LITTLE BAY COAST CENTRE FOR SENIORS INC – (02) 9311-4886

**“THE COASTERS”**

WALKING FOR PLEASURE - New Walkers Welcome

**Date: Feb 2025 – June 2025**

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

***- 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.*