

U3A HAWTHORN

Moderate Walking Group – August – November 2017

Co-ordinator: Bruce Gooley 0411 334702, 98225372

The Moderate Walking Group is a co-operative, self-help group with members offering to lead a walk of their choice. This helps involve everybody and provide a far wider range of options. The co-ordinator is ready to suggest and help to plan walks with members. Walks are on the fourth Thursday of the month and details appear on the U3A Hawthorn website. Thank you to all our leaders for this programme.

- Fitness:** Participants need the fitness necessary to make the distance specified for each walk at a pace to keep up with the group.
- Bookings:** It is necessary to book with the leader of each walk.
- Meeting Points/Time:** 10.15am for 10.30am start (unless indicated otherwise).
- Transport:** Members needing assistance with transport, please contact the walk leader.
- Name Badges:** Wear name badges on all walks, with emergency details completed.
- Gear:** Wear strong walking shoes or boots and carry warm/waterproof clothing or sun protection as appropriate & also bring your Senior's card.
- Lunch:** Bring your own cut lunch, drink, and a water bottle.

Thursday 24th August 2017 Scotchman's Creek

This walk is along a pretty green wedge that follows Scotchman's Creek through to Gardiners Creek. It is flat and on a path, so it is quite good for a winter walk. We will meet at Mount Waverley Railway Station on the Glen Waverley line on the outbound platform. The walk to Tooronga station is about 15 km. However there are numerous stations all along the way where you can end the walk if you want to. To East Malvern Station for instance is 8 kms.

Leader: Contact Alison Talbot 0419517450

Thursday 28th September 2017 Kallista, Sassafras Creek.

This is an easy/medium 11km circuit walk, starting at Grants Picnic Ground car park in the Dandenongs. Well over half the route follows clearly defined foot tracks, with the remainder being along surfaced roads. There is only one steep climb, and the last track drops quite steeply back to the picnic ground nearby.

Meet at Grant's Picnic Ground. Melway Ref: Map 75 K4

Leader: Franz Hanke. 98905718, mobile 0431814755

Thursday 26th October 2017. Churchill National Park and Lysterfield Park.

These parks take in much of the southern side of the Lysterfield Hills and form a valuable link between the Dandenong Valley and the Dandenong Ranges. These parks are a haven for native birds, mammals and reptiles and provide great recreational opportunities. They fortunately retain a valuable portion of what was once a common landscape.

Meet main entrance for Churchill National Park. Churchill Park Drive

Melway Map 82 C11.

Leader Barbara Quinn. Mobile: 0438085677, home: 98091520 or email odyssey3010@gmail.com

Thursday 23rd November 2017. Tree Fern Walk, Bunyip State Park

This is a moderate 9.3 km circuit walk taking in a number of forest types. Follow Burwood Highway east from Melbourne to Belgrave and turn right at the round-a-bout and follow the Belgrave – Gembrook Road east for 24 kms to Gembrook. Continue straight through the town and follow the Gembrook-Tonimbuk Road south-east for a further 7 kms to the pretty Mortimer Picnic Ground on the left. The Mortimer Picnic Ground is a total of 51 kms from Hawthorn U3A.

Meet at the Mortimer Picnic Ground Melway Key Map Page 14 Ref: R12

(Note this is **Key Map 14** in the front of your Melway not Map 14)

Leader: Bruce Gooley 0411334702, or 98225372