



The Hub 9.30AM Walkers Program July 2 to Nov 26, 2018

Preamble:

There is no need to register for a walk – you just turn up on the appropriate day at the appointed time and place and the leader will be there.

For the 7.30 am walkers, the leader will be at the Waverton Station whatever the weather.

For the 9:30am walks, walks may be changed to a different one or cancelled at the last minute due to weather conditions. If so, you will be notified by email on the morning of the walk at the latest, so please make it a habit to check your email before leaving home to join a walk.

You can walk with us as a Hub member or initially as a guest or a prospective member.

There is no obligation for participants to lead a walk, although there is always an underlying need for leaders. You don't need to stay on a walk or have a coffee or lunch during or after the walk.

Regular Weekly walks:

- **Mondays at 7.30 am** for LOCAL walks of an hour to an hour and a half.
Contact: Bev on 9957 5367 or email became@bigpond.net.au
Meet at 7.30 am at Waverton Station.
- **Mondays at 9.30 am** for slightly more extensive OUT-OF-AREA walks.
Contact: Philip on 0412 663 860 or email hubwalkers@escconcepts.com
Meet at 9.30 am in general, or at times indicated in the weekly e-mail bulletins, at Waverton Chemist.

The next page lists the walking programs for the 9.30am regular weekly walks.

Note that the 7.30am Walks will now only be listed in the Hub's eNews Newsletter published on Fridays as they will be organised/chosen on an ad-hoc weekly basis.

The grade of walks is generally **easy**, but can move to **medium** for uneven ground and/or stairs or steep slopes. **Be sure to take plenty of water and sun screen/hat protection with you.**

Also, make sure that you have your emergency contact details and any special medical requirements on you on an easily found piece of paper and NOT just on your smartphone.

If you suffer from asthma or allergies or any other underlying medical condition, it is important you bring your own aids or medication with you.

Be aware that the train timetables may change over time.

Always carry your transport Opal card and money, even on short walks as you may wish to return by train, bus or taxi.

Monday 9.30 am Out-of-Area Walks.

Note that many out-of-area walks start earlier.

Exact route details and Start time for each walk will be sent out by email a few days before each walk is due.

A walk's destination may change or the walk could be cancelled at the last minute due to weather conditions. If so, you will be notified by email on the morning of the walk at the latest, so please make it a habit to check your email before leaving home to join a walk.

No	Walk Date	Destination and description	Walk time hours	Grade	Leaders
1	2/7	Old Forte Fortifications	2	Easy	Phil
2	9/7	Ballast Point and Balmain	2 ½	Mod	
3	16/7	Manly North Head	2	Mod	
4	23/7				
5	30/7	Taronga Zoo to Balmoral	2	Mod	
6	6/8	Tempe to Campsie via Cooks River	3	Easy	
7	13/8	Rose Bay to Watson Bay	2	Mod	
8	20/8				
9	27/8	Cockatoo Island	2	Easy	
10	3/9				
11	10/9	Maroubra to Coogee	2	Mod	
12	17/9	Kokoda trail Rhodes to Cabarita	3	Easy	
13	24/9	North Curl Curl to Long reef via Long Island	2	Mod	
	1/10	Labour Day No Walk			
14	8/10	Sydney Park St Peters	2	Easy	
15	15/10				
16	22/10	Sculptures by the Sea – Late Afternoon walk	2	Mod	
17	29/10				
18	5/11	Narrabeen Circuit	3	Easy/ Mod	
19	12/11				
20	19/11	Milsons Point to Mosman Bay	2	Mod	
21	26/11				
	3/12	Christmas Party – no walk	3	Dead Easy	