

**Sunday 6th August**  
**CLELAND WILDLIFE PARK**  
**UBD 132 M12 & 133 B14**

Leader: Glynis

Meet at Wildlife Park - next to BBQ area  
and toilets (not kiosk area)

**Sunday 13th August**  
**MOUNT OSMOND MINES**  
**UBD 131 J12**

Leader: Bruce

Meet at Gull Terrace, Mt Osmond car  
park just off start of SE Freeway

**Sunday 20th August**  
**COBBLER CREEK RECREATION PARK**  
**UBD 72 B11**

Leader: Jenny

Meet in car park along Smith Street,  
Salisbury South

**Sunday 27th August**  
**ONKAPARINGA CONSERVATION PARK**  
**UBD 187 Q13**

Leader: Elfi

Upper Pennys Hill Road to junction with  
Piggot Range Road. Meet at Gate 11.

**Sunday 3rd September**  
**WADMORE PARK, BLACK HILL**  
**UBD 108 M5**

Leader: Bernice

Meet at Wadmore Park car park,  
Maryvale Road, Athelstone

**Sunday 10th September**  
**BELAIR LOOP SPRING WALK**  
**(Fathers Day)**  
**UBD 143 E11**

Leader: Joy

Meet at Belair Railway Station car park  
off Upper Sturt Rd Belair

**Sunday 17th September**  
**STURT CREEK**  
**UBD 166 P3**

Leader: John

Meet at Coromandel Valley Community  
Centre car park, 442B Main Road,  
Coromandel Valley

**Sunday 24th September**  
**KILTO & NURSERY LOOP**  
**UBD 132 M11**

Leader: Glynis

Meet at bus stop 18 Greenhill Road  
(opposite Yarrabee Road)

**Sunday 1st October**  
**LABOUR DAY - NO WALK**

**Sunday 8th October**  
**BROWNHILL TO CARRICK HILL**  
**UBD 143 B4**

Leader: Gerry

Meet at McElligols Reserve at the top of  
Carrick Hill Drive

**Sunday 15th October**  
**SLEEPS HILL**  
**UBD 142 J10**

Leader: John

Meet at 27 Beagle Terrace, Lynton

**Sunday 22nd October**  
**ENGLEBROOK RESERVE SPRING WALK**  
**UBD 158 J2**

Leader: Jenny

Meet at A. L. Vincent Reserve, corner  
Osterley Ave and Oak Ave, Bridgewater  
***Christmas windup to follow.***

**Sunday 29th October**  
**9am START**  
**PIONEER WOMEN'S WALK**  
**UBD 132 P6**

Leader: Linda

Meet at Brock Reserve, Dashwood Rd,  
Beaumont

**COST:** *(Includes morning tea)*

***Members***      ***\$8.00***

***Casuals***      ***\$10.00***

## WALKERS INFORMATION FOR YOUR SAFETY AND ENJOYMENT

**Morning Tea will be provided at the end of each walk. Don't forget to bring a cup.**

It is the walker's responsibility to stay with the group. This is important for safety reasons. Please notify the leader if you are having any difficulties. It is important that you carry any personal medication which you may need, (eg. Ventolin) and a form of identification.

### Please be prepared with:

- ◆ Comfortable solid boots or shoes with tread
- ◆ Thick socks
- ◆ Suitable layered clothing

### In a small backpack, carry:

- ◆ For cold weather: Rainproof jacket and warm wet weather clothing. Warm jumper or jacket of wool or polyester fleece
- ◆ Warm hat and gloves on cold days & shade hat on warm days
- ◆ First aid equipment (personal medication clearly labelled)
- ◆ Sunscreen
- ◆ Minimum 1 litre of water
- ◆ Snacks
- ◆ Plastic cup for morning tea

**No dogs on walks please.**

NB On very hot days - if in doubt contact the leader on the morning.



## WIND UP FOR CHRISTMAS

**BRIDGEWATER HOTEL**  
**387 Mt Barker Road**

**Sunday 22nd October**

\$10 deposit (cash) to hold place,  
refundable on the day.

*Please book at reception.*



# Sundays

**10am - 12.00 noon**

**6th August - 29th October**



### LEADERS:

Jenny Agnew	0438 857 319
Bernice Cohen	0417 899 063
Elfie Driscoll	0422 038 210
Linda Sampson	0414 587 636
Anne Lang	0457 070 934
Gerry Lloyd	0433 303 604
Bruce McDonald	0403 224 738
Glynis Varvounis	0413 625 584
Joy Walterfang	0408 835 570
John Wotherspoon	0488 000 050

### FITNESS ON THE PARK

64 MacKinnon Pde, North Adelaide 5006

Ph: 8267 1887

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**Countryside Walks 2023**