

Going on a Walking for Pleasure walk? Here are some tips.

**1. When and where to meet**  
TIME AND PLACE

**2. What to bring**

Wear loose, comfortable clothing and flat well cushioned shoes. Bring along a snack and drink a lightweight backpack. Remember to wear a hat in hot weather and a 30+ SPF sunscreen on exposed skin.

**3. Wet weather**

The walk may be cancelled - if in doubt, phone the leader listed for the walk.

**4. Walk minimum**

Most walks are approximately two hours in duration. Walk at a pace that is comfortable to you and stay behind the leader.

If you become tired, stop and rest.

If you're leaving the walk, be sure to notify the leader.

Walk level or grading

**Very easy:** Suitable for wheelchairs and prams.

**Easy:** Relatively gentle grades and good surfaces. Suited to most people.

**Medium:** Includes rough or steep sections. Could require some climbing over natural obstacles.

**Hard:** Strenuous walks involving steep ascents or descents over rougher terrain. Suited to fit and experienced walkers.

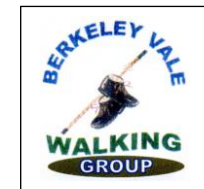
Participants are advised that it is a condition of their participation in any Berkeley Vale Walking Group walk activity that they do so at their own risk.

Berkeley Vale Neighbourhood Centre and any activity leaders or coordinators do not accept any responsibility for any loss, damage or injury to any participant howsoever such loss, damage or injury may arise or be caused.

Walkers should consult their GP before commencing any form of physical activity.

For more information and programs, contact the Berkeley Vale Neighbourhood Centre Coordinator.

# Berkeley Vale Walking Group



Tuesdays  
February to June

Year: 2021

Regular walking is a fun, easy and social way to exercise. Get out and about with the Berkeley Vale Walking Group this year.



<b>PLEASE NOTE: WEATHER OR ANY OTHER UNFORSEEN CIRCUMSTANCES MAY CAUSE A CHANGE OF VENUE FOR A WALK WITHOUT NOTICE</b>					
Contact the Walk Leader of the walk if you are unsure about the walk conditions.					
<b>BVNC</b> = Berkeley Vale Neighbourhood Centre (Berkeley Rd.) -- <b>G.N.W.</b> = Great North Walk -- <b>S.L.S.C.</b> = Surf Life Saving Club -- [ T ] = Toilets					
<b>Please note: There will be no pick-up from the from BVNC meeting point. If a lift is required please phone the walk leader</b>					
DATE	MEETING PLACE	EXTENT OF WALK	DESTINATION / RETURN	CONDITION	WALK LEADER CONTACT NUMBER
2-Feb-21	Picnic Point - The Entrance (Near the skate park) 11.45am	2 hrs	Pre Walk Luncheon -B.B.Q. All supplied	Easy	Ben & Judy 43321538 Mob 0427 011 339
9-Feb-21	Brudenell Av. (off Costa Av.) San Remo - <b>9.35am</b>	8 km - 2 hrs	San Remo/Charmhaven to Buff Point & return	Medium 3	Stephanie 0422 313 090
16-Feb-21	End of Kalua Dve. (at locked gates & old boat ramp) Chittaway Bay <b>9.20am</b>	8 km - 2 hrs	Chittaway Bay to Chittaway Shops along Ourimbah Creek [ T ]	Easy 2	Sondra 4388-1701
23-Feb-21	<b>Avoca Beach Surf club (Avoca Drive.) 9.30am</b>	7 km - 2 hrs	Avoca Beach Surf club to Winney Bay	Medium 3.5	Karen 0416 165 547
2-Mar-21	Campbell Dr. Munmorah State Rec. Reserve (Freemans/Wybung) <b>9.40am</b>	7 km - 2 hrs	Geebung track to Wybung Head & return <b>Note: (Display your NPWS card)</b>	Medium 3	Linda 0409 684 441
9-Mar-21	Kincumber Hotel Car Park, - <b>9.40 am</b>	7 km - 2 hr	Kincumber Hotel to Davistown RSL and return [ T ]	Easy/Med 2.5	Jim 0422 461 394
16-Mar-21	Banksia Picnic Area - off Mangrove Rd. - Somersby- <b>9.30am</b>	7.5 km - 2 hr	Strickland State Forest from Banksia Picnic Area	Med/Hard 3.5	Don 4363-2342
23-Mar-21	Murrays Beach water tower- Jetty Point Dr. 700m from roundabout - <b>9.30am</b>	7km - 2 hr	Water tower to Pinny Beach via Wallarah N.P. and the Coastal trail	Medium 3	Jan 0438 884 518
30-Mar-21	Davidsons Wharf - Restella Ave. Davistown <b>9.45am</b>	9km - 2.5hrs	Davistown to Saratoga & return, (M/T at tennis courts) (Some waterfront & some road walking) [ T ]	Easy/Med 2.5	Linda 0409 684 441
6-Apr-21	Katandra Reserve car park, Katandra Road, Holgate - <b>9.45 am</b>	9 km - 2.5 hrs	Katandra Rd Reserve - Toomey and Graves walks circuit	Medium 3	Jim 0422 461 394
13-Apr-21	<b>Myuna Bay Rest Park</b> - (past Myuna Bay S & R Centre) Wangi Rd <b>9.45am</b>	8 km - 2 hrs	Myuna Bay Circuit [ T ]	Medium 3	Stephanie 0422 313 090
20-Apr-21	Martinsville Rd. - Cooranbong (Cnr Martinsville Rd. and Freemans Dr) - <b>9.50 am</b>	7 km - 2 hr	Watagans - The Pines Walks [ T ]	Medium 3	Kathryn 0403762 775

DATE	MEETING PLACE	EXTENT OF WALK	DESTINATION / RETURN	CONDITION	WALK LEADER CONTACT NUMBER
27-Apr-21	<b>Canton Beach</b> ( Beach Pde. near the end of Crossingham St. ) <b>9.30am</b>	8 km - 2 hrs	Canton Beach to Red Gum Forest lookout and return [ T ]	Medium 3	Ben & Judy 43321538 Mob 0427 011 339
04-May-21	Summerland Pt. Reserve Car park off Cams Bvd - <b>9.40am</b>	8 km - 2 hrs	Summerland Point waterfront reserve [ T ]	Medium 3	Sondra 4388-1701
11-May-21	Yarramong Rd - Yarramong - Car shuttle from here <b>9.45am</b>	7.5 km - 2 hr	Bumble Hill - From Cherry Lane, to Yarramong (Car shuttle) <b>GNW</b>	Medium 3	Ben & Judy 43321538 Mob 0427 011 339
18-May-21	Langford Drive & Mitchell Drive Kariong <b>9.30am</b>	8 km - 2.5 hrs	Kariong Oval to Scout Camp and return	Medium 3	Jim 0422 461 394
25-May-21	Doree Place - Dora Creek (Parking opposite Post Office) - <b>9.45am</b>	7.5 km 2 hrs	Dora Creek waterfront [ T ]	Easy 2.5	Linda 0409 684 441
1-Jun-21	Kincumber Mountain car park - <b>9.50am</b>	8 km - 2.5 hrs	Kincumber Mtn. Reserve - Ridge Trail & Glassons Trail and return	Medium 3.5	Jim 0422 461 394
8-Jun-21	Halekulani Bowling Club - Cnr Natuna St. & Marina Budgewoi - <b>9.35am</b>	8 km - 2.5 hrs	Colongra Wetlands from Budgewoi along west shore of lake & return	Medium	Stephanie 0422 313 090
15-Jun-21	Frazer Beach Car park - Munmorah State Rec Reserve - <b>9.30am</b> <b>Note: (Display your NPWS card)</b>	8.5km - 2.5 hrs	Frazer Beach Circuit via The Palms and Snapper Point Blow Hole [ T ]	Medium 3	Ben & Judy 43321538 Mob 0427 011 339
22-Jun-21	Ettalong wharf <b>9.15am for 9.30 ferry</b> <b>Note: Card only - no cash \$6.10 one way (concession)</b>	8 km - 2 hrs	Palm Beach to Barrenjoey Lighthouse & return. [ T ]	Medium 3.5	Karen 0416 165 547
29-Jun-21	Hawkes Head Rd, Killcare - <b>(Note: Gravel road) 9.45am</b>	8.5km - 2.5 hrs	Killcare to Box Head & return	Med/Hard 3.5	Jim 0422 461 394

DATE	MEETING PLACE	EXTENT OF WALK	DESTINATION / RETURN	CONDITION	WALK LEADER CONTACT NUMBER
6-Jul-21					
13-Jul-21	<b>BVNC 9am</b> or Old Tuggerah Rd Kangy Angy (near freeway) - <b>9.30am</b>	8 km - 2.5 hrs	Circuit to Tangy Dangy Trig and return	medium 3	
20-Jul-21					
27-Jul-21	<b>Bambara Rd. Kariong</b> (off Woy Woy Rd.) - <b>9.40am</b>	7.5 km - 2.5hrs	Koolewong Ridge (Bambara Rd., off Woy Woy Rd.) Lunch at the Rock Pools.	Med/Hard 3.5	Don 4363 2342
3-Aug-21					
10-Aug-21	North end of Garema Rd, Gwandalan - <b>9.50 am</b>	8 km - 2 hrs	Gwandalan Reserve Waterfront, - Lake Macquarie [ T ]	Medium	Kathryn 0403762 775
17-Aug-21					
24-Aug-21	S.L.S.C. Car Park off Mawson Cl. off Caves Beach Rd - Caves Beach <b>9.50am</b>	7km 2.5hrs	Caves Beach to Pinny Beach & return	Medium 3.5	Sondra 4388-1701
31-Aug-21	<b>Little Beach car park</b> (end of Grahame Dr. - Bouddi) off The Scenic Rd. 9.45am	7km 2.5hrs	Bombi Moors Circuit (Possible whale sightings)	Medium 3.5	Don 4363 2342
7-Sep-21	<b>Frazer Beach car park - Munmorah Conservation Reserve</b>	8km - 2.5hrs	Frazer Beach to Mooney Beach		Jan 0438 884 518
14-Sep-21					
21-Sep-21					
28-Sep-21					
5-Oct-21					
12-Oct-21					
19-Oct-21					
26-Oct-21					