

IMPORTANT NOTE

Members of the walking club are asked to pay an annual membership fee before their first walk. This covers public liability insurance and administration costs in supporting the program for 1 year.

Voting \$27.50 / \$8.80 concession

Non Voting Associate \$11.00

- Please pay membership before your first walk
- We ask a \$2.00 donation for each walk which will cover Women in the Bush membership fees for the Walking Federation and Friends of the Heysen.
- If you are able to assist with transport, please contact the walk leader

ADDITIONAL INFORMATION:

WHAT TO BRING

- Your completed Release and Assumption for Risk form which can be obtained from your leader or the YWCA (unless you have already returned your completed form directly to the YWCA). Please ensure your emergency contact is not your home phone number, or another person on the walk.
- A day pack lined with a plastic bag
- Boots or track shoes with good tread
- Woollen jumper/fleece jacket
- Waterproof jacket
- Hat
- Sunscreen
- Lunch and snacks
- 1-2 litres of water
- Advise the leader if you are taking medication or have any physical or other limitation that might affect your participation in the activity

These items are essential for the safety of yourself and others, & all walkers must have them

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O F A D E L A I D E



2009 WOMEN IN THE BUSH WALKING CLUB

This is a program of bushwalks and outdoor activities organised voluntarily (since 1989) by a group of lesbians, who also describe themselves as feminists. It is open to all women who feel comfortable being with us.

YWCA of Adelaide
17 Hutt Street
ADELAIDE SA 5000
Phone 8227 0155
Fax 8227 0166



2009

WOMEN IN THE BUSH WALKING PROGRAM



The Official Opening of the Bushwalking Season will be held in Eden Valley, at Murray Recreation Park on Sunday April 5th. All bushwalkers welcome.
Further details from Myra 8331 2992.

Women in the Bush has responsibility for maintenance of Section 5 of the Heysen Trail. This is down south from Hindmarsh Tiers Road to Blackfellow Road. If you're interested in helping please contact Adrienne 8556 5051 or Eleanor 8431 8187.

CHAMBERS GULLY

Sunday 26 April — Myra 8331 2992

BLACK HILL + Coffee & Cake

Sunday 17 May — Ana Lya 8431 8187

NEWLANDS HEAD— (Full Day Walk)

Sunday 21 June — Jo 8232 0767

ONKAPARINGA GORGE — (Full Day Walk)

Sunday 19 July — Jayne 0450 405 713

SANDY CREEK + Coffee at Bakery

Sunday 16 August — Robin 8565 3284

BRIDGEWATER/MOUNT LOFTY BOTANIC GARDENS

(Lunch at the Pub)

Sunday 20 September — Cheryl 8369 0258

PARA WIRRA RECREATION PARK — (Full Day Walk)

Sunday 18 October — Eleanor 8431 8187 or 0409 698 909

UPPER REACHES OF TORRENS RIVER + Brunch at Cafe

Sunday 15 November — Bernice 8337 8896

CHRISTMAS EVENING BEACH WALK

Friday 25 December — Robin 0427 653 284 or 8565 3284

PTO FOR IMPORTANT INFORMATION