

U3A HAWTHORN

Moderate Walking Group – March – July 2019

Co-ordinators: Eva Carew-Reid & Lily Adolphe Ph: 0488 077 518 & 0405 435 480

The Moderate Walking Group is a co-operative, self-help group with members offering to lead a walk of their choice. This is the best way to involve everybody and provide a far wider range of options. The co-ordinators are ready to suggest and help to plan walks with members. Thank you to all our leaders for this programme.

Fitness:	Participants need the fitness necessary to make the distance specified for each walk at a pace to keep up with the group.
Bookings:	It is necessary to book with the leader of each walk.
Meeting Points/Time:	10.15am for 10.30am start (unless indicated otherwise).
Transport:	Members needing assistance with transport, please contact the walk Leader.
Name Badges:	Wear name badges on all walks, with emergency details completed.
Gear:	Wear strong walking shoes or boots and carry warm/waterproof clothing or sun protection as appropriate & also bring your Senior's card.
Lunch:	Bring your own cut lunch, drink, and a water bottle.

Thursday 28 March 2019. Devilbend Reserve/Reservoir Circuit, Mornington Peninsula.

A relatively flat 11.5 km walk on tracks along the perimeter of the reservoir on the Mornington Peninsula. The trail meanders through lowland forest and grassy woodlands with multiple access points to the reservoir.

Getting there: Devilbend Reserve is located off Graydens Rd, Tuerong. Go down the Mornington Peninsula Freeway, take Exit 19 Balnarring, turn left onto Old Moorooduc Road and then almost immediately turn left into Tuerong Road (take care on gravel section). At the end of Tuerong Road, turn right into Derril Road, then (after 200 metres) turn left into Graydens Road. Cross the dam wall and 100 metres further on, turn right into the picnic area.

Melway Ref: 152 J3

Leader: Lily Adolphe. Phone/SMS: 9888 1435 or 0405 435 480.

Thursday 2 May 2019. Churchill National Park, Lysterfield South.

This walk is about 7 km long with most of the route following broad, well-maintained gravel foot tracks. No long climbs on this walk, only a few short rises.

This is a shorter walk as part of the initial time starting at 10:30 am will include a brief presentation/discussion on GPS, reading a topographical map, finding north points, use of a compass and navigating through the bush with map and compass. Walk will start after 11:00 am. If those who attended my walk last year on 28 Nov 18 and heard my presentation you are free to come later at 11:00 am so as to hear my presentation again.

At the conclusion of the walk we will have lunch back at the BBQ area at about 1:30 pm. For those who would like to practice navigating through the bush with map and compass a short field exercise will be conducted after lunch for about 1 hr. Please bring your compass, if you have one and I will bring copies of the map to be used. If you do not have a compass you can still join a group with one and participate in the exercise.

Please advise of your attendance and if you would also like to participate in the navigation exercise

Getting there: Go down Wellington Road, turn right into Stud Road then left at the lights into Bergins Road. At the roundabout, turn right into Churchill Park Drive. Meet at 10:15 am at the shelter and BBQ area close to the picnic area along the Army Rd at northern car parking area.

Melway Ref: 82 C10 (Return journey from U3A Hawthorn is 55 km)

Leader: George Giummarra. Phone: 9836 3184 or 0418 541 137.