



Summer 2025/2026

Our friendly and inclusive walking group meets each week for general health and wellbeing. Walking pace is moderate and we walk for an hour.

Please, prepare yourself for our summer months. Even if it feels cool it is advised that we 'slip on a shirt, slop on sunscreen and slap on a hat'. Bring a drink bottle so you stay hydrated. As always, wear comfortable shoes and prepare yourself for possible changes in weather e.g. temperature change, rainfall and/or wind.

Walking pace is leisurely to moderate and we walk for an hour.

You're welcome to join the group for a social coffee and catch up afterwards. As always you are encouraged to bring your own drink (to keep yourself hydrated) as there is not always a café nearby.

If you don't have access to transport we may take **3** passengers in our car, leaving from the centre at 10am. **Please call and book with Maree the day before to let us know if you want to go in our car.**

For more information phone **6231 3212** or **0417 001 596**Or
email info@womenshealthtas.org.au

Date	Location	Details
December 3	South Hobart Rivulet	Park and meet in the car park at Cascade Gardens (the first left after turning down McRobies Road) we will follow the rivulet. Keep a lookout for the local Platypus. There are several cafes nearby.
December 10	Little Howrah Beach	Meet in the small car park on Alexandra Esplanade in between Lower River Street and Wentworth Street. The carpark is opposite 52 Alexandra Esplanade. We will walk around the headland to Little Howrah beach. There are cafes nearby.
December 17	Rosny Hill Nature Recreation Area Track circuit	Parking just inside the reserve entrance at 12A Akuna Street. The track undulates around the perimeter of Rosny Hill taking in views of Kangaroo Bay, the Derwent, Kunanyi and the Tasman Bridge. Fast walkers can do the circuit twice. The group can find a local cafe later.

December 24	<p>Taroona Park</p> <p>CHRISTMAS LUNCH</p> <p>(Our last walk for the year)</p>	<p>Park on Taroona Crescent, or alternatively on Chilton Chase.</p> <p>Meet at the BBQ shelter near the playground facing the foreshore.</p> <p>There is always more than enough food to go around so please if you forget don't worry.</p> <p>We want to see YOU not your food!</p>
January 7 2026	Pipeline Track	<p>Meet at Fern Tree Tavern car park.</p> <p>We will take a cool and peaceful walk under the trees on the Pipeline track. Suitable for prams.</p> <p>There is a café at Fern Tree Tavern.</p>
January 14	<p>Natone Hill Circuit</p> <p>Geilston Bay</p>	<p>On Street parking is available on Tianna Road.</p> <p>This shaded, mostly flat trail offers scenic views of both water and mountains.</p> <p>Make sure you have a drink with you.</p>
January 21	Berridale Foreshore/ Windemere Track	<p>Meet in the car park on Alcorso Drive (off Berridale Main Road). We will walk in the direction of Claremont.</p> <p>Please bring your own drink and food to share (we will sit in the covered table area back near the car park).</p>
January 28	Little Howrah Beach	<p>Meet at small car park on Alexandra Esplanade in between Lower River Street and Wentworth Street (opposite 52 Alexandra Esplanade). We will walk around</p>

		<p>the headland to Little Howrah beach. There are cafes nearby for a drink after.</p>
February 4	Knocklofty Reserve – starting from Mt Stuart end	<p>Please note different starting point to our usual meeting place. Parking available on Weerona Avenue (this is just above Mt Stuart Primary School).</p> <p>Meet at the Weerona Avenue entrance, Mt Stuart. We will walk to the Reflecting Pond. Please bring your own drink and snacks (if you want them) to have at Mount Stuart Park.</p>
February 11	Alum Cliffs Kingston	<p>Park parallel to Browns River accessed via Osbourne Esplanade.</p> <p>Note: this track is steep in parts but for those with mobility challenges you are welcome to come and relax on the beach until we return. Perhaps a chance to grab an ice-cream! 😊</p>
February 18	Newtown Rivulet	<p>Meet in the car park opposite Lady Jane Franklin Gallery. Overflow on street parking is available on Lenah Valley or Brushy Creek Road. Coffee will be at Banjos Bakery on Augusta Road, Lenah Valley.</p>
February 25	Botanical Gardens	<p>Meet at the main entrance near the visitor centre. We will walk around the gardens and then find a shady spot to rest after the walk.</p> <p>Bring your own drink and snacks so that we can share a relaxed picnic after our walk 😊</p>