

CENTRAL COAST WALKING GROUPS

The information provided is correct as at **December 2011** and is subject to change without notice.

TERRIGAL SENIORS CITIZEN

Thursday trekkers bushwalking

Contact: John Burt Mobile **0419 692 177**
Walk duration 4+ hours **4384 2973**
Different locations including Central Coast and Sydney

TOUKLEY SENIORS CITIZEN

Contact: Gwen Ryall **43965075**
Monday 1.00pm
Walk duration 2 ½ hours
Walk at own pace
Central Coast region.

HEART FOUNDATION WALKS

Niagara Park

Contact: Ann **4329 7144**
Mondays and Fridays 9.00am start 8.30am DLST
1 hour walk

West Gosford

Contact: Ann **4329 7144**
Wednesday 9.00am - 8.30am DLST
1 hour walk

The Entrance-

Contact: Lorraine Walker **4332 4900**
Thursday 7.30am
1 hour walk
Walk at own pace

Wonderful Warnervale Wonderers

Contact: John **4392 5262**
Wednesday 7.30am
1 hour walk
Medium pace

VISION AUSTRALIA

Has a walking group especially designed for people with vision impairment. However anyone is welcome to join.

Gosford

Contact: Carol **4368 1751**
Saturday 9.00 am **Mobile 0450 681751**
1 hour walk
Social walker

Woy Woy

Contact: Kathy **Mobile 0423 110639**
Saturday 7.30 am
1 hour walk

Guided individual walks for people with vision impairment can be arranged.

Contact: Natalie or Lawrence **Mobile 0415 639122**

WALKING FOR PLEASURE Office of Communities Sport & Recreation

Bateau Bay:

Contact: Joe Campbell **4332 3381**
Monday
Half day walks
Medium walks approx 8 kms
Different locations including Central Coast, Newcastle and Sydney

Berkeley Vale

Contact: Gillian Holton **4388 5801**
Tuesday 9.45 am
Easy to hard walks approx 2 1/2hours

Gosford

Contact: Elizabeth Love **4325 3085**
Fridays walks duration 2 hours plus
Medium and hard walks
Different locations including Central Coast, Sydney and Newcastle.

San Remo

Contact: **Olga Neish** **0408 443606**
Thursday 9.00am
Two different walking durations one at 1km the other 4-5 km
Easy walks on flat ground.

NATIONAL PARKS & WILDLIFE SERVICE - DISCOVERY PROGRAM

Walks are led by Discovery rangers who will teach you about the environment. These walks vary from a couple of hours on flat ground to 8 or 9 hour hard walks over rough and remote terrain. Also on the first Monday of each month is a social based group called the Monday Meanderers and a Thursday Trailblazers which explore more difficult but special areas of the parks.

Contact: For full details contact the Discovery Co-ordinator on **4320 4205** or check the Discovery guided tours on the National Parks and Wildlife website at <http://www.environment.nsw.gov.au/tours/AllAboutDiscoveryWalksTalksAndTours.htm>

GENERAL

Woy Woy Pleasure Walkers

Contact: Hilda Munro **4384 2098**
Fortnightly on Wednesday – mainly all day walks
Medium walks 8+ kms
Different locations including Central Coast , Sydney and Newcastle

National Parks Association of NSW

Contact: Bill Macks **43446970**
Wednesday and Saturday Mobile **0421189955**
Full day- 12 km average
Bushwalks on Central Coast and Hunter region

The Bush Club Inc

Contact: Bill Macks **43446970**
Saturday full day walks
16km on Central Coast

Gorokan Walkers

Contact: Bill Wright **43932132**
Monday, Wednesday and Fridays
7.00am
All standards welcomed.