



Women's Health  
Tasmania

## **Summer Timetable 2018**

**Wednesdays 10.30 am at destination or leaving  
the centre at 10.15 am**



Our friendly women's walking group meet each week and walk for general health and wellbeing.

Walking time is usually one hour or less with additional time allowed for morning tea at a café unless otherwise stated.

Walking pace is moderate; the emphasis is on social as well as physical benefits.

For more information Ph 6231 3212  
Mobile 0417 001 596

**All walks will begin from Women's Health Tasmania (WHT),  
leaving at 10.15am unless otherwise stated.**

An indoor or sheltered destination may be substituted if weather is wet. Please contact the centre on 6231 3212 after 9.30am on Wednesdays to check for any changes.

<b>Date</b>	<b>Location</b>	<b>Details</b>
Jan 17	Hobart Waterworks	Meet at the Number 7 car park. <b><i>Bring morning tea to share.</i></b>
Jan 24	Howrah Beach	Meet on foreshore track at Alexandra Esplanade off Wentworth Street, walk along Howrah Beach and return along Bicycle track.
Jan 31	New Town Rivulet walk	Meet at car park opposite Jane Franklin Gallery in Lenah Valley Rd and walk along the Newtown Rivulet.
Feb 7	Lambert Park & Bicentennial Park	Park in Lambert Ave, cross Churchill Ave into Bicentennial Park.
Feb 14	Risdon Brook Dam	Park in car park at the dam and walk around the lake. <b><i>Bring morning tea to share.</i></b>
Feb 21	Sandy Bay	Park at Alexandra Battery lookout & walk along waterfront to Blinking Billy Point.
Feb 28	Ferntree Pipe- line Track	Meet at Ferntree Tavern and walk along pipeline and return. Morning tea at Fern Tree Tavern.
Mar 7	GASP Boardwalk	Meet at Wilkinsons Point and walk along the boardwalk towards Mona.
Mar 14	Cornelian Bay Walk	Cornelian Bay Beach and walking track. Starts at Boat House Restaurant.
Mar 21	Queens Domain	Park around Botanical gardens. Do a loop from there along upper Domain Rd, back along Soldiers Ave & turn back past government house.
Mar 28	Bellerive Walk	Meet at Bellerive boardwalk and walk to Rosny Point and back.