

Sunday 2nd August

Leader: Derik Ward

MORIALTA UBD 108 J14

Meet at carpark Stradbroke Rd, outside
Morialta Recreation Area

Sunday 9th August

Leader: Jessica

BELAIR NATIONAL PARK UBD144 F15

Meet at north east entrance to Belair National
Park, Sheoak Rd, Belair,

Sunday 16th August (2½ hours)

Leader: Irene Nelson

BROWNHILL CREEK UBD 143 B6

Meet at carpark on Brownhill Creek Rd, just
past caravan park.

Sunday 23rd August

Leader: Derik Ward

BLACK HILL UBD 108 N6

Meet at carpark, Foxfield Recreation Oval,
Maryvale Rd, Athelstone

Sunday 30th August

Leader: Jessica

ONKAPARINGA NATIONAL PARK HARDYS SCRUB UBD 198 F5

Meet at carpark near corner of Franceschini
Rd and Chapel Hill Rd, Blewitt Springs

Sunday 6th September

Leader: Irene

CHAMBERS GULLY UBD 132 B6

Meet first road on left, off Waterfall Gully Rd.

Sunday 13th September

Leader: Perry Woodfine

“SHAMBANI” HARROGATE (2½ hours) Celestine’s 70th Birthday BBQ

Departing 10.15am from Shambani for walk -
followed by BBQ. BYO meat, salad to share,
drinks and a chair. Maps for directions and
further details available at reception.

Sunday 20th September

CITY BAY FUN RUN/WALK Followed by BBQ brunch

Meet at Fitness on the Park at 7.20am. Bus
leaves for 12km and 6km starts at 7.40am.
Return on bus to Fitness on the Park for BBQ.
Bring drinks and a chair. Details reception.

Sunday 27th September

Leader: Liz

SHEPHERDS HILL RECREATION PARK UBD 153 Q1

Meet at Ayliffes Rd carpark at St Marys,
250m from South Rd.

Sunday 4th October

Leader: Jessica

CLELAND CONSERVATION PARK UBD 132 M12

Meet Cleland Wildlife carpark/Visitors Centre

Sunday 11th October

Leader: Liz

ROCKY CREEK, KUITPO FOREST UBD 010 B7

Meet in carpark, Razorback Rd (off
Battunga Rd), Meadows (Battunga Rd - from
Euchunga to Meadows. Razorback Rd -
signed 'Kangarilla via Mt Bold')

Sunday 18th October

Leader: Liz

STIRLING PARKS UBD 145 F14

Meet at Stirling Oval, Mt Barker Rd, Stirling.
Entrance between oval and Ultra Tune

Sunday 25th October

YANDARA VINEYARD, BALHANNA UBD 135 G10

Leader: Anne and Jeff Gower
BBQ LUNCH.

Greenhill Rd, past Carey Gully to Swamp Rd
on (L). 2.7km to sign on (L), which says Hidden
Valley and Yandara. Take dirt road 1km over
grid. Map and details available at reception.
BYO meat, drinks and share salad.

Sunday 1st November

Leader: Liz

BLACKWOOD PARK/MAGPIE CREEK UBD 154 K11

Meet at carpark at rear of football oval
clubrooms, Craighburn Rd (via Trevor Tce),
Blackwood.

Sunday 8th November

Leader: Begonia

MT OSMOND UBD 131 P6

Meet at Dashwood Rd, Brook Res, opposite
Short Cres and Glynburn Road, Beaumont.

Sunday 15th November

Leader: Liz

ONKAPARINGA CONSERVATION PARK (SUNDEWS) UBD 188 A13

Meet at carpark (Gate 6), Piggott Range Rd,
near junction of Upper Pennys Hill Rd,
Onkaparinga

Sunday 22nd November
CHRISTMAS CELEBRATION LUNCH
Mt Osmond Golf Club 12.30PM

Information at reception.

For anyone who wishes to earn their lunch meet at Mt Lofty 8.30am for a walk departing from carpark.



COST :

Members \$6.00

Casuals \$9.00

Includes morning tea

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
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 Email: fitnessonthepark@ozemail.com.au
 Web: www.fitnessonthepark.com.au



Sundays

10am - 12.00noon

2 Aug - 22 Nov 2009



LEADERS:

Anne Lang	0417 823 666
Liz Barry	H: 8270 7801
Begonia Dierckx	0413 598 991
Jessica Moyle	0418 816 857
Derik Ward	8431 1397
Irene Nelson	8379 4548
Anne & Jeff Gower	0437 424 008