

City of Onkaparinga

Join our free local walking groups!

Heart Foundation Walking groups are a great way to meet new people and look after your health. Beginners are welcome and it's free

Where/Group	When	Starting Point	Contact Details Please contact prior to walking
Aberfoyle Park Aberfoyle Walkers	Wednesday 9am	The Mall Walkway, op Our Saviour Lutheran Church, Aberfoyle Pak	Sonya – 0403 938 287
Aldinga Beach Aldinga Esplan Walker	Monday 8.30am	Car Park, Star of Greece Café Kiosk	Dean– 0415 987 381
Coromandel Valley Coro Valley Walkers	Wednesday 9.30am	Duck Inn, Main Road	Fiona Earl – fiearl@outlook.com
Coromandel Valley Walk and Talk	Friday 9.30am	Coromandel Community Centre	Glenys – ggards47@gmail.com
Kangarilla Kangy Walkers	Tuesday 6pm	Kangarilla General Store McLaren Flat Rd	Sue– 0416 045 641
Moana Moana Coasters	Tuesday 9am	Nth side Moana SLSC at shelter, Esplanade, Moana	Anthony – 0411 093 853
McLaren Vale Early Birds	Mon, Wed & Fri 7.00am	Various local locations inc McLaren Vale, Moana, Willunga	Anthony– 0411 093 853
McLaren Vale Walking for Good Lives	Thursday 9.30am	90-91 Main Road, McLaren Vale	Sue – bartschts@bigpond.com
Morphett Vale M/Vale Walking	Monday & Thursday 9.05am	Fasta Pasta Reynella carpark, Cnr South and Pimpala Rd, Reynella	Anthony– 0411 093 853
Noarlunga Centre Colonnades Walkers	Tuesday & Thursday 7.15am	Grd Floor, Myer entrance Colonnades Shop Cen	Annie - 8326 3360 or jovermeyer@bigpond.com
Noarlunga area Walky Talkies (Disability Group)	Wednesday 12.45pm	Noarlunga bus/train interchange Noarlunga	Disability Group Marie - 8384 0661
Old Noarlunga Espee Walkers	1 st & 3 rd Monday 9am	Market Square, Old Noarlunga	Dini– 0408 475 655
Old Noarlunga Riverbank Walking	Monday & Friday 8.00am	Old Noarlunga Institute Old Noarlunga	Lynette – 0402 470 134
Reynella Wild Walkers	Wednesday 9.30am	Rotary Park (end Beach Road), Christies Beach	Jean - 0401 029 583
Woodcroft Wandering Walkers	Monday & Wednesday 10am	Woodcroft Medical Centre Woodcroft	Marie - 0402 049 602

Please contact the walk organiser prior to walking and arrive 5 min early



CITY OF ONKAPARINGA

Want to start your own walking group?

Contact the HALO team on 8384 0666 or visit www.heartfoundation.org.au/walking

HEART FOUNDATION WALKING SUPPORTED BY:



Queensland
Government



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