

Walking the Lake

Term 4, 2019

U3A Southlakes, September 2019

Date	Walk	Distance (km)	Rough Duration	Difficulty	Meeting Place	Comments
17-Oct-19	Stockton Creek Safari	4.0	1¼ hour	Easy	Behind 29 Victory Street, Coorانبong (follow the laneway between numbers 19 & 29)	Follows the south bank of Dora Creek to Beauty Point and the junction with Stockton Creek, starting and ending at the historic swing bridge. Includes the lovely and surprising River Walk, developed by the local community.
24-Oct-19	Bonnells Bay Bog Slog	3.0	1 hour	Easy	Outside Bayside Aged Care 136 Marconi Rd, Bonnells Bay	Don't be put off by the name (although there are some swampy bits). Follows Fullers Creek to its confluence with the lake and then explores the western shore of Bonnells Bay.
31-Oct-19	Heathland Hop	4.0	1¼ hour	Moderate	The car park on Snapper Point Road, at the junction with Tank Trail and Moonee Beach Trail	A delightful walk in the Munmorah State Conservation Area through scenic coastal heath with sweeping views over Timber Beach and Ghosties Beach to the white sands of Moonee beach and back
07-Nov-19	Walking on Water	N/A	½ day	Easy	Outside 94 Dora Street, Dora Creek	A boat cruise from Dora Creek to Murrays Beach and return, with a nice coffee break in the middle. Thanks to Jim & Terry for providing the boats.
14-Nov-19	Dorrington Diddly Bop	5.0	1½ hours	Moderate	The gate on Dorrington Road, Rathmines, 1.6km from the Wangi Rd roundabout	Explores the varied bushland between Buttaba and Rathmines. One steep hill made me rate it moderate, otherwise it would be easy.
21-Nov-19	Yuelarbah Yomp	4.8	1½ hours	Moderate	Yuelarbah Trail car park, Burwood Rd, Whitebridge	Follows the Yuelarbah walking track along Flaggy Creek to Leichhardt's Lookout, then past the Glenrock Lagoon to the beach. The walk is gently sloping downhill most of the way to the beach, and therefore gently uphill the way back.
28-Nov-19	Peninsula Penetration	5.1	1½ hours	Moderate	The bottom of the Bonnells Bay shopping centre car park, near the Fit Life gym	Despite the extensive development in the last few years, the centre of the Morisset peninsula is rarely-visited bushland. This is a walk through some nice trees with very little rubbish!
05-Dec-19	Graveyard Gallop	5.0	1½ hours	Easy	St Patrick & St Brigid Catholic Church 6 Martinsville Road, Coorانبong	From the oldest European cemetery still intact & in use in Lake Macquarie to the graves of Joseph, Eliza and Emily Frost, who settled in Coorانبong in 1864. Afterwards and end-of-year celebration at Frances' house.