



Women's Health  
Tasmania

## **April-June Timetable 2019**

### **Wednesdays**

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.

Leaves WHT at 10.15 am or meet at the departure point at 10.30 am.

**For more information Ph 6231 3212**

**An indoor or sheltered destination may be substituted if weather is wet.** Please contact the centre on 6231 3212 or 0417001596 after 9.30am on Wednesday to check for any changes.

<b>Date</b>	<b>Location</b>	<b>Details</b>
April 3	Howrah to Tranmere Point	Park in Cleve Court (opposite Bus Stop 23), and walk along the beach towards Tranmere
April 10	Mt Nelson	Start Mt Nelson Lookout car park. Take trail down to Sandy Bay
April 17	Newtown Rivulet	Begin near Lady Franklin Gallery, on the corner of Lenah Valley & Brushy Creek Rd.
April 24	Taroona Foreshore	Meet at the Taroona car park in Taroona Crescent
May 1	Bridgewater Foreshore	Park in Gunn Street & follows the Derwent River foreshore to the east around Bridgewater and Green Point to the East Derwent Highway Bridge
May 8	Sandy Bay	Lower Sandy Bay beach to Blinking Billy. Start at Seagrass restaurant
May 15	Botanical Gardens	Meet at the main entrance gate
May 22	Bellerive Boardwalk	Begins at Bellerive Boardwalk at the hotel end. We will walk around the bluff to the beach
May 29	South Hobart Rivulet	Park and start at Cascade Gardens at McRobies Rd Entrance. Walk past female factory toward the city
June 5	Pipeline Track	Park at the Ferntree Hotel
June 12	Princess Park & Battery Point	Meet at Salamanca Place lawns at the silos end. Walk through Princess Park and into Battery Point, returning via St David's Park (*Please note free parking can be found in Battery Point but is limited. You may need to factor this in).
June 19	Montague Bay	Montague Bay School, to Lindisfarne Park in Montague Bay car park
June 26	Risdon Brook Dam	Park in the Risdon Brook carpark. Bring morning tea to share