



# WESTERN SYDNEY

## WALKING GROUPS

### Friday Frolic in Parramatta Park

**When:** 9:15am, every Friday

**Where:** Meet outside Gate House Tea House

**Contact:** Stephen - machong@optusnet.com.au

<https://walking.heartfoundation.org.au/walking/group/friday-frolic-in-parramatta-park-at-9.15am>

### WentWest Walkers

**When:** 12pm, every Monday

**Where:** Meet outside Leaf Cafe, Innovation Quarter Westmead

**Contact:** Maha - 0433 117 836

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



### North Rocks Walking Group

**When:** 9:30am, every Wednesday

**Where:** Meet at corner of North Rocks Rd and Stratford Rd, walk through local bushland

**Contact:** Belinda - belinda@nrsurgery.com.au

<https://walking.heartfoundation.org.au/walking/group/north-rocks-stratford-rd-medical-practice>

### CHF 'Hearts & Soles'

**When:** 7:30am, every Sunday

**Where:** Fitness Reception Area, 77 Castle Street, Castle Hill

**Contact:** Jordan - nastj@chrg.com.au

<https://walking.heartfoundation.org.au/walking/group/chf-heart-soles>



# WESTERN 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

### **Parramatta**

Eric Primrose Reserve, Rydalmere

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

### **Wentworth common**

Wentworth common, Sydney Olympic Park

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

### **Rouse Hill**

Rouse Hill Regional Park, Rouse Hill

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

### **Whalan**

Whalan Reserve, Whalan

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

### **Rooty Hill**

Bungaribee Park

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

