

# 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!*

When	Grade*	Where	Meet <sup>#</sup>
Oct 3	M	RSL Walk, Belair National Park, Belair	Via gate Gate 13 Waverly Lodge, Saddle Hill Road, off Sheoak Road.
Oct 10	M	Currency Creek Waterfall Hike, Alexandrina Road, just before Bevan Street, Currency Creek	Start the hike from the end of the Lions Club of Goolwa recreation carpark, which is off the main road to Goolwa.
Oct 17	M	Aldinga Sellicks Beach coastal walk	Meet at Loongana Road, Aldinga
Oct 24	M	Orchid Hike, Scott conservation Park, Mosquito Hill	Begin the hike from the north-eastern carpark on Gould Road.
Oct 31	M	Hindmarsh River Walk	Start from the Bridge Terrace carpark.

<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.