

TREKKING ADVENTURES BOOKING FORM

ADVENTURE DETAILS	
Adventure name	PATAGONIA TREKKING ADVENTURE 2027
Proposed date	February 26 th -March 10 th 2027

PERSONAL DETAILS	
Name	
Mobile	
Address	
Email	
DOB	

EMERGENCY CONTACT DETAILS	
Name	
Relationship	
Mobile	
Email	

<i>Enter Yes or No</i>	YES	NO
Do you have any food allergies? If yes, please provide details:		

<i>Enter Yes or No</i>	YES	NO
Would you prefer Single Supplement? Additional Price \$1450		

HEALTH CHECK

<i>Enter Yes or No</i>	YES	NO
Do you have a pre-existing medical condition? If yes, please provide details:		

Item #	Item	<i>Enter Yes or No</i>	YES	NO
1.	Has your doctor ever told you that you have a heart condition, or have you ever suffered a stroke?			
2.	Do you ever experience unexplained pains in your chest at rest or during physical activity/exercise?			
3.	Do you ever feel faint or have spells of dizziness during physical activity/exercise that causes you to lose balance?			
4.	Have you had an asthma attack requiring immediate medical attention at any time over the last 12 months?			
5.	If you have diabetes (type I or type II), have you had trouble controlling your blood glucose in the last 3 months?			
6.	Do you have any diagnosed muscle, bone or joint problems that you have been told could be made worse by participating in physical activity/exercise?			
7.	Do you have any other medical condition (s) that may make it dangerous for you to participate in physical activity/exercise?			

IF YOU ANSWERED **YES** to any of the 7 questions above, please seek guidance from your GP or appropriate allied health professional prior to undertaking physical activity/exercise.

IF YOU ANSWERED **NO** to all 7 questions above, and you have no other concerns about your health, you may proceed to undertake light-moderate intensity physical activity/exercise.

Name : _____

Signature : _____

Date : _____

ACKNOWLEDGEMENT OF RISKS AND OBLIGATIONS FOR PARTICIPANTS IN TREKKING ADVENTURE PROGRAMS

Trekking Adventure Programs are hosted or operated by Sterling Results Fitness Club (Sterling Fitness), which is wholly owned by Sterling Results Pty Ltd, and may from time to time include special programs conducted by third-parties.

By participating in activities as part of the Trekking Adventure Programs, I am aware that my participation in these activities may expose me to risks that could lead to physical injury, illness or death or to loss of or damage to my property. I confirm that I have read and understand these requirements and I have considered the risks before signing this Risk Waiver and, I still wish to join this activity.

To minimise these risks, I will ensure that:

- Each activity I participate in is within my capabilities;
- I am carrying sufficient food, water and equipment as is appropriate for each activity;
- I have advised the activity leader if I am taking any medication, or have any physical or other limitation, that might affect my participation in each activity.

In addition:

- I will make every effort to remain with the rest of the party during the activity and accept instructions from the leader;
- I understand that it is at the discretion of the leader on the day as to whether I participate in the activity whether that be Sterling Results Pty Ltd or a third-party operator;
- I have read and understand these requirements and I have considered the risks before signing this Risk Waiver and, I still wish to join this activity.

Third party terms and conditions:

I acknowledge and accept that my participation in the Programs may also be subject to terms and conditions put in place by third party operators. By participating in the Programs, I acknowledge that I am aware of the third party terms and conditions where they apply. Where applicable these third-party terms and conditions can be made available to me upon request.

Insurances and Travel Documents:

I acknowledge and accept that my participation in the Programs does not include insurances provided by or through Sterling Results Pty Ltd. I acknowledge that it has been recommended that I obtain appropriate travel (and any other) insurance as relevant to my circumstances. I accept that it is my responsibility to ensure that I have necessary travel documentation (including but not limited to passports and visas) and specific travel insurance relevant to my participation in the Programs.

Remuneration and/or commissions:

I acknowledge and accept that Sterling Results Pty Ltd (and its related entities, directors and employees) may receive remuneration through commissions, financial incentives and other means in relation to the provision of the Programs and your participation in the Program or related activities.



Sterling Results Fitness Club
Willoughby, NSW 2068
ABN: 22103553493
Phone: 1800101737
fitness@sterlingresults.om.au

Waiver of claims and release of liability:

- I accept that in signing this form, and to the extent permitted by law, I am waiving my rights to make any claims (including but not limited to commencing proceedings) against Sterling Results Pty Ltd, its related bodies corporate, directors, officers, employees, agents, any hike leader and other participants;
- I agree that any contract arising from my participation in activities as part of the HIKEFit / Trekking Adventure Programs will exclude any liability arising from the supply of goods and services by the Sterling Results Pty Ltd.

Participant

Print
Name:

Signature:

Date:

Sterling Results Pty Ltd

Print Sonia Wray
Name: *Founder & Head Trainer*

Signature: *Sonia Wray*

Date: 27/01/26

TREKKING ADVENTURES	PATAGONIA TREKKING ADVENTURE 2027	Fee
PARTICIPANTS NAME		
TOTAL AMOUNT		AUD \$11,650
Singel Supplement	Add AUD \$1450	
PAID DEPOST	DUE upon booking \$4000	
BALANCE		

Trip Inclusions

- *12 nights accommodation*
- *Comfortable, centrally 4 /5 star hotels on a twin share basis in major cites*
- *Trekking Lodges whilst on W Trek*
- *All Meals throughout the trip as listed in itinerary*
- *Internal transportation, including*
Private transfers to/from hotels provided by local English-speaking guide
- *Tours with English speaking guides (as per itinerary)*
- *Treks Guided by Sonia Wray*
- *Full day tour Perito Moreno with Nautical Safari*
- *Entrance fees to sites and National Parks visited*
- *Sterling Fitness Buff, Bucket Hat and String Bag*

A NON refundable (yet transferable) deposit of \$4000 is required upon registration.

Remaining Balance split over 2 payments with Final Payment Due Nov 15th 2026

If paying by CC Merchant Fee of \$250 apply

[Secure Credit Card ONLINE booking link](#)

Or DIRECT DEBIT DETAILS:

Account name: Sterling Results
T/A Sterling Results Pty Ltd trading as Sterling Results Fitness Club
ABN: 22103553493
Bank: Westpac, Crows Nest
BSB: 032298
Account Number: 193373