

Sherbrooke U3A

Friday Bushwalking Group Term 2, 2023

9.20 am: Meeting time.

Finish Time: Approximately 12.30 pm.

Distance: Up to approximately 10 kms

Cheryl Adam	0418 636 028	Lia Blyth	0419 880 560	Teresa Cannon	0415 414 820
Heather Glover	0487 250 586	Julia Kilner	0411 052 498	Geoff Mead	0407 477 370
Kate Phillips	0405 713 292	Norma Utting	0499 333 125		

Date	Mel Ref	Meeting Place 9.20 am Please note Winter start time.	Destination	Leader
5 May	119 B-10	Warburton Trail, Carpark Wandin North If travelling south on Warburton Hwy, turn left just after Railway Pde. If travelling north on Warburton Hwy, turn right just after Rue de Gare. Follow the loop around to the carpark. Please note new starting location.	Warburton Trail	Kate
12 May	127 B-3	Paradise Valley Hotel 249 Belgrave-Gembrook Rd, Clematis	Puffing Billy Track	Norma
19 May	82 K-10	Hallam North Road Carpark Lysterfield Park, Lysterfield South	Park Tracks	Julia
26 May	66 K-7	Olinda Playspace Car Park 75-77 Olinda-Monbulk Rd, Olinda	Park Tracks	Heather
2 June	72 A-9	Jells Park SOUTH, enter off Ferntree Gully Road and park near toilets	Park Tracks	Cheryl
9 June	32 C-5	Yarra Flats Park, Eaglemont Enter off The Boulevard just south of Banksia Street	Park Tracks	Lia
16 June	75 K4	Grants Picnic Ground, Kallista	Sassafras Village or Park Tracks depending on access	Teresa
Recess Walks				
24 June	84 B-2	Inner Carpark, Birdsland Reserve, Belgrave South	Park Tracks	Leaders decided on the day
1 July	210 D-3	Crystal Brook Carpark, Cardinia Reservoir Park	Park Tracks	
8 July	108 D-2	Lysterfield Lake Park, Visitor Centre CP (prev Trailmix). Below Spotted Gum CP First turn left after entrance	Park Tracks	
15 July	75 G-2	Sherbrooke Picnic Ground, Sherbrooke	Park Tracks	

Safety and other details

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, some walkers have raised concerns about safety procedures. We've always had guidelines and in the interest 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 wish), a hat and footwear sturdy enough for walking on bush tracks. Many walkers also like 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, sometimes on uneven surfaces. You can be assured that leaders check the walks and withdraw any that they consider to have unsafe features.

Group: For the safety of all, it is essential that you **please remain with the group** at all times. The leader will designate a Whip (the last walker) at the commencement of each walk, who will ensure that all walkers stay together and are okay.

Heat/fire: 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 overleaf) or check before the walk.