

## SUMMARY of our 2022 Walking Program

<b>No of Walks</b>		38	Nominally 2.5 hours / walk
Health Recommendations	150 mins / week	2.5 hours	

<b>Planners / Leaders</b> (multiple)	Barbara	2	
	Jill & Eunice	2	
	Sheryl	2	
	Meg, Peter & Mary	3	
	Frank	4	
	Graeme & Wendy	5	
	Christine	9	

<b>Distance</b>	Longest	9.1 km	Coromandle Valley – Barbara
	Shortest	5.1 km	Aberfoyle Park – Barbara
<b>Climb</b>	Largest Ascent	258 m	Chambers Gully – Joy
	Smallest Ascent	1 m	West Lakes Shore – Carmen

<b>Public Transport</b>	Tram	Botanic Gdns to Hindmarsh
	Train	Blackwood to Belair

<b>Furthest Distance Travelled</b> (from Victoria Sq)	North	West Lakes Shore
	East	Lobethal
	South	Myponga
	West	West Lakes

<b>Reservoirs</b>	Happy Valley Myponga Mt Bold
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<b>Total Ascents</b>	3124 m	Mt Kosciuszko (2228m) Mt Everest (8850m) 1/3
<b>Total Distance</b>	255 km	Bordertown or Whyalla

<b>Website Trivia</b>	Views last 3months	Orange Cake plus Poppy Seed - 134 Boiled Pineapple Fruit Cake – 471
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