

Sherbrooke U3A

Friday Bushwalking Group Term 2, 2024

9.20 am: Meeting time.

Finish Time: Approximately 12.30 pm.

Distance: Up to approximately 10 kms

See over for safety details

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

Date	Mel Ref	Meeting Place 9.20 am Please note Winter start time.	Destination	Leader
26 Apr	124 G-1	Football Ground, Monbulk. Enter off Moores Rd	Monbulk Tracks	Norma
3 May	75 K-4	Grants Picnic Ground, Kallista Community Walk	Short walk to suit new walkers.	Teresa and Kate
10 May	312 K-10	Puffing Billy Carpark, Main Street Gembrook	Gembrook tracks	Julia
17 May	75 D-10	Uniting Church, 1566 Burwood Hwy, Tecoma	Lanes to Lakes	Lia
24 May	65 H-12	One Tree Hill Picnic Ground, Tremont	Park Tracks	Teresa
31 May	56 A-8	North Williamstown Railway Station Details overleaf	Williamstown coastal walk	Heather
For those interested, the walk will be followed by lunch in one of the hotels in Williamstown or one of the many cafes on the waterfront.				
7 June	72 A-9	Jells Park SOUTH, enter off Ferntree Gully Road and park at Carpark, third entrance on right near toilets	Park Tracks	Cheryl
14 June	108 D-2	Lysterfield Lake Park, Visitor Centre CP (prev Trailmix). Below Spotted Gum CP First turn left after entrance	Boys Farm Track	Kate
21 June	66 K-7	Olinda Playspace Car Park 75-77 Olinda-Monbulk Rd, Olinda	Park Tracks	Heather
Recess Walks				
28 June	84 B-2	Inner Carpark, Birdsland Reserve, Belgrave South	Park Tracks	Leaders decided on the day
5 July	210 D-3	Crystal Brook Carpark, Cardinia Reservoir Park	Park Tracks	
12 July	108 D-2	Lysterfield Lake Park, Visitor Centre CP (prev Trailmix). Below Spotted Gum CP First turn left after entrance	Park Tracks	
19 July	75 G-2	Sherbrooke Picnic Ground, Sherbrooke	Park Tracks	

Getting to the meeting place for the Williamstown walk

By train: Catch the 7.31am train from Belgrave (7.33 – Tecoma, 7.35 – Upwey, 7.39 – Upper Ferntree Gully, 7.42 – Ferntree Gully). Meet in the first carriage.

The train will travel to Southern Cross Station where we change to the Williamstown Line and catch the 8.45 Williamstown train to arrive at North Williamstown at 9.03.

People travelling from other stations or lines could connect with these trains.

By car: We will meet at North Williamstown Station just after 9. There seems to be unregulated parking in side streets to the south of Kororoit Creek Rd.

There is also ticketed parking in Williamstown where we end our walk. It is \$4.80 per hour or \$16.40 for the day. However, you would need to travel two stops on the train to the meeting place at Williamstown North.

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.