

Sunday 3rd July

ALDGATE TRAILS - UBD 157 L1 (2.5hrs)

Leader: Derik

Meet at Aldgate Station carpark.

Sunday 10th July

MOUNT OSMOND TRAILS - UBD 131 L8

Leader: Eva

Park in the street on the corner of Hillside and Allendale Aves, Glen Osmond (moderate)

Sunday 17th July

ONKAPARINGA GORGE - UBD 196 C13

Leader: Liz

Meet at Market Square, corner Patapinda Rd and Market Cres, Old Noarlunga.

Sunday 24th July

BURNSIDE/MT OSMOND

UBD 131 J12

Leader: Derik

Meet at Tollgate carpark, Gill Tce, Glen Osmond.

Sunday 31st July

Leader: Linda

COBBLER CREEK RECREATION PARK

UBD 72 B10

Meet at carpark on Smith Rd, Salisbury East. (easy)

Sunday 7th August

HORSNELL GULLY - UBD 120 G11

Lunch at Scenic Hotel, Norton Summit.

Leader: Graham

Turn right off Old Norton Summit Rd into Horsnell Gully Rd and proceed past quarry to carpark. Advise reception if attending lunch.

Sunday 14th August

CLELAND CONSERVATION PARK

UBD 132 N12

Leader: Linda

Meet at Visitors' Centre, Cleland Wildlife carpark. Private road off Mt Lofty Summit Rd. (easy/moderate)

Sunday 21st August

MORIALTA NEW TRACK - 2.5hrs

UBD 108 H12

Leader: Derik

Meet corner Leabrook Drive and Porter Tce, Rostrevor

Sunday 28th August

BELAIR RAMBLE - UBD 143 E11

Leader: Graham

Meet at Sheok Rd adjacent Belair Railway Station.

Sunday 4th September

CHAMBERS GULLY - UBD 132 B6

Leader: Eva

Park on Waterfall Gully Rd at beginning of Chambers Gully fire track. (Easier options available)

Sunday 11th September

PARA WIRRA RECREATION PARK (3hrs)

UBD Main Roads Map 004 D8

Leader: Linda

From Black Top Road, travel north along Humbug Scrub Rd, 4.8km to park entrance. Enter park, travel 1km to Devils Nose carpark. (Bring lunch to consume at the short break, during the walk).

Sunday 18th September

CITY-BAY FUN RUN

Meet at Fitness on the Park for team photo at 7.15am. Bus departs 7.30am. Returns from Glenelg approx 11am. BBQ brunch to follow. Information at reception.

Sunday 25th September

MYLOR CONSERVATION PARK

UBD 158 F13

Leader: Liz

Meet at Mylor Oval carpark, Strathalbyn Rd, Mylor.

2nd October - No Walk

(Long Weekend)

Sunday 9th October

STURT GORGE WEST UBD 153 J5

Leader: Liz

Meet in carpark(Kaurna Cultural Centre), Warriparinga Way, off Sturt Rd, (opposite McInerney Rd), Bedford Park.

Sunday 16th October

MT BARKER/LARATINGA WETLAND

UBD 173 H9

Leader: Liz

Meet at carpark Bald Hills Rd, (off Alexandria Rd), Mt Barker.

Sunday 23rd October

CRAFERS - UBD 144 Q10 (3 hrs)

Lunch at Crafers Hotel

Leader: Eva

Meet at carpark Crafers Hotel. (moderate) Advise reception if attending lunch.

Sundays

10am - 12.00noon

3 July - 20 Nov 2011



LEADERS:

- | | |
|---------------|--------------|
| Anne Lang | 0417 823 666 |
| Liz Barry | 0413 670 618 |
| Derik Ward | 8431 1397 |
| Linda Sampson | 0414 587 636 |
| Graham Walker | 0407 433 226 |
| Eva O'Leary | 0414 297 856 |

**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.

FITNESS ON THE PARK

64 Mackinnon Pde, Nth Adelaide, 5006
 Ph: 8267 1887 Fax: 8239 1034
 Email: fitnessonthepark@ozemail.com.au
 Web: www.fitnessonthepark.com.au

Sunday 30th October

BLACK HILL - UBD 108 M6 (2.5 hrs)

Leader: Derik

Meet Maryvale Rd, Recreation Oval carpark, Athelstone

Sunday 6th November

BLACKWOODPARK CONSERVATION PARK

UBD 154 K11

Leader: Liz

Meet rear of Blackwood Oval, Craighburn Rd (off Trevor Tce), Blackwood.

Sunday 13th November

MT GEORGE CONSERVATION PARK

UBD146 E15

Leader: Liz

Park Bridgewater Oval. Enter off Anzac Ridge Rd (off Mt Barker Rd), Bridgewater

Sunday 20th November

CHRISTMAS LUNCH

Walk Waterfall Gully early.

8.30am Mt Lofty walk.

Departing from carpark.

(You can earn your lunch)

Information at reception

<u>COST :</u>
Members \$6.00
Casuals \$9.00
Includes morning tea