

NORTHERN SYDNEY WALKING GROUPS



Heart Fondation Putney

When: once a month, usually 7:30am, first Sunday of month

Where: Meet at Bremner Park Car park, 5 Tyagarah Road, Ryde, 2112

Contact: Rita and Mateo - mrlpezzano@gmail.com

<https://walking.heartfoundation.org.au/walking/group/heart-foundation-putney>

Narrabeen Walk and Talk

When: 9:30am, Tuesday

Where: In front of the Tramshed Arts and Community Centre, 1395A Pittwater Rd, Narrabeen, 2101

Contact: Alison - belongclub@proveda.com.au

<https://walking.heartfoundation.org.au/walking/group/the-belong-club-narrabeen-walk-and-talk>



Wednesday Wellbeing Walkers Wahroonga

When: 8am, every Wednesday

Where: Wahroonga Park opposite Café Patina, 64 Coonanbarra Rd, Wahroonga, 2076

Contact: Trish - trishprice51@gmail.com

<https://walking.heartfoundation.org.au/walking/group/wednesday-wellbeing-walkers>

Manly Walking Club

When: 9:30am, every Friday

Where: Beach side of Queenscliff Surf Life Saving Club, N Steyne & Collingwood St, Manly, 2095

Contact: Alison - belongclub@proveda.com.au

<https://walking.heartfoundation.org.au/walking/group/the-belong-club-manly-walking-group>



NORTHERN SYDNEY PARKRUN

Parkrun is a global, community-driven event that offers free, weekly, timed 5km runs or walks, held in parks or open spaces. Open to people of all ages and fitness levels, tracking of time and progress is optional.

All locations run from Saturday 8am, till finish.

Register online prior to the date at: <https://www.parkrun.com.au/register/>

Parkruns Near You

North Sydney

St Leonards Park, North Sydney

<https://www.parkrun.com.au/northsydney/>

Mona Vale

Ku-ring-ai Wildflower Garden, Mona Vale

<https://www.parkrun.com.au/greenway/>

Mosman

Spit West Reserve, Mosman

<https://www.parkrun.com.au/mosman/>

Curl Curl

John Fisher Park, Curl Curl

<https://www.parkrun.com.au/curlcurl/>

