



Women's Health
Tasmania

Winter Timetable 2017

**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 the Women's Health Tasmania 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 Wednesday to check for any changes.

Date	Location	Details
July 5	South Hobart Rivulet	Park at C3, then walk along the rivulet towards the city for coffee & return
July 12	Taroona Beach	Access via Taroona Crescent and parking at Taroona Park. Foreshore walk passing Batchelor's Grave, boatsheds and Taroona High School.
July 19	Health Centre to Cenotaph	Begin at the HWHC, walk along Brooker to the Cenotaph then coffee at the Bahai centre.
July 26	Tranmere Beach	Stunning city and mountain views. Parking and access via Tranmere Rd, near Cleve Court, Howrah.
August 2	Battery Point Walk	Begin at the fountain in Salamanca Square, walk through historic Battery point and return for morning tea at a café along Salamanca Place.
August 9	West Hobart Walk	Starting at HWHC we will walk up Arthur St, head along Browne St and make our way to the Pigeon Hole coffee shop, then return.
August 16	Botanical Garden	Meet at the main entrance gates. Morning tea in restaurant after walk.
August 23	Bellerive Boardwalk to Beach	Begins at Bellerive Boardwalk follow the water around towards Bellerive Beach.
August 30	Risdon Brook Dam	Park at the main car park and walk around the dam. Bring morning tea to share.
September 6	O'Gradys Falls	Park at Bracken lane or Fern Tree. Walk on the lower slopes of Mt Wellington to O' Grady Falls
September 13	North Hobart	Begin at HWHC , walk via Newdegate St to Melifont St to Friend's Park. Return via Arthur St and Lochner St.
September 20	Sculpture Trail	Winds through Battery Point, starting at Salamanca to Marieville Esplanade.
September 27	Waterfront and museum walk	Meet outside Henry Jones Art Hotel in Hunter St, and walk to the Tasmanian Museum to see current exhibitions