

Term 3 2022 U3A Ballina / Byron Inc  
Monday Walks conducted by Barbara mob: 0402 825 260  
We walk for approximately 1 hour and usually avoid hills.

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

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

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|----------|----------------------------------|------------|--|
| 18th Jul | North Creek and North Wall       | Low 6:08   | Meet at Meldrum Park<br>Coffee at <a href="#">The Proper Café (Ballina Homestead Motel)</a>                              |
| 25th Jul | Shaws Bay Area                   | High 5:56  | Meet at Lighthouse Beach car park<br>Coffee from Lighthouse Beach Kiosk – bring chair and keep cup?                      |
| 1st Aug  | Library to North Wall            | High 10:34 | Meet at car park behind the library<br>Coffee at <a href="#">Mezza</a>   |
| 8th Aug  | Sharpes Beach and Flat Rock area | Low 10:04  | Meet at Sharpes Beach car park<br>Coffee at <a href="#">Coffee and Kitchen (East Ballina Shopping Centre)</a>            |
| 15th Aug | East Ballina Lakes Area          | High 10:43 | Meet at Chickiba Playing Fields<br>Coffee at <a href="#">Coffee and Kitchen (East Ballina Shopping Centre)</a>           |
| 22nd Aug | Ferngrove                        | Low 10:07  | Meet in Ballina Central car park behind McDonalds<br>Coffee at <a href="#">The Proper Café (Ballina Homestead Motel)</a> |
| 29th Aug | East Ballina / Serpentine Loop   | High 9:31  | Meet at Meldrum Park<br>Coffee at <a href="#">The Proper Café (Ballina Homestead Motel)</a>                              |
| 5th Sep  | Lennox Head Beach                | Low 8:32   | Meet at car park next to caravan park<br>Coffee at <a href="#">Lennox Surf Club – bring chair and keep cup?</a>          |
| 12th Sep | Sharpes Beach Area               | High 9:32  | Meet at Sharpes Beach car park<br>Coffee at <a href="#">Coffee and Kitchen (East Ballina Shopping Centre)</a>            |
| 19th Sep | Ballina Island                   | Low 8:12   | Meet at Meldrum Park<br>Coffee at <a href="#">The Proper Café (Ballina Homestead Motel)</a>                              |