



Women's Health Tasmania

End of Year Timetable 2018

Wednesdays 10.30 am at destination or leaving the centre at 10.15 am



Our friendly women's walking group meet each week and walk for general health and wellbeing.

Walking time is usually one hour or less, with additional time allowed for morning tea at a café unless otherwise stated.

Walking pace is moderate; the emphasis is on social as well as physical benefits.

For more information Ph 6231 3212

All walks will begin from the Women's Health Tasmania (WHT) at 10.15am unless otherwise stated.

An indoor or sheltered destination may be substituted if weather is wet. Please contact the centre on 6231 3212 after 9.30am on Wednesdays to check for any changes. Mobile 0417001569

| Date | Destination |
|-------------|---|
| Oct 3 | Taroona Beach. Access via Taroona Crescent and parking at Taroona Park. Foreshore walk passing Batchelor's Grave, boatsheds & Taroona High School. |
| Oct 10 | Lindesfarne Foreshore. Park at Simmons park on the corner of Esplanade & Beach Rd. |
| Oct 17 | Alum Cliffs Kingston The walk starts from the northern end of Kingston Beach. Parking is available at Osborne Esplanade at the northern end of Kingston Beach. |
| Oct 24 | Ferntree pipeline track. Meet at Ferntree Tavern and walk along pipeline and return. |
| Oct 31 | Mt Nelson Signal Station. Start Mt Nelson Lookout car park. Walk down track towards Sandy Bay. |
| Nov 7 | Springs to Lenah Valley. Park in Springs car park. Access is via a right turn at Mt Wellington/Kunanyi sign 616, just before Fern Tree Tavern. Carpark is then approx 3.5k along the road. |
| Nov 14 | Roches Beach Foreshore. Early start, leave centre at 10 am. Access via Roches Beach Rd, left into Nowra, right into Kirra. Parking at Lauderdale Yacht Club. |
| Nov 21 | Sandy Bay. Park at Alexandra Battery lookout & walk along waterfront to Blinking Billy Point. |
| Nov 28 | Shag Bay Heritage Walk. An easy walk with panoramic views of the Derwent River. Park in Geilston Bay Rd off the East Derwent Hwy in Geilston Bay. |
| Dec 5 | Suncoast Headlands Track Blackmans Bay. Early start, leave centre at 10.am Accessed from the southern end of Blackmans Bay Beach along Ocean Esplanade. Park near start of track. Some steep steps. |
| Dec 12 | Xmas Party.. to be decided ☺ |