

Gosford Walking Groups



TERRIGAL SENIORS CITIZEN

Wednesday social walkers

Contact: Kevin & Lorraine Southgate
Walk 4-5 km
Flat walks on Central Coast

Mobile **0401 000 415**
4382 3415

Thursday trekkers bushwalking

Contact: John Burt
Walk duration 4+ hours
Different locations including Central Coast and Sydney

Mobile **0419 692 177**
4384 2973

HEART FOUNDATION WALKS

Kariong

Contact: Sue Cornish
Thursdays
1 hour walk

4340 1724

Niagara Park

Contact: Ann
Mondays and Fridays
1 hour walk

4329 7144

West Gosford

Contact: Ann
Wednesday
1 hour walk

4329 7144

VISION AUSTRALIA

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

Gosford

Contact: Carol
Saturday 9.00 am
1 hour walk
Social walker

4368 1751
Mobile **0407 934 470**

Woy Woy

Contact: Kathy
Saturday 7.30 am
1 hour walk

Mobile **0423 110 639**

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

Contact: Natalie or Lawrence

Mobile **0415 639 122**

WALKING FOR PLEASURE Department of Sport and Recreation

Gosford

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

Central Coast Bush Walking for Pleasure Club

Contact: Narelle Howard **4367 0689**
All day walks at weekend
Easy to medium walks
Different locations including Central Coast, Sydney and Newcastle

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
Different locations including Central Coast , Sydney and Newcastle.
Medium walks 8+ kms

Green Point Community Centre

Contact: Jill **43677591**
Wednesday
1 hour walk

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

Woy Woy

Contact: Marilyn **Mobile 0418 623 904**
Wishing to start a ¾ hour 6am walking group