



The Hub 9.30AM Walkers Program July 1 to Nov 25, 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. You don't need to stay on a walk or have a coffee or lunch during or after the walk.

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.

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

The 9.30am Walks will still be listed in the Hub's eNews Newsletter, but may be in error as the order in which the walks are listed is not always followed.

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 suggested Walks

Jul 1 to Nov 25 2019

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	1/7	Meadowbank to Homebush Wharf	2	Mod	
2	8/7	Kings Cross to Edgecliff	2	Mod	
3	15/7	Kissing Point to Banjo Patterson	2	Mod	
4	22/7	Bonnyrigg 3 temples	2	Easy	Phil
5	29/7	Mona Vale to Church Point and maybe Scotland Island	3	Mod	Phil
6	5/8	Bronte to Maroubra via Waverly Cemetery	3	Mod	Phil
7	12/8	Kokoda Trail Rhodes to Cabarita	2.5	Easy	
8	19/8	Auburn Japanese Gardens - Cherry Blossom walk	2	Easy	
9	26/8	Tempe to Campsie via Cooks River	2.5	Easy	
10	2/9	Edgecliff to Woollahra	2.5	Mod	
11	9/9	Narrabeen Lake Circuit	2.5	Easy	
12	16/9	Rouse Hill and surroundings	2	Easy	Phil
13	23/9	Sydney Park and St Peters	2	Easy	Phil
14	30/9	Middle Head Fortifications to Balmoral	2	Mod	
	7/10	Labour Day No Walk			
15	14/10	Callan Park	2	Mod	
16	21/10	Glebe Historic Walk	2	Mod	
17	28/10	Meadowbank to Homebush Wharf	2	Mod	
18	4/11	Sculpture by the Sea Walk – <u>Late Afternoon!!</u>	2	Easy	Phil
19	11/11	Rose bay to Watsons Bay	2.5	Mod	
20	18/11	Surry Hills	2	Easy	
21	25/11	Coal Cliff to Scarborough	2	Mod	
	2/12	Christmas Party – no walk			

Note: Walks in RED must be held on the assigned date - others may be swapped around at will.