

JULY

THURSDAY 1st

9.30 am – MT COOT-THA SUMMIT WALK – Follow the path through the back of the carpark to the Summit Walk and continue downhill past the JC Slaughter Falls to JC Slaughter carpark and Picnic area before heading downhill to the Botanic Gardens.

Distance 6 km **some steep up and down hill walking.**

Meet Mt Coot-tha Summit Lookout

Transport Bus Mt Coot-tha 471 departs 8.50 am Adelaide Street stop 41

Finish Mt Coot-tha Botanic Gardens

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

THORNTON STREET CIRCUIT – Walk along the top of Kangaroo Point Cliffs to Thornton St and return along the river.

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 3rd

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

7 am - BELMONT SHE OAK CIRCUIT

Meet Burstall Ave at Park/Playground behind Belmont Shops

UBD Map 162 F18

7 am - RIVERDALE PARK, MEADOWBROOK The park is on the Logan River and has many walking tracks along with lakes & lagoons.

Meet Cardwell Court Meadowbrook

UBD 262 R1

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 5th

3.30 pm - DURRINGTON PARK CIRCUIT – A pleasant mostly flat walk through parks and bushland.

Meet Wynnum Plaza, Plaza street end by the post boxes

UBD Map 163 B 6

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

JULY

TUESDAY 6th

10 am - CHERMSIDE, VIRGINIA CIRCUIT - Walk the bikepaths through 7th Brigade Park and follow Downfall Creek through parklands to Virginia. Return along the bikepath to the starting point.

Distance 7 km mostly flat walking

Meet Chermside Interchange Bus station

Transport Buz Bus Chermside 333 departs 9.14am King George Square Station 1D

Finish Return to Chermside

Short Option Leave walk to catch train at Virginia Railway Stn

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

SUNCORP STADIUM (MILTON) CIRCUIT – Cross the Go Between bridge to the North side of the river accessing Milton Road via the station. Return via Caxton Mall and Upper Roma Street.

WEDNESDAY 7th

10 am - CLONTARF TO SANDGATE – Enjoy the walk across the new Ted Smout Bridge and continue along the esplanade at Brighton to Sandgate.

Distance 8.5 km mostly flat terrain

Meet Pelican Park, Clontarf

UBD Map 91 F 17

Transport Train Shorncliffe line departs 8.58 am Central Station. Bus 691 Scarbrough departs 9.40am from Sandgate Stn Stop 3

Finish Sandgate Railway Station

Short Option

(A) leave the walk after 4km to catch the bus on Hornibrook Highway at Twenty Fifth Ave.

(B) join the walk at south end of bridge

THURSDAY 8th

10 am - SLACKS CREEK WALK –MEADOWBROOK TO SPRINGWOOD – A pleasant walk following Slacks Creek, listening to the many birds & enjoying the wonders of nature.

Distance 7 km mostly flat terrain

Meet Loganholme bus station

Transport Loganholme Bus 555 departs Elizabeth St bus stop 82 at 8.40 am arrives 9.22am then bus 553 departs Stop F at 9.34am to Queens Rd near Meakin Rd

Finish Springwood Bus Station. Catch 555 bus to city

Short Option Leave the main walk at Paradise Road near IKEA. Bus 552 departs IKEA at 10.42am to Loganholme Bus Station

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

JULY

SATURDAY 10th

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

7 am - CARINDALE NATURE TRAIL CIRCUIT is a mostly flat walk through parkland and bushland beside Bulimba Creek- **some uphill walking.**

Meet Carindale Bus Station Stop F

UBD Map 181 N 6

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 12th

3.30 pm - CARINA WALK – DAIRY SWAMP - a quiet bushland and wetland walk accompanied by bird songs and passing an interesting horse property - **some uphill walking..**

Meet Meadowlands Picnic Ground, Meadowlands Rd, Carina (Belmont Road side of bridge)

UBD Map 182 D 1

TUESDAY 13th

10 am - DARRA TO MT OMMANEY – Walk through Darra following the route of the former conveyor belt for the cement works. Continue through Sinnamon Park and Edenbrook through parkland beside the creek.

Distance 7 km **some uphill walking**

Meet Darra Railway Station

Transport Train Ipswich line departs 9.28 am Central Station

Finish Mt Ommaney Shopping Centre

WEDNESDAY 14th

9 am - GRINSTEAD PARK, ALDERLEY CIRCUIT- Walk to Stafford and return via laneways/easement to access Kedron Brook and return to Grinstead Park.

Distance 6 km mostly flat terrain

Meet Grinstead Park, Alderley

UBD Map 139 D 8

Transport Buz Bus Aspley 345 departs 8.23am King George Square Bus Station 1F to Sicklefield Rd Stop 31 – cross Shand St at lights at Sicklefield Road to Grinstead Park

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

DORNOCH TERRACE CIRCUIT some uphill walking - Walk through the streets of West End to Highgate Hill Park to catch the views and return via Gladstone Road.

