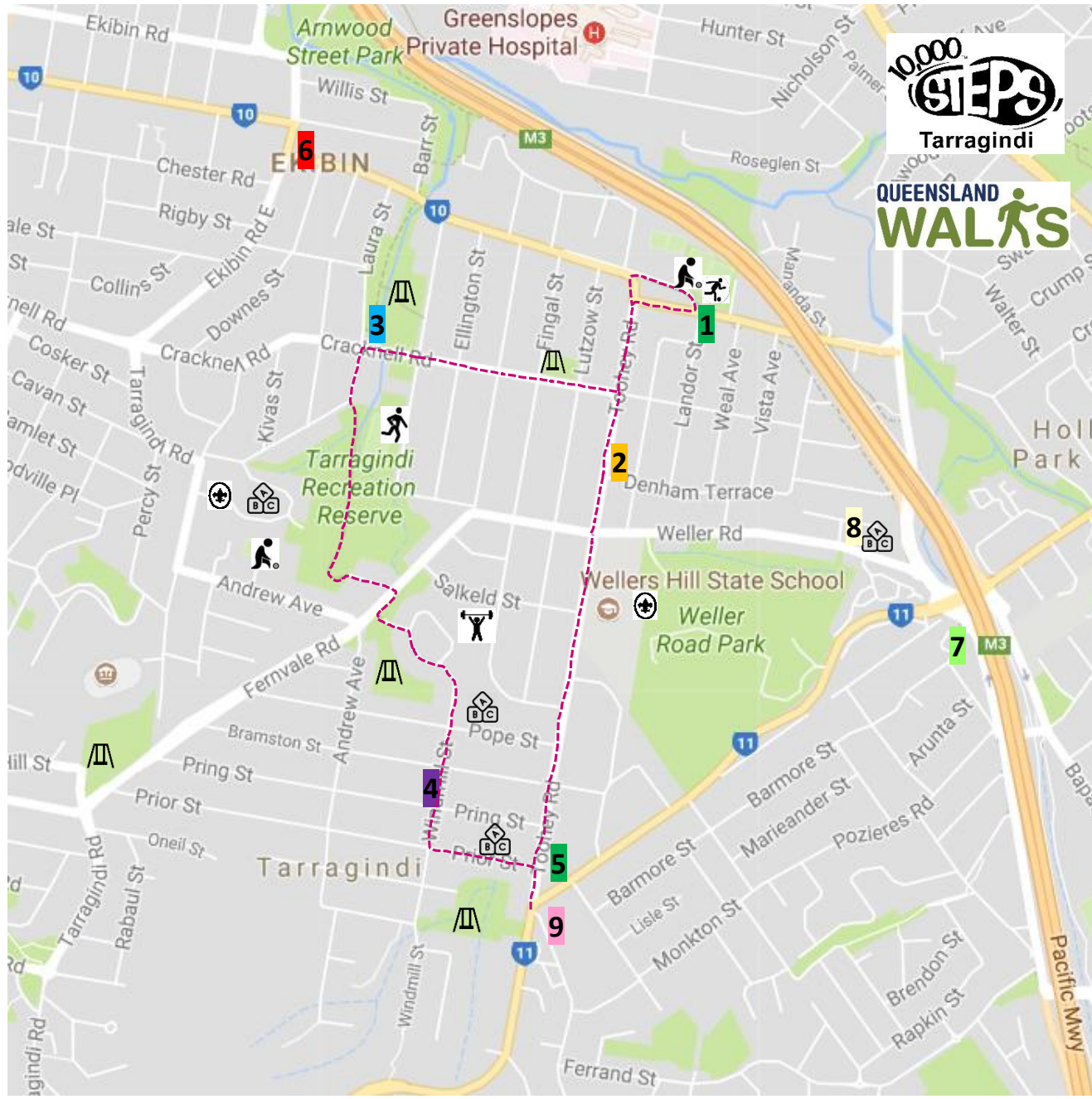


Supported by:



- 1.** Esher St Café  
Debbie Pet Services  
Affinity Hair
- 2.** Wellers Hill Medical  
Guardian Pharmacy  
Spar Foodstore  
Australia Post  
True Value Hardware  
Wellers Hill Dental  
Cracknell Chiropractic  
Turbands and Cowboys  
The Perfect Fit
- 3.** Brunos Café  
Flour & Bloom Florist  
SkinSpirit Day Spa  
Kustomize
- 4.** The Friendly Grocer  
Tarragindi News  
The Gindi Coffee  
Tarragindi Hot Bread  
Your Hairdresser  
CGB Seafoods  
List Property
- 5.** Night Owl  
BWS  
Tarragindi Thai  
Tarragindi Fruit Barn  
Davies Bakery  
Puccini Pizza  
Seafood & Curry  
Gourmet Deli  
Tangerine Hair  
Indus Spa
- 6.** Pink Salmon Seafood  
Thai Gold Singha  
Ekibin Bakery  
727 Foodstore
- 7.** Nicks Takeaway  
Fitzys Fresh Seafood  
Asian Food Paradise  
Gidget and Moo Hair  
Instyle with TM  
Adore Boutique  
Black Lab Cafe
- 8.** Physiotec
- 9.** Posh Beauty Salon  
Reg Strow Real Estate  
Selective Hearing  
Style Real Estate  
Le Dix Hair

## Tarragindi 10,000 Steps Walks – Something to get everyone’s feet moving. September 3 – October 15 (all walks are loops unless stated)

Date	Day	Time	Walk	Start Point	Length	Contact
5 Sept	Tuesday	6am	Heart Foundation – Tarragindi Walkers	Laura St Park - Car Park	4km – 45-60mins	Sharon – 0419 853 518
7 Sept	Thursday	7pm	Walking for Pleasure - Toohey Forest - www. walkingforpleasure.com	QEII Hospital car park, Nathan	90 mins	0457 197 664
9 Sept	Saturday	7am	Walking for Pleasure - Toohey Forest - www. walkingforpleasure.com	Klumpp Rd, Upper Mt Gravatt	Varies	0457 197 664
10 Sept	Sunday	8am	Tarragindi 10,000 Steps– <b>WELLER RD HILL WALK</b> - Gentle walk with photo clue hunt	Esher St Café, Esher St	60 mins	Just turn up
12 Sept	Tuesday	6am	Heart Foundation – Tarragindi Walkers	Laura St Park - Car Park	4km – 45-60mins	Sharon – 0419 853 518
14 Sept	Thursday	7pm	Walking for Pleasure - Toohey Forest - www. walkingforpleasure.com	QEII Hospital car park, Nathan	90 mins	0457 197 664
16 Sept	Saturday	7am	Walking for Pleasure - Toohey Forest - www. walkingforpleasure.com	Klumpp Road, Upper Mt Gravatt	Varies	0457 197 664
16 Sept	Saturday	9am	Tarragindi 10,000 Steps– <b>OFF TO THE FOREST</b> - Gentle walk with photo clue hunt	Le Dix Hair, Monash Rd Shops	60 mins	Just turn up
19 Sept	Tuesday	6am	Heart Foundation – Tarragindi Walkers	Laura St Park - Car Park	4km – 45-60mins	Sharon – 0419 853 518
21 Sept	Thursday	7pm	Walking for Pleasure - Toohey Forest - www. walkingforpleasure.com	QEII Hospital car park, Nathan	90 mins	0457 197 664
21 Sept	Thursday	9.15am	Tarragindi 10,000 Steps– <b>“P” STREETS HILL CHALLENGE</b> - Exercise walk	The Gindi Café, Pring St	60 mins	Just turn up
23 Sept	Saturday	7am	Walking for Pleasure - Toohey Forest - www. walkingforpleasure.com	Klumpp Rd, Upper Mt Gravatt	Varies	0457 197 664
26 Sept	Tuesday	6am	Heart Foundation – Tarragindi Walkers	Laura St Park - Car Park	4km – 45-60mins	Sharon – 0419 853 518
28 Sept	Thursday	7pm	Walking for Pleasure - Toohey Forest - www. walkingforpleasure.com	QEII Hospital car park, Nathan	90 mins	0457 197 664
1 Oct	Sunday	9am	Tarragindi 10,000 Steps– <b>FORESTS TO BUSWAY</b> – Gentle walk with bonus raffle from Fitzys Seafood and Black Lab Coffee Voucher offer.	Wellers Hill School on Toohey Rd	60 mins	Just turn up
3 Oct	Tuesday	6am	Heart Foundation – Tarragindi Walkers	Laura St Park - Car Park	4km – 45-60mins	Sharon – 0419 853 518
5 Oct	Thursday	7pm	Walking for Pleasure - Toohey Forest - www. walkingforpleasure.com	QEII Hospital car park, Nathan	90 mins	0457 197 664
7 Oct	Saturday	1pm	Tarragindi 10,000 Steps – <b>TEA &amp; HISTORY WALK</b> Gentle walk finishes with history sharing afternoon tea at Pope St Uniting Church Hall. Please invite your older neighbours to afternoon tea.	Cnr Cracknell and Tarragindi Rds	45 min plus afternoon tea	RSVP <a href="mailto:tarragindi10000steps@gmail.com">tarragindi10000steps@gmail.com</a>
7 Oct	Saturday	7am	Walking for Pleasure - Toohey Forest - www. walkingforpleasure.com	Klumpp Rd, Upper Mt Gravatt	Varies	0457 197 664
10 Oct	Tuesday	6am	Heart Foundation – Tarragindi Walkers	Laura St Park - Car Park	4km – 45-60mins	Sharon – 0419 853 518
12 Oct	Thursday	7pm	Walking for Pleasure - Toohey Forest - www. walkingforpleasure.com	QEII Hospital car park, Nathan	90 mins	0457 197 664
14 Oct	Saturday	7am	Walking for Pleasure - Toohey Forest - www. walkingforpleasure.com	Klumpp Rd, Upper Mt Gravatt	Varies	0457 197 664
15 Oct	Sunday	3pm	Tarragindi 10,000 Steps – <b>LAST WALK CELEBRATION</b> - Gentle walk with afternoon tea at Laura St Park – please bring a plate to share.	Laura St Park	60 mins	Just turn up

