



Women's Health
Tasmania

Mid Year Timetable 2018

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



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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

All walks will begin from the Hobart Women's Health Centre (HWHC) 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 Thursdays to check for any changes.

Mobile 0417 001 596

Date	Location	Details
July 4	Waterworks Reserve.	Gentle Annie circuit. Park at interpretation cabin, near site 9. Steep in places, but an alternative route is available.
July 11	Shag Bay Heritage walk	Park at the end of Geilston Bay Road. An easy walk with panoramic views of the Derwent River.
July 18	Sandy Bay	Park at Alexandra Battery lookout & walk along waterfront to Blinking Billy Point.
July 25	O'Gradys Falls	Park at Bracken Lane. Walk on the lower slopes of Mt Wellington to O' Grady Falls.
August 1	Risdon Brook dam.	Park at the main car park and walk around the dam.
August 8	Cornelian Bay Beach.	Meet at the Boat House Restaurant, Cornelian Bay and follow the walking track around the foreshore.
August 15	Mt Nelson	Start Mt Nelson Lookout car park. Take trail down to Sandy Bay.
August 22	Bellerive Boardwalk to Foreshore trail	Begin at Bellerive Boardwalk, and follow the water around towards Rosny foreshore trail.
August 29	Bicentennial Park Sandy Bay	Park in Lambert Ave, then cross Churchill Ave into Bicentennial Park. The second part of this track is steep in places
September 5	Newtown Falls	Park at the end of Lenah Valley Rd. This is a walk with a gentle climb.
September 12	Cascade Walking Track	Park at the brewery. Look for sign at the start of the track. The track is steep in places.
September 19	Botanical Garden	Meet at the main entrance gates. Morning tea in restaurant after walk.
September 26	Waverly Flora Park	Begin at Winifred Curtis Entrance at Mercedes Place.