

U3A Darebin Walking Group

Description

The walks are scheduled for the 3rd Friday of each month - including school holidays – with a break from mid-December through to early February. The duration of each walk will be approximately 3 to 4 hours with regular stops – including lunch.

Most walks will be in the Melbourne metro area; and we may travel on public transport for some outings. We will also consider travel on V/Line for day walks in regional areas.

Requirements

A reasonable level of fitness is required because some walks may involve moderate hills. Please check with your medical practitioner for advice on your suitability for these walks.

Closed shoes are recommended, e.g. runners or walk shoes; as some walks may be on gravel tracks and through grass.

Wear layers of clothes that can be easily removed, as you may warm up during the walk – even on a cool day.

A spare pair of socks and a small hand towel – in case you get wet feet.

A day pack (usually a small back pack) is recommended to carry anything you might need including a drink bottle, sun screen; and additional clothing or umbrella for changes in the weather conditions.

Bring your Myki card – in case you want to opt out during the walk.

Bring some money (small change of up to \$10.00) for a coffee stop.

Bring a sense of adventure.

Other Information

We'll bring our own lunch, snacks and drinks for if we do longer walks.

The walks will be cancelled if the weather forecast is for above 30 degrees, or for persistent rain in the planned location.

We'll meet at Fairfield rail station (outside platform 1) at approximately 9:00am for most walks.

Local Darebin walks will finish by mid-afternoon; however travel by public transport may require an earlier start - returning late afternoon.

Members of the Walk Group are not covered by U3A insurance.