



PROUDLY SPONSORED BY

October Events



HIKES | NATURE | COMMUNITY | WELLNESS

Connect • Explore • Empower 

SAT
3

Terraces & Rockslides (HD)

SAT
17

Bambaroo Track (FD)

SAT
17

Smedley's Hut

SAT
17

Hidden Falls

SAT
17

Gold Ck Falls, Paluma (FD)

TUE
20

Trivia Night



SAT
24

Nelly - Horseshoe Bay Loop, Magnetic Island (FD)

SUN
25

Sandy Ck, Bowling Bay NP (FD)

SAT
31

Pink Ribbon Walk & BBQ Breakfast, Apex Park



**FD = Full Day Event / HD = Half Day Event



WEEKDAY WALKABOUTS:

- | | | | |
|---|--------------------|-----------------------|---------|
|  | Monday: | JCU Stairs | am |
|  | Tuesday: | Heart Foundation Walk | 5.15 pm |
|  | Tuesday: | Wulguru Hills | am |
|  | Wednesdays: | Castle Hill | 5.30 am |
|  | Fridays: | Castle Hill | am |



Fun, Fitness,
Friendship &
Community



Every step is a step to
health, happiness and connection. 

