

2023 will hopefully be a year of walking together in the bush without drastic weather events or heath scares. The walks have been planned and your **Team (leaders)** is checking each one out before it will be offered. **Communication is via email.** You will receive an email about the walk before the first and third Saturday of each month. Being accepted into the group you just turn up at the station for carpooling; **if you cannot participate on the day for any reason, please send an apology. Walks may have to be adjusted on the day according to weather conditions. No walks on days of Total Fire Ban!**

Leaders: Trudi 0447 646 986 Geoff 0411 245 633 Roger 0419 534 465 Clive 0407 759 952

The walks for the first and third Saturday of the month will be 6 to 8 km long taking 2 ½ to 3 hours (½ Day Walk) with a morning tea break, returning to Croydon about 1 pm. An 8 to 12 km walk will be offered as a ¾ Day or Day Walk, requiring you to bring provisions for two breaks, returning to Croydon about 2 pm, or around 4 pm on a Day Walk, maybe stopping for coffee on the way back.

Meeting place for all walks is the Croydon station car park near Kent Avenue round-about at 9 am for carpooling. From there we travel to the walk destination with up to **4 persons per car** and return to Croydon station. Passengers contribute petrol money according to price and the distance travelled. Please **wear your name tag** and be punctual, preferably a little earlier. Do not leave valuables in the car and don't forget to lock it. **Ambulance cover is essential.**

Equipment and provisions:

Nametag; waterproof boots/shoes with good profile sole; hat, wet/cold weather gear; mat/stool; backpack; first aid kit; sun screen; insect repellent; water; food for morning and lunch breaks; a thermos with a hot drink; stick/s for balance and support are optional.

Track Etiquette: Although we are walking in a group you are still responsible for your own safety and fitness and need to report to the leader if you are not able to keep up, find the walk too hard or are not feeling well. You also have to tell one of the leaders if you have to 'go bush'; it is called bushwalking and toilets are not always available in every area where we walk. **Never walk ahead past any intersection, always wait for the leader to check that all members of the group are there. Regularly drink water, especially on hot days.** If you need a rest or want to take photos ask the leader to stop till you are ready to resume walking.

Contributions to the walks, such as interesting information about the location, history, flora and fauna are very welcome. Also remember that everyone wants to enjoy the outings and respect our beautiful environment by taking home your rubbish. Enjoy the walks!

Trudi

