

## Sherbrooke U3A

## Friday Bushwalking Group Term 3, 2022

**9.20 am:** Meeting time

**Finish Time:** Approximately 12.30 pm

**Distance:** Up to approximately 10 kms

**Safety along the way:** Your safety is of utmost concern. Over the years it's been rare that injuries or ailments have occurred on the walks. However, recently some walkers have raised issues about safety procedures. We've always had guidelines and in keeping with the concern for the safety of all walkers, the guidelines have been extended a little and clarified.

**Wear and/or carry:** Your current U3A name badge, some food, drinks/water, personal medical/first aid items and a phone (if you have one). A hat and sturdy footwear for walking on bush tracks should be worn. Many walkers also like to use hiking poles.

**First Aid:** While on most walks some first aid items and information will be carried by a leader, this cannot be guaranteed so it's always important to carry items you may require for personal use.

**Length/terrain:** Walks up to **10 kms long** take place in hilly, bush areas on sometimes uneven surfaces. You can be assured that leaders check the walks and withdraw any that they consider to have unsafe features.

**Group:** At all times it is essential you **please remain** with the group.

**Cancellations:** Walks are automatically **Cancelled** when, 1) the forecast by Melbourne BOM is for **31 degrees** or over on the day of the walk, 2) **Total fire ban** is declared, 3) CFA fire danger rating is **"severe or above"**.

**Feeling weak:** As you would know, group members will always look after you should you begin to feel ill or have an accident along the walk. If you're not feeling too good prior to the walk, maybe it's wise to forgo the walk on that day.

**Breaks:** Some walkers prefer short breaks (one to two minutes) for water. Others prefer morning tea breaks (10 minutes or longer). If you are concerned, please contact the leader (listed here) or check before the walk.

Cheryl Adam	0418 636 028	Lia Blyth	0419880560	Teresa Cannon	0415 414 820
Heather Glover	0487 250 586	Julia Kilner	0411052498	Geoff Mead	0407 477 370
Kate Phillips	0405 713 292	Norma Utting	0499 333 125		

Date	Mel Ref	Meeting Place 9.20 am	Destination	Leader
22 July	120 C-1	Car Park, Trail Café 4 Clancys Road, Mt Evelyn	Warburton Trail to Lilydale	Lia
29 July	65 H-12	One Tree Hill Picnic Ground, Tremont	Park Tracks	Teresa
5 Aug	124 G-1	Football Grnd, Monbulk. Enter off Moores Rd	Monbulk Tracks	Norma
12 Aug	312 K-10	Puffing Billy Carpark, Main Street Gembrook	Gembrook tracks	Julia
19 Aug	66 K-7	Olinda Playspace Car Park 75-77 Olinda-Monbulk Rd, Olinda	Park Tracks	Heather
26 Aug	72 A-9	Jells Park SOUTH, enter off <b>Ferntree Gully Road</b> and <b>park near toilets</b>	Park Tracks	Cheryl
2 Sept	120 C-1	Car Park, Trail Café 4 Clancys Road, Mt Evelyn	Warburton Trail opp direction to 22 July	Kate
9 Sept	127 B-3	Paradise Valley Hotel 249 Belgrave-Gembrook Rd, Clematis	Puffing Billy Track	Norma
Recess Walks				
16 Sept	84 B-2	Inner Carpark, Birdsland Reserve, Belgrave South	Park Tracks	Leaders decided on the day
23 Sept	210 D-3	Crystal Brook Carpark, Cardinia Reservoir Park	Park Tracks	
30 Sept	108 D-2	Lysterfield Lake Park, Visitor Centre CP (prev Trailmix). Below Spotted gum CP. First turn left after entrance	Park Tracks	
7 Oct	75 G-2	Sherbrooke Picnic Ground, Sherbrooke	Park Tracks	