

U3A HAWTHORN

Moderate Walking Group – June – November 2018

Co-ordinator: Bruce Gooley 0411 334702, 98225372

The Moderate Walking Group is a co-operative, self-help group with members offering to lead a walk of their choice. This helps involve everybody and provide a far wider range of options. The co-ordinator is ready to suggest and help to plan walks with members. Walks are on the fourth Thursday of the month and details appear on the U3A Hawthorn website. 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 & medical 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 28th June 2018. Cape Woolamai

This 8.0 km, 3 ½ hour walk, graded as 'easy-medium' starts at the Woolamai Surf Lifesaving Club on Phillip Island (little more than an hour's drive from Melbourne's south-eastern suburbs). The track proceeds south to Cape Woolamai, passes through coastal forest to the Cape Woolamai State Faunal Reserve, visits a historic granite quarry and returns to the starting point either along the beach (tides permitting) or by an inland route.

Meet at the carpark beside the Woolamai Surf Life Saving Club. From Melbourne drive south-east for 122km to San Remo via Dandenong and Cranbourne, cross the bridge onto Phillip Island. From the bridge proceed along the main road for a further 2.8 km before turning left on to Woolamai Beach Road. Follow the road for 2.9 km to the car park. There are public toilets at San Remo and behind the Woolamai Surf Life Saving Club in the car park.

Melway Map 734 C 12

Leader: Garry Warne (garry@warnefamily.net; tel 0421 699 039)

Thursday 26th July 2018. Lower Maribyrnong River Walk

We will walk from the Maribyrnong Boat House along the river for as long as we feel like it. This is an ideal winter walk along sealed paths and no steep hills. Returning to the boathouse for well-deserved coffee and cake.

Meet at the Maribyrnong Boat House Restaurant, (north side of the river) 7 The Boulevard, Moonee Ponds.

Melway Ref.: Map 28 D8

Leader: Alison Talbot. Contact 0419517450

Thursday 23 August 2018. Warburton Riverside Walk – Warburton.

A 12 km circuit along the Upper Yarra River in Warburton which is positioned between picturesque mountains and old growth mountain ash forests. Places of interest along the way include the Redwood forest, Water Wheel Centre and murals depicting Warburton's history painted by a local artist on the old railway platform.

Follow Whitehorse Road/Maroondah Hwy [34] to Lilydale. Once past Lilydale, turn right into Warburton Hwy [B380] towards Warburton. Before Warburton township, look out for the carpark near the Tourism Information sign on the left (near the 'now closed' Patchwork Tea House). Meet in this carpark which is across the road from Scotchman's Creek Rd.

Melway Ref: 289 K4

GPS Address: Corner Warburton Hwy and Scotchman's Creek Road, Warburton.

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

Thursday 27th September 2018. Mordialloc to Carrum.

This walk (about 10 kms) will take us from Mordialloc Station along the Mordialloc Creek, past part of the Edithvale-Seaford Wetlands and Patterson Lakes, ending at Carrum Station.

Meet at the West side of Mordialloc Station. Trains leave Flinders Street at 9.22 and Richmond at 9.25, arriving at Mordialloc at 10.05; however, it would be advisable to check the timetable for any possible changes a day or two before the walk.

Leader: Marg Deighton Contact: 0438712311

Thursday 25 October 2018. Red Hill to Merricks and return walk.

Approx. 13 km return. The walk is along the former apple orchard railway line to Merricks. It starts from the back of 'The Epicurean'.

BYO lunch as usual, or you can buy lunch at the Merricks General Store if you prefer. After lunch we return to Red Hill.

Meet outside 'The Epicurean', 169 Shoreham Road, Red Hill South.

Parking is at the back and coffee and toilet are available.

Melway Map: 191 A7.

Leader: Eva Janina Carew-Reid. Contact: 0488077518.

Thursday 22nd November 2018. Churchill National Park, Lysterfield South.

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

This is a shorter walk as part of the time 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 a map and compass.

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 Map 82 C 10 (Return journey from U3A is 55 km)

Leader: George Giummarra 03 9836 3184 mobile 0418 541 137