



Women's Health
Tasmania

Summer Calendar 2019



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 phone **6231 3212** or mobile **0417 001 596**

All walks begin from Women's Health Tasmania at 10.15am unless otherwise stated or meet at destination at around 10.30 am.

*An indoor or sheltered destination may be substituted if weather is wet.
Please contact the centre on 6231 3212 or Mobile 0417 001 596 after 9.30am
on Wednesdays to check for any changes.*

Date	Location	Details
Jan 16	Sandy Bay Foreshore	Park at Alexandra Battery & walk along waterfront to Blinking Billy Point
Jan 23	Hobart Rivulet	Park in Cascade Brewery car park (where the toilets are) & walk along the rivulet to morning tea in a South Hobart cafe
Jan 30	Howrah Beach	Meet on foreshore track at Alexandra Esplanade off Wentworth Street, walk along Howrah Beach and return along Bicycle track
Feb 6	Taroona Beach	Access via Taroona Crescent and parking at Taroona Park. Foreshore walk passing Batchelor's Grave, boatsheds and Taroona High School
Feb 13	Hobart Waterworks	Meet at the Number 7 car park. <i>Bring morning tea to share</i>
Feb 20	Bellerive Walk	Meet at Bellerive boardwalk and walk to Rosny Point and back
Feb 27	Ferntree Pipeline Track	Meet at Ferntree Tavern and walk along pipeline. Morning tea at Fern Tree Tavern
Mar 6	Geilston Bay	Park at Anzac Park on the Lincoln St side, walk around waterfront, over Natone Hill to Geilston Bay
Mar 13	Cornelian Bay Walk	Cornelian Bay Beach and walking track. Starts at Boat House Restaurant
Mar 20	Risdon Brook Dam	Park in car park at the dam and walk around the lake. <i>Bring morning tea to share</i>
Mar 27	New Town Rivulet walk	Meet at car park opposite Jane Franklin Gallery in Lenah Valley Rd and walk along the Newtown Rivulet