

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– WELLER RD HILL WALK - 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– OFF TO THE FOREST - 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– “P” STREETS HILL CHALLENGE - 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– FORESTS TO BUSWAY – 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 – TEA & HISTORY WALK 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 tarragindi10000steps@gmail.com |
| 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 – LAST WALK CELEBRATION - Gentle walk with afternoon tea at Laura St Park – please bring a plate to share. | Laura St Park | 60 mins | Just turn up |

