

# Retire Active SA Bushwalkers

Never Retire from Life...

[www.retireactivesabushwalkers.org.au](http://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, Bibbulmum 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](http://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](http://www.retireactivesabushwalkers.org.au)*

or email the Membership Officer at [retireactivebushwalkers@gmail.com](mailto:retireactivebushwalkers@gmail.com)