JULY

THURSDAY 15th

10 am - MORETON BAY ISLAND WALK – A day on Macleay – view some of the island's "Cheeks on Seats" sculpted locally using recycled timber. The seats are placed at lookouts & viewing points throughout the Perulpa Point walk. Allow a full day for this walk with the option of lunch or snacks at the Macleay Island Golf Club at very reasonable costs – courtesy bus available to take walkers back to the ferry jetty

Distance Approx 6kms **some uphill walking at start**
Meet **9.45 am** Redland Bay Marina, Banana St. Redland Bay (**Ferry departs 10am**)

Transport Bus 280 depart Upper Mt Gravatt Station 8.54am

Finish Redland Bay Marina, Banana St. Redland Bay

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 17th

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

7 am – MOSSVALE CIRCUIT – A pleasant walk on paths through bushland and nearby estate.

Meet Gumdale Shopping Centre, corner New Cleveland & Tilley Roads

UBD Map 162 R 20.

7 am – SUNNYBANK HILLS - This is an easy stroll around the parks and streets of Sunnybank Hills admiring gardens and taking time to listen to the birds.

Meet Shopping Centre, Cnr. Hellowell & Jackson Roads

UBD Map 220 F 8

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 19th

VOLUNTEERS MEETING 11 am

Community Meeting Room

Brisbane Square Library

George Street

The City

3.30 pm - BAYCHESTER LAGOON CIRCUIT is a mixture of wetlands, parklands and a new estate with a pleasant walk around the lagoon - **some uphill walking**.

Meet Small park, Gordon Crescent off Arenga Street

UBD Map 162 R 16

JULY

TUESDAY 20th

9.15 am - MANGO HILL TO LAWNTON WALK – Follow the shared pathway contracted as part of the new Kippa Ring railway to Petrie and then paths through parkland to Lawnton

Distance 7.5km mostly flat terrain
Meet Mango Hill railway station
Transport Train Kippa Ring (Redcliffe) departs 8.22 am Central Station
Finish Lawnton railway station

WEDNESDAY 21st

10 am - MANSFIELD TO CARINDALE – Walking trails through bushlands and bikepaths through parks make for an interesting walk

Distance 7 km mostly flat terrain **one uphill section**
Meet Mansfield Park bus stop
UBD Map201 R 5
Transport Bus Cityxpress Mt Gravatt Wishart 180 departs 9.20am Queen St Bus Station 3a
Finish Carindale Shopping Centre

THURSDAY 22nd

9 am - KENMORE CIRCUIT – A pleasant walk through the older suburb of Kenmore and continue through parkland by Moggill Creek and into Brookfield before returning to Kenmore.

Distance 8 km mostly flat terrain with one short steep hill
Meet Kenmore Village bus stop
Transport Bus Cityxpress Moggill 435 departs 8 17am Queen St bus station 2c
Finish Return to Kenmore Village

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

THE BRIDGES WALK – Walk along the riverbank crossing some of the many bridges in both directions.

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 24th

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

7 am - MOWBRAY PARK TO SOUTH BANK – a nice walk along the river and under the Kangaroo Point cliffs.

Meet Mowbray Park Ferry stop, Lytton Road
UBD Map 23 J 10

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

MONDAY 26th

3.30 pm - CANNON HILL, METROPLEX WALK – an enjoyable walk through the Park Hill Village to the Metroplex Wetlands by the river - **some uphill walking.**

Meet Cannon Hill Railway Station.

TUESDAY 27th

9 am - SOUTH BANK DOCKSIDE CIRCUIT - Follow the path through South Bank and beside the Kangaroo Point Cliffs to access the boardwalk to Dockside. Return along the top of the cliffs to South Bank.

Distance 6 km mostly flat terrain

Meet South Bank at the Wheel of Brisbane

Transport Train, bus or ferry to South Brisbane

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

YORKS HOLLOW CIRCUIT – Walk through inner city streets and parkland then continue to Yorks Hollow.

WEDNESDAY 28th

10 am - VICTORIA POINT CIRCUIT – Enjoy sea breezes from Moreton Bay whilst walking along the esplanade to the Environmental Reserve on Erapah Creek.

Distance 7 km mostly flat terrain

Meet Victoria Point Jetty

Transport Bus 270 departs 9.01am Carindale Shopping Centre Bus Station Stop J

Finish Return to Victoria Point Jetty. Bus 270 departs every hour on the hour to Carindale Shop Centre.

THURSDAY 29th

9 am - GARDEN CITY, BULIMBA CREEK CIRCUIT – A fairly level walk through the streets of Wishart to the bike path along Bulimba Creek.

Distance 8 km mostly flat terrain

Meet Garden City bus interchange stop B

Transport Bus Busway 111 departs 8.33am King George Square Station 2F to “Upper Mt Gravatt” Bus Station and lift to interchange

Finish Return to Garden City Shopping Centre.

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

JULY

SATURDAY 31st

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

7 am - BULIMBA - VARIATION – CHOICE CIRCUIT - There is the choice of either a flat walk or a variation which includes some hills - **some uphill walking (optional)**

Meet Bulimba Memorial Park Cnr Oxford & Stuart Streets Bulimba

UBD Map 20 F 5

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