

## Walking Groups

Walking is suitable for most people particularly those who have not exercised in a long time. Walking is low impact, requires minimal equipment, can be done at any time of the day and can be performed at a person's own pace.

### Kingston

Venue/Organisation	Contact
<b>Aspendale Gardens</b>	
Aspendale Gardens Community Centre 103-105 Kearney Drive	9587 5955
<b>Chelsea</b>	
Chelsea Neighbourhood House (Longbeach Place) 15 Chelsea Rd	9766 1386
<b>Chelsea Heights</b>	
Chelsea Heights Community Centre 160 Thames Prom	9772 3391
Genesis Fitness Club 93 Wells Rd	9782 7200
<b>Cheltenham</b>	
The Life Activities Group Follet Rd	9553 1707
Southland Striders Mall Walking Group Westfield Shopping Centre Nepean Highway	9553 1038
<b>Dingley Village</b>	
Dingley Fitness Healthlink Corner Centre Dandenong Rd & Tootal Rd	9551 3022
<b>Highett</b>	
Waves Leisure Centre (Southland Striders)	9580 8328
<b>Mentone</b>	
Mentone and Chelsea Healthy Life Style Walking Groups	9772 2026
<b>Mordialloc</b>	
U3A Kingston 37 Albert Street	9580 1038
Moorleigh U3A Walking group Various Locations	9584 4749
<b>Patterson Lakes</b>	
Patterson Lakes Community Centre 54-70 Thompson Rd	9772 8588

## Bayside

Venue/Organisation	Contact
<b>Bayside</b>	
Bayside Striders	9589 1927
<b>Brighton</b>	
Brighton Bayside Life Activities Club	9530 5542
<b>Hampton</b>	
Hampton Community Centre 14 Willis St	9598 2977
<b>Highett</b>	
Bentleigh Bayside Community Health Centre Livingston St	9553 6033
<b>Sandringham</b>	
Sandybeach Centre 2 Sims St	9598 2155
Life Activities Club	9533 1378
<b>Reservoir</b>	
Ramblers Walking Club	9584 7131

## Bentleigh

Venue/Organisation	Contact
<b>Bentleigh East</b>	
Bentleigh Bayside Community Health Centre Gardnerers Rd	9575 5333
<b>Black Rock</b>	
Black Rock Activity Centre (ADASS program) 2 Karrakatta St	9589 1927

## Walking Tracks

### Kingston

<b>Aspendale</b>
Attenborough Park
Browns Reserve
<b>Carrum</b>
Carrum Roy Dore Reserve



<b>Clayton Sth/ Clarinda</b>
Bald Hill Park
Grange Reserve
Heatherton Park
<b>Dingley</b>
Braeside Park
Rowan Road Reserve
<b>Edithvale/Chelsea</b>
Beasley Reserve
Edithvale recreational
Edithvale Wetlands
Edithvale Foreshore Reserve
Bicentennial Park
<b>Cheltenham</b>
Highett Reserve
Karkarook Park
Kingston Health Reserve
Sir William Fry Reserve
<b>Mordialloc/Mentone/Parkdale</b>
Parkdale Foreshore
George Woods Reserve
Mentone Foreshore
Mordialloc Foreshore
Mentone Racecourse Reserve
Peter Scullin Reserve

## Bayside

<b>Beaumaris</b>
Moysey Walk
<b>Brighton</b>
Brighton Central Walk
Kamesburgh Walk
Landcox Park
<b>Hampton</b>
Castlefield Walk
G.L. Basterfield Walk
<b>Sandringham</b>
Healthland Walk
Battle of Trafalgar Walk