

# Recovery Rambles

**Wanted!** AA members to sustain a walking group meeting every Sunday at various locations in SA.



*What better way to start the week than to enjoy an hour or two's ramble on a Sunday morning with other recovering alcoholics in our natural environment!*

Come along and bring the newcomer to our fledgling tramps in May 2021 to participate in a walking group meeting including fellowship.

When	Grade*	Where	Meet <sup>#</sup>
May 2	E	Botanical Trail, Marino Conservation Park	Begin hike at car park entrance, Nimboya Road
May 9	M	Wirraparinga Trail Loop, Brownhill Creek Recreation Park, Mitcham	Trail head at corner Northbrook Ave and Blythewood
May 16	D	Bursaria Hike, Anstey Hill Recreation Park, Vista	Gate 14, Newmans Track, on Lower Northeast Rd
May 23	M	Watercourse Hike, Scott Cons. Park, Currency Creek	Start at north-eastern carpark on Gould Road.
May 30	E	Flagstaff Rotary Walk and Minkarra Park Trails	The carpark off Manning Road, Happy Valley

<sup>#</sup>Please consider others and meet at 9:30am for strictly 9:45am start.

\* (E) easy; (M) moderate; (D) difficult

Contact Lesley on 0424 307375 for more details if required.

Maps can be found on Walking SA Website: <https://www.walkingsa.org.au/>