

PWHC 'Walkie Talkies' Walking Group 2017

These walks are designed for women with moderate fitness levels. This form of exercise and social interaction is designed not just to keep you fit but also to feed your soul by enjoying the beauty of our environment. Walks start 9.00am Friday mornings. Generally duration of walks is between 2 to 4 hours, including coffee breaks and travelling.

Please **wear study walking shoes**, bring water and hat on hot days. **Note**; on days with **excessive rain or heat**, please meet at PWHC so we may arrange an alternate walk. Emails will be sent between 8.00 and 8.30am to advise of cancellation or of an alternative walk, where possible.

The **PWHC accepts no responsibility** for any injury or mishap sustained to any walker however incurred. It is advised novice **'first time walkers'** should begin with an **'easy' walk**. PWHC values are empowering and assisting each other. Please be mindful that all walkers do not have same degree of fitness. Staying together as a group is **imperative**. Please **advise the walk leader** if you are **leaving the group**, as you will no longer be part of the Walkers group.

A \$3 donation (gold coin/notes) is appreciated, plus \$2 to driver when carpooling.

- 29/09/2017: UMINA:** Meet PWHC 9.00am to carpool or 9.20am at 30 The Palisade, Umina (via Lone Pine Ave). This is Judy's home and you can park in the street (near the reserve). We will walk a bush track in the BWNP and see Aboriginal carvings - fantastic views over the Peninsula. (Track may be overgrown in some places). Easy to medium walk approx. 2.0 hours. Coffee at Judy's home. # JM/RG
- 06/10/2017: PRETTY BEACH/BOX HEAD:** Meet 9.00am PWHC to carpool or meet 9.20am Turo Park, Pretty Beach Rd, (near the tennis court). Walk through Bouddi National Park to Box Head, (great bush and coastal views to Lion Island and Pittwater) then along Hawke Head Rd. to Hardys Bay for coffee. Return along Hardys Bay and Pretty Beach foreshore. Medium walk (some uphill at start) approx 3.0 hours. # MS/MH
- 13/10/2017: HOLGATE:** Meet 9.00am PWHC to carpool or meet 9.45am at the Katandra Reserve at the end of Katandra Rd Holgate. There are many beautiful trails through rainforests in this piece of paradise. We walk the Graves Trail. Hard walk some steps approx. 3.0 hours. Coffee at Bamboo Buddha Cafe. # RG/JM
- 20/10/2017: STRICKLAND STATE FOREST:** Aboretum Loop & Bellbird Trail. Meet 9.00am PWHC to carpool or meet 9.40am in the Strickland State Forest. The sign posted entrance is at the top of Mangrove Rd, Niagara Park - off Narara Valley Rd. Enter into Strickland Rd and continue on gravel road to Lower Stony Creek car park. A great walk through one of Australia's oldest Arboretums (native and exotic plants). Walking along some of the rainforest clad creeks with many huge old trees including the rare Hoop & Bunya Pines. Medium walk approx. 2.5 hours. (Toilets at Banksia Picnic area). Coffee at Cake & Plate café - through to courtyard of Niagara Park shopping centre. (Ph 4328 1819) # AM/MH
- 27/10/2017: FORRESTERS BEACH:** Meet 9.00am PWHC to carpool or 9.50am at the end of Cromarty Hill Rd, Forresters Beach to walk to Crackneck Lookout, then onto Bateau Bay for coffee. Fabulous views & native plants. Medium walk approx. 3.0 hours. Bring binoculars – may see migrating whales during whale season. # RG/MS
- 03/11/2017: BOMBI MOORS - McMASTERS BEACH:** Meet 9.00am PWHC to carpool or meet 9.30am at the end of Grahame Drive, McMasters Beach. Walk the bush track in Bouddi National park to Bombi Moors and to the cliff at Bombi Point, return via Little Beach. Easy to medium walk approx. 2.0 hours, Coffee at McMasters Beach Surf Club. # RR/CS
- 10/11/2017: WYRRABALONG NATIONAL PARK:** Meet 9.00am PWHC to carpool or meet 9.45am at Wilfred Barrett Drive (two thirds of the way down), North Entrance. Here you will find a parking area with a NPWS sign. We will walk the Lillypilly Loop in the Wyrabalong Park. Medium walk approx. 2.5 hours. Coffee afterwards at The Entrance. # JM/MS
- 17/11/2017: LITTLE WOBBY:** Meet Woy Woy Station 8.55am, near ticket office, to catch the 9.11am train to Hawkesbury River Station. We should have time to have a coffee before catching the 10.15am ferry to Little Wobby Beach where we can walk to the National Fitness Camp and explore the beaches and maybe have a swim. Bring lunch and drink. Return walk to catch the 2.15pm ferry back, arriving Brooklyn 2.45pm. Train departs for Woy Woy 3.50pm. Easy walk approx. 3.0 hours. Could have refreshments at café or hotel. # JM/CS
- 24/11/2017: DAVISTOWN:** Meet at Woy Woy waterfront at 8.45am to catch the 9.00am ferry to Veteran's Wharf. Walk from there to Davistown. Catch the return ferry from Davistown at 11.10am to return via Empire Bay, or at 11.21am returning direct to Woy Woy. Easy walk approx. 2.0 hours. Coffee at The Little Teapot café. (Ph 4369 6186) or Davistown RSL. # JM/RR
- 01/12/2017: PEARL BEACH:** Meet 9.00am PWHC to carpool or meet 9.20am in the car park at the very southern end of Umina Beach. We will walk around the base of the Mt Ettalong cliff to Pearl Beach where we will also walk through the Crommelin Native Arboretum. Easy walk approx. 2.5 hours. Coffee at Pearl Beach. # CS/MH
- 8/12/2017: XMAS PARTY:** Please keep this day free. Information regarding venue will be forwarded separately. # depicts toilets available on this walk, (sometimes just at the cafes).