



**WIND UP  
FOR CHRISTMAS**

**MT OSMOND  
GOLF CLUB**

**60 Mt Osmond Road**

**Sunday 9th November**

**A La Carte Menu**

\$10 deposit (cash) to hold place,  
refundable on the day.

*Please book at reception by  
31st October.*



**WALKERS INFORMATION  
FOR YOUR SAFETY AND ENJOYMENT**

It is the walker's responsibility to stay with the group, walking behind the leader. Please notify the leader if you are having any difficulties. It is important that you carry any personal medication which you may need, (eg. Ventolin) and a form of identification.

Participation in a club activity is entirely voluntary, and walkers are individually responsible for their safety, and their possessions. A walker is required to sign the attendance register on each hike and their signature denotes acknowledgement of risk and acceptance of responsibility for the walker's own safety.

**Please be prepared with:**

- ◆ Comfortable solid boots or shoes with tread
- ◆ Thick socks
- ◆ Suitable layered clothing

**In a small backpack, carry:**

- ◆ For cold weather: Rainproof jacket and warm wet weather clothing. Warm jumper or jacket of wool or polyester fleece
- ◆ Warm hat and gloves on cold days & shade hat on warm days
- ◆ First aid equipment (personal medication clearly labelled)
- ◆ Sunscreen
- ◆ Minimum 1 litre of water for walking

**Post walk**

**Please bring drinks and snacks for the post walk social gathering. You may also wish to bring a chair.**

***No dogs on walks please.***

*NB: If you are concerned about the weather, please contact the leader on the morning.*

**Sundays  
9.30am - 11.30am  
31st Aug - 9th Nov 2025**



**LEADERS:**

**Jenny Agnew, Bernice Cohen,  
Kerrie Irvine, Bruce McDonald,  
Barbara Millar, Linda Sampson,  
Glynis Varvounis, Joy Walterfang,  
John Wotherspoon**

**FITNESS ON THE PARK**

**64 MacKinnon Parade, North Adelaide 5006**

**Ph: 8267 1887**

**Email: [fitnessonthepark@ozemail.com.au](mailto:fitnessonthepark@ozemail.com.au)**

**Web: [www.fitnessonthepark.com.au](http://www.fitnessonthepark.com.au)**

**Countryside Walks 2025**

**Sunday 31st August**

**MYLOR'S BANDICOOT/  
ALDGATE VALLEY LOOP**

**UBD 158 F12**

Leader: John

Meet on Stock Road at Mylor Tennis/  
Netball courts.

**Sunday 7th September**

**BELAIR MICROCAPA/LORIKEET WALK**

**UBD 143 E11**

Leader: Joy

Meet at Belair Railway Station car park  
Upper Sturt Road side  
(not Sheoak Road).

**Sunday 14th September**

**MORIALTA**

**UBD 108 J14**

Leader Bernice

Meet at Car Park at Morialta  
Conservation Park, Stradbroke Road,  
Woodforde.

**Sunday 21st September**

**MT OSMOND MINES**

**UBD 131 J12**

Leader: Bruce

Meet at Gill Terrace, Mt Osmond.  
Car park just off SE Freeway.

**Sunday 28th September**

**WILD DOG GLEN/WAITE LOOP**

**UBD 143 D2**

Leader: Joy

Meet at pump station,  
10 Hillside Rd, Springfield.

**Sunday 5th October**

Long weekend – no walk

**Sunday 12th October**

**MARK OLIPHANT**

**CONSERVATION PARK**

**UBD 168 N7**

Leaders: Kerry and Duncan  
178 Scott Creek Road Scott Creek  
Meet at Mark Oliphant car park.

The park is just opposite  
Deviation Road Winery.

**Sunday 19th October**

**CHAMBERS GULLY**

**UBD 120 A16**

Leader: Glynis

Meet at Sitters Memorial Drive,  
Burnside  
Adjacent to Alan Cousins Reserve.

**Sunday 26th October**

**COBBLER CREEK RECREATION PARK**

**UBD 72 B11**

Leader: Jenny

Turn R at Bridge/Smith Road traffic  
lights, Salisbury East  
Meet at lower car park.

**Sunday 2nd November**

**MORIALTA CONSERVATION PARK**

**SECOND FALLS WALK**

**(option of going to Third Falls)**

**UBD 108 N16**

Leader: Barbara

Meet at Morialta Falls upper car park  
near toilet block and the information  
boards.

**Sunday 9th November**

**PIONEER WOMENS WALK**

**(9am Start)**

**UBD 132 P6**

Leader: Linda

Meet at Brock Reserve,  
Dashwood Road, Beaumont  
Lunch 12.30pm Mt Osmond Golf Club