



**Women's
Health
Tasmania**

Winter 2026

Our friendly walking group meets each week for general health and wellbeing. Walking pace will vary between each individual and we walk for an hour.

Please, as always, wear comfortable shoes and prepare yourself for possible changes in weather e.g. temperature change, rainfall and/or wind.

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
June 3	Takara Limuna (Shag Bay) Geilston Bay	Meet at start of the track at Sarean Court, Geilston Bay. The Takara Limuna walk provides interpretation of some of the Palawa history of the area. We will drive to a nearby local cafe decided on the day.
June 10	Tolosa Street Park (Opens at 10.30AM) Glenorchy	Enter main gate, take the right fork and park at hut 14 (Casurina) next to the playground). Bring something to eat and share (if you are able to) and your own drink. There is always plenty to share so don't feel obliged to bring anything.
June 17	South Hobart Rivulet	Park and meet in the car park at Cascade Gardens (the first left after turning down Mc Robbies Road) we will follow the rivulet. There are several cafes nearby.
June 24	Max's Infinity Loop	Meet in the car park just near the intersection of Cleary's Gates Road and Upper Domain Road. Bring your own drink and snack. The group will find a table at the nearby Legacy park playground.
July 1	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.
July 8	Cornelian Bay Walk	Meet near Boat House Restaurant on Queens Walk. The group usually walks in the direction of the boat sheds. There is a café nearby
July 15	Berridale	Meet in the car park on Alcorso Drive (off

	Foreshore/ Windemere Track	Berridale Main Road). We will walk in the direction of Claremont. Please bring your own drink and food to share (we will sit in the covered table area back near the car park).
July 22	Sandy Bay Foreshore	Meet outside Seagrass Longpoint Restaurant facing the Derwent River. We will walk the beach towards the casino and then return to the main beach in front of the cafes. Faster walkers may wish to continue the walk along to Blinking Billy Beach.
July 29	Montrose Foreshore Community Park	Meet at the carpark near the toilets/playground to the right (as you are facing the water). We will walk towards the Grove Reserve/GASP trail and then return to the playground area. Please bring your own drink/snack
August 5	Knocklofty West Hobart	Meet in the car park (drive up Forest Road, you will turn right when road splits and turn to find the car park) we will then take the track towards Mount Stuart. Drinks later at a cafe decided by the group on the day.
August 12	Clarence Foreshore	Meet at the car park at Simmons Park (opposite 35 Esplanade, Lindisfarne). We will walk the foreshore path towards the Tasman Bridge. At the end of the walk the group usually grabs a coffee at the Currency Café in Lindisfarne.

August 19	Newtown Rivulet	Meet next to Lady Jane Franklin Gallery. Carpark and on street parking is available on Lenah Valley Road. Drinks later at Banjos on Augusta Road, Lenah Valley.
August 26	Botanical Gardens	Spring flowers are emerging. Meet at the main entrance near the visitor centre. Bring your own drink and snacks so that we can share a relaxed picnic after our walk 😊