



The Barry Vivian Walking Group Program – September, 2026

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Please note! With the advent of spring, walks this month **start at 6.30am**

Tuesday 1st September

Ashgrove Ave. to Newmarket Loop

Meet – at 6.30am - in the regular place at the northern end of Tennis Avenue, Ashgrove. Walk downstream along Enoggera Creek down to Finsbury Park, then along a couple of back streets in Newmarket before rejoining the Enoggera Creek bike path at Ashgrove Avenue and following it around to Quandong St, and a nice hot coffee and sausage roll at Gerbino's. Just bike paths and a couple of streets, all flat ... pretty easy (depending on the weather!) And just under 5km including the 500m walk back to the cars from Gerbino's. *[At the Shed this morning: Normal activities, then Pub lunch at Newmarket Hotel (12.30pm). Back well before then.]*

Tuesday 8th September

Samford Conservation Park

Meet at the Ironbark Gully picnic grounds, Samford Rd, Ferny Hills. Follow old roads and fire trails, one fairly long uphill. Coffee at Ferny's Café and Espresso Bar, McGinn Rd, Ferny Grove on the way home. About 7 km, bush tracks and fire trails, with a few challenging hills thrown in there. Moderate to quite hard depending on your fitness level. *[At the Shed this morning: Shed BBQ? (Unlikely with upcoming AGM)]*

Tuesday 15th September

Four Bridge City Walk

Meet at The Gap Park 'n Ride at 6.40 am for the 6.45 am P384* bus to stop 152 Riverside Centre (ETA 7.13 am). [Stops at: Gap Village 6.50am; W'works Rd. Ashgrove (stop 17) 6.59am.] **Meet-up with 'alternative commuters' at Riverside Centre.** Walk south along boardwalk, before criss-crossing the river at Kangaroo Point bridge, Goodwill Bridge, Neville Bonner and finally Kurilpa Bridge. A break between bridges 2 and 3 to admire the superb views - and have a coffee! - from the 23rd story Sky Deck at Queen's Wharf building. Then continue with final 2 bridges on the way back to Roma St station for the bus home. About 6km in total, all boardwalks and footpaths, mainly flat, easy! *[At the Shed this morning: Shed Talk – Mike Walsh: Navigating Essential Apps for Seniors (10.30am). Will be back before then.]*

Tuesday 22nd September

Little Cabbage Tree Creek

Meet on Trouts Road just north of Hamilton Road, Chermside West. Follow Little Cabbage Tree Creek to Aspley Shopping Centre (stop short of Albany Creek Road). Return the same way, but detour right at Horn Road, then left at Trouts Road, before meandering through Chermside Hills back to the start. Morning tea/coffee at Deja Bru in the McDowall Shopping Centre on the return journey. About 6.5 km, almost all flat, bikeways and urban roads, very manageable for everyone. *[At the Shed this morning: Normal shed activities.]*

Tuesday 29th September

Shorncliffe to Sandgate

Meet at The Gap Park 'n Ride at 6.20 am for the 6.24 am 385 bus to Roma Street (or other stops on the way.) 'Alternative commuters' to meet up on Platform 7 for the train stage. Catch the Shorncliffe train from Roma St Station Platform 7 at 6:54 am arriving Shorncliffe at 7.35 am. Walk from the train station to Cabbage Tree Creek, and around beneath the cliffs to Shorncliffe Pier. Continue along the coastal path to the Sandgate Aquatic Centre for morning tea at The Bay Sandgate cafe. Return via Dowse Lagoon and the Sandgate Shopping Centre to Sandgate Station for return train to Roma St. Trains run every 30 minutes from 9.41 am (eg. 10.11, 10.41, etc.). About 7.5 km, mostly flat, urban roads, track, bike paths, reasonably easy. *[At the Shed this morning: Normal shed activities.]*