



# SUTHERLAND WALKING GROUPS



## Gymea Finally Friday

**When:** 9am, Every Friday

**Where:** Meet outside Gymea Community Centre, 39 Gymea Bay Rd, Gymea 2227

**Contact:** Sharon - 0411 771 400

<https://walking.heartfoundation.org.au/walking/group/gymea-finally-friday>

## Gymea Nature Walk

**When:** 8:30am, every Friday

**Where:** 112 The Grand Parade, Sutherland, 2232

**Contact:** Debbie - 0403 111 921

<https://walking.heartfoundation.org.au/walking/group/gymea-nature-walk>



## Engadine Easy Striders

**When:** 9am, every Wednesday

**Where:** 1034-1036 Old Princes Highway, Engadine, 2233

**Contact:** Julie - 02 9520 7022

<https://walking.heartfoundation.org.au/walking/group/engadine-easy-striders>

## Como Medium Walkers

**When:** 9:30am, every 4<sup>th</sup> Tuesday of the month

**Where:** Meet at entrance to Como Bridge, Cremona Rd, Como, 2226

**Contact:** Cheryl - 0431 607 624

<https://walking.heartfoundation.org.au/walking/group/como-medium-walkers>

# SUTHERLAND 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

### Menai

Parc Menai, Menai

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

### Cronulla

Don Lucas Reserve, Cronulla

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

### Dolls Point

Peter Depena Reserve, Dolls Point

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

### Panania

Field of Dreams Reserve, Panania.

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

