

Sunday 25th October
OLD NOARLUNGA HILL
UBD 154 C13

Leader: Kerrie & Duncan
Meet at Old Noarlunga Institute
Building, Market Crescent,
Old Noarlunga.

Sunday 1st November
RIVER TORRENS WALK

Leaders: Linda and Paul
Meet at 10 Eighth Avenue, St Peters.
Lunch to follow: See below



WIND UP
FOR CHRISTMAS
KENTISH HOTEL

173 Stanley Street,
North Adelaide
(in walking clothes!)

Sunday 1st November

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

*Please book at reception by
26th October.*



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

26th July - 1st Nov 26



LEADERS:

**Jenny Agnew, Kerrie Irvine,
Gerry Lloyd, Barbara Millar,
Glynis Varvounis, Bernice Cohen,
Joy Walterfang, Linda Sampson,
Celestine Growden,
John Wotherspoon.**

FITNESS ON THE PARK

64 MacKinnon Parade, North Adelaide 5006

Ph: 8267 1887

Email: fitnessonthepark@ozemail.com.au

Web: www.fitnessonthepark.com.au

Countryside Walks 2026

Sunday 26th July

SCOTT CREEK CONSERVATION PARK

Leader: Joy

Meet Gate 14,

Corner Matthews Road and Scott
Creek Road, Cherry Gardens.

Sunday 2nd August

NILEE TRACK

UBD 133 A15

Leader: Celestine

Park at toilet block, Cleland
Conservation Park, Mt Lofty
Summit Road.

Sunday 9th August

YURREBILLA TRACK MORIALTA

UBD 121 P2

Leader: Jenny

Quanta Sanctuary, drive to Norton
Summit, take the Colonial Drive Road,
turn left into Moore's Road, meeting
approx 500m along.

Sunday 16th August

**MT LOFTY BOTANIC GARDENS /
LOWER GATES**

UBD 145 F4

Leader: Barbara

Meet at Botanic Park lower gates
off Lampert Road via Piccadilly Road.

Sunday 23rd August

COROMANDEL VALLEY/STURT CREEK

UBD 166 P2

Leader: John

Meet Coromandel Community
Centre, 442b Main Road,
Coromandel Valley.

Sunday 30th August

WHEAL WATKINS WALK

UBD 131 K9

Leader: Glynis

Meet Sunnyside Road, close as
possible to Gilles Rd,
Glen Osmond.

Sunday 6th September

BELAIR MICROCAPA/LORIKEET WALK

UBD 143 E11

Leader: Joy

Meet at Belair Railway Station
car park (not Sheok Road).

Sunday 13th September

BROWNHILL AND CARRICK HILL

UBD 143 B4

Leader: Gerry

Meet at McElligott's Quarry Reserve,
at end of Carrick Hill Drive.

Sunday 20th September

WILD DOG GLEN - WAITE LOOP

UBD 143 D2

Leader: Joy

Meet at pump station, 10 Hillside Rd,
Springfield.

Sunday 27th September

BLACKHILL CONSERVATION PARK

UBD 109 B3

Leader: Bernice

Meet at Black Hill Conservation Park
entry gate at the east end of
Addison Avenue, Athelstone.

Sunday 4th October

LABOUR DAY - NO WALK

Sunday 11th October

PANORAMA / BELAIR

UBD 142 D15

Leader: John

Meet near 4 Hare Crescent, Panorama.

Sunday 18th October

WITTUNGA AND BLACKWOOD PARK

UBD 154 K6

Leader: Jenny

Meet at Wittunga Botanical Gardens
car park, Shepherds Hill Road,
Blackwood.