

Retire Active SA Bushwalkers

Never Retire from Life...

www.retireactivesabushwalkers.org.au



Are you interested in

- Healthy exercise that suits your level of fitness?
- Meeting other friendly people?
- Walking in the bush, parks and forests?
- Going on camps and trips in a variety of places?

Then walking with the Retire Active SA Bushwalkers should appeal to you. Walks offered can be categorised as Day Walks, Long Distance Trail walking and Camps.

Day walks

Volunteer leaders plan and conduct the graded day walks. In any one week we offer at least one walk for each grade, sometimes more.

Walks are graded as follows:

A Grade: The most difficult grade of walk; up to 20 km - may include very rough terrain and steep gradients; duration 5-6 hours.

B Grade: An intermediate grade; distance 12-17 km - may include steep gradients; duration 4-5 hours

C Grade: An easier grade of walk; usually 7-12 km - may include moderate gradients; duration 3-4 hrs

C- Grade: Intermediate between C and D usually 7-9 km with easy gradients

D Grade: Easy walking; usually 5-7 km - easy walking which may have slight gradients; duration 2-3 hours. Walks are planned around the use of public transport.

D4 Grade: Every Tuesday, usually 4km with coffee or lunch to follow.

All walk times include lunch and other breaks.

During daylight saving, shorter Early Morning and Twilight walks are also offered.

Long distance trail walking

Groups are formed to walk trails such as the Heysen Trail, Bibbulmun and Larapinta.

Camps

Retire Active SA Bushwalkers conduct a range of low-cost camps. Each year we intend to have intra-state and interstate camps.

Club members regularly participate in organised overseas walking adventures, for example: the Scottish Highlands, the Italian Dolomites and Japan.

More About Retire Active SA Bushwalkers

Retire Active SA Bushwalkers (formerly ARPA Bushwalkers) have been offering bushwalking opportunities to senior Australians for over 40 years.

We are a non-profit, volunteer organisation with a current membership around 460.

Membership

Retire Active SA Bushwalkers consists mostly of retirees and part-time walkers/workers. Prospective new members and visitors are welcome to participate in two trial walks before joining.

Upcoming walks can be found on our website. ***www.retireactivesabushwalkers.org.au***

The Bushwalkers have an annual membership fee. A reduced fee may apply for joining later in the financial year.

Membership forms for joining Retire Active SA (RASA) Bushwalkers are available on our website or from the membership officer.

For further information about Retire Active SA Bushwalkers visit our Web Site at www.retireactivesabushwalkers.org.au

or email the Membership Officer at ***retireactivebushwalkers@gmail.com***

