COAST CENTRE FOR SENIORS INC - (02) 9311-4886

"THE COASTERS"

WALKING FOR PLEASURE - New Walkers Welcome

Date: July 2025 - Jan 2026

DATE	CONNECTION POINT	LENGTH &	ROUTE	LEADER
		GRADE		
27 June	9 am Central Station	5 km	Wolli Creek to Mascot	Elaine - 0432 483 988
	Meet at Eddie Ave Exit			Corinne- 0409 284 212
	Train 9:13 am	EASY		
11 July	9:05 am Circular Quay	5 km	Taronga Zoo to Cremorne	Connie - 0419 607 328
	Meet outside Wharf 4			Judy - 0413 543 877
	Ferry 9:20 am	EASY		
25 July	9:30 am Circular Quay	6 km	Woolwich to Kelly Bush	Corinne- 0409 284 212
	Meet outside Wharf 4	Stairs& bush trails	return	Boyd - 0432760176
	Ferry 9:45 am	MEDIUM		
8 Aug	9 am Central Station	5 km	Epping to Eastwood via	Elaine - 0432 483 988
	Meet at Eddie Ave Exit	Stairs& bush trails	Terry's Creek	Sally - O425 260 874
	Metro to Epping	MEDIUM		
22 Aug	9:10 am Circular Quay	6 km	Abbotsford to Drummoyne	YokHah -0404 048 688
	Meet outside Wharf 4	Some stairs		Elaine - 0432 483 988
	Ferry 9:27 am	EASY		
5 Sept	9:15 am Bondi Jnct Bus Interchange	6 km	Malabar Headland	Corinne- 0409 284 212
	Meet Stand F	Some steps		Boyd - 0432760176
	Bus 9:28 am	MEDIUM		
19 Sept	9 am Central Station	7 km	Westmead to Parramatta	Sally - O425 260 874
	Meet at Eddie Ave Exit		Station via Wisteria Garden	Connie - 0419 607 328
	Train 9:12 am	EASY	Parramatta Park	
3 Oct	9 am Central Station	5 km	Forest Lodge to	Corinne- 0409 284 212
	Meet at Eddie Ave Exit		Blackwattle Bay	Boyd - 0432760176
	Bus 9:19 am	EASY		
17 Oct	9:05 am Circular Quay	6 km	Taronga Zoo to Chowder	Connie - 0419 607 328
	Meet outside Wharf 4	Stairs& bush trails	Bay	Kay – 0425 323 482
	Ferry 9:20 am	MEDIUM		
31 Oct	9:05 am Central Station	8 km	Concord West to	YokHah -0404 048 688
	Meet at Eddie Ave Exit		Bi-Centennial Park	Elaine - 0432 483 988
	Train 9:23 am	EASY		
14 Nov	9:05 am Central Station	9 km	Lime Kiln Bay	Elaine - 0432 483 988
	Meet at Eddie Ave Exit			Sally - O425 260 874
	Train 9:20 am	EASY		
28 Nov	Midday		End of Year Gathering	Debbie - 0414 911 420
			Location : TBD	Corinne- 0409 284 212
13 Feb	8:55 am Circular Quay	5 km	North Head Barracks to	Debbie - 0414 911 420
2026	Meet outside Wharf 4	A few bush trails	Manly via Collins and Little	Connie - 0419 607 328
	Ferry 9:10 am	EASY	Manly Beach	

NOTES:

- 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 the walk early.