

HEART FOUNDATION WALKING

FREE Walking Groups across the Sunshine Coast. Heart Foundation Walking (previously known as *Just Walk It*) is Australia's largest network of free community based walking groups coordinated locally by the Sunshine Coast Regional Council.

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00am	Peregian Springs Meet at Park on The Avenue (starting soon)		Peregian Springs Meet at Park on The Avenue (starting soon)		Peregian Springs Meet at Park on The Avenue (starting soon)
6:30am	<p>Mountain Creek Meet at Cnr Karawatha Dr and Molokai Street.</p> <p>Peregian Beach Meet outside 49 Lorilet St (NB: Power Walkers)</p> <p>Landsborough Meet at Primary School near Rail crossing</p> <p>Mooloolah Meet at car park at Martin Rungert Park</p> <p>Wurtulla Meet at Cnr Jabiru Dr & Mandara Dr at Currimundi Lake Conservation Park sign</p> <p>Caloundra Meet near coffee van in Happy Valley car park – enter opposite Knox St.</p>	<p>Mountain Creek Meet at Cnr Karawatha Dr and Molokai Street.</p> <p>Landsborough Meet at School of Arts, Old Landsborough Rd</p> <p>Currimundi Meet at Currimundi Market Place outside Woolworths</p> <p>Kings Beach Meet at the Rolling Surf Kings Beach (Fast Paced)</p>	<p>Mountain Creek Meet at Cnr Karawatha Dr and Molokai Street.</p> <p>Peregian Beach Meet outside 49 Lorilet St (NB: Power Walkers)</p> <p>Kawana Island Meet at - River Park by the jetty</p> <p>Landsborough Meet at Primary School near Rail crossing</p> <p>Mooloolah Meet at car park at Martin Rungert Park</p> <p>Currimundi Meet outside funeral parlour beside Ahern Bridge, on Nicklin Way (slow paced)</p> <p>Caloundra Meet near coffee van in Happy Valley car park – enter opposite Knox St.</p>	<p>Mountain Creek Meet at Cnr Karawatha Dr and Molokai Street.</p> <p>Landsborough Meet at School of Arts, Old Landsborough Rd</p> <p>Kings Beach Meet at the Rolling Surf Kings Beach (Fast Paced)</p> <p>Currimundi Meet at Currimundi Market Place outside Woolworths</p>	<p>Mountain Creek Meet at Cnr Karawatha Dr and Molokai Street.</p> <p>Peregian Beach Meet outside 49 Lorilet St (NB: Power Walkers)</p> <p>Landsborough Meet at the bottom of Landsborough primary school parking near rail crossing</p> <p>Mooloolah Meet at car park at Martin Rungert Park</p> <p>Caloundra Meet near coffee van in Happy Valley car park – enter opposite Knox St.</p>
6:45am	Golden Beach Coastal walk, meet at the shopping centre park – just down from Newsagent		Golden Beach Coastal walk, meet at the shopping centre park – just down from Newsagent		Golden Beach Coastal walk, meet at the Golden Beach shopping centre park – just down from the Newsagent
7:00am	<p>Cudgerie Meet outside 137 Blueberry Dr</p> <p>Kenilworth Meet at the Show Grounds</p>	<p>Cudgerie Meet outside 137 Blueberry Dr.</p> <p>Beerwah Meet at Rotary seat at entrance to</p>	<p>Cudgerie Meet outside 137 Blueberry Dr</p> <p>Kenilworth Meet at the Show Grounds</p>	<p>Cudgerie Meet outside 137 Blueberry Dr</p> <p>Beerwah Meet at the Rotary seat at entrance to</p>	<p>Cudgerie Meet outside 137 Blueberry Dr</p> <p>Kenilworth Meet at the Show Grounds</p>

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Beerwah Meet at Rotary seat at entrance to Beerwah & District Community Hall	Beerwah & District Community Hall	Buderim Program posted at Buderim Post Office (6:00am in summer) Beerwah Meet at Rotary seat at entrance to Beerwah District & Community Hall	Beerwah & District Community Hall	Beerwah Meet at the Rotary seat at entrance to Beerwah District & Community Hall Glasshouse Mountains Meet at the Neighbourhood Centre, opposite the Post Office on Ryan St.
9:00am					Buderim Meet at Foote Sanctuary
4:00pm	Glasshouse Mountains Meet at the Neighbourhood Centre Opposite Post Office Ryan Street		Glasshouse Mountains Meet at the Neighbourhood Centre Opposite Post Office Ryan Street		
4:30pm	Coolum Meet at the Coolum Surf Club (5:30pm in the summer)		Coolum Meet at the Coolum Surf Club (5:30pm in the summer)		Coolum Meet at the Coolum Surf Club (5:30pm in the summer)
7:00pm	Peregian Springs Meet at Park on The Avenue (starting soon)		Peregian Springs Meet at Park on The Avenue (starting soon)		Peregian Springs Meet at Park on The Avenue (starting soon)
Time	SATURDAY	SUNDAY			
6:30am	Kings Beach Meet at the Rolling Surf Kings Beach (Fast Paced) Mountain Creek Meet at Cnr Karawatha Dr & Molokai Street.	Mountain Creek Meet at Cnr Karawatha Dr & Molokai Street.	Please Note: it is advisable for first time walkers to telephone the area coordinator on either 5474 7272 or 5441 84021 prior to your first walk in case of time/venue changes. Please note some groups alter time on a seasonal basis. Enjoy walking by the light of the full moon? Check out the Sunshine Coast Moonwalking schedule.		
7:00am	Cudgerie Meet outside 137 Blueberry Dr				

This timetable is correct as at 4th February 2009