COAST CENTRE FOR SENIORS INC - (02) 9311-4886

"THE COASTERS"

WALKING FOR PLEASURE - New Walkers Welcome

Date: July 2024 - Jan 2025

DATE	CONNECTION POINT	LENGTH & GRADE	ROUTE	LEADER
12 July	9:05 am Central Station	5 km	Camelia Gardens	Connie - 0419 607 328
	Meet at Eddie Ave Flower Shop		Caringbah	Judy - 0413 543 877
	Train 9:20 am	EASY		Corinne- 0404 284 212
26 July	8:55 am Circular Quay	5 km	Warriewood to Narrabeen	Debbie Hankey
	Outside Wharf 4	Bush paths & stairs	Coastal track	
	Ferry 9:10 am	MEDIUM		0414 911 420
9 Aug	9:10 am Central Station	6 km	Lewisham to Birkenhead	YokHah -0404 048 688
	Meet at Eddie Ave Flower Shop			Elaine - 0432 483 988
	Train 9:27 am	EASY		Sally - O425 260 874
23 Aug	8:55 am Central Station	5 km	Coalcliff to Scarborough via	Debbie Hankey
	Meet at Eddie Ave Flower Shop		Seacliff Bridge	
	Train 9:10 am	MEDIUM		0414 911 420
6 Sept	9:05 am Wynyard	10 km	Spit to Manly	Kathy Leviton
	Stand A - Carrington St	Bush paths & stairs		
	Bus 173X at 9:15 am	HARD		0409 032 933
20 Sept	9:05 am Central Station	7 km	Wollstonecraft to Waverton	Kathy Leviton
	Meet at Eddie Ave Flower Shop	Stairs & Bush Paths	along Harbour foreshore	
	Train 9:20 am	MEDIUM		0409 032 933
4 Oct	9:05 am Central Station	6 km	Tempe to Canterbury along	Connie - 0419 607 328
	Meet at Eddie Ave Flower Shop		the Cooks River	Judy - 0413 543 877
	Train 9:23 am	EASY		Corinne- 0404 284 212
18 Oct	9:05 am Central Station	6 km	Oatley to Como	YokHah -0404 048 688
	Meet at Eddie Ave Flower Shop			Elaine - 0432 483 988
	Train 9:20 am	EASY		Sally - O425 260 874
1 Nov	8:50 am Circular Quay	7 km	Three ferries: (ferry to) Rydalmere	Kathy Leviton
	Outside Wharf 4		(5km walk to) Olympic Park (ferry to)	
	Ferry 9:07 am	EASY	Meadow Bank (2km walk to) Kissing Point (ferry to) Circular Quay	0409 032 933
15 Nov	9:05 am Wynyard	5 km	Beauty Point Foreshore	Kathy Leviton
	Stand A - Carrington St	Bush paths & stairs	Mosman	
	Bus 173X at 9:15 am	MEDIUM		0409 032 933
29 Nov	9:05 am Central Station	7 km	Bundeena to Maianbar	Debbie Hankey
	Meet at Eddie Ave Flower Shop	Bush paths & stairs	Return	
	Train 9:20 am	MEDIUM		0414 911 420
13 Dec	11 am Circular Quay	LUNCH	End of year celebration	Kathy Leviton
	Outside Wharf 4		ТВС	
	Ferry 11:15 am			0409 032 933
21 Feb	8:30 am Circular Quay	6 km	Birchgrove to Balmain	Debbie Hankey
2025	Outside Wharf 4			
	Ferry 8:45 am	EASY		0414 911 420

- Wet weather arrangements - SMS or call leader if unsure whether walk going ahead

- PRE BOOK into the walk, preferably by a message on the Coasters WhatsApp group, alternatively SMS the leader.
- Group size is limited, so only book if you know you are definitely coming (illness, or unexpected disaster aside).
- Walk will be cancelled or changed if impacted by weather or conditions of the track-check with leader if unsure.
- Walk will be automatically cancelled if the BOM site is indicating temperatures of over 30 degrees.
- Meet at "CONNECTION POINT" in schedule above; if you want to meet elsewhere please arrange with leader.
- Contact with a positive COVID or FLU case in the past 7 days, have a sniffle, sore throat etc prohibits attendance.
- Sign in at the start of the walk with your contact details.