

## 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.

**Membership \$22.00 / \$11.00 Concession**

Please pay the membership to YWCA of Adelaide before (or at) your first walk.

We ask a gold coin donation for each walk.

Overnight stays incur additional costs so please contact leaders for further details and/or if you are able to assist with transport.

## Additional Information—What to bring

These items are essential for the safety of yourself and others; therefore they **must** be carried before the commencement of each walk

- Your completed Release and Assumption for Risk form which can be obtained from your leader or the YWCA of Adelaide (unless you have already returned your completed form directly to the YWCA of Adelaide). 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
- Whistle
- Lunch and snacks
- 1 to 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.



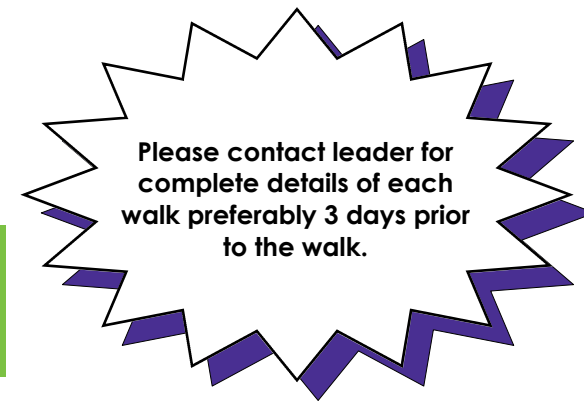
# 2010 WOMEN IN THE BUSH WALKING CLUB PROGRAM



**This is a program of bushwalks and outdoor activities in South Australia organised by YWCA Adelaide volunteers. The walks are open to all women and are lesbian friendly.**



# 2010 WOMEN IN THE BUSH WALKING PROGRAM



**E = EASY: Mostly flat, well defined tracks, short duration**  
**M = MEDIUM: Involves some uphill, 3-5 hours, well defined tracks**  
**D = DIFFICULT: Involves some uphill, over 5 hours, may be rough underfoot**

**Opening of Bushwalking Season - Mylor**  
 Sunday 11 April

Myra 8331 2992

**Victor Harbor/Granite Island** **E**  
 Sunday 18 April

Sandra 8363 9758

**Chambers Gully** **M**  
 Saturday 1 May

Myra 8331 2992

**Mount Lofty Botanic Gardens** **M**  
 Sunday 16 May

Ana Lya 8431 8187

**Carro Track - Waterfall Gully** **M**  
 Saturday 5 June

Myra 8331 2992

**Black Hill** **M-D**  
 Sunday 20 June

Bernice 8337 8896

**Hale Conservation Park** **M**  
 Saturday 3 July

Myra 8331 2992

**Morialta/Fox Dam** **D**  
 Sunday 18 July

Shauna 8242 2326

**Montacute** **D**  
 Saturday 31 July

Myra 8331 2992

**Para Wirra Recreation Park** **M**  
 Sunday 15 August

Eleanor 8431 8187

**Onkaparinga Gorge** **D**  
 Saturday 28 August

Jayne 0450 405 713

**Kaiser Stahl—Barossa** **E**  
 Saturday 11 September

Robin 8565 3284 or 0427 653 284

**Mount Crawford** **M-D**  
 Sunday 26 September

Bernice 8337 8896

**Finnis & Cox's Scrub** **M**  
 Saturday 9 October

Catherine 8242 0988

**Mount Misery** **D**  
 Sunday 17 October

Shauna 8242 2326

**Pioneer Women's Walk** **M**  
 Saturday 30 October

Myra 8331 2992

**Linear Park Trail** **E**  
 Sunday 14 November

Sandra 8363 9758

**Christmas Evening Beach Walk**  
 Saturday 25 December

Robin 8565 3284 or 0427 653 284

Women in the Bush has responsibility for maintenance of Section 5 of the Heysen Trail. This is down south from Hindmarsh Tiers Road to Blackfellows Creek Road. If you're interested in helping please contact Myra 8331 2992 or Eleanor 8431 8187.

**PTO FOR IMPORTANT  
INFORMATION**