

Sherbrooke U3A

Friday Bushwalking Group Term 4, 2024

8.50 am: Meeting time.

Finish Time: Approximately 12.30 pm.

Distance: Up to approximately 10 kms

See over for maps and safety details

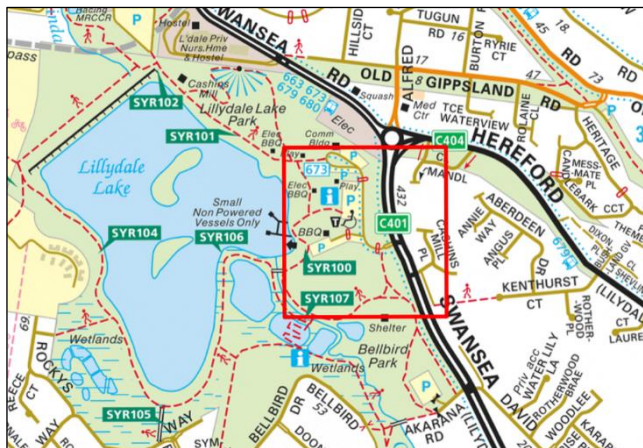
Cheryl Adam	0418 636 028	Lia Blyth	0419 880 560	Kate Phillips	0405 713 292
Heather Glover	0487 250 586	Julia Kilner	0411 052 498	Norma Utting	0499 333 125
Pat Green	0487 607 988			Teresa Cannon	0415 414 820

Date	Mel Ref	Meeting Place 8.50 am Please note earlier summer time	Destination	Leader
18 Oct	74 A-5	FTG Library Car Park 1010 Burwood Hwy, Ferntree Gully	Koolamara Waters and environs	Pat
25 Oct	120 H-11	Silvan Reservoir Overflow Car Park 1 Stonyford Rd, Silvan	Eagle Nest Picnic Ground	Heather
1 Nov	75 K-4	Grants Picnic Ground, Kallista	Park Tracks	Lia
8 Nov	150 D-12	Provincia Food Store, 3/154 Marine Drive, Safety Beach. Cnr Of Victoria Street and Marine Drive	Beach Walk Bring your bathers!	Norma
15 Nov	38 G-7	Car Park (near toilets, map overleaf) Lilydale Lake, off Swansea Road, Lilydale	Hull Rd Wetlands	Heather
22 Nov	108 D-2	Lysterfield Lake Park, Visitor Centre CP (prev Trailmix). Below Spotted Gum CP First turn left after entrance	Boy's Farm Track	Kate
29 Nov	120 B-3	Car Park, Mt Evelyn Reserve (map overleaf) Tramway Rd, Mt Evelyn	Park tracks and the Aqueduct Walk	Heather
6 Dec	75 K-4	Grants Picnic Ground, Kallista Following the walk we will meet for lunch to plan walks for Term 1, 2025	Sassafras Village or Park Tracks depending on access	Teresa

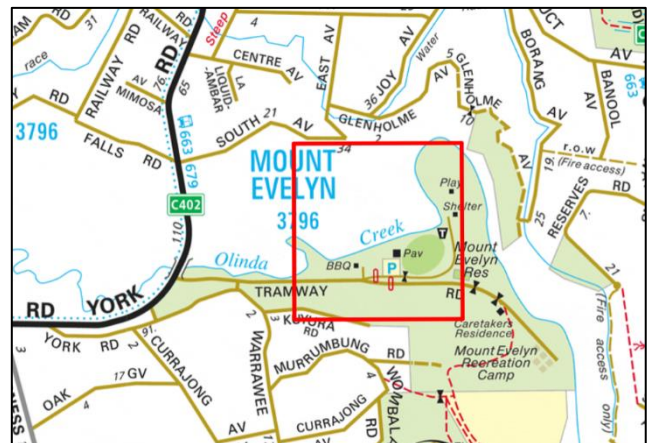
Recess Walks

13 Dec	84 B-2	Inner Carpark, Birdsland Reserve, Belgrave South	Park Tracks	Leaders decided on the day
20 Dec	210 D-3	Crystal Brook Carpark, Cardinia Reservoir Park	Park Tracks	
27 Dec	108 D-2	Lysterfield Lake Park, Visitor Centre CP (prev Trailmix). Below Spotted Gum CP First turn left after entrance	Park Tracks	
3 Jan 2025	75 G-2	Sherbrooke Picnic Ground, Sherbrooke	Park Tracks	
10 Jan	84 B-2	Inner Carpark, Birdsland Reserve, Belgrave South	Park Tracks	
17 Jan	210 D-3	Crystal Brook Carpark, Cardinia Reservoir Park	Park Tracks	
24 Jan	108 D-2	Lysterfield Lake Park, Visitor Centre CP (prev Trailmix). Below Spotted Gum CP First turn left after entrance	Park Tracks	
31 Jan	75 G-2	Sherbrooke Picnic Ground, Sherbrooke	Park Tracks	

Map for Lilydale Lake walk 15 November



Map for Mt Evelyn Reserve Walk 29 November



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.