Women's Health Tasmania

# Summer 2026/27

Our friendly walking group meets each week (Wednesday, leaving the location at 10.30am) for general health and wellbeing. Walking pace will vary between each individual and we walk for an hour.

**Please, prepare yourself for sun and hot weather in our summer months.**

You're welcome to join us for a social coffee and catch up afterwards at a café/suitable location in the area. You are always encouraged to bring a drink bottle to keep hydrated, particularly if there aren't shops nearby. If you have any health conditions that may require medication at short notice (e.g. asthma) please have these on you at all times.

If you do not have transport we can take up to 3 passengers in our car, leaving from the centre at 10am.
**You must call 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 |
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| December 2 | takara limuna<br><br>Geilston Bay | Meet at start of the track at Sarean Court, Geilston Bay<br><br>We will walk the headland looking out across the river. |
| December 9 | Cornelian Bay Walk | Park near Boat House Restaurant off Queens Walk. We will walk past the playground, up the hill towards the Cornelian Bay Point. |
| December 16 | Taroona Park<br><br>CHRISTMAS LUNCH<br><br>(last walk for the year) | Park on Taroona Crescent or alternatively on Chilton Chase. Meet at the BBQ shelter near the playground facing the foreshore.<br><br>There is always more than enough food to go around so please if you forget don't worry. We want to **see YOU** not your food! ☺<br>For those who would like to go for a wander or a walk before or after you are obviously welcome to do so (people can choose on the day). |
| January 6 2027 | Pipeline track | Meet at Fern Tree Tavern for a lovely cool walk under the trees on the Pipeline. Suitable for prams. There is a café at Fern Tree Tavern. |
| January 13 | South Hobart | Meet and park at Cascade Gardens (the first left after turning down McRobies Rd) we will follow the rivulet. There are several cafes nearby. |

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| January 20 | Newtown Rivulet | 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. |
| January 27 | The Clarence Foreshore Trail<br><br>Geilston Bay | Park and meet at water end of De Bomford's Lane.<br><br>We will follow the Clarence foreshore trail towards Lindisfarne. |
| February 3 | 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.<br><br>We will walk around the headland to Little Howrah beach. There are cafes nearby. |
| February 10 | Berridale Foreshore/ Windemere Track | Meet in the car park on Alcorso Drive (off Berridale Main Road). We will walk in the direction of Claremont.<br>Please bring your own drink and food to share (we will sit in the covered table area back near the car park). |
| February 17 | Rosny Hill Nature Recreation Area | Parking just inside the reserve entrance at 12A Akuna Street. The track undulates around the perimeter of Rosny Hill. |
| February 24 | Botanical Gardens | Meet next to the Visitor Information Office just inside the gate. After a wander around the Gardens we can gather at one of the picnic tables. Bring your own food/snacks or buy a cuppa from the nearby cafe. |