LITTLE BAY COAST CENTRE FOR SENIORS INC – (02) 9311-4886 **"THE COASTERS"** WALKING FOR PLEASURE - New Walkers Welcome Date: Feb 2025 – June 2025

DATE	MEETING PLACE	LENGTH & GRADE	ROUTE	LEADER
21 Feb	8:30 am Circular Quay	7 km	Birchgrove to Balmain	Yok Hah - 0404 048 688
2025	Outside Wharf 4	MEDIUM	East	Sally - 0425 260 874
	Ferry 8:45 am	Some stairs		
7 March	9.05 am Central Station	4.5 km	Lane Cove River Park	Connie - 0419 607 328
2025	Meet at Eddie Ave Flower	MEDIUM	Walk	Judy – 0413 543 877
	Shop	Uneven surfaces	(Return by bus to	
	Train at 9.24 am		Chatswood)	
21 March	9.30 am	6.5 km	Cooper Park (Bellevue	Corinne - 0409 284 212
2025	Meet at Bondi Junction	EASY	Hill) to Darling Point	Boyd - 0432 760 176
	Bus Interchange.		Wharf	
	Adjacent to Stand A			
4 April	8.30 am Central Station	6 km	Point Clare to Woy Woy	Yok Hah - 0404 048 688
2025	Meet at Eddie Ave Flower	EASY flat walk	along Brisbane Water	Sally - 0425 260 874
	Shop		Drive	
	Train at 8.50 am			
18 April	NO WALK			
2025				
GOOD FRIDAY		C luce		Elaina 0422 402 000
2 May	9.00 am Central Station	5 km	Epping to Eastwood via	Elaine - 0432 483 988
2025	Meet at Eddie Ave Flower	MEDIUM	Terry's Creek	Sally - 0425 260 874
	Shop Motro to Enning	Some stairs & bush		
16 May	Metro to Epping 9.45 am Circular Quay	8 km	Watsons Pay to Poso	Connie - 0419 607 328
2025	Outside Wharf 4	MEDIUM	Watsons Bay to Rose Bay via Neilson Park	Judy - 0413 543 877
2025	Ferry 10.05 am	Some stairs & bush	Day via Nelisuli Park	Kay – 0425 323 482
30 May	8.50 am Central Station	5.5 km	Little Bay to Yarra Bay	Corinne - 0409 284 212
2025	Meet at Eddie Ave Flower	MEDIUM	via La Perouse	Boyd - 0432 760 176
2023	Shop	Uneven surface on		boya 0452700170
	L3 Light Rail at 9.03 am	some bush trails		
13 June	9 am Central Station	8 km	Bridge to Bridge	Connie - 0419 607 328
2025	Meet at Eddie Ave Flower	EASY	Penrith	Kay – 0425 323 482
	Shop			
	Train at 9.18 am			
27 June	9 am Central Station	5 km	Wolli Creek to Mascot	Elaine - 0432 483 988
2025	Meet at Eddie Ave Flower	EASY		Corinne - 0409 284 212
	Shop			
	Train at 9.13 am			

- Wet weather arrangements – SMS or call leader if unsure whether walk going ahead

- PRE BOOK into the walk, preferably by a message on the Coasters WhatsApp group, alternatively SMS the leader.

- Group size is limited, so only book if you know you are definitely coming (illness, or unexpected disaster aside).

- Walk will be cancelled or changed if impacted by weather or conditions of the track- check with leader if unsure.

- Walk will be automatically cancelled if the BOM site is indicating temperatures of over 30 degrees.

- Meet at "CONNECTION POINT" in schedule above; if you want to meet elsewhere please arrange with leader.

- Contact with a positive COVID or FLU case in the past 7 days, have a sniffle, sore throat etc prohibits attendance.

- Sign in at the start of the walk with your contact details, and sign off if you leave walk early.