



# The Hub 9.30AM Walkers Program

## Feb 3 to Jun 29, 2020

### 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 Hub member for 3 weeks. To continue after this period, you will need to join the Hub.

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: Steve on 0417 137 060 or email [scarbery49@gmail.com](mailto:scarbery49@gmail.com)*  
**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@esconcepts.com](mailto:hubwalkers@esconcepts.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 program for the 9.30am regular weekly walks only.

The 7.30am Walks are now only listed in the Hub's weekly eNews Newsletter published on Fridays as they are 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, or the walk's destination, is not always followed.

The grade of walks is generally **easy**, but can move to **moderate** 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 and Bus timetables may change over time, particularly if you are doing the walk at a different time by yourself.

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

Feb 3 to June 29 2020

**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	3/2	Centennial Park	2	Easy	Elliott
2	10/2	Manly to Curl Curl	2	Mod	
3	17/2	Watsons Bay to Bondi	2.5	Mod/Long	
4	24/2	Barangaroo to Fish Markets	2	Easy	Phil
5	2/3	Bronte to Maroubra via Waverly Cemetery	2	Mod	Phil
6	9/3	Castlecrag	2	Mod	Phil
7	16/3	Brighton Le Sands to Sans Souci	2.5	Easy	
8	23/3	Palm Beach	2	Mod	
9	30/3	North Sydney to Taronga Zoo	2.5	Mod	
10	6/4	Hunters Hill	2.5	Easy	
	13/4	Easter Monday - NO WALK			
11	20/4	Ashfield South	2	Easy	Phil
12	27/4	Kings Cross to Edgecliff	2	Mod	
13	4/5	Parramatta	2	Easy	Phil
14	11/5	Newington	2	Easy	Phil
15	18/5	Woy Woy	2	Mod	
16	25/5	Flemington to Campsie	2	Mod	Phil
17	1/6	Spit Bridge to Manly	3	Hard	
	8/6	Queen's Birthday – NO WALK			
18	15/6	Campbelltown	2.5	Mod	Phil
19	22/6	Balmain	2	Mod	
20	29/6	Malabar to La Peruse	3	Mod/Long	