

# U3A HAWTHORN

## Moderate Walking Group – July – November 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.

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

### **Thursday 25 July 2019. Point Cook Coastal Walk.**

An easy 8.4 km circuit walk in a natural environment. The Point Cook Coastal Park is well developed with bird hides, car parking and picnic facilities. This walk has no hills and is an excellent outing for the family. It includes an easy climb up an architecturally impressive tower from which there are views over the nearby wetlands.

**Getting there:** Follow Princes Highway southwest towards Geelong, then turn left onto the exit ramp for Point Cook. Follow the Point Cook Rd south for 6 kms then turn left into Point Cook Homestead Rd to enter the gate of the Point Cook Coastal Park - approximately 1.5 km on the right. After 3.5km, park at any of the three large carparks near the beach. Or follow this link - <https://bit.ly/2W6QxYJ>

**Melway Ref:** 199 E3

### **Lunch**

Bean Smuggler, 225-229 Sneydes Rd, Point Cook

**Leader: Shaun Lee. Phone/SMS: 0403 180 353.**

### **Thursday 22 August 2019. Pound Bend Reserve, Warrandyte.**

An easy 6 km return walk into and around Pound Bend Reserve, Warrandyte followed by a further 2 km walk along the banks of the Yarra. There would be time for the group to further explore historical and/or architectural inner 'city' Warrandyte.

**Getting there:** Go down Canterbury Rd, turn left into Blackburn Rd and drive towards Templestowe. After Doncaster Rd, turn right into Andersons Creek Rd (13). Drive to the end and turn right into Heidelberg-Warrandyte Rd (2) (42) which becomes Yarra St after the roundabout (with Harris Gully Rd on right). Follow Yarra St into Warrandyte, turn left into Stiggant St. Meet in Stiggant Reserve at the end of the street. From U3A (Sinclair Ave) the drive is approximately 25km/45minutes.

**Melway Ref:** 23 C12

**Leaders: Colleen Clift Phone/SMS: 0405 527 063 / Barb Henderson Phone/SMS: 0409 815 241.**

**Thursday 26 September 2019. Birdsland/Lysterfield Circuit, Tecoma.**

This is a 10.5 km circuit walk through beautiful bushland with a number of splendid views. Wildlife and wildflower encounters are also a feature, especially during Spring. There are some climbs so bring walking poles if you have them.

**Getting there:** From the Melbourne side, follow Burwood Highway eastward to Upper Ferntree Gully. Continue following Burwood Highway south-east for 3.5 km to the shops in Tecoma. Turn right into McNicoll Road and follow it Southwards for 2 km to cross Monbulk Creek, then immediately turn right to enter Birds Land Reserve. Continue south-west for 600 metres to the car park at the picnic area.

**Melway Ref:** 84 B2

**Leader: Anne & Jeff Lodge. Phone/SMS: 0417 031 082 or 9882 5430**

**Thursday 24 October 2019. Mount Macedon Circuit**

This is a scenic walk that visits many of the park's best lookouts. It is 7.3 km, about three hours, and the grade is easy to moderate. Meet at the McGregors Picnic Ground along Cameron Drive, Mt Macedon.

**Getting there:** Take the Calder Freeway (M79) for 57 km and then exit at the Macedon/Mt Macedon turn off. Follow Mt Macedon Road for approximately 7 km to the Mt Macedon township. Continue to the end of Mt Macedon Road, turn left into Cameron Drive. McGregors Picnic Ground is on the right.

**Melway Ref:** X909 G10

**Leader: Alison Talbot. Phone 0419 517 450**

**Thursday 28 November 2019. George Bass Coastal Walk, Westernport.**

The George Bass Coastal Walk offers panoramic coastal views from a narrow winding path along cliff tops above the surf of Bass Strait. This iconic 8 - 10 km linear walk commences at the southern end of Punchbowl Road, off the Phillip Island Tourist Road and finishes with lunch on the beach/at the pub or café in Kilcunda.

**Getting there:** Take the South Gippsland Hwy (M420) to Phillip Island (becomes the Bass Hwy past Lang Lang). After Bass, take the turn off (Bass Hwy B460) to Anderson (Wonthaggi/Inverloch) and meet in the bus station car park (with toilets) near the roundabout at Anderson. This walk will involve a car shuffle.

**Melway Ref:** X912 P11

**Leader: Franz Hanke. Phone: 9890 5718 or 0431 814 755.**