

CENTRAL COAST WALKING GROUPS

The information provided is correct as at
October 2015 and is subject to change without notice.

WALKING FOR PLEASURE Office of Communities Sport & Recreation

Bateau Bay:

Contact: June Scott **4332 7378**
Monday
Half day walks
Medium walks approx 8 kms
Different locations including Central Coast, Newcastle
and Sydney

Berkley Vale:

Contact: Gillian Holton **4388 5801**
Tuesday 9.00 am
Easy to hard walks approx 2 - 3 hours

Gosford:

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

HEART FOUNDATION WALKS

Bateau Bay Rotary Park at Long Jetty

Contact: Kerrie **0417 221 660**
Tues and Weds 8am
45 mins

East Gosford

Contact: Anna **0401 518 227**
Monday 9am
30 - 45 mins walk



Get Moving Erina

Contact: **4365 5995**
Wednesday 11.30am
20 - 30 min gentle walk

Niagara Park Walk & Talk

Contact: **0414 963 146**
Lyn
Mondays and Fridays 9.00am start 8.30am DLST
1 hour walk

Terrigal 50+ Leisure & Learning Centre

Thursday trekkers bushwalking

Contact: **0417 895 996**
Julie Burt
Walk duration 4+ hours
Moderate to energetic walks
Different locations including Central Coast and Sydney

Toukley Senior Citizens

Contact: **4396 5075**
Jenny Stannard
Monday 1.00pm
Walk duration 2 ½ hours
Walk at own pace
Central Coast region

Diggers at the Entrance

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

Watanobbi Walkers:

Contact: **0414341010**
Sharyn
Mon, Weds, Thurs and Fri morning
45 minute
Walk at own pace



West Gosford Walk & Talk

Contact: Lyn **0414 963 146**
Wednesday 9.00am or 8.30am DLST
1 hour walk

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 8.45 am **0478 420 326**
1 hour walk
Social walker

Woy Woy:

Contact: Kathy **0423 110 639**
Saturday 7.30 am
1 hour walk

GENERAL

Bateau Bay Men's Shed

Contact: Fred **0435 8076 33**
Wednesday 9am
30 minutes
Work at own pace
MEN ONLY

San Remo:

Contact: Olga Neish **0408 443 606**
Thursday 9.00am
Two different walking durations one at 1km the other
4-5 km
Easy walks on flat ground.

Woy Woy Pleasure Walkers

Contact: **Dianne Hoy** **43584697**
Fortnightly on Wednesday – mainly all day walks
Medium walks 8+ kms
Different locations including Central Coast , Sydney and
Newcastle

National Parks Association of NSW- Central Coast Branch

Contact: **June Scott** **4332 7378**
Wednesday and Saturday **0499176988**
Full day- 12 km average
Bushwalks on Central Coast, Hunter and Sydney

The Bush Club Inc

Contact: Michael Henderson **4389 4423**
Saturday full day walks
10-20 km on range of terrain - Bushwalks on Central
Coast, Hunter and Sydney

Gorokan Walkers

Contact: Jenny **4393 2149**
Monday, Wednesday and Fridays
7.00am
All standards welcomed.

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 www.nationalparks.nsw.gov.au

