

## Women's nature and adventure walks 2018

A series of walks for nature lovers and adventure seekers. Most walks are easy with no or little experience needed, whilst other walks are hard for those who want to push themselves and get the blood pumping. All walks will include a nature connection exercise such as a short meditation or some silent walking to help you calm the mind, awaken your senses and tune in to your surroundings. The walks will take place between school hours, generally between 9.30 and 2pm. Meet at Wyoming Women's Health Centre for carpool to beginning of walk. Bookings are essential.

Please read walk description and grade to choose walks which match your capabilities

Term 1	<i>Autumn</i>	March Tuesday 13th	Girrakool Loop and explore Approx 2.5km 2.5hrs	easy
		April Tuesday 10th	Kariong Hieroglyphs	easy
Term 2		May Tuesday 8 <sup>th</sup>	Katandra Circuit 5km 3hrs.	moderate
		Tuesday 22 <sup>nd</sup> *	Piles Creek Circuit 4.2km 3hrs. Steep single track	<b>Hard*</b>
	<i>Winter</i>	June Tuesday 5th	Bullimah Spur	easy
		July Tuesday 3 <sup>rd</sup>	Strickland engravings and airstrip	easy
Term 3		Tuesday 31*	Maitland Bay circuit	<b>Hard*</b>
		August Tuesday 21st	Somersby cave	easy
	<i>Spring</i>	September Tuesday 18th	Pearl Beach Arboretum and waterfall	easy
Term 4		October Tuesday 16th	Rumbalara TBC	easy - moderate
		November Tuesday 13th	Kincumber Mountain TBC	easy - moderate
	<i>Summer</i>	December Tuesday 4th	Somersby Falls – Xmas picnic	easy - moderate

\*Adventure walks require a reasonable level of fitness as it will be a brisk pace with steep climbs and descents, uneven and slippery surfaces. Be prepared to challenge yourself, explore and have an adventure!