



Forestville RSL Club Walkers Section

Seniors interested in staying Healthy & Fit
and in enjoying Good Company,
are invited to join the

Forestville RSL Walkers Section

Please Contact:

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General Information

- ❖ The Walkers Section organizes 30-40 walks a year. Most walks are two to three hours' duration, many are graded Easy. These walks are generally on suburban streets, fire trails and through public parks.
- ❖ Some walks are more challenging and are graded Medium/Hard. These walks include bushwalks and may take three hours or more.
- ❖ Public transport is used to travel to and from most walks. Where this is impractical, car-pooling is used.
- ❖ Three or four day "Getaways" (Easy walks) and "Safaris" (Medium to Hard walks) are arranged twice a year, usually mid-week away from the Sydney Metropolitan area.
- ❖ The Walkers Section arranges two dinners each year, as part of its social calendar.
- ❖ Walkers' Annual Membership is \$10. **NOTE:** Membership of the Forestville RSL Club Ltd is mandatory.
- ❖ Flyers and Membership Application Forms are available from the Forestville RSL Club reception and from our local libraries. Our current Walks Program may be viewed there and also at <http://www.forestvillersl.com.au>. Select "SPORTS/SOCIAL", then "WALKERS" and then "Walkers Program".
- ❖ Forestville RSL Club Ltd - Walkers Section and Group Leaders do not accept responsibility for any loss, damage or injury to any participant or participant's property however it may occur. Participants should seek their own insurance cover for all such risks. Participation in any Forestville RSL Club Ltd Walkers Section activity is done at the participant's own risk.