

8.50 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 8.50 am	Destination	Leader
14 Oct	75 D-10	Uniting Church, 1566 Burwood Hwy, Tecoma	Lanes to Lakes	Lia
21 Oct	76 C-3	Obelisk in Green Point Park	Brighton Beach	Kate
The walk will be followed by lunch at Brighton Beach Hotel for those interested. For details on getting to the start of the walk see overleaf.				
28 Oct	127 G-4	Nobelius Heritage Museum Carpark Via Crichton Rd, Emerald	Wright's Forest	Lia
4 Nov	82 K-10	Hallam North Road Carpark Lysterfield Park, Lysterfield South	Park Tracks	Julia
11 Nov	75 K-4	Grants Picnic Ground, Kallista	Sassafras Village	Teresa
18 Nov	120 H-11	Silvan Reservoir Overflow Car Park 1 Stonyford Rd, Silvan	Eagle Nest Picnic Ground	Heather
25 Nov	75 G-2	Sherbrooke Picnic Ground, Sherbrooke	Park Tracks	Kate
2 Dec	74 D-5	Carpark, FTG Quarry Recreation Reserve Quarry Road, Upper Ferntree Gully	Dandenong Ranges NP	Teresa
9 Dec	65 H-12	Upper Carpark, One Tree Hill Picnic Ground Sometimes listed as Tremont and sometimes Ferny Creek. Map reference here is correct. Meeting to discuss walks for 2023	Park Tracks	Lia
See over for recess walks				

Recess Walks				
16 Dec	84 B-2	Inner Carpark, Birdsland Reserve, Belgrave South	Park Tracks	Leaders chosen on the day
23 Dec	210 D-3	Crystal Brook Carpark, Cardinia Reservoir Park	Park Tracks	
30 Dec	108 D-2	Lysterfield Lake Park, Visitor Centre CP (prev Trailmix). Below Spotted gum CP. First turn left after entrance	Park Tracks	
6 Jan 23	75 G-2	Sherbrooke Picnic Ground, Sherbrooke	Park Tracks	
13Jan23	84 B-2	Inner Carpark, Birdsland Reserve, Belgrave South	Park Tracks	
20 Jan	210 D-3	Crystal Brook Carpark, Cardinia Reservoir Park	Park Tracks	
27 Jan	108 D-2	Lysterfield Lake Park, Visitor Centre CP (prev Trailmix). Below Spotted gum CP. First turn left after entrance	Park Tracks	
3 Feb	75 G-2	Sherbrooke Picnic Ground, Sherbrooke	Park Tracks	

Getting to the meeting place for the Brighton Beach walk on 21 October

By Train: Catch the 7:31am train from Belgrave. Kate will catch the train from Tecoma and be in the front carriage.
(Tecoma 7:33, Upwey 7:35, UFG 7:39, Ferntree Gully 7:42)

Driving: If driving on South Road, turn right onto The Esplanade. Go past the Brighton Beach Hotel on your right and turn left into the car park just past the obelisk on your left. This left hand turn is just before Club Marine on the corner of The Esplanade and Canterbury Place.

Parking: \$18 for the day so those going by car may like to carpool.