
42. The event is non-commercial; a participant's fee is required in order to ensure that event infrastructure is of high quality and that participants of the walk are provided with the necessary equipment.