

FEBRUARY

IF YOU ARE FEELING UNWELL OR SHOWING ANY SYMPTOMS OF A COLD OR FLU PLEASE STAY AT HOME

DON'T FORGET 1.5M SOCIAL DISTANCING

Saturday morning & Monday afternoon walks are approx. 6 km, 1½ hours in length and are always a circuit.

MONDAY 1st

3.30 pm - HEMMANT - LAGOON AND WETLAND WALK – walk around the Hemmant Lagoon followed by a stroll through the Tingalpa Wetlands

Meet Carpark, Hemmant Reserve, Fleming Rd Hemmant

UBD Map 162 L 9 - **some uphill walking**

TUESDAY 2nd

10 am - HOLLAND PARK TO STONES CORNER – Walk through the parks and streets of Holland Park & Greenslopes and continue along the bike path to Stones Corner

Distance 7 km mostly flat terrain

Meet Bus stop 34 Logan Road at Mt Thompson Mt Gravatt

UBD Map 181 A 18

Transport Bus Cityxpress 170 departs 9.11 am Queen Street Bus Station 1g

Finish Stones Corner

WEDNESDAY 3rd

10 am - NEW FARM HERITAGE WALK - Allow extra time to cover the numerous heritage sites throughout the quiet streets of New Farm that date back to the 1800s. After lunch in New Farm Park the walk will continue to complete the heritage trail.

Distance 8 km mostly flat terrain, one slight incline

Meet Brunswick Street Railway Station near ticket office

Transport North bound train from Central Station

Finish Return to starting point

THURSDAY 4th

10 am - KEDRON BROOK CIRCUIT - Follow Kedron Brook to Gympie Road and return on the bikepath past the duck pond through Shaw Park to Toombul.

Distance 6 km mostly flat terrain

Meet Toombul Railway Station

UBD Map 140 L 4

Transport Train Shorncliffe Line, departs 9.28 am Central Station

Finish Return to Toombul Shopping Town

5.30 pm - SOUTH BANK EVENING WALK – is a circuit walk lasting approximately 1½ hours, starting at South Bank Parklands.

Meet South Bank at the Wheel of Brisbane

Transport Train or bus to South Brisbane

CITY PARKS BY NIGHT – **some uphill walking** – Walk through many parks in the inner-city area and along the historic streets of Spring Hill.

7 pm TOOHEY FOREST - A guided walk of approximately 1½ hours through Griffith University Campus. (continued next page)

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Distance Varies, rough terrain, bush tracks, **uphill walking**
Meet QEII Hospital car park
UBD Map 200 H 11
Finish Return to starting point

SATURDAY 6th

6 am - WHITES HILL LAGOON WALK – a walk along the trail through bushland to the lagoon - **some uphill walking**

Meet Corner Samuel Street & Boundary Rd, Camp Hill

UBD Map 181 C 5

7 am – DAISY HILL CONSERVATION PARK – The conservation park provides eucalypt habitat for koalas and other wildlife and features many walking tracks along with the Daisy Hill Koala Centre.

Meet Car Park '2', beyond the Koala Centre

UBD 223 C 20

7 am – TOOHEY FOREST - Build up strength and test the legs on these longer, more difficult walks which include rough terrain, bush tracks and/or some steep sections.

Phone 0457 197 664 before participating on these walks.

Meet Klumpp Road, Upper Mt Gravatt

UBD Map 201 A 8

7.30 am – STAFFORD WALK

Meet Stafford City Shopping Centre Bus Station

UBD Map 139 J 5

MONDAY 8th

3.30 pm - CARINDALE WALK – PHILLIPS CREEK – walk around Oates Hill and through parkland along Phillips Creek -

Meet Carindale Bus Station Stop F

UBD Map 181 N 6 **some uphill walking..**

TUESDAY 9th

10 am - CHERMSIDE TO GEEBUNG - Walk paths through 7th Brigade Park to Kidspace Playground. Continue through Marchant Park with its many cricket ovals and through shady Rainbow Lorikeet and Geebung Parks.

Distance 7 km mostly flat walking with a gentle hill.

Meet Chermside Bus station

Transport Bus 333 Chermside departs 9.14am King George Sq Station 1D and 9.17am Roma St Busway P1

Finish Geebung Shops and Railway Station

5.30 pm - SOUTH BANK EVENING WALK – is a circuit walk lasting approximately 1½ hours, starting at South Bank Parklands.

Meet South Bank at the Wheel of Brisbane

Transport Train or bus to South Brisbane

BOTANIC GARDENS, RIVERSIDE, KANGAROO POINT CLIFFS WALK – walk through the City Botanic Gardens then catch a ferry to Thornton Street and return via the Kangaroo Point cliffs.

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WEDNESDAY 10th

10 am - INDOOROOPILLY, GRACEVILLE CIRCUIT - Cross the pedestrian/bike bridge and continue along the river through Chelmer and Graceville.

Distance 6 km mostly flat terrain
Meet Indooroopilly Railway Station
Transport Train Ipswich Line departs 9.28 am Central Station
Finish Return to starting point

THURSDAY 11th

10 am - CLEVELAND, RABY BAY CIRCUIT – A pleasant walk, capturing stunning views and cool bay breezes.

Distance 6 km one slight incline & one downhill section
Meet Cleveland Railway Station
Transport Train Cleveland Line departs 8.47 am Central Stn
Finish Return to starting point

There is a BYO Picnic in the Park after this walk at Raby Bay Park – refer Events drop down menu

7 pm TOOHEY FOREST - A guided walk of approximately 1½ hours through Griffith University Campus.

Distance Varies, rough terrain, bush tracks, **uphill walking**
Meet QEII Hospital car park
UBD Map 200 H 11
Finish Return to starting point

SATURDAY 13th

6 am - LOTA – LOTA CREEK – this is a very pleasing walk through the environs of Lota, including wildlife, a creek, a marina, Waterloo Bay, Mangroves and views

Meet Lota (Camping Reserve) Park opp. Alexander St
UBD Map 163 R 10/11 - **some uphill walking**

7 am – TOOHEY FOREST - Build up strength and test the legs on these longer, more difficult walks which include rough terrain, bush tracks and/or some steep sections.

Phone 0457 197 664 before participating on these walks.

Meet Klumpp Road, Upper Mt Gravatt
UBD Map 201 A 8

7.30 am – STAFFORD WALK

Meet Stafford City Shopping Centre Bus Station
UBD Map 139 J 5

MONDAY 15th

3.30 pm - BULIMBA - VARIATION – CHOICE CIRCUIT - There is the choice of either a flat walk or a variation which includes some hills

Meet Bulimba Memorial Park Cnr Oxford & Stuart St.
UBD Map 20 F 5 some uphill walking

Transport times are correct at time of publication, please check Translink on 13 12 30 or visit www.translink.com.au

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TUESDAY 16th

10 am - CARINDALE CIRCUIT – follow the bikepath through Carindale Recreation Reserve and Meadowlands Picnic Ground along the course of Bulimba Creek.

Distance 9 km mostly flat terrain

Meet Carindale Shopping Centre bus station, Bus Stop A

UBD Map 181 N 6

Transport Buz Bus Carindale 200 departs 9.16 am Queen St Bus Station 3b

Finish Return to starting point

WEDNESDAY 17th

10 am - SOUTH BANK, HILL END CIRCUIT – Enjoy a walk through South Bank and beside the river to Orleigh Park before returning along Hardgrave Road and West End streets to South Brisbane.

Distance 7 km mostly flat terrain

Meet South Bank at the Wheel of Brisbane

UBD Map 22 J 8

Transport Bus or Train to South Bank

Finish Return to starting point

5.30 pm - SOUTH BANK EVENING WALK – is a circuit walk lasting approximately 1½ hours, starting at South Bank Parklands.

Meet South Bank at the Wheel of Brisbane

Transport Train or bus to South Brisbane

CITY TUNNELS WALK - Cross the Goodwill Bridge, walk along streets, laneways and tunnels to Wickham Terrace and return via city parks and the Victoria Bridge.

THURSDAY 18th

10 am - WOODY POINT TO REDCLIFFE – Follow coastal path through Woody Point and Margate to Redcliffe Jetty.

Distance 6km mostly level ground

Meet Bus Stop - Hornibrook Esp. at Bramble Bay Bowls Club Woody Point.

UBD Map 91 K 17

Transport Train Shorncliffe line departs 8.58am Central Station to Sandgate. Transfer to Bus 690 departs 9.40am from Sandgate Interchange Stop 2

Finish Redcliffe Jetty and bus interchange

7 pm TOOHEY FOREST - A guided walk of approximately 1½ hours through Griffith University Campus.

Distance Varies, rough terrain, bush tracks, **uphill walking**

Meet QEII Hospital car park

UBD Map 200 H 11

Finish Return to starting point

SATURDAY 20th

6 am - HEMMANT-LAGOON AND WETLAND WALK – walk around the Hemmant Lagoon followed by a stroll through the Tingalpa Wetlands - **some uphill walking**

Meet Carpark, Hemmant Reserve, Fleming Rd Hemmant

UBD Map 162 L 9

7 am – COOPERS PLAINS - This is an easy stroll around the parks and streets of Coopers

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Plains admiring gardens and taking time to listen to the birds.

Meet Beryl Roberts Park carpark, Barham St

UBD Map 200 D 13

7 am – TOOHEY FOREST - Build up strength and test the legs on these longer, more difficult walks which include rough terrain, bush tracks and/or some steep sections.

Phone 0457 197 664 before participating on these walks.

Meet Klumpp Road, Upper Mt Gravatt

UBD Map 201 A 8

7.30 am – STAFFORD WALK

Meet Stafford City Shopping Centre Bus Station

UBD Map 139 J 5

MONDAY 22nd

3.30 pm - WYNNUM BIRDHIDE CIRCUIT – walk through mangroves & along the boardwalk to the Birdhide at low tide

Meet Glenora Street Playground – waterfront end

UBD Map 143 H16

TUESDAY 23rd

10 am - GUYATT PARK, ST LUCIA UNIVERSITY CIRCUIT - Walk beside the river through the grounds of University of Queensland including the Alumni Garden Teaching Rainforest Walk. Return through the streets and parks of St Lucia including Banksia Park – a small bushland area maintained by local residents.

Distance 6 km mostly flat terrain

Meet Guyatt Park Ferry Terminal, St Lucia

UBD Map 179 E 1

Transport CityCat departs 9.39 am North Quay

Finish Return to starting point

WEDNESDAY 24th

10 am - COOCHIEMUDLO ISLAND - is a small island off the coast from Victoria Point, a perfect place to enjoy walks along the sandy beaches, the bush tracks and amongst the mangroves.

Distance Varies – mostly flat terrain & some beach walking

Meet Victoria Point Jetty, Coochiemudlo Island Ferry departs 10am

UBD Map 227 A 1

Transport Veolia Bus route 270 departs 9.01am Carindale Interchange stop J

Finish Return to Victoria Point. Ferry runs from island every half hour. Bus returns to the City departing Victoria Point Jetty every hour on the hour

THURSDAY 25th

10 am - CORINDA, CLIVEDEN AVENUE CIRCUIT – Walk through the streets and parklands of Corinda, including 2km on a track in the Cliveden Ave Reserve, a remnant of bushland in an urban area.

Distance 7 km mostly flat terrain

Meet Corinda Railway

Transport Train Ipswich Line departs 9.28 am Central Station

Finish Return to starting point (continued next page)

FEBRUARY

5.30 pm - SOUTH BANK EVENING WALK – is a circuit walk lasting approximately 1½ hours, starting at South Bank Parklands.

Meet South Bank at the Wheel of Brisbane

Transport Train or bus to South Brisbane

RIVERSIDE CIRCUIT - Cross the Goodwill Bridge through the City Gardens to Riverside and return via city streets.

7 pm TOOHEY FOREST - A guided walk of approximately 1½ hours through Griffith University Campus.

Distance Varies, rough terrain, bush tracks, **uphill walking**

Meet QEII Hospital car park

UBD Map 200 H 11

Finish Return to starting point

SATURDAY 27th

6 am - COORPAROO, BRIDGEWATER CREEK VARIATION

Meet Small park Corner Leicester St & Newman Av.

UBD Map 180 P 3

7 am – TOOHEY FOREST - Build up strength and test the legs on these longer, more difficult walks which include rough terrain, bush tracks and/or some steep sections.

Phone 0457 197 664 before participating on these walks.

Meet Klumpp Road, Upper Mt Gravatt

UBD Map 201 A 8

7.30 am – TOOMBUL WALK

Meet Toombul Railway Station

UBD Map 140 L 4