

Social Sunday Walk

Date: Sunday 3rd May
Time: 9am – approx. 12.30pm



Regular physical activity can reduce your risk of major disease such as Heart Disease and Diabetes and it also protects against osteoporosis. **So Be Active Every Day!**

For the comfort of all walkers, please note that today's event is SMOKE FREE!

Meeting Point:

Lowlands Beach carpark, Tennessee Rd South. There's a car park at end of road. **Please be there 15 minutes beforehand.**

From Denmark, take South Coast Hwy east for 18km, turn right onto Lower Denmark Rd for 6km. Turn right onto Tennessee Rd South and travel 6km to beach.

From Albany, take the Lower Denmark Rd for 34km, turn left onto Tennessee Rd South and travel 6km to beach.

If you cannot attend, please call the office **by 3pm Friday** prior to the event otherwise the organisers will be waiting for you unnecessarily (please note we have a no refunds policy as stated on our events booking form. Members that do not show up may forfeit their deposit).

Walk Description

A 10km return walk from Lowlands Beach to West Cape Howe Campsite with a trained volunteer guide. Note that there is a steady climb from the start to the campsite. There are toilets at the carpark and also a pit toilet at the campsite. We hope you enjoy this walk which is part of the Foundation's Social Sunday Walk program which began in 1998.

What to Bring

Day pack with snacks – you could leave lunch in the car at have it at the beach after the walk.

Minimum 2 litres of water

Insect repellent & Sunscreen

Waterproof jacket or rain poncho (if weather doubtful) & fleece or jumper if cool

Blister kit and personal first aid

Few sheets of toilet paper in plastic & a small plastic trowel for toilet emergencies!

Whistle

What to Wear

Walking boots or sturdy shoes (worn in and comfortable)

Loose fitting shorts or light weight trousers

Cool lightweight top and/or collared shirt (depending on weather),

Sun Hat (not baseball cap)

Map: For walking purposes we recommend you use Bibbulmun Track Map 8. It, as well as Guidebook 8, can be purchased online or in-store from the Foundation.

Car Pooling

If you have indicated on your booking form that you are interested in car pooling, please call us during the week leading up to the event for details of others who wish to car pool.


Contact Details

Monday – Friday, 9am to 4pm

Phone: (08) 9481 0551

Email: events@bibbulmuntrack.org.au

Web: www.bibbulmuntrack.org.au

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