

# Walking for Pleasure

## Tamworth Happy Wanderers Club

We meet regularly at Bicentennial Park from 8am for 30 and 60 minute walks. See over for details of all our upcoming walks.

## Taking part

### Walk at a pace that suits you

When participating in a *Walking for Pleasure* program, walk at a pace that is comfortable for you and stay behind the guide. If you become tired, stop and rest. If you leave the walk, notify the guide first.

## Walk levels

### Very Easy

Suitable for wheelchairs and prams.

### Easy

Relatively gentle grades and good surfaces. Suited to most people.

### Medium

Includes rough or steep sections. Could require some climbing over natural obstacles.

### Hard

Strenuous walks involving steep ascents or descents over rougher terrain. Suited to fit and experienced walkers.

## What to wear

- Light, loose and comfortable clothing
- Flat and well cushioned shoes
- Broad brimmed hat and sunglasses
- SPF 30+ sunscreen.

## What to bring

- Lightweight back pack
- Water
- Wet weather gear.

## Wet weather

Walks may be cancelled if the weather is poor. If in doubt, contact the Walk Leaders listed.

## For more information

call 13 13 02 or visit [www.dsr.nsw.gov.au](http://www.dsr.nsw.gov.au)

## Walking is good for you

**An active way of life is important to us all. It just takes at least 30-minutes of moderate physical activity every day to help you to feel more confident, control your weight, have healthier blood cholesterol, lower blood pressure and stronger bones.**

Walking is great for general fitness, as well as being a safe, cheap and convenient way to exercise.

## About *Walking for Pleasure* clubs

Walking on your own is good exercise, but walking with friends is social and enjoyable. *Walking for Pleasure* is a Sport and Recreation program which promotes regular walking with a group.

There are *Walking for Pleasure* clubs all around NSW that walk regularly in places such as National Parks, places of historical interest, beaches and your local area. Anyone is welcome to take part in *Walking for Pleasure* and it's free to join.

## Going away from home and still like to walk?

Sport and Recreation has *Walking for Pleasure* groups all over NSW. Call us for more information.

## Conditions

Participants are advised that it is a condition of their participation in any *Walking for Pleasure* activity that they do so at their own risk. Sport and Recreation and any activity leaders or coordinators do not accept any responsibility for any loss, damage or injury to any participant howsoever such loss, damage or injury may arise or be caused. Walkers should consult their GP before commencing any form of physical activity.

## Stay active

Sport and Recreation runs other programs to help you stay active, including golf lessons, aquafitness and holidays at our sport and recreation centres. Call us for more information.

**For deaf, hearing or speech impaired people only, TTY (02) 9006 3701.**



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