

Sunday 28th June
SHEPHERDS HILL RECREATION PARK
UBD 154 B1

Leader: Kerry & Duncan
Meet at Pasadena Crescent,
Pasadena.

Sunday 5th July
LOBETHAL BUSHLAND

Leader: Barbara
Meet at car park Kenton Valley Rd,
Lobethal (near Bettig Rd)
Lunch to follow:
Emma and Ivy Café,
47 Main Street, Lobethal.

Sunday 12th July
HAWTHORNDENE FOREST WALK
UBD 155 A4

Leader: Bruce
Meet at car park on Watahuna Forest
Avenue, Hawthorndene.

Sunday 19th July
BELAIR ECHO TUNNEL
UBD 143 E11

Leader: Joy
Meet at Belair Railway Station car park
off Upper Sturt Road.

WALKERS INFORMATION
FOR YOUR SAFETY AND ENJOYMENT

It is the walker's responsibility to stay with the group, walking behind the leader. 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.

Participation in a club activity is entirely voluntary, and walkers are individually responsible for their safety, and their possessions. A walker is required to sign the attendance register on each hike and their signature denotes acknowledgement of risk and acceptance of responsibility for the walker's own safety.

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 for walking

Post walk

Please bring drinks and snacks for the post walk social gathering. You may also wish to bring a chair.

No dogs on walks please.

NB: If you are concerned about the weather, please contact the leader on the morning.

Sundays
10am - 12pm
12th April - 19th July 26



LEADERS:

**Jenny Agnew, Kerrie Irvine,
Gerry Lloyd, Bruce McDonald,
Barbara Millar, Glynis Varvounis,
Joy Walterfang,
John Wotherspoon**

FITNESS ON THE PARK

64 MacKinnon Parade, North Adelaide 5006
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Web: www.fitnessonthepark.com.au

Countryside Walks 2026

Sunday 12th April

WILD DOG GLEN - WAITE LOOP

UBD 143 D2

Leader: John

Meet at pump station,
10 Hillside Rd, Springfield.

Lunch to follow:

Earl of Leicester Hotel
85 Leicester St, Parkside.

Sunday 19th April

STEUB TRACK

UBD 133 A15

Leader: Barbara

Meet at Conservation Park, Mt Lofty
Summit Rd in car park, near BBQ and
toilets.

Sunday 26th April

KILTO LOOP

UBD 132 G6

Leader Glynis

Meet at bus stop 18, Greenhill Rd
(opposite Yarabee Rd).

Sunday 3rd May

WOORABINDA RESERVE, STIRLING

UBD 157 E1

Leader: Bruce

Meet at Branch Rd, Stirling.

Sunday 10th May

MOTHER'S DAY - NO WALK

Sunday 17th May

MYLOR/ALDGATE VALLEY LOOP

UBD 158 F12

Leader: John

Meet Stock Rd at Mylor Tennis/Netball
Courts.

Sunday 24th May

ANSTEY'S HILL

UBD 85 A13

Leader: Jenny

Meet at Dowding Terrace near
Gate 2, Persistence Rd,
Tea Tree Gully.



Sunday 31st May

SPRINGWOOD PARK/WAITE RESERVE

UBD 131 Q16

Leader: Gerry

Turn off SE Freeway at Eagle on the
Hill exit. In 1.5km turn right at Orange
Bikes. Continue to Gate 198A,
Springwood Park.

Sunday 7th June

KING'S BIRTHDAY - NO WALK

Sunday 14th June

MAGPIE & STURT CREEK, BLACKWOOD

UBD 154 L8

Leader: John

Meet at 12 Trevor Terrace,
Blackwood.

Sunday 21st June

MARION COASTAL WALK

UBD 152 G13

Leader: Jenny

Meet at Seacliff Surf Lifesaving car
park, Esplanade, Seacliff.