

**Meeting Place:** The Berkeley Vale Sporting Complex car park in Berkeley Road - Glenning Valley (Opposite Heather Ave.)  
or, at the beginning of the walk, which will be designated on the walk program

**Meet time:** 09.00am

**Walk days:** Every Tuesday (except a short break over the Christmas period)

**Contact Phone Numbers:**

**Berkeley Vale Neighbourhood Centre:**

The Berkeley Centre – Office 3  
3 Heather Avenue  
Glenning Valley 2261  
Phone: (02) 4388 5801 or 0490 538 494

**Group Leader :** Ben Wilson  
Phone: (02) 43321538

There are also Walk Leaders and their details are on the program for their designated walks



The group on a walk in the Wattagans



Having morning tea on a walk in the Brisbane National Park



Walking along part of the Great North Walk from Somersby



**WALKING ALLOWS YOU TO**

**GET ACTIVE**

**GET EXERCISE**

**GET OUT AND ABOUT**

**GET TO KNOW YOUR AREA**

**GET NEW FRIENDS & HAVE FUN**

## How does the Berkeley Vale Walking Group work?

- We are just one activity of the Berkeley Vale Neighbourhood Centre
- We also come under the umbrella of the Berkeley Vale Neighbourhood Centre Assoc Inc organisation
- We are a **“Walking for Pleasure”** Group NOT a “Power Walking Group”  
The emphasis is on ensuring everyone has an enjoyable walk in a friendly atmosphere.
- The group go walking one day each week and, as a group, we have an annual holiday where we endeavour to have a range of activities including walking, boat cruise, lawn bowls, or possibly a fun card game night, as well as some touring.
- Also, from a social aspect, the group attends concerts such as the Premier’s Seniors Week Concert and the Premier’s Christmas Concert or, we might have a lunch in a club for example, after one of our walks.

## Where does the Group walk?

- The group walk in National Parks, State Forests or Council Reserves as well as around lake foreshores.
- We also go to Sydney or Newcastle for walks in those areas.

## Who does the Berkeley Vale Walking Group cater for?

- There is no age barrier however most of our members tend to be in the “Seniors” age group.
- Due to the terrain in which we generally walk, a reasonable level of fitness is essential.
- Also due to the areas in which we generally walk, there is limited or no suitable wheelchair access.
- Although the group is situated at Berkeley Vale people from any area are welcome to join



## How would I know which walk to participate in and where the walk would commence?

- **There is an annual program with relevant information on each walk.**

### For example

- Where the meeting point is
- Who the walk leader will be
- The approximate length and duration of the walk
- The degree of difficulty of the walk, from Very Easy – Easy – Medium - Hard
- Whether there are toilets available on the walk
- Whether the walk is local or away
- Whether to carry lunch with you

## Is there any cost to join Berkeley Vale Walking Group?

- Yes, there is an annual fee of just \$5.00
- However, there is no cost for each individual walk