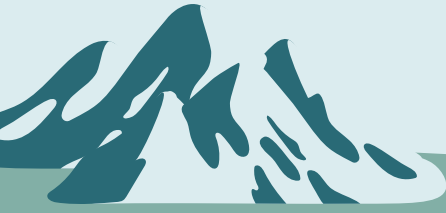


NEPEAN BLUE MOUNTAINS

WALKING GROUPS



Springwood Walkers

When: 10:15am, every Friday

Where: Aquatic Fitness Centre, Plateau Rd, Springwood, 2777

Contact: Carmel - 02 4751 3221

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

Mid Mountain Walkers Lawson

When: 9:15am, every Monday and Friday

Where: Mid Mountains Neighbourhood Centre, 9 New Street, Lawson, 2783

Contact: Pauline - 02 4759 2592

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

Hazelbrook Movers

When: 9am, every Thursday

Where: Meet at Community Notice Board outside Hazelbrook Pharmacy, 192 Great Western Highway, Hazelbrook, 2779

Contact: Karen - 0424 998 628

<https://walking.heartfoundation.org.au/walking/group/hazelbrook-movers>

Walk it Off Leura

When: 5.30pm, every Wednesday

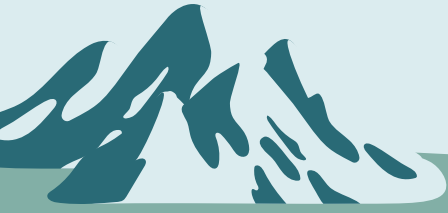
Where: The Bunker, 117-121 Leura Mall, Leura, 2780

<https://walkitoff.org.au/leura/>



NEPEAN BLUE MOUNTAINS

WALKING GROUPS



Upper Mountains Heartful Walkers

When: 10am, every Sunday

Where: Soul Side Cafe, 1 Goldsmith Place, Katoomba, 2780

Contact: Julie - souljourney08@yahoo.com

<https://www.heartfoundationwalking.org.au/fundraiser/id-e1b7uo/upper-mountains-heartful-walkers>

Blue Mountains Women's Health

When: 9am, every Monday & Wednesday

Where: Blue Mountains Women's Health & Resource Centre, 124 Lurline Street, Katoomba, 2780

Contact: Chris - 0419 157 903

<https://www.heartfoundationwalking.org.au/fundraiser/id-9zs9tc/blue-mountains-womens-health>

Move Clinic Walkers

When: 10:30am, every Wednesday and Friday

Where: Melrose Park Car park, Corner Of Albion And Camp Streets, Katoomba, 2780

Contact: Andrew - staff@moveclinic.com.au

<https://www.heartfoundationwalking.org.au/fundraiser/id-4tdhg8/move-clinic-walkers>

