

## Walking the Lake

### Term 2, 2019

U3A Southlakes, April 2019

Date	Walk	Distance (km)	Rough Duration	Difficulty	Meeting Place	Comments
09-May-19	Avondale Adventure 3	4.1	1½ hours	Easy	The car park for the Avondale Adventist Cemetery chapel, off Central Road, Cooranbong	The traditional Boys Walk, so named because male and female students had to use separate walking tracks early in Avondale College's history. Follows Dora Creek past the closed Sanitarium factory.
16-May-19	A Walk Through Newcastle's History	unknown	3 hours	Easy	Morisset Station to travel to Customs House, Newcastle	Discover the early heritage, history and architecture of early Newcastle and how it changed from a convict settlement into Australia's 7th largest city. The walk includes a hill in Church St. After the walk lunch at own expense at a city hotel.
23-May-19	Sugarloaf Scamper	3	1 hour	Moderate	Mount Sugarloaf car park, off Mt Sugarloaf Rd, West Wallsend	Combines the Mt Sugarloaf Summit and Cliff tracks through gentle forest, with fabulous views out to the coast and the surrounding plains.
30-May-19	Crangan Bay Constitutional	4	1½ hours	Easy	The lay by 1.6km from Pacific Hwy along Kanagra Dr, Chain Valley Bay	A varied walk along fire trails with lovely views up the lake between Gwandalan and Nords Wharf ... and only a 20 minute drive from Morisset!
06-Jun-19	Kilaben Klimb	3.0	1 hour	Easy	The gravel hard standing in front of the Toronto Fire Station	The walk takes a fire trail down to a lovely groomed walk along Kilaben Creek to Kilaben Bay. The walk features five separate vegetation communities and over 100 different bird species, plus at least one goanna.
13-Jun-19	Murrays Beach March	3.6	1 hour	Easy	The Lake House Cafe at Murrays Beach	Explores some of the bush surrounding the new developments at Murrays Beach and, for the adventurous, the walking route from the lakeside to the Pacific Highway along the Murrays Beach and Raffertys trails.
		4.6	1½ hours	Moderate		
20-Jun-19	Gap Creek Gallop	3.7	1½ hours	Difficult	Intersection of Mt Faulk Road and Macbeans Firetrail, Olney State Forest	This walk travels through dense rainforest to a rest area with a timber bench to sit in and listen to the birds. The hard version descends to an inspiring rock amphitheatre with the one of the best waterfalls in the Hunter area.
		3	1 hour	Easy		
27-Jun-19	Spoon Rocks Stride	2.9	1 hour	Easy	Caves Beach SLSC car park at the end of Caves Beach Rd, Caves Beach	A lovely cliff top walk with views over Caves and Spoon Rocks Beaches, plus the obligatory coal ships waiting in the queue for Newcastle.