## **Entertainment Programme**



#### Friday afternoon 31.08.2018

Optional:

Sightseeing-programme: City of Luxembourg Casemattes / European centre Kirchberg

Friday evening 31.08.2018

6:30 pm - Warm-up session 7 pm - Launch of the 1st "All you can Walk.....in 24 h" 7 pm - VIP-Walk 8 pm - DJ Walk 'Party until midnight

## Saturday morning 01.09.2018

From 6 am National Walking Day with 6 km -13 km – 26 km – 42 km Marathon routes. **IVV-Walking routes** Yuppi-Walk for Kids

#### Saturday afternoon 01.09.2018

12 pm - 15 pm Mini-Disco 5 pm - Samba Party 7 pm - Final Arrival of All you can walk......in 24 h Cool-Down Session Closing Party until 21pm

## Sunday 02.09.2018

#### Optional:

10 am - guided IVV-Walk of approximately 5 km and 10 km in the City of Luxembourg Visit of the "Schueberfouer", Luxembourgs biggest fair

## **Partners and sponsors**















## Information



The Event is part of the IML-IVV Cup 2018

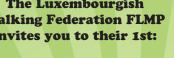
FLMP B.P. 56 · L-9201 Diekirch Tel: 00352 691 302 687 info@flmp.lu · www.flmp.lu www.allyoucanwalk2018.lu





#### The Luxembourgish **Walking Federation FLMP** invites you to their 1st:





31/8/2018



4 ե



# Registration from 31 Aug 2017 at www.allyoucanwalk2018.lu



LET'S MAKE IT HAPPEN



Start: Friday 31 Aug 2018 - 7pm

Finish: Saturday 1 Sept 2018 - 7pm

Venue (start, stopover and finish):

# Luxemburg d'Coque - National Sports and Culture Centre

Luxembourg's biggest Sportarena 2, rue Léon Hengen L-1745 Luxembourg



Accomodation at Partner Hotels/Hostels requests at www.allyoucanwalk2018.lu





4 routes of 25 km - 24 km - 28 km -25/42km Over 120 km marked routes

Marathon route of 42 km on Saturday

Walk trough the "Coque" after every route

# Individual or in a team of up to 4 hikers

# No time measurement No classification





45 € for individual Hikers 60 € for Team of up to 4 hikers 15 €/pers. for the Marathon

## The prices include:

- Food an drinks provided on the course (track/routes) (+/- every 5 km)
- Continuous marked routes
- Luggage service at the "Coque"
- Medical Assistance
- Entertainment

# REWARDS:

- Individuals : Certificate with walked distance and fabric patch
- Team: Certificate with walked distance of the team and trophy
- Memory medal for every participant
- Certificate of participation, fabric patch and medal for the Marathon hikers
- 10 € Souvenir/Finisher T-Shirt



Pain is temporary, pride is forever!