

Term 1 2023 U3A Ballina / Byron Inc.
Monday Walks conducted by Barbara mob: 0402 825 260
Monday walks are for approximately 1 hour and we usually avoid hills.

We leave promptly at 8:30am from starting point.

Wear comfortable shoes and a sunhat. Insect repellent is also recommended. Bring water and money for coffee.

30th Jan	Ballina Island Low 11:08am	Meet at Fripp Oval Coffee at the Proper Cafe
6th Feb	The Serpentine Area High 9:56am	Meet at Meldrum Park Coffee at the Proper Cafe
13th Feb	Lennox Head beach and lake walk Low 8:15am	Meet at car park next to caravan park Coffee at the Lennox Surf Club
20th Feb	River Walk to Shaws Bay High 9:30am	Meet at Meldrum Park Coffee at the Proper Cafe
27th Feb	North Wall Low 9:11am	Meet at car park behind the library Coffee at Mezza
6th Mar	Ballina Island High 8:56am	Meet at Meldrum Park Coffee at the Proper Cafe
13th Mar	Northlakes Low 7:02am	Meet in Ballina Central car park behind McDonalds Coffee at Stellarossa
20th Mar	Shaws Bay & North Wall High 8:22am	Meet at Lighthouse Beach car park Coffee at Coffee and Kitchen (East Ballina Shopping Centre)
27th Mar	Sharpes and Angels Beach Low 7:38am	Meet at Sharpes Beach car park Coffee at Coffee and Kitchen (East Ballina Shopping Centre)
3rd Apr	Chickiba & Prospect Lakes High 6:45am	Meet at Chickiba playing fields Easter buns & coffee at my place