



## The Hub 9.30AM Walkers Program Feb 4 to June 24, 2019

### 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](mailto: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](mailto: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 or lack of a Leader. 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	4/2	Manly to Curl Curl	2 ½	Mod	Phil
2	11/2	Barangaroo to Fish markets	2 ½	Easy	Phil
3	18/2	Woy Woy and Davistown	2	Easy	
4	25/2	Spit Junction to Spit Bridge	2	Mod	
5	4/3	ABC tour and Pymont	2	Easy	Phil
6	11/3	Brighton Le Sands to Sans Souci	3	Easy	
7	18/3	Hunters Hill East side	2	Mod	Phil
8	25/3	Milsons Point to Kings Cross	2.5	Mod	
9	1/4	Killara to Gordon	2	Easy	Phil
10	8/4	Roseville to Lindfield	3	Mod	Phil
11	15/4	Cammeray to Naremburn	2	Mod	
	22/4	<b>Easter Monday – NO Walk</b>			
12	29/4	Sydney park and St Peters	2	Easy	Phil
13	6/5	Sydney University Heritage tour	2	Easy	Phil
14	13/5	Callan Park	2	Easy	Phil
15	20/5	Chang Lai Yuan Chinese Gardens - Doonside	2.5	Easy	Phil
16	27/5	Dangar Island guided tour with Joanne from <a href="#">Travel with Joanne</a>	2	Mod	Phil
17	3/6	Malabar to La Peruse	2	Mod	
	10/6	<b>Queen's Birthday – NO Walk</b>			
18	17/6	Coal Cliff to Scarborough	2	Mod	Phil
19	25/5	Meadowbank to Homebush Wharf	2.5	Mod	